

Strong alone
Better together

@Seb100things

seb TERRY

100 This



#02 MARRY A STRANGER IN VEGAS

#02 Marry a Stranger in Vegas



@Seb100things



#02

Marry a Stranger in Vegas

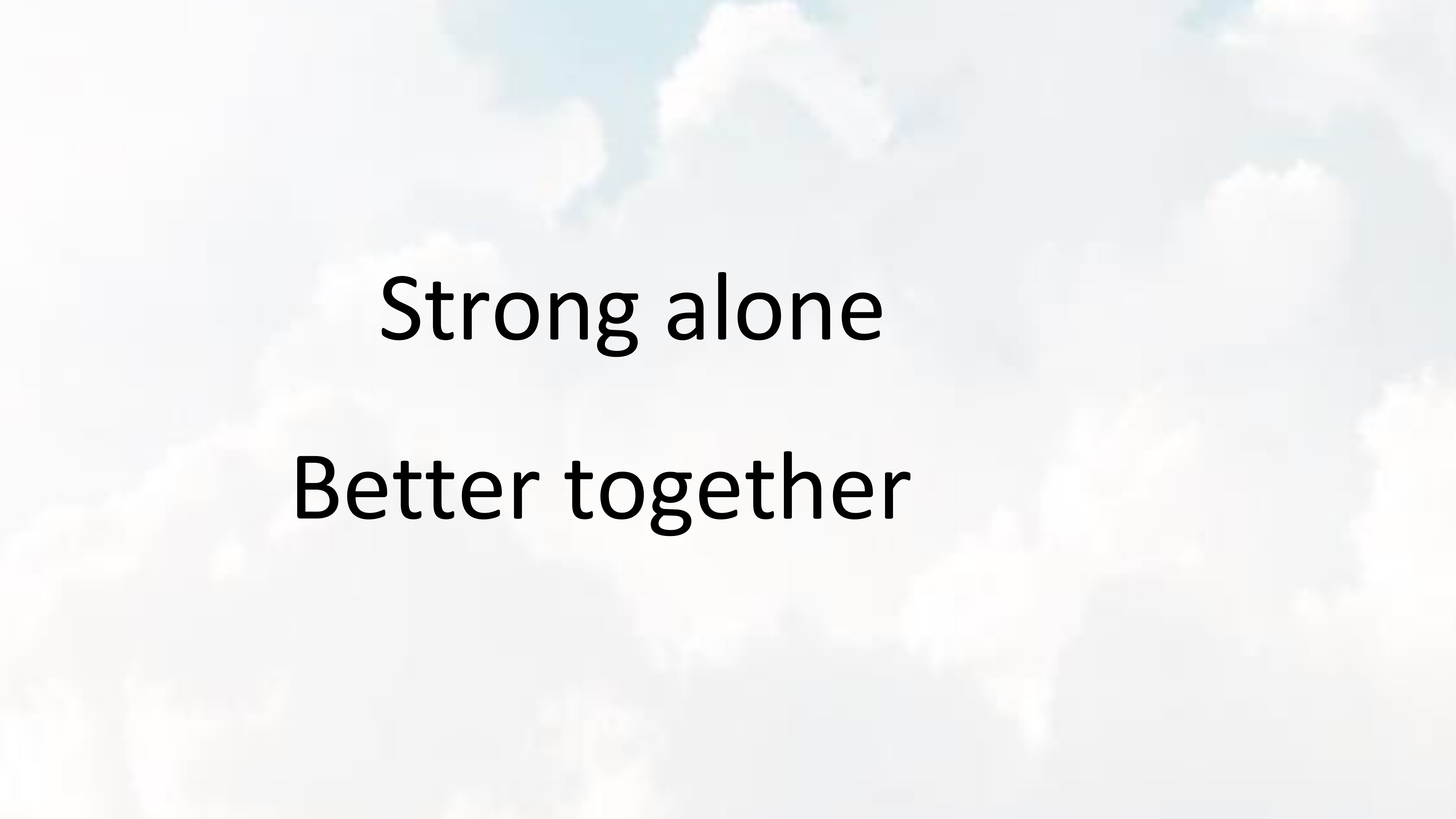
Check

17 : 02 : 02

Years

Months

Days



Strong alone

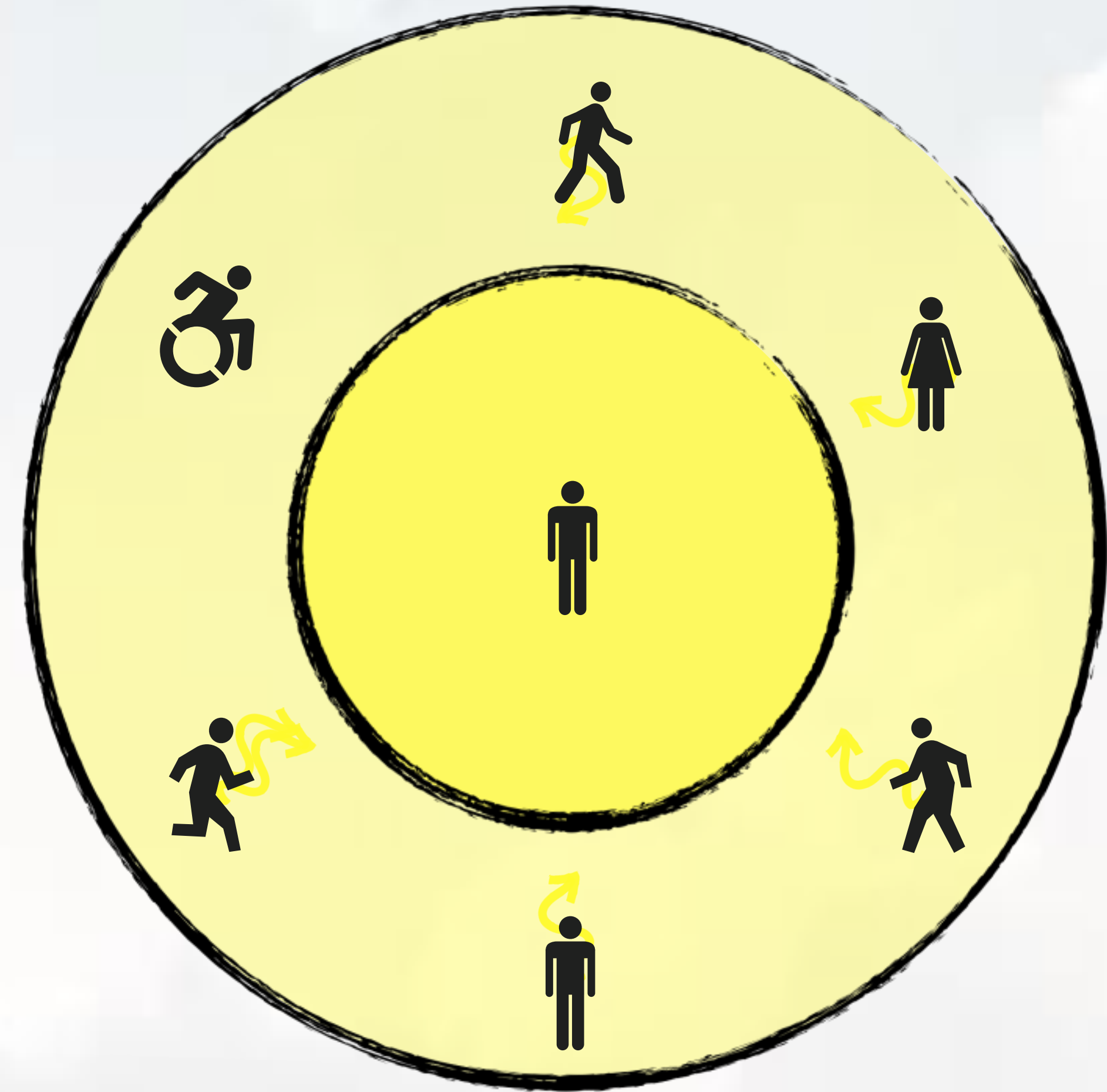
Better together

Unlocking Limitless Possibility

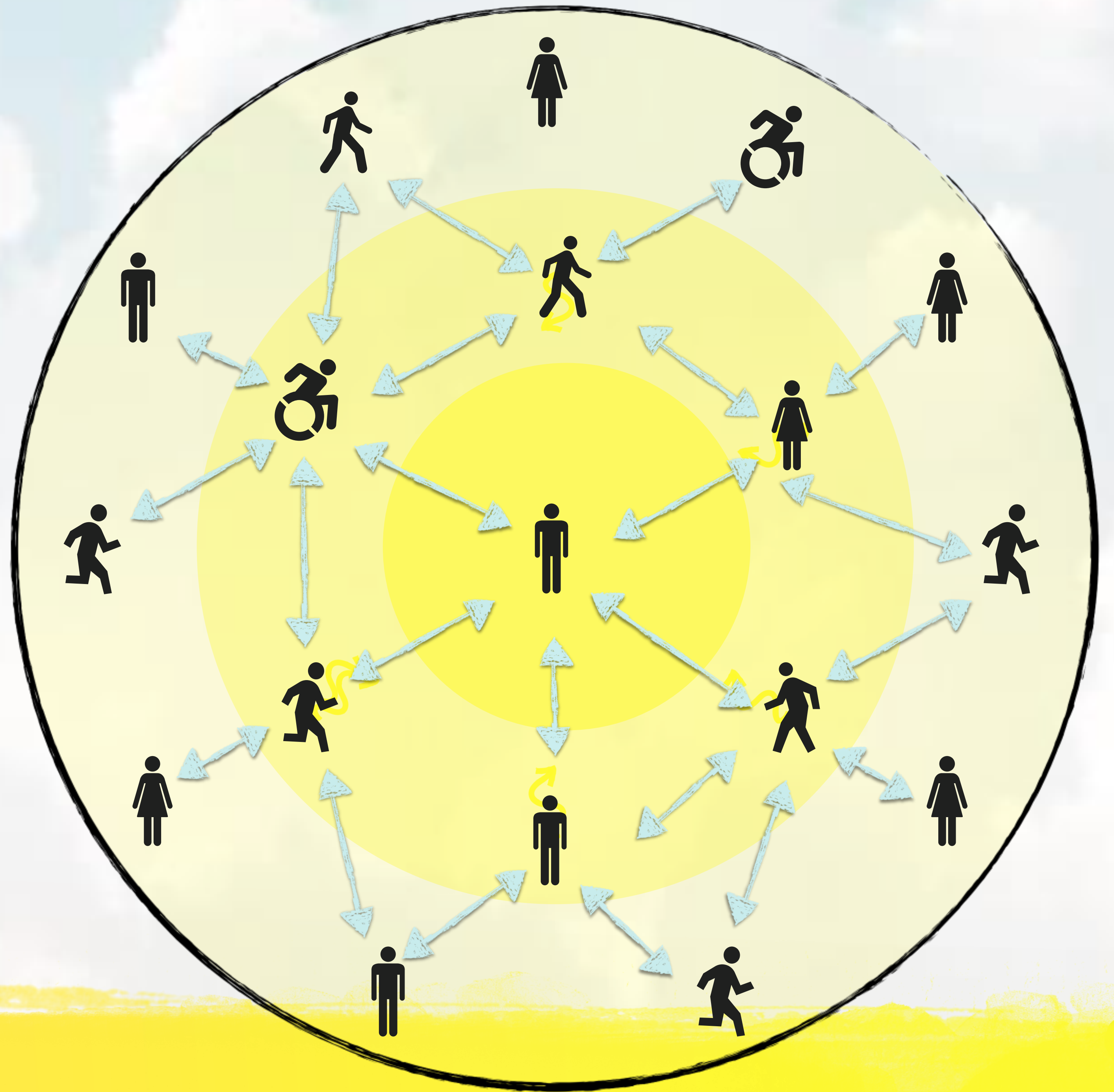
Me



You



Us



I TOLD YOU I WAS SICK

REGRETS OF THE DYING

BRONNIE WARE

REGRETS OF THE DYING

BRONNIE WARE

1. I wish I'd had the courage to live a life true to myself,
2. not the life others expected of me
- 3.
- 4.
- 5.

REGRETS OF THE DYING

BRONNIE WARE

