

Hello, 60!

One year, lived on purpose!

60 INTENTIONS

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CONNECTION & KINDNESS

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1. Offer free photography mentoring.

Dang, I sure miss mentoring and teaching. In the past, I've offered private mentoring, taught workshops, and taught photography classes at The University of Tennessee. When I began running a production company full time, I simply no longer had the time or energy to keep teaching. This intention is about returning to doing something that brings me such joy and hopefully helps someone else. I'd specifically like to work with either a younger photographer who needs help with the black box, creativity, confidence, or the business or with a more established photographer who is simply feeling stuck and needs a nudge. Let me know if you or someone you know might be interested!

2. Carry cash at all times and freely give to anyone on the street who asks.

I've seen a lot of content lately that has made me question how I just pass by people on the street. I want to stop treating people I pass on the street, especially those who are struggling, as invisible or someone to avoid. This year, my default when someone asks me for help, or when I feel the urge to just keep walking, is to pause and say yes ... yes with cash, food, gas, or just a few minutes of attention. I want to actually see people, hear a little of their story if they're open to sharing it, and let that connection be the point, not the transaction. I will likely keep this one fairly private other than letting people know the impact of this new mindset and practice on me. Ok, let's see what happens!

3. Curate and share a list of 60 moving, inspiring, or humorous content creators.

I doom scroll a lot, just like most of us. I also get asked often who my favorite photographers or directors, etc. are. I keep saved folders upon folder on Instagram and Facebook. This intention is to make sense of that madness and to answer those questions. My goal is to wade through all of the muck and curate my favorite content creators (or stellar pieces of content) into one consumable master list. 60 seems like a good number, given the milestone I face, but who knows where we'll land. So off we go to dig and sift, looking for the treasures.

4. Volunteer with a charity that speaks to me for the year.

This intention is about putting into action a desire I've had brewing for some time now. I've been wanting to find a charitable organization to work with that allows me to contribute to the community in a more meaningful and helpful way. I'd like to find an organization that works with children specifically. I have always loved coaching and mentoring, and of course, I love being a father. So, I'd like to find something in that space. Business or entrepreneurship mentoring is another avenue to explore. If anyone has ideas, please let me know!

5. **Reconnect with my sister.**

This intention is about resolving a long overdue reconnection. I need to reconnect with my sister! It's hard to understand or explain how we've become disconnected. As they say, it's complicated. Part of this process will be spending time with that very question and dealing with it. Then, I will create an actual plan to visit and spend quality time together, not just a "reach out". Maybe we include my mother, and all spend time together. I can't remember the last time that happened, maybe Christmas when I was 7? This one will be tough, but it is much needed for both of us. My sister has had a tough row to hoe. I hope to share some of her story, to the degree she is willing, as well.

6. **Give 60 small but meaningful gifts to unsuspecting people at unexpected times.**

This one is pretty straight forward. Doesn't require a ton of explanation. Give 60 small but meaningful gifts to unsuspecting people at unexpected times. I love giving gifts and honestly, this just seems like it will be a lot of fun!

7. **Sponsor or fund one specific thing for a stranger.**

The intention is about meeting a need for someone who might never expect it. A total stranger. Could be a class, a car repair, an appliance, a trip, an experience. You name it. Who really knows what weight people are carrying around and what such a gesture might do for them. I trust the right person and the right opportunity will present themselves!

8. **Take someone who needs it shopping for a nice outfit, suit, or haircut.**

This intention is about giving someone that little bit of help they might need to go to an interview, attend an important event, or just feel better about themselves. I still remember my first suit and my first interviews and how much more confident I felt looking the part. I just want to give someone else that could use it that same little confidence boost.

9. **60 lunch dates!**

Simple as it sounds. I eat out for lunch nearly every day. It's just something I've always done as a time to get a break from the office and have some time to think. I'd like to use that time this year to have lunch with 60 friends, people I want to reconnect with, or even people I don't know well yet. I need to make this one public so if anyone wants to have lunch with me, they can just reach out. Lunch is on me, so let me know if you wanna go! :-)

FAMILY & KIDS

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1. **Record a "Life So Far" interview with the kids.**

Record an interview with one or both kids talking about their lives so far, their best memories and experiences, challenges they've faced, their hopes and dreams for the future, our relationship past, present, and into the future.

2. **Take my mother to the beach.**

I want to take my mother to the beach. She hasn't been to a beach in so long. Her health has been such that travel was next to impossible for some time. She's had some recent procedures that have substantially improved her ability to get around. So, now's the time! I would like to include the kids if at all possible. She would dearly love that!

