

# SHELDON WOLITSKI

2020 LIFE BY DESIGN





# MY THEME - FAMILY

A man and a woman are sitting on surfboards in the ocean, looking out at the horizon. The woman is on the left, wearing a white shirt and blue shorts, and the man is on the right, wearing a black shirt and blue shorts. The ocean is a deep blue with small waves, and the sky is a lighter blue with a few clouds. In the distance, there are some small white buoys or markers in the water.

*"NO AMOUNT OF WEALTH OR SUCCESS CAN TAKE THE PLACE OF TIME SPENT WITH YOUR FAMILY"*

*"IN ORDER TO SAY YES TO YOUR PRIORITIES, YOU HAVE TO SAY NO TO SOMETHING ELSE"*

*"CHILDREN LEARN MORE FROM WHAT YOU ARE THAT WHAT YOU TEACH"*

*"THERE'S ONLY ONE THING MORE PRECIOUS THAN OUR TIME AND THAT'S WHAT WE SPEND IT ON"*





## **FAMILY**

"IT'S NOT WHAT WE HAVE IN OUR LIFE BUT WHO WE HAVE THAT MATTERS."



# FAMILY

## KATIE

- 100 HOURS SURFING TOGETHER
- 20 HIGHLAND BOWL HIKES
- 15 UP HILL SKINNING
- 25 HOT YOGA SESSIONS/RIVER COLD PLUNGE
- 5 CHASE THE POW POW DAYS
- AVALANCHE SAFETY TRAINING
- CLIMB SOPRIS
- CLIMB 14ER
- EPIC COUPLES' EXPERIENCE/TRIP



# FAMILY

## VAUGHN

- SW/VK 1:1 BONDING ONCE/WEEK
- BUILD OUTDOOR HOCKEY RINK/SHOOTER
- 5X SKATING/WEEK
- 10 1:1 SKI DAYS
- 4 AVES GAMES
- SNOWMOBILE TRACK
- ESTABLISH LEARNING PLAN
- SWIMMING TEAM
- BOXING/JU JITSU
- SNOWBOARD LESSONS
- MONSTER JAM TRIP
- WATER PARK TRIP
- 1:1 FISHING DAYS POWELL
- MOUNTAIN BIKING



## SHEA

- SW/SJ 1:1 Bonding once/week
- Learn to Ski
- Learn to Skate
- Swimming lessons
- Early AM 1:1 time

## LACH

- SW/LM
- Evening bonding time
- Swimming lessons
- Ski/Skate 10X times



# FAMILY

- **MOM**

- NAPA/PEBBLE
- PALM SPRINGS TRIP W/VAUGHN
- CANADA TRIP W/VAUGHN

- **SHANE**

- BROS HOCKEY EVENT – CANADA
- MONTHLY CHATS

- **LORLIE**

- 1:1 BONDING TIME – CANADA
- MONTHLY CHATS

- SET UP UNCLE BRIAN'S GALLERY IN HOUSE
- PLAN CO SUMMER & CA HOCKEY EVENT FOR NEPHEWS
- INVITE JANELLE TO CO
- UNCLE GARY/AUNTIE WENDY LAKE POWELL
- PLAN EPIC RUIZ FAMILY EXPERIENCE NJ



# MY TRIBE

“Surround yourself with only people who are going to lift you higher.”



- BOYS TRIP – TAMPA/NHL PLAYOFFS
- TASO – TRIP TO MI
- GEORGE/ANDREA – TRIP
- ZACH/ALEX - NAPA
- EO/YPO EVENTS



# MYSELF

## EXPERIENCES | LEARNING

- 100 FOILING HRS
- 100 SNOWBOARDING HRS
- BASALT MOUNTAIN SUNRISES
- LEARN/COOK 1 NEW LONGEVITY RECIPE/WEEK
- FLY FISHING
- FISHING ON LAKE POWELL
- 4 LEARNING EVENTS
- 30 SNOWMOBILE DAYS
- TAKE JEEP TO MOAB
- 30 KITE BOARDING HOURS
- 3 DAYS ON HOUSEBOAT





# HEALTH

“Strength and growth come only through continued effort and struggle”