1. I wish I'd had the courage to live a life true to myself,
2. not the life others expected of me
3. I wish I hadn't worked so hard
- 4.
- 5.

REGRETS OF THE DYING

BRONNIE WARE

1. I wish I'd had the courage to live a life true to myself,
2. not the life others expected of me
3. I wish I hadn't worked so hard
4. I wish I'd had the courage to express my feelings
- 5.

REGRETS OF THE DYING

BRONNIE WARE

1. I wish I'd had the courage to live a life true to myself,
2. not the life others expected of me
3. I wish I hadn't worked so hard
4. I wish I'd had the courage to express my feelings
5. I wish I had stayed in touch with my friends

REGRETS OF THE DYING

BRONNIE WARE

1. I wish I'd had the courage to live a life true to myself,
not the life others expected of me
2. I wish I hadn't worked so hard
3. I wish I'd had the courage to express my feelings
4. I wish I had stayed in touch with my friends
5. I wish I had let myself be happier



Why do we wait?

Tal



Seb

What DID TAL DO?

What DID TAL DO?

1: IDENTIFY GOAL

What DID TAL DO?

1: IDENTIFY GOAL

2: TELL SOMEONE

What DID TAL DO?

1: IDENTIFY GOAL

2: TELL SOMEONE

3: TAKE 1ST BOLD STEP



PERMISSION

Press Pause

Press Pause

Reflection



Press Pause

Reflection



Press Pause

Reflection



Now



Current Trajectory



Press Pause

Alternative Path

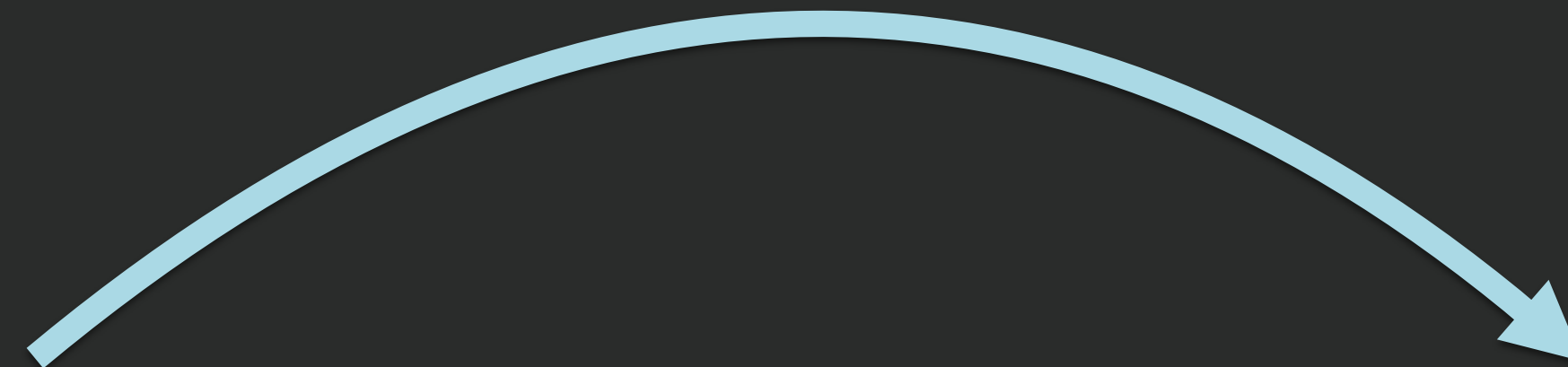
Reflection



Now



Current Trajectory





What's on your list?

