

SEBