

Seb TERRY

INTRODUCTION

Affected by the death of a close friend, Sebastian Terry had a moment of deep reflection and realized that he was leading a life devoid of passion and joy. In a moment of darkness and uncertainty, he decided to pick up a pen and paper and began to create a list of 100 things that he hoped would bring him closer to a sense of happiness, if not purpose.

Dropping everything in his life to pursue each of his 100 goals, Sebastian's journey has been turned into a best-selling book, a reality TV show and a platform that inspires people to unlock limitless possibility in their own lives.

Ladies and gentlemen, to share more; Seb Terry.



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