GROW MY SOCIAL MEDIA FOLLOW, BECOME AN INFLUENCER

FINDING A POSITION IN RECIPE DEVELOPMENT

TAKE MY COMPANY NATIONAL

FIND A PUBLISHER AND INTERVIEWER TO ASSIST ME WRITE MY BOOK

WRITE A BOOK THAT BECOMES A MOVIE

WALK A PORTION OF THE CAMINO TRAIL

SANTORINI FLYING DRESS PHOTO SHOOT

OPEN NEW BUSINESS RELATIONSHIPS

CREATE A HOSPITALITY CERTIFICATE PROGRAM AT THE UNIVERSITY OF IDAHO

HELP 100 PEOPLE FACING CANCER

TAKE MY WIFE ON A VACATION TO ITALY

SCUBA DIVE WITH WHALE SHARKS AT SOCORRO ISLAND

CREATE A PROGRAM WHICH MENTORS, LISTENS AND EDUCATES

“Help 100 people facing cancer feel less alone.

Create a program which mentors, listens, educates and provides a “North Star” to never F’ing Quit.”

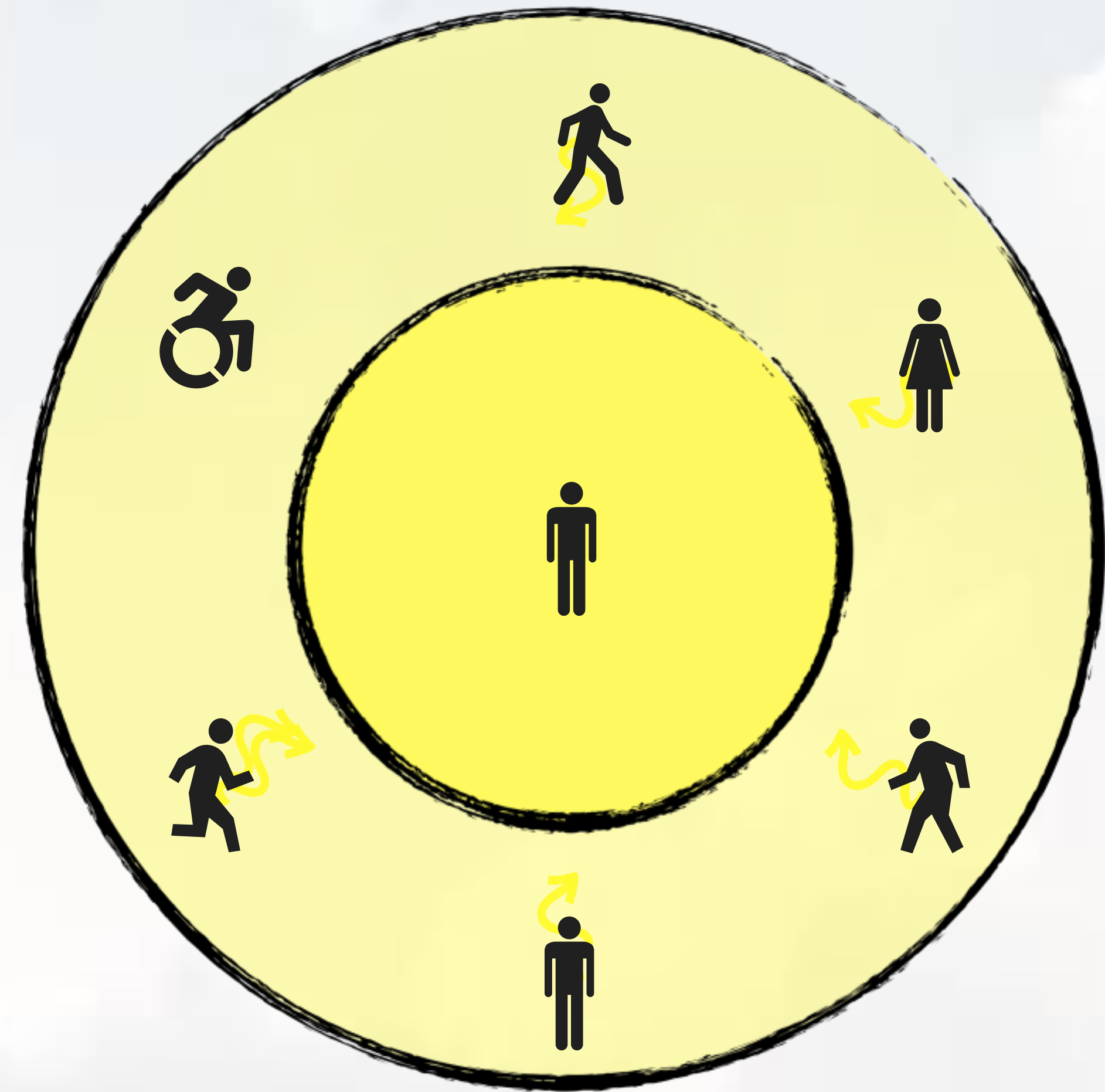
- Davin







You



SEEN - HEARD - VALUED

38%

OF EMPLOYEES FEEL UNDER APPRECIATED

SEEN - HEARD - VALUED

38%

OF EMPLOYEES FEEL UNDER APPRECIATED

77%

SAID THEY WOULD WORK HARDER IF THEY RECEIVED DUE RECOGNITION

SEEN - HEARD - VALUED

38%

OF EMPLOYEES FEEL UNDER APPRECIATED

77%

SAID THEY WOULD WORK HARDER IF THEY RECEIVED DUE RECOGNITION

EMPLOYEES WHO FEEL VALUED ARE

4.6

TIMES MORE LIKELY TO PERFORM AT THEIR BEST

SEEN - HEARD - VALUED

38%

OF EMPLOYEES FEEL UNDER APPRECIATED

77%

SAID THEY WOULD WORK HARDER IF THEY RECEIVED DUE RECOGNITION

4.6

EMPLOYEES WHO FEEL VALUED ARE

TIMES MORE LIKELY TO PERFORM AT THEIR BEST

HEALTHY WORKPLACE CULTURE INCREASES REVENUE BY 4X

The 3 questions

The 3 questions

1. Share YOUR Goal

The 3 questions

42

1. Share YOUR Goal

04

“What’s on your list?”

01:00

The 3 questions

1. Share YOUR Goal

2. SHARE YOUR TRUTH

What ARE YOU FINDING HARD, SO FAR?

01:00

The 3 questions

1. Share YOUR Goal
2. SHARE YOUR TRUTH
3. Share the load (accountability)

The 3 questions

1. Share YOUR Goal
2. SHARE YOUR TRUTH
3. Share the load (accountability)

95%

Where do you need support?

01:00



CONNECTION

CONNECTION

1: WHAT'S ON YOUR LIST?

(I SEE YOU)

CONNECTION

1: WHAT'S ON YOUR LIST?

(I SEE YOU)

2: What ARE YOU FINDING HARD, SO FAR?

(I HEAR YOU)

CONNECTION

1: WHAT'S ON YOUR LIST?

(I SEE YOU)

2: What ARE YOU FINDING HARD, SO FAR?

(I HEAR YOU)

3: Where do you need support?

(I'm with YOU)