3. **Take my father on another trip of his choosing.**

I gifted my father a trip of his choosing back when he turned 60, I think. I gave him a book of 1,000 places to visit in the world. He chose Colorado. We made a grand trip out of it. Rafted horseshoe canyon, visited monument valley and national parks, and the centerpiece was a trout fishing expedition at the 4UR ranch on the tailwaters of the Rio Grande. Now I'm turning 60. He's 78. So, Pop let's strike up the band and head out on the road again! You pick your poison. Of course, I'll have to ask more questions before bed and record some more of your life story so bear with me on that.

4. **Go skydiving with Harper.**

I'm turning 60 and she's turning 21. Seems like a good enough reason to jump out of a perfectly good airplane. Woo hoo!

5. **Go on trip with my son planned around his interests or destination of his choosing.**

This one is pretty simple too. We travel a lot as a family and I usually come up with a few destination ideas to choose from and the kids down select and we go. I want this to differ in two ways. First, it's just me and my son. Second, he chooses where we go, when we go, etc. His terms, not mine . . . within reason :-)

6. **Have a 1 on 1 adventure with my daughter based around an experience she chooses.**

My daughter and I have done several 1 on 1 trips now. We've gone to Niagara Falls (the Canada side) and multiple snowboarding trips. These are some of the absolute best times I've ever had with her or just period. So, selfishly I want the fun to continue. Her choice this year! I'm pretty sure she enjoys these times with old Dad as well. Maybe visit a favorite place of hers, somewhere she has never visited, or based around an experience she chooses.

7. **Visit a new country (for both of us) with my girlfriend.**

This intention is about quality time with a quality human and embarking on a new experience together in some uncharted territory. We've been discussing this one for a while, but this is the year to make it happen. Early contenders are Thailand, Iceland, Finland, New Zealand, and the South of France. If anyone has suggestions, let me know. Thailand seems to be in the lead at the moment.

8. **Help my daughter study abroad and pay a visit.**

My daughter, Harper, wants to study abroad for a semester. I want to help her make that happen. Ultimately, there's the money part of it, that's easy. This intention is more about the support and encouragement for here to tackle it and make it happen on her own. I've spent a lot of time trying to show my children the world and teach them how to navigate airports, and ports, and train stations, and subways. They seem to have a good bit of wanderlust and desire to live a great story and enjoy the big world beyond their bubble. But I've done most of the planning. I'd love to see her fully execute this plan on her own. Then, I'll come pay a visit and let her host me in her new home away from home.

HEALTH & FINANCE

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1. **Update my Financial Plan and Estate documents.**

It's time! Dust settled post divorce. About to be an empty nester. Turning 60. I need to work with my financial planner to update my financial plan and retirement plan and also shore up all of my estate documents, will, living will, powers of attorney, etc. I'll get this done and share with the appropriate people and then also encourage my parents to do the same!

2. Financial Fitness 101 for the kids.

Started this intention a few years ago and need to continue this year. The idea is to arm my children with basic financial and investment knowledge set them up with the tools that they need to get started early and develop savings and investing habits and mindsets that will serve them well as they enter adulthood. This year, I will create / curate the content and conduct Financial Fitness 101 sessions with my children, literally teach them the basics. Hands on. Time and compounding are their best friends, and I'll drive this point home. Will also help them open and fund their initial brokerage and Roth IRA accounts and establish routine contribution habits now. Schools don't really cover this stuff, so it's up to me.

3. Maintain commitment to my personal health and fitness journey.

Continue my personal health and fitness journey. I started this in earnest earlier in the year. Got serious about getting back into shape and losing some weight. I guess the idea here is to maintain that commitment and share some of the experiences and things I learn along the way. Maybe it will encourage or inform someone else. In my experience, getting healthier isn't about drastic change. It's a number of smaller routines and actions combined. Incremental changes over a sustained period of time. I just want to tip the scales a little in my favor and maintain a balance between healthy living and loving life and adventure. All things in moderation I suppose.

PHOTO & CREATIVE

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1. Create master list of 60 intentions and vibe-code app/site/blog/social.

I'm turning 60 this year — the big six-oh. I could throw a party, or ease into it quietly. I decided to do something else instead: live this year on purpose.

Rather than let it simply slip by, I want to create a list 60 intentions for my 60th year. Not resolutions, not a bucket list. Things that bring joy. Things I've been meaning to do for years. Things that say thank you, make amends, heal what needs healing, lift someone else up, honor where I've been, and build toward where I'm headed.

