

Seb TERRY

LIVE YOUR LIST

@SEB100THINGS

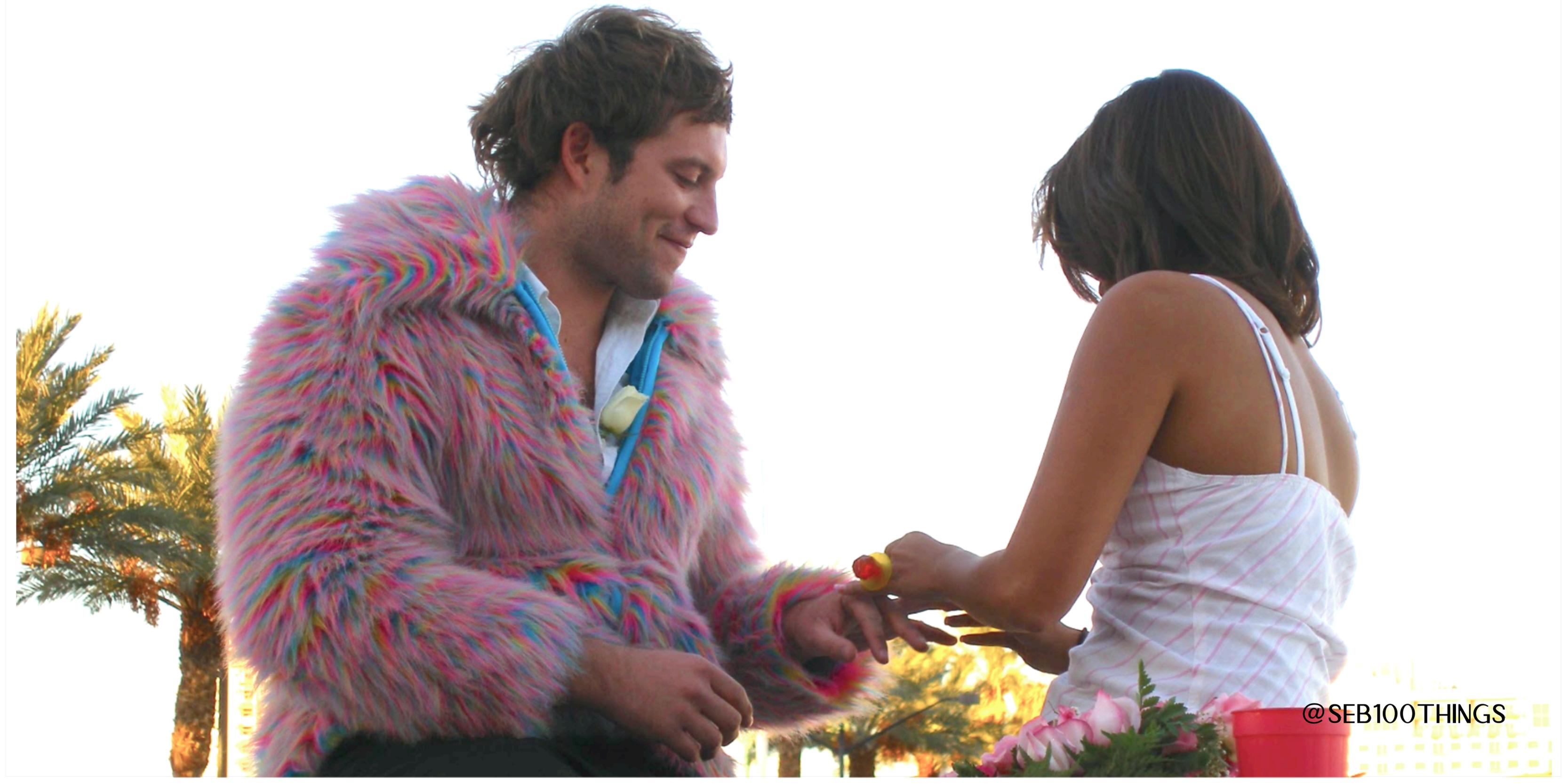
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#02 MARRY A STRANGER IN VEGAS