365 Peak  
Performance  
Days

Movement –  
7x/Week

Diet –  
Longevity

Intermittent  
Fasting  
7x/Week

Detox 4x/Yr

Sleep – 80+  
Oura Ring  
Scores





# HEALTH - EVENTS

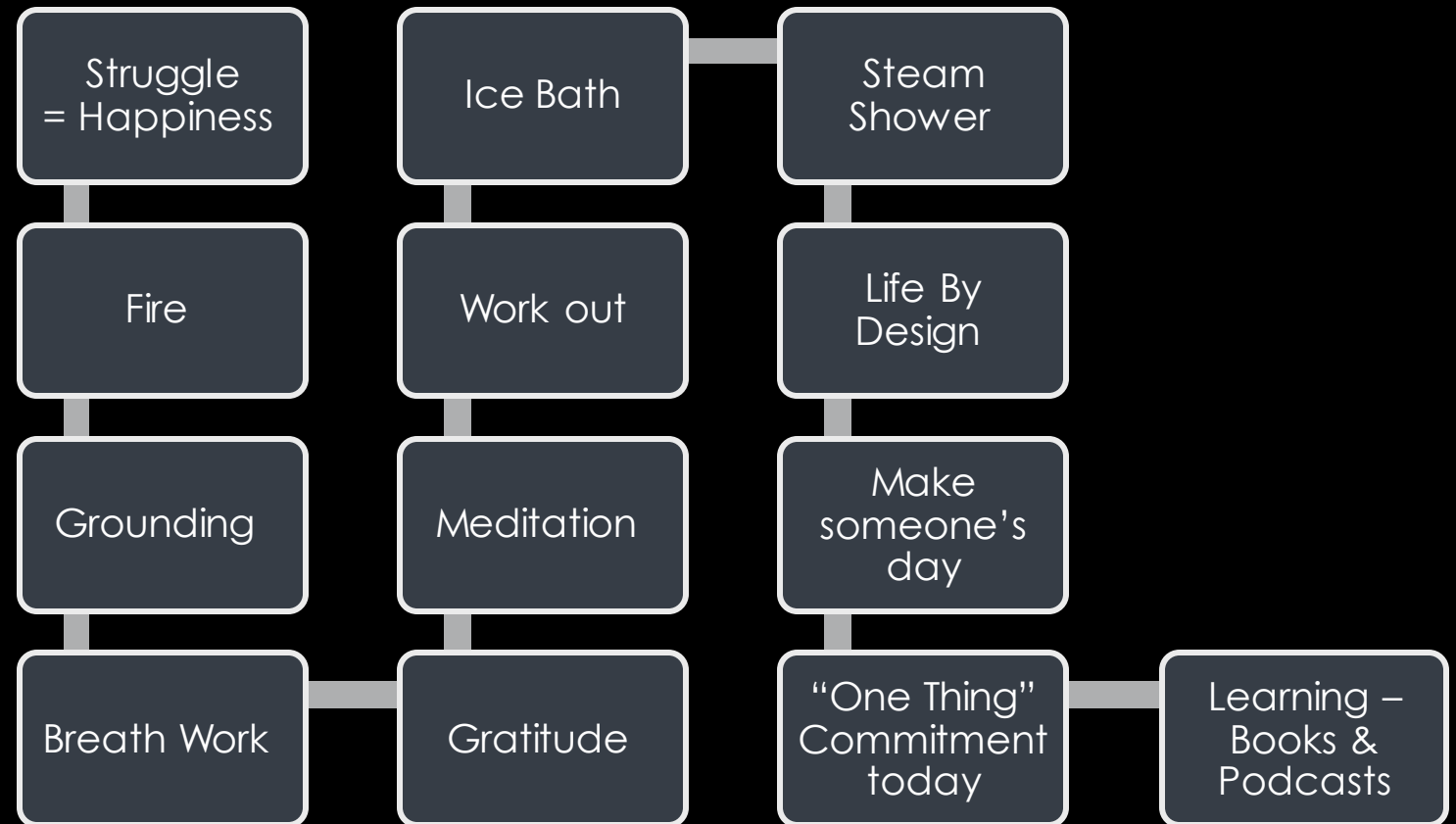
- 22 MILE GOTHIC MOUNTAIN TOUR
- POWER OF 4
- ASPEN MOUNTAIN RUN
- CLIMB SOPRIS
- CLIMB 14ER







# MY OWN DAY 4:30 – 6:30AM





## THE SELECT GROUP

“IMPACT LIVES ONE POSITIVE EXPERIENCE AT A TIME.”

### Top Priorities:

- Vision
- Key Relationships
- Build & Retain Team Of “A” Players
- Increase Stockholder Value

2020 CO Event – Teammate Growth = TSG Growth

10X Board Meetings





# COMMUNITY

"THE GREATEST GIFT YOU CAN  
GIVE SOMEONE IS YOUR TIME."

ASPEN HPX

Develop LBD  
App

Snowmass  
Veterans  
Winter Sports

Volunteer  
Aspen  
Hockey

UAH Hockey

Sports  
Complex







# FUN & FREEDOM

"If you don't design your own life plan (LBD), chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much."



# FUN & FREEDOM



BLOCK OFF  
2020 52-  
WEEK LBD  
PRIORITIES –  
REVIEW  
MONTHLY

SAYING NO  
= TIME,  
FREEDOM &  
ENERGY

PLAN YOUR  
DAYS



I COMMIT TO THIS IN HONOR OF THE BOYS