When I mentioned the idea to friends, more than a few asked to come along for the ride. I liked that, a little accountability, a little company, makes everything better. So, I want to vibe-code an app that helps manage the list and track my progress, allows others to follow along, integrates a blog for me to easily post updates and progress, and works on computer and mobile.

This intention needs to be first on the list! From here, everything else will flow. Ultimately, I hope to share this journey and put myself out there a bit. Share my poetry, photography, videos, audio, essays, life commentary, etc.

2. Connect with another creator in same/similar situation.

Surely, I'm not the only person out there facing a similar milestone year situation and creating content about it. This intention is to find such a person and connect with them. Possibly interview them or have them contribute in some way to this adventure. Obviously, I'd be willing to do the same for them. So, if you're out there and doing something similar to this, please reach out!

3. Hang the art, hang the photos!

I'm the worst. Perfection is the enemy of progress has never been more on display than the situation in my house with hanging photos and art. I have everything sitting on the floor in stacks and piles begging to be hung and displayed. This is the year. I will hang the art. I will hang the photos. If it doesn't go, doesn't fit, or I no longer like it, I shall purge it, gift it, or donate it. Let's go!

4. **Have myself and family professionally photographed then gift another.**

This intention is really about me forcing myself to sit for a professional photo session. Facing the man in the mirror with all of those wrinkles and chins and spending some time on the other side of the lens. It's time for a family update too. So, we'll knock that out as well, but I want to force myself to sit for a true portrait session.

I will also offer to shoot someone else who is in need or desires the same thing. I'd like to work with a young person who really needs professional shots or an older person like me, who just needs to see themselves in their best light!

5. **Print my work!**

I literally have millions of photos saved to hard drives and some small percentage of them are posted digitally somewhere and some tiny, tiny percentage of those are printed anywhere in physical form. This intention is about changing that. It's time to bring my life's work behind the lens to life in printed form. I will endeavor to print photos for consumption. Maybe date stamp them with this old ink stamp a friend gave me and add a note to the back of some. Stow them in boxes for family and friends to dig through. Gift them to friends and relatives. This doesn't have to be perfect. Or, put some in old school scrap book albums or photo boxes. Not sure yet, but I'm going to loose-print a bunch of photos. Also, I'm going to design and print some albums (high quality albums that can stand the test of time) of my favorite work, and the kids of course, and our many adventures. And finally, a few things for the walls, my walls, my family's walls. It's time!

6. **Build the long overdue Instagram home for my professional photography.**

This one has a long history of being ignored and neglected. Safe to say this intention precedes this exercise by several years. I've really ever only showcased my iPhone snapshots on social media. Occasionally some personal shots made with a real camera. I've long had the idea of putting my actual professional work out there on the Socials. So, let's do it. Once and for all. I have a plan. I've had a plan. Now I just need to start somewhere. Oh, and I fully plan to leverage AI to automate the process for me, or a good portion of it anyway.

7. **Launch the Analog Rewind.**

True confession time. This is another one that's been on the docket for some time now. I'm super excited about this one though and it's time to make it happen. The intention here is to go back to my roots a bit. I'm going to shoot a different analog camera and a single film, or maybe a few, for a month at a time. I plan to do this for 12 months. That will result in a meaningful experience and collection of work with 12 different analog cameras. I'll share the results and share the experience with each camera and film. Some will enjoy. Many will yawn. lol. But I'll have a blast.

8. **Revisit my grandmother's farm and childhood homes and document them as they are now.**

This intention is meant to be a bit of a trip down memory lane and bit of documentary exercise. In a perfect world, I'd drag my children along and tell them about walking to school in the snow uphill both ways. But I may spare them the torture. For me, it's just something I want to do. So, I'm just gonna do it! I'll make it bit of an art project. Ideally shoot some stills, and video, and record audio of my reflections.

9. **Tell the Craig Tanner story and guide others to his work and teachings.**

Craig Tanner was my greatest creative mentor. And I learned a lot about live and sadly a bit about death from him. I won't spoil the tale in the description of the intention, but my goal is simply to tell my story of Craig and his impact on my life and hopefully make others aware of his work and his teachings.

10. **Create a coffee table book of my photography from 6 to 60.**

The idea is to create a beautiful coffee table book of my photography. It's not getting published so there's no need to fret over it. Just create a book that shows the story of my creative journey behind the black box. My favorite images or sets, most memorable experiences, most emotional shots, whatever. Annotate each. A bit about why this or that image was selected, the story behind the shot, which I've spent my life teaching people is irrelevant. This is Volume 1 . . . it doesn't have to be perfect. Just start somewhere.