@SEB100THINGS

#02 MARRY A STRANGER IN VEGAS



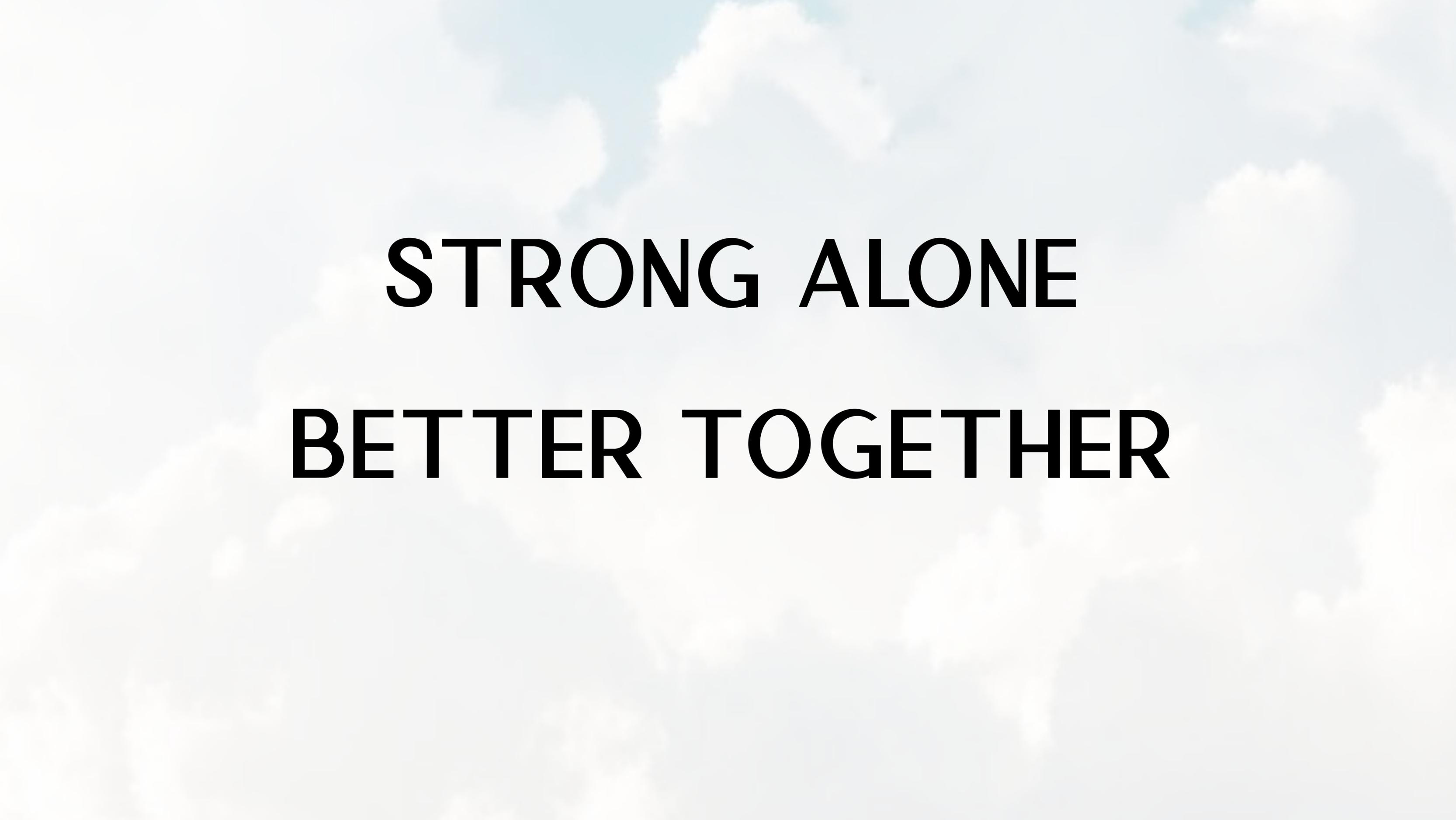
@SEB100THINGS

A man in a white long-sleeved shirt and a black vest with gold trim is playing an acoustic guitar on a street. He is wearing a gold watch and a ring. In the background, a crowd of people is walking, and a white van is partially visible on the left. The scene is outdoors on a paved street.

#02 MARRY A STRANGER IN VEGAS

CHECK

16 : 07 : 06
YEARS MONTHS DAYS

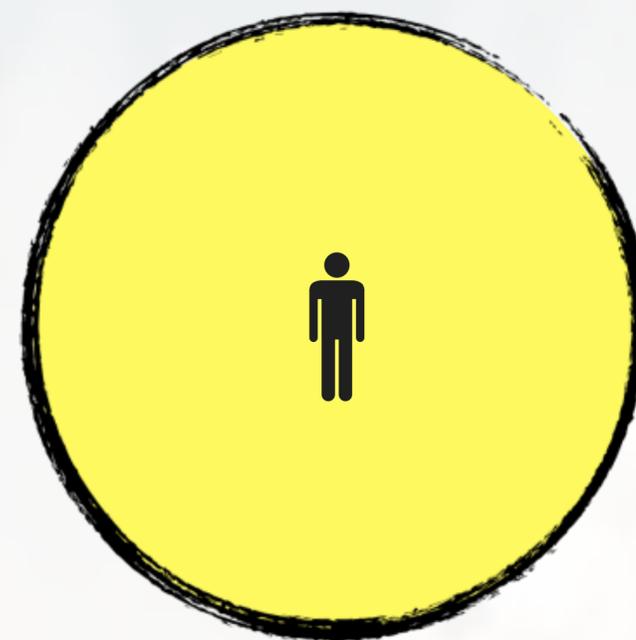


STRONG ALONE

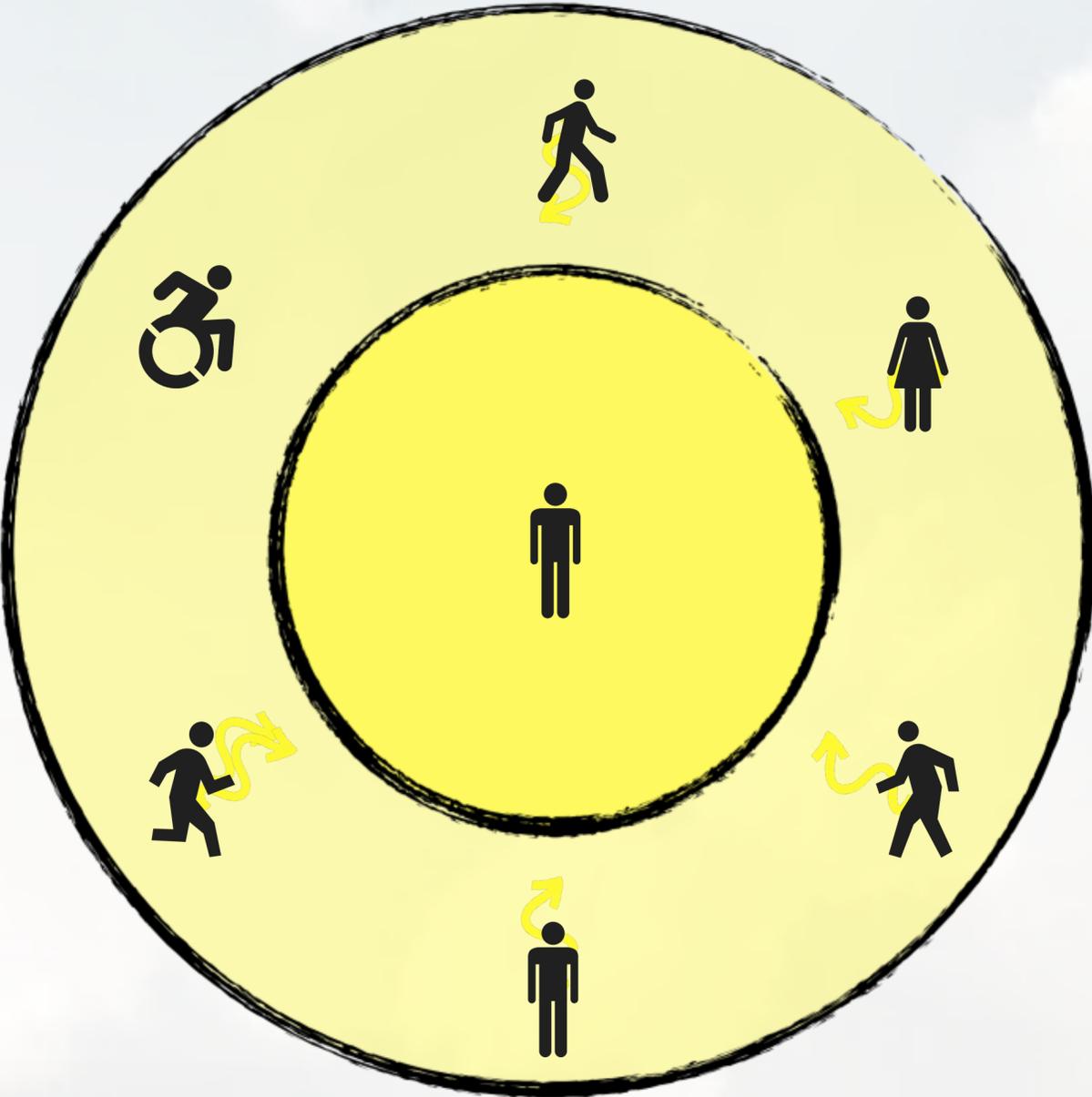
BETTER TOGETHER

UNLOCKING LIMITLESS POSSIBILITY

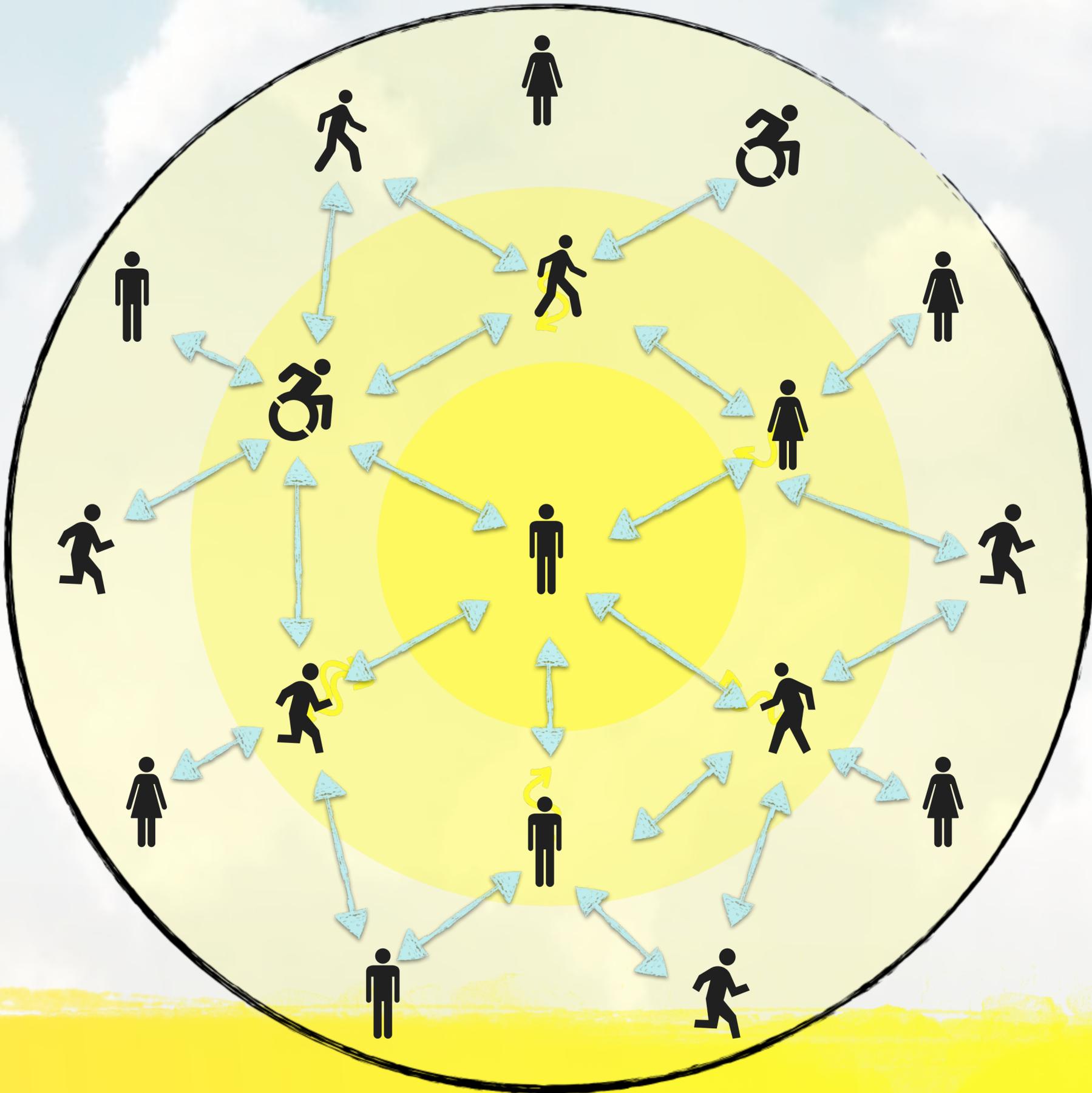
ME



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,
NOT THE LIFE OTHERS EXPECTED OF ME

2.

3.

4.

5.

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.
- 4.
- 5.

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REGRETS OF THE DYING

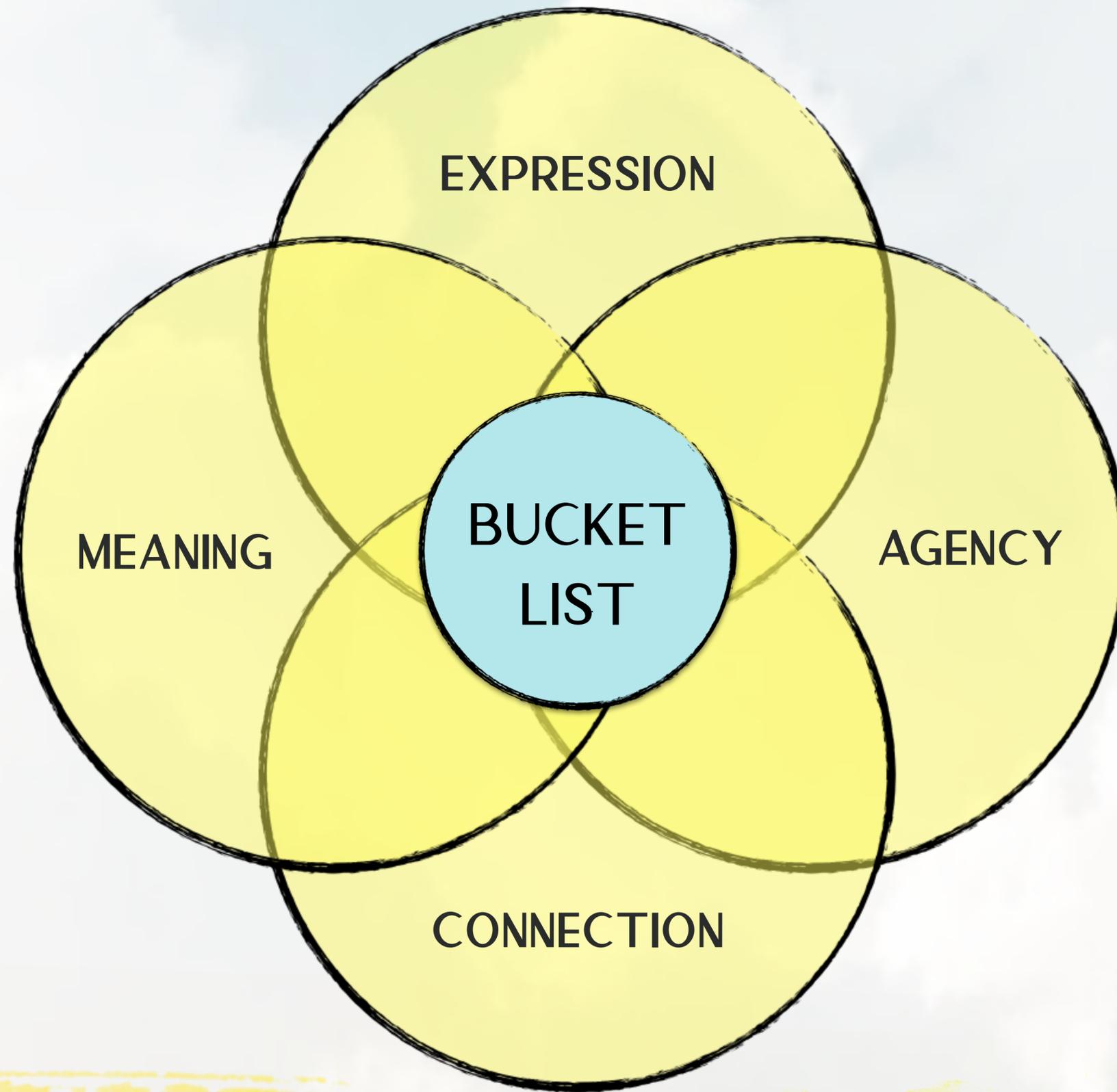
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4. I WISH I HAD STAYED IN TOUCH WITH MY FRIENDS
5. I WISH I HAD LET MYSELF BE HAPPIER



BUCKET LIST

TERM : INFORMAL

**A HOLISTIC LIST OF PERSONAL DREAMS AND AMBITIONS,
ALLOWING AN INDIVIDUAL TO GAIN SELF AWARENESS,
PERSONAL FULFILLMENT AND SELF ACTUALIZATION**



WHY DO WE WAIT?

@SEB100THINGS



TAL



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



CURRENT TRAJECTORY



PRESS PAUSE

Alternative Path

REFLECTION



CURRENT TRAJECTORY



What's on your list?