1 WEEK CHECK IN





#23 Deliver a Baby



Hudson Bay

Vancouver

● REGINA

San Francisco

Los Angeles

Chicago

Montréal

Toronto

New York

Washington

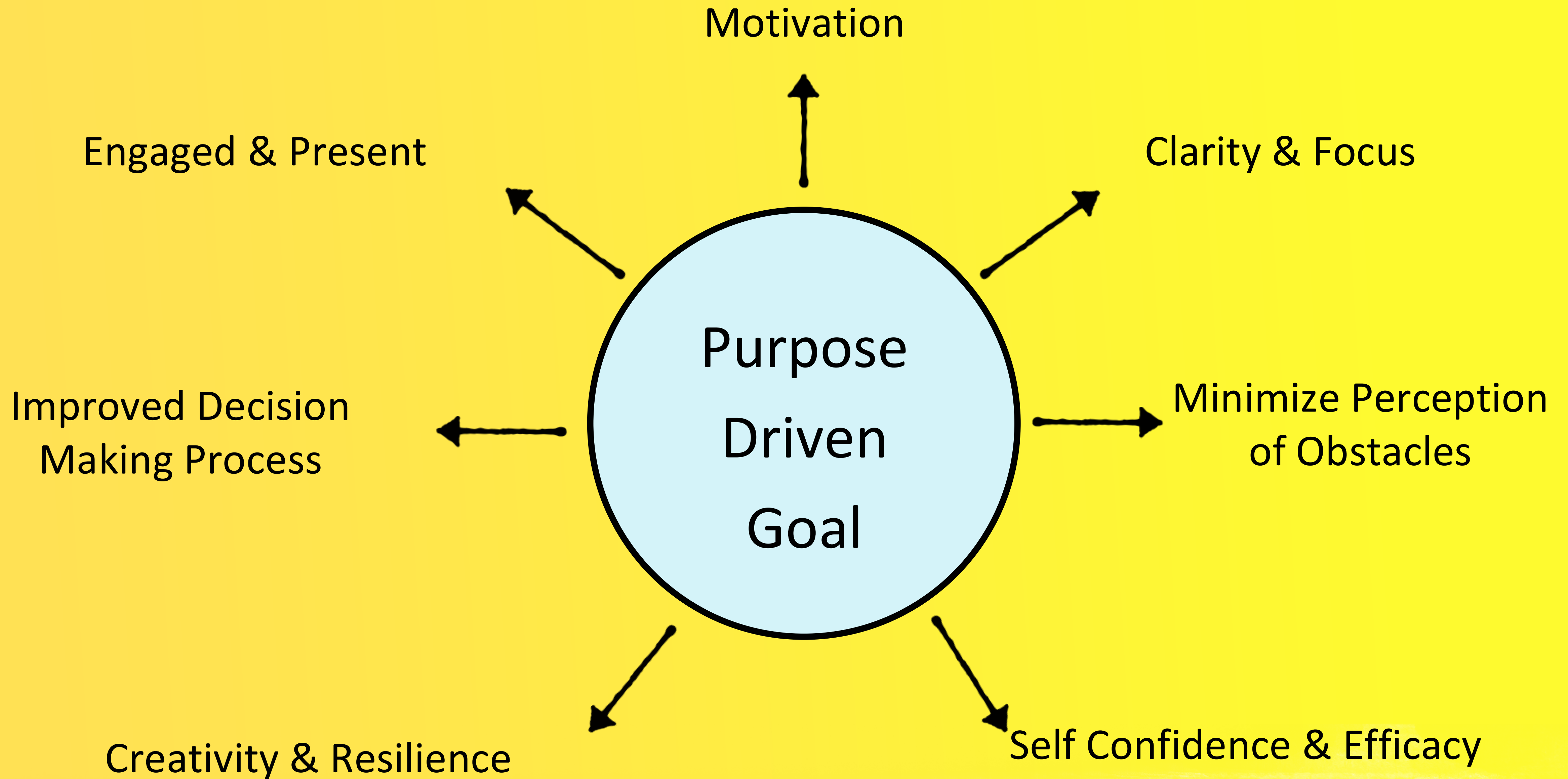
Dallas

Houston

ROCKY MOUNTAINS

GREAT PLAINS

APPALACHIAN MOUNTAINS





#23

Deliver a Baby

100.