REFLECTION & LEGACY

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1. **Listen to and then gift 60 books.**

Consume a minimum of 60 books from a curated list from recommendations by friends, colleagues, and my own research. The books will cover a range of subjects and genres. Fiction and non-fiction. Finance, mystery, who done it, true crime, biography, memoirs, sci-fi, technology, AI, the classics, self-help, spiritual. Everything goes. Then, gift any titles that I find enjoyable to a worthy and appropriate recipient.

2. **Create a Gratitude List of 60 people, experiences, or circumstances I'm grateful for.**

Be grateful for making it here! I literally didn't think I would. I always thought, somewhat morbidly perhaps, that I would die by 50. So, take stock and write about 60 people, experiences, or circumstances that I'm grateful for. Let the people involved know how you feel or what they meant whenever possible.

3. **Hand-write 60 personal letters to people who have impacted my life.**

Hand write 60 personal letters to people who have impacted my life in some big way. Send them old school via snail mail whenever possible. Share the experience and the impact they had and why. Share outcomes.

4. **Write six "Decade Cards" to myself.**

Write a Decade Card to myself for each decade of life. What would I tell 10, 20, 30, 40, 50, and 60 year old me?! This one should be both fun and cathartic.

5. **Listen to 60 vinyl albums from my youth.**

Listen to 60 vinyl albums from my youth, as they were meant to be heard, on a real record player with scratches and all. Think about the first time I heard that album, where I was, what was going on in life. Start with my collection but don't be afraid to go find those I'm missing.

6. **Consume 60 TED Talks.**

Listen to 60 TED Talks and share the most impactful ones here and with friends on social media.

7. **Read and examine 60 poems.**

This intention is both for enjoyment and inspiration. I dabble in writing some poetry which I never share publicly. I'd like to revisit the artform from a consumer perspective and possibly inform my own writing. Maybe an outcome will be to be inspired enough to write a poem or two that I actually share. We will see.

8. **Explore and memorize 60 famous quotes and their origin stories.**

I love quotes that move or inspire me. Quotes that are clever with the English language and words. Quotes that motivate or make me think. I'm horrible at remembering them though. Feels like a good exercise for my 60 year old brain to spend some time in this space and stretch my synapses to tackle the task.

9. **Examine my faith at 60. What do I actually believe now?**

This one is deeply personal. Not sure how much I'll share. People are so judgmental. I grew up in a Baptist church in Lynchburg, VA. Jerry Falwell ring a bell. I was washed in the guilt doctrine of that school of thought. Since then, I've traveled the world, expanded my horizons, had many friends and colleagues of vastly different faiths and belief systems. I've seen inexplicable magic. I've read, and I've wondered. I'm also an engineer and a critical thinker and facts and science carry a lot of weight in my psyche and my soul. I look at the vastness of space and the universe, and it just overwhelms me but also fascinates me. Safe to say, I don't take much of what anyone says or tries to convince me to believe at face value or on blind faith. But what do I actually believe? It's time to figure it out and put words to that which bounces around inside me.

SYMBOLIC & RITUAL

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1. **The epic PURGE!**

This one is so long overdue, it's not even funny. This intention will result in the epic purge of drawers, closets, overstuffed shelves, garages, and a three (yes three, don't judge) storage units. One storage unit is a massive 10x20 unit piled floor to ceiling with the life that existed pre-divorce as curated and so haphazardly deposited by hurried movers hired by the X. That one should be fun. But amidst the rubble and undesired garbage of that former life exists a lot of priceless stuff too. All my printed photos and albums, and yearbooks, and childhood and college memories. I have a nostalgia bone that's strong as a steel fence post but the purge must occur. Trash, keep, donate, sell, gift. Wish me luck on this one!

2. **Get another tattoo, maybe one marking the milestone year.**

My daughter and I are planning to get another tattoo together. I've been collecting ideas and have a few things in mind. I might get one marking the milestone year and this journey in some way, or my birth year. We'll see where this one lands.

3. **Choose one thing to deliberately STOP doing.**

It occurs to me that in the midst of all of this doing and taking action, maybe there's something to be gained in the not doing or the stopping. So, I'm going to deliberately stop doing one specific thing. I don't know what that thing is yet, but I like the idea as a contrast to most intentions on my list. If you have a great idea, let me know your thoughts.

4. **Try 60 new wines or cocktails of all varieties.**

This intention was originally to try 60 new bottles of wine. I've since expanded it to include cocktails and, more specifically, I also want to learn to make some signature cocktails in the process. I'll probably pair this intention with some of my others like listening to books and albums in the evenings, connecting with friends and family, and my travels. An easy two-fer of sorts. If I can come away with an expanded palette, some cocktail recipe go-to's, and having shared new drinks and wine with my girlfriend and lots of people in my life, then this one will be a win.