A CURE FOR ALS TO CREATE SPACE IN MY EVERYDAY LIFE TO FOCUS MORE ON THE "CRITICAL FEW"

VOLUNTEER FOR A VETERANS ORGANIZATION WEIGHT LOSS AGENCY GROWTH

ACHIEVE BETTER WORK-LIFE BALANCE TAKE OUR DAUGHTER ON AN UNFORGETTABLE SENIOR TRIP

SET MY SON UP FOR HAPPINESS AND SUCCESS EMPOWERMENT MORE TIME TO SERVE

BE MORE PHYSICALLY ACTIVE TAKE OUR AGENCY SALES TEAM TO THE NEXT LEVEL

IMPROVE ON OUR HIT RATIOS TRAVEL WITH MY FAMILY AND ENJOY OUR TIME TOGETHER

TAKING MY FAMILY AND MOTHER-IN-LAW TO ITALY GET IN BETTER PHYSICAL SHAPE

BE PRESENT AND LIVE OUT THOSE BLACKBERRY MOMENTS STAY ON PRIVATE YACHT IN MEDITERRANEAN

COLLEGE DEGREE RUN A HALF MARATHON BEGIN THE PROCESS OF BUILDING LAKE HOUSE

HIRE TWO PRODUCERS FIRST QUARTER TRAVEL CREATE MEMORIES WITH MY CHILDREN.

DO A HALF IRONMAN POSITION MY TEAM AS VALUED RESOURCE PARTERS

GROW MY BOOK BY NEW BUSINESS AND RETENTION OF CURRENT CLIENTS TO BECOME MORE SPIRITUAL

GO TO EUROPE WITH MY PARENTS AND KIDS HELP MY TEAM AND DIVISION BECOME MORE EFFICIENT

FIND AN ORGANIZATION I AM PASSIONATE ABOUT TO VOLUNTEER ENJOY TIME WITH MY CHILDREN

HAVE A STEADY FLOW OF BUSINESS OPPORTUNITIES FOCUSED MENTORSHIP OF YOUNG PEOPLE

GET BACK INTO RUNNING TO CREATE A STATE APPROVED ETHICS CLASS TO PROMOTE AND TEACH.

FAITH > WORK AND WORLDLY POSSESSIONS SERVE AT LEAST ONE MEAL AT A HOMELESS SHELTER

A CURE FOR ALS

TO CREATE SPACE IN MY EVERYDAY LIFE TO FOCUS MORE ON THE "CRITICAL FEW"

VOLUNTEER FOR A VETERANS ORGANIZATION

WEIGHT LOSS

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ACHIEVE BETTER WORK-LIFE BALANCE

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SET MY SON UP FOR HAPPINESS AND SUCCESS

EMPOWERMENT

MORE TIME TO SERVE

BE MORE PHYSICALLY ACTIVE

TAKE OUR AGENCY SALES TEAM TO THE NEXT LEVEL

IMPROVE ON OUR HIT RATIOS

TRAVEL WITH MY FAMILY AND ENJOY OUR TIME TOGETHER

TAKING MY FAMILY AND MOTHER-IN-LAW TO ITALY

GET IN BETTER PHYSICAL SHAPE

BE PRESENT AND LIVE OUT THOSE BLACKBERRY MOMENTS

STAY ON PRIVATE YACHT IN MEDITERRANEAN

COLLEGE DEGREE

RUN A HALF MARATHON

BEGIN THE PROCESS OF BUILDING LAKE HOUSE

HIRE TWO PRODUCERS FIRST QUARTER

TRAVEL

CREATE MEMORIES WITH MY CHILDREN.