#23

Deliver a Baby

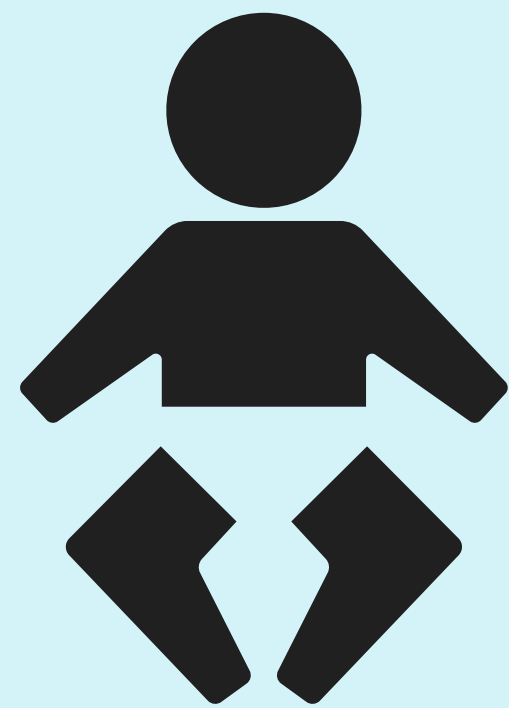


#23

Deliver a Baby

#23

Deliver a Baby



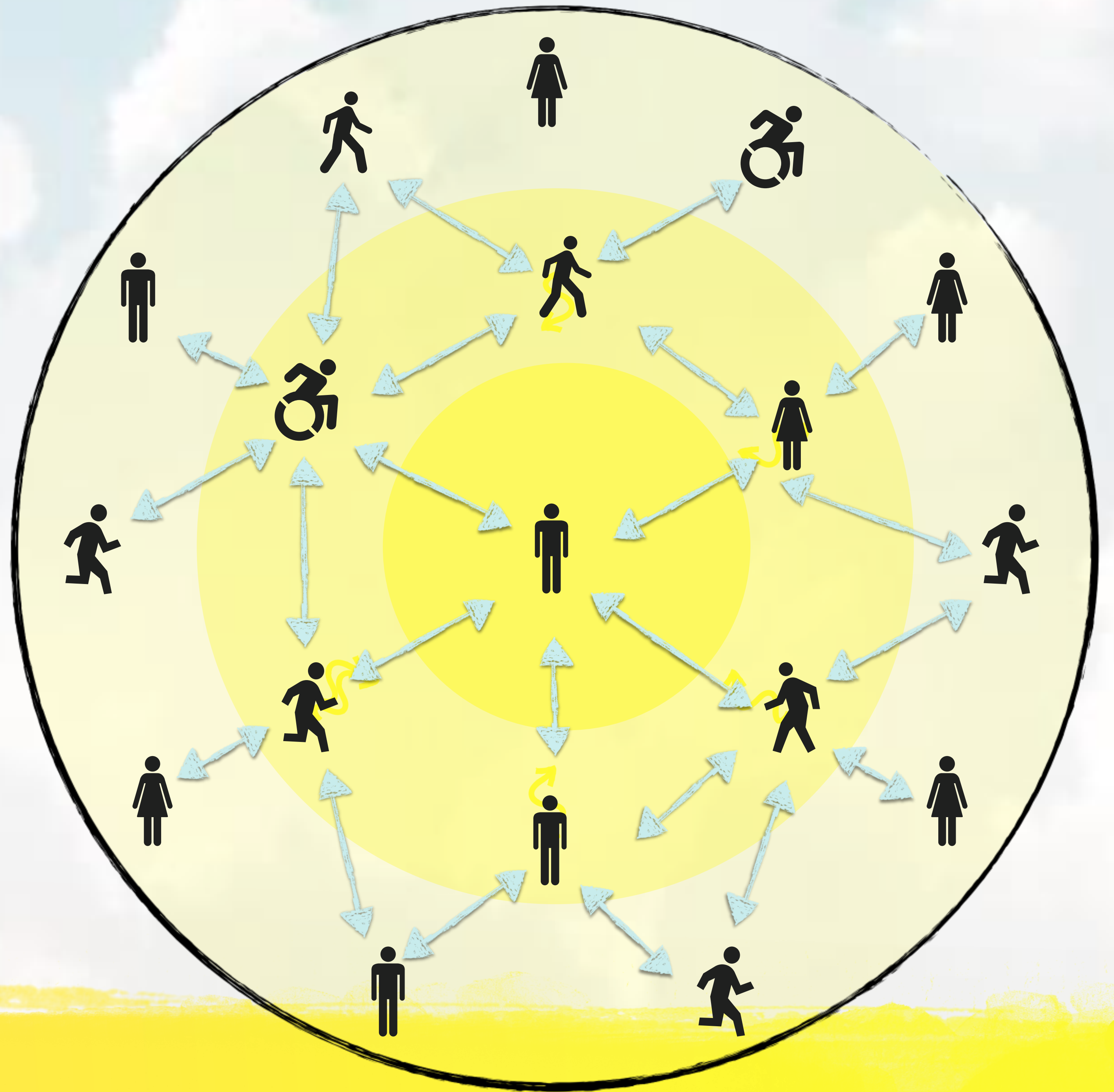
#23

Deliver a Baby



Passion Inspires Passion

us



You + me = us