5. **Try something, go somewhere, connect with someone outside of my comfort zone.**

Get uncomfortable. They say that's where the growth is. So, this intention is pretty simple. Try something, go somewhere, connect with someone outside of my comfort zone. I'll think of something along the way. Open to ideas always! Challenge me.

6. **Attend a "mindfulness" retreat, a closing ceremony of sorts.**

Attend a mindfulness retreat, a closing ceremony of sorts for year 60. This one may or may not involve some hallucinogenic in a tent somewhere deep in a rain forest. Either way, I see it as an opportunity to write / record a "Goodbye 60, Hello Life" retrospective post about this whole experience start to finish.

7. **Develop a practice of spending 60 minutes a day in thought ... disconnected, present, intentional.**

Develop a practice of spending 60 minutes a day in thought. I want to be disconnected, present, and intentional with that time. I'll also do this out of necessity if I'm to make any real dent in this list and this journey. My initial thought is to do this as a morning practice. Evenings could work too, but I feel like there's something more to be gained from starting my day earlier, going to bed earlier to make it feasible, and just starting my days in this headspace.

TRAVEL & ADVENTURE

9

1. **Attend an ALIV motorcycle adventure.**

This intention is about embarking upon a solo adventure. I've been looking into ALIV motorcycle adventures and gone through the pre-screening process. I am going to commit to one of the trek's and get out there and ride. I went on a multi-day ride out in California with my friend, Paul Sponcia, for his 50th birthday, and it was great. Dying to get back out there. This would combine riding again with the opportunity to connect with a small group of other similarly situated men.

2. **Retrace Ansel Adams Southwestern sojourn from his book.**

So, I read a book about Ansel Adams trek through the Southwest in his early years. I want to rent a van and retrace that path. Take a friend. Enjoy creating photos, biking, hiking, dreaming, connecting, reflecting.

3. **Base-jump Moab!**

Simple as it sounds. I'm going to go jump off of a cliff in Moab Utah and hope the guy strapped to my back remembers to throw the chute. It makes me anxious even writing this, but there's something in me that makes me want to do this to mark the year. A leap of faith into the third third. Here we go!

4. **Complete one sorta epic endurance event to commemorate the year.**

Let's not go crazy here. I'm not going to go run an ultra marathon or anything. But, maybe I can do a 60 mile ride or two. Get back in the saddle. Or a 60 mile hike. Might have to break that one up over a few days. But, we're gonna do something. And I hope to bring a few with me. So, let me know if you wanna go!

5. **Try one new outlandish thing my kids want to do that we/I have never done.**

Not much to explain here. Let's just dip our toes into something new together. I've got a few ideas, but open to suggestions. Le 'er rip!

6. **Brrrr. Cold plunge 60 days in a row.**

I bought my son a cold plunge last year for Christmas to help with recovery from all the training he does. He hits it about every day and swears it has helped tremendously. I've read a lot and seem there may be some legit benefits for old Dad too. I got in it once just up to my knees for about a minute and thought I'd die. So, this one may be harder than I think. If nothing else, it will be a good test of my will power and resolve. After the pain stops, we'll see if the practice sticks.

7. **Hike the top 6 waterfall trails in TN / the Smokies with my girlfriend.**

I've seen a few lists around this topic. We can fine tune it together. Choose ones we haven't seen yet. Let our friend Claude help us out. Nothing crazy here. Just fun day hikes. Pack a lunch, stay awhile, make some memories, snap some pix.

8. **Go to the last Titans game in Nissan Stadium.**

A friend suggested this one and I love it. My son and I go to a Titans game or two every year. I think it's only fitting that we take in the last game in Nissan Stadium. The team has officially announced the last game. It will be held January 3, 2027, Week 17, Noon, vs. Pittsburgh Steelers, my favorite childhood team.

9. **Get PADI dive certified, the whole family if possible.**

WILDCARDS

5

1. **Wildcard idea - Becks**

This is a placeholder intention for my son, Becks, to give me an idea.

2. **Wildcard idea - Harper**

This is a placeholder intention for my daughter, Harper, to give me an idea.

3. **Wildcard idea**

Placeholder for ideas that are suggested or come up along the way.

4. **Wildcard idea**

Placeholder for ideas that are suggested or come up along the way.

5. **Wildcard idea**

Placeholder for ideas that are suggested or come up along the way.