DO A HALF IRONMAN

POSITION MY TEAM AS VALUED RESOURCE PARTERS

GROW MY BOOK BY NEW BUSINESS AND RETENTION OF CURRENT CLIENTS

TO BECOME MORE SPIRITUAL

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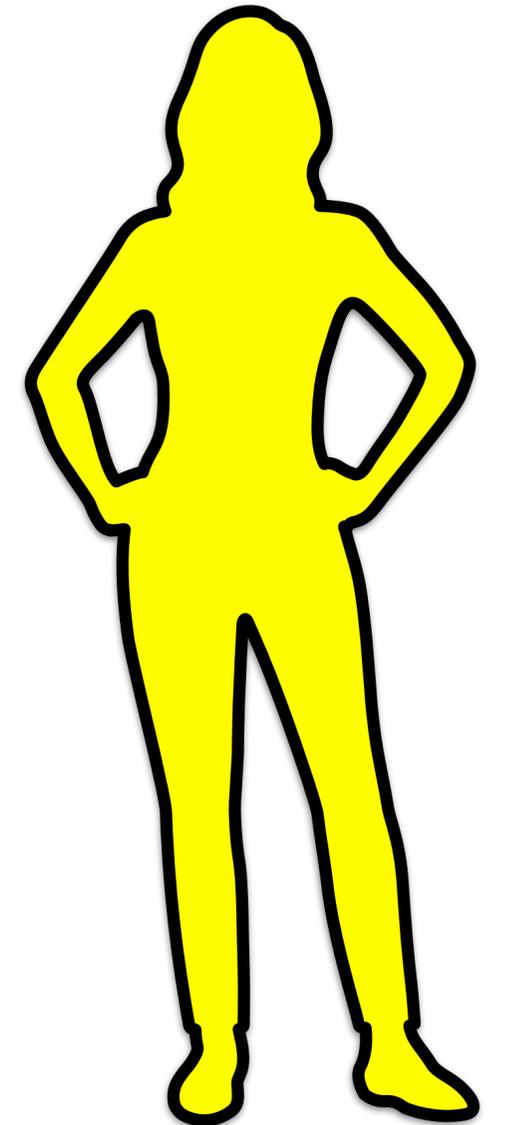
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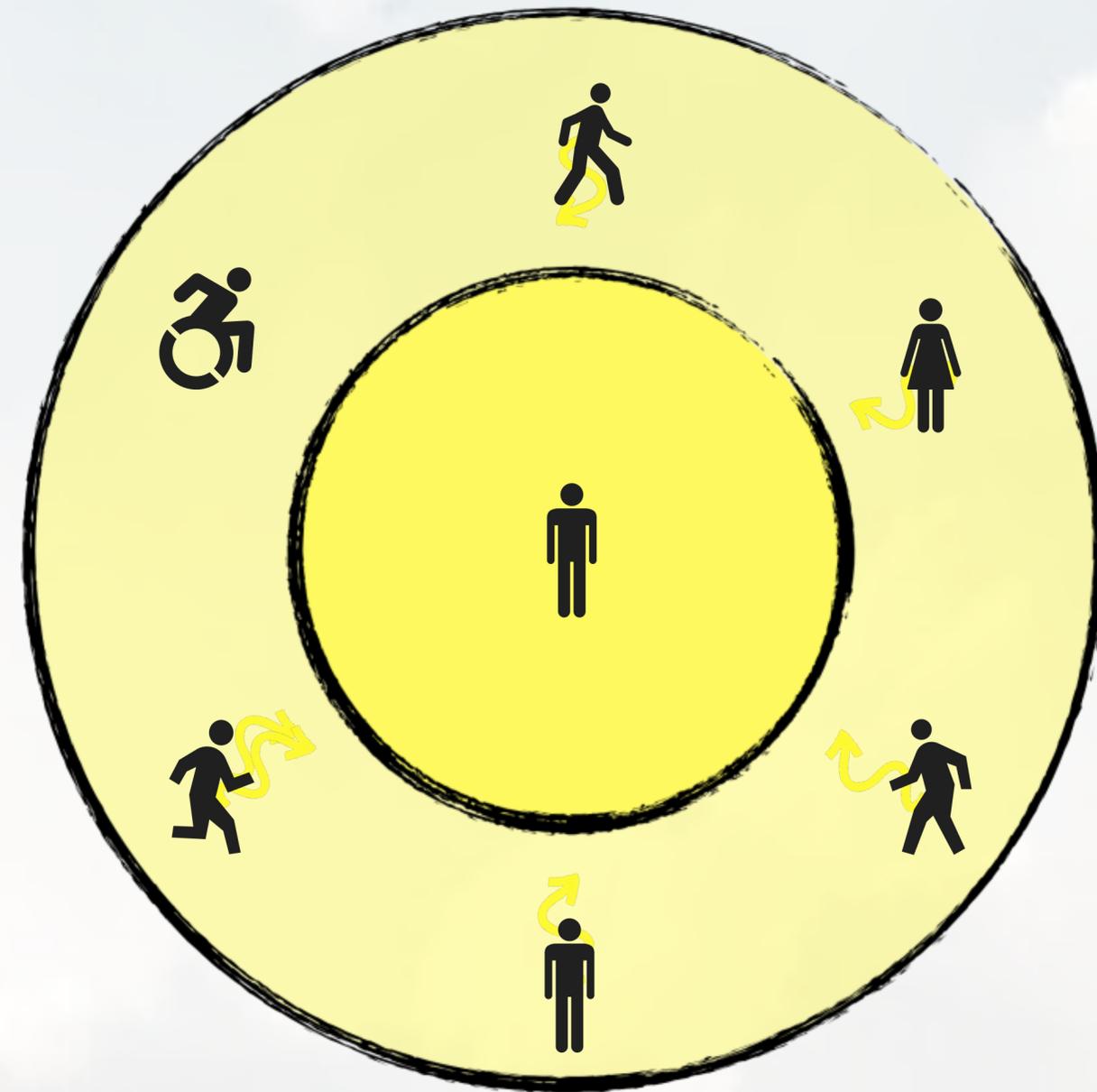


DO A HALF IRONMAN

JOHN DOORHY



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

EMPLOYEES WHO FEEL VALUED ARE **4.6** 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

