



Shocked by the death of a close friend in his mid-twenties, Seb Terry experienced a moment in his life where he asked himself

BIO

A SIMPLE QUESTION: "AM I HAPPY?"

The answer was NO, and so, he created a list of 100 things that he hoped would transform his life. Dropping everything to pursue his list, not only has Seb's life transformed through his incredible journey, but the ripple effect has gone on to help millions of people unlock limitless possibilities in their own lives, too.

From Marrying a Stranger in Vegas (Goal #2) and Delivering a Baby (#23), to Living on a Deserted Island for 1 Week (#63) and Helping a Stranger (#26) by aiding a quadriplegic man to complete a half marathon by pushing him in his wheelchair, Seb's story has been turned into books, reality shows and is constantly featured by ESPN and Discovery Channel.

As an expert in personal transformation, peak performance and creating environments for success, Seb's commitment to helping others has seen him share his message and frameworks with many of the world's biggest organizations including Google, Berkshire Hathaway, Bank of America and McKesson.

Recognized for his unique approach in combining brilliant humor, piercing insight and real-time action, Seb's revered storytelling and interactive teaching style has impacted millions of individuals and influenced thousands of organizations and Fortune 500 companies around the world.