You + me = us

1: create a shared vision

You + me = us

1: create a shared vision

2: give everyone a role

You + me = us

1: create a shared vision

2: give everyone a role

3: PUSH TOGETHER

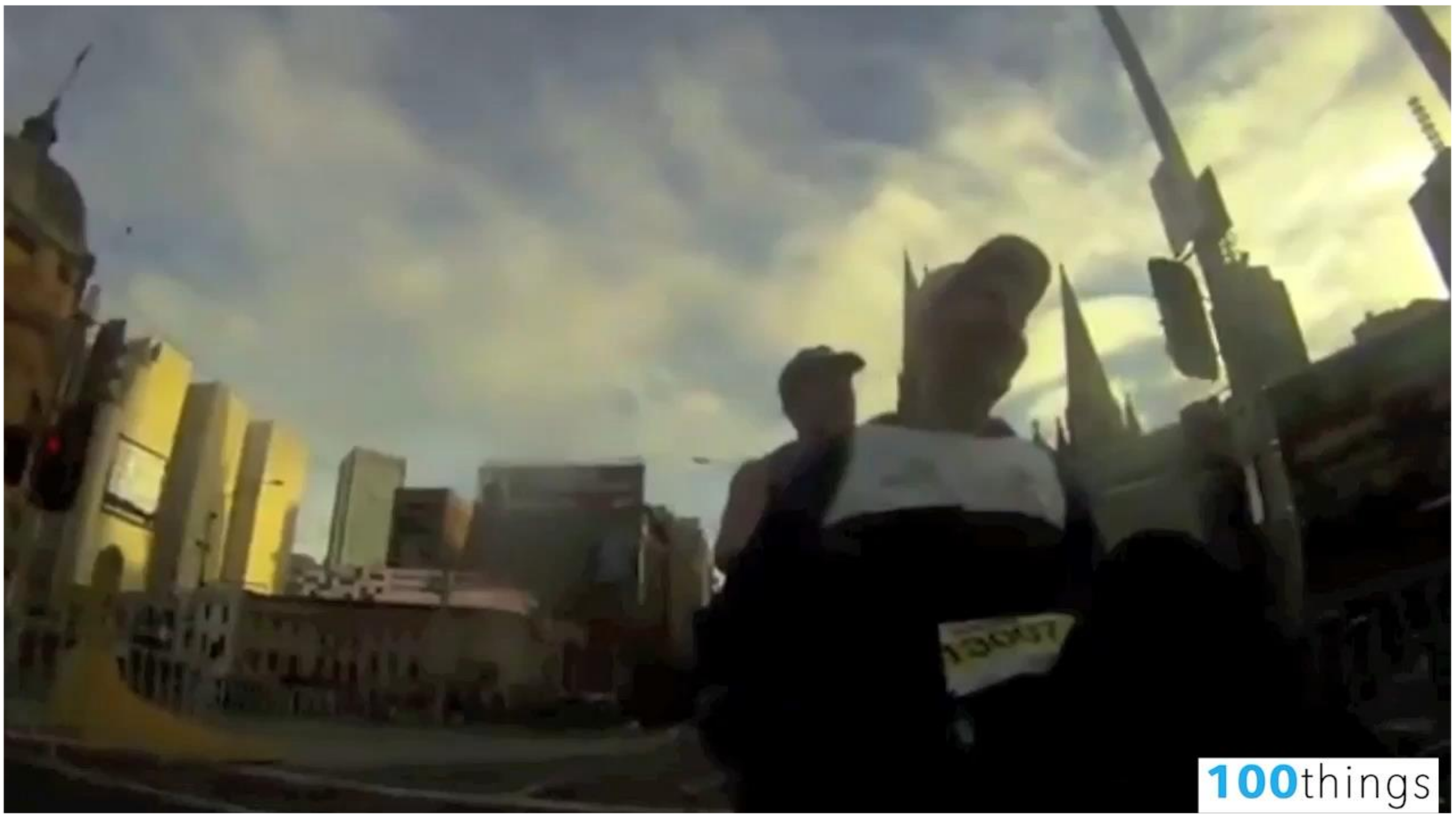