1. SHARE YOUR GOAL

42%

“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



● REGINA

Vancouver

San Francisco

Los Angeles

Chicago

Dallas

Houston

Montréal

Toronto

New York

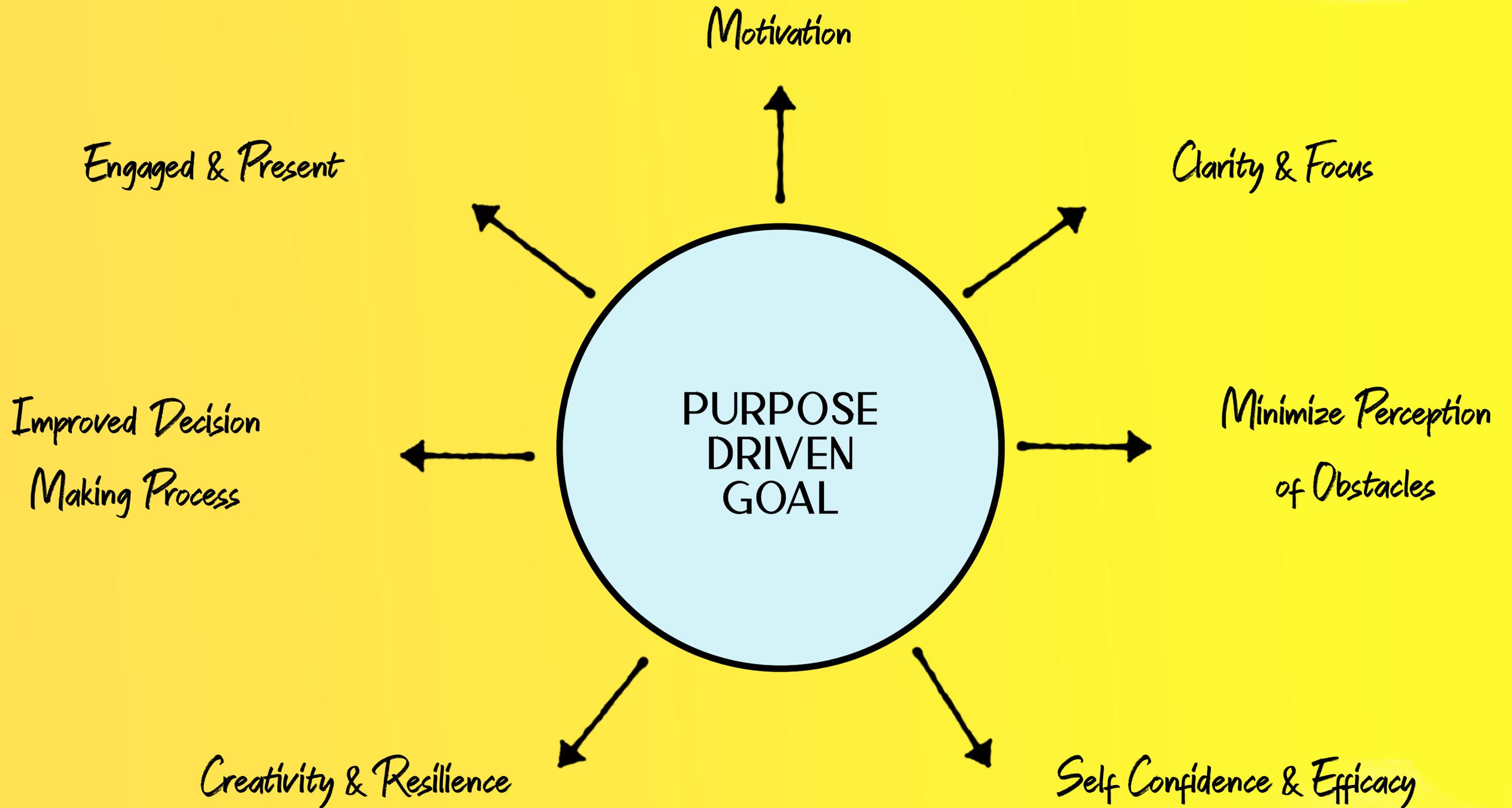
Washington

Hudson Bay

ROCKY MOUNTAINS

GRAND PLAINS

APPALACHIAN MOUNTAINS





#23 DELIVER A BABY

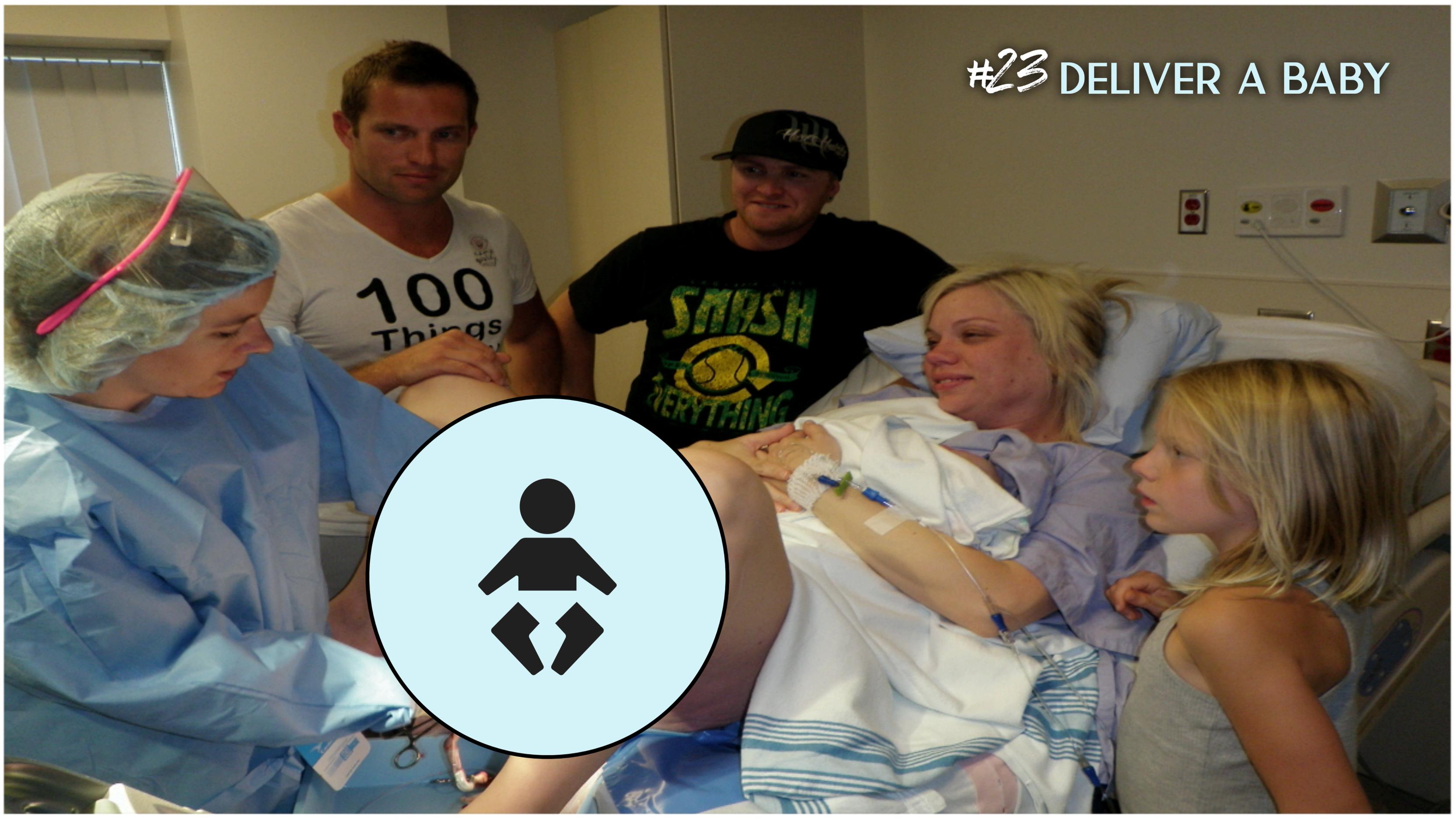


#23 DELIVER A BABY



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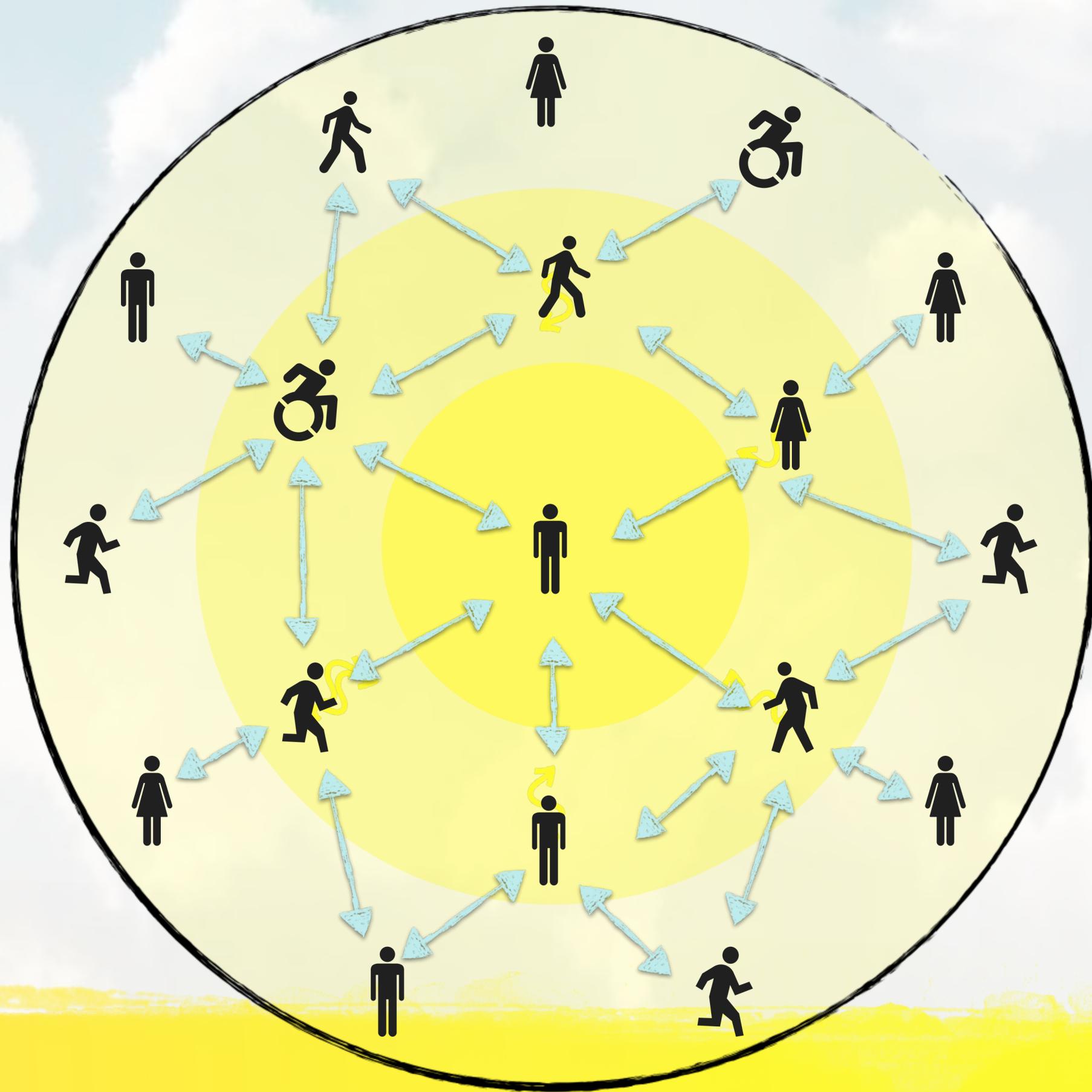


#23 DELIVER A BABY



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



#26

HELP A STRANGER

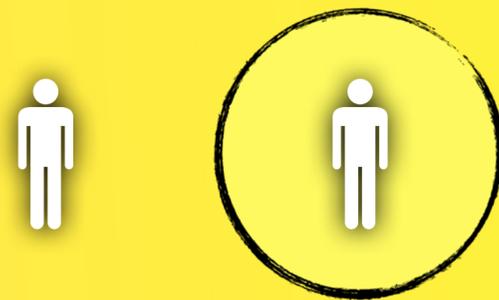








ME



YOU

US





WHAT'S ON YOUR LIST?



@SEB100THINGS



@SEB TERRY

seb TERRY