#26

Help a Stranger

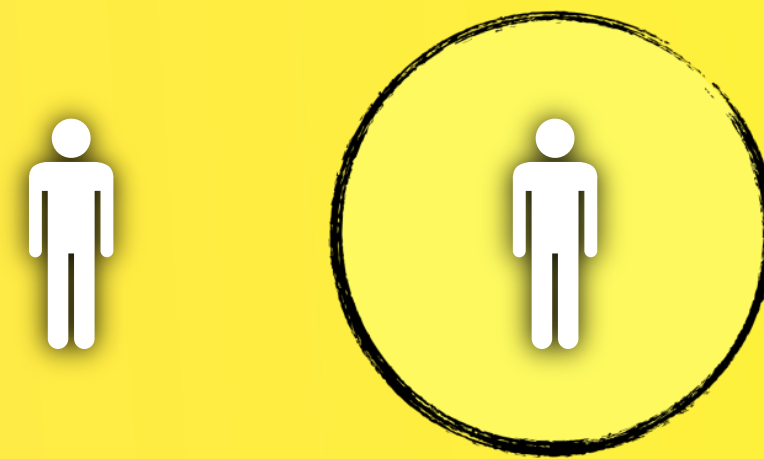






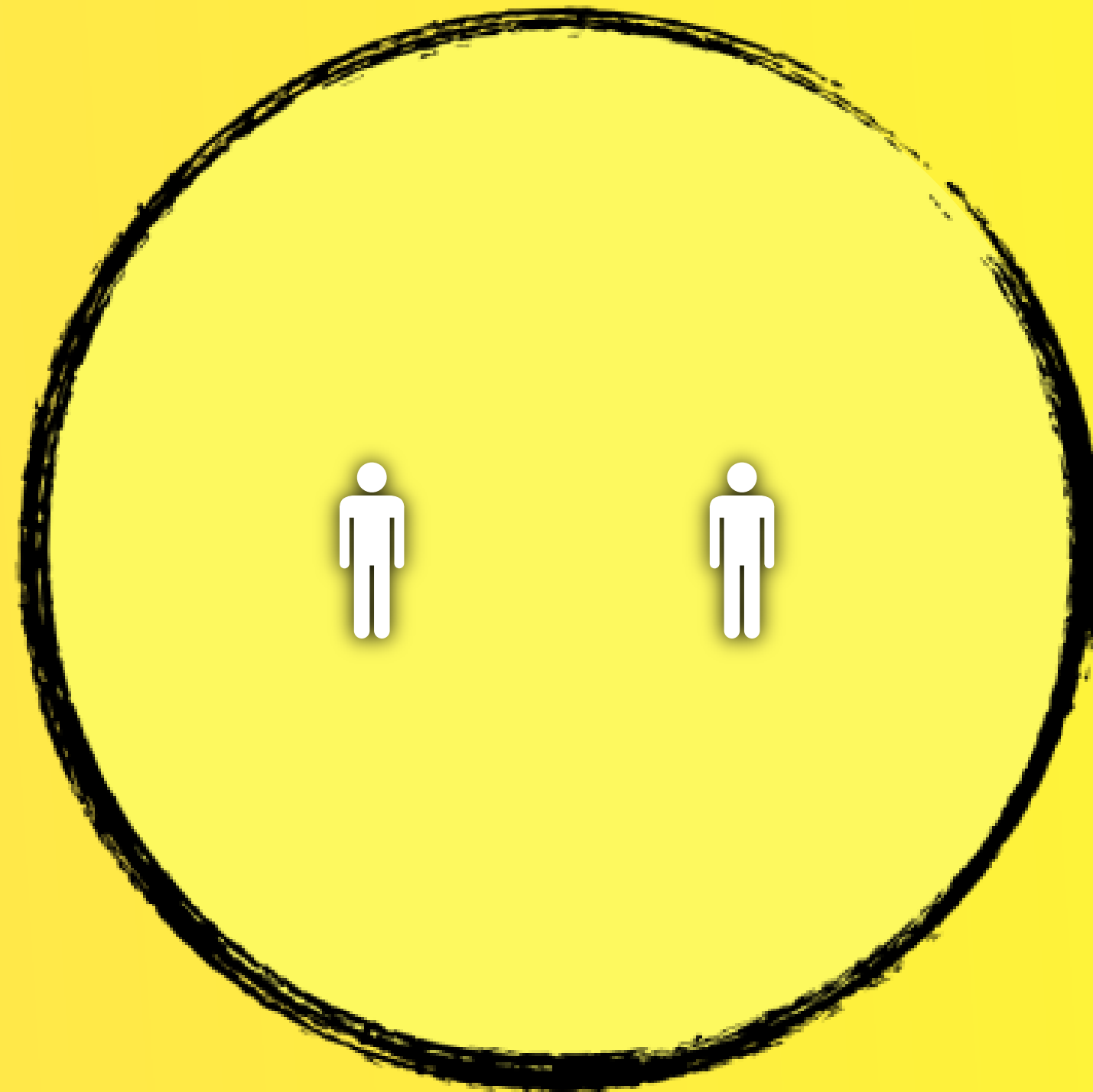


Me



You

Us







What's On Your List?



@Seb100things



@Seb Terry

Seb TERRY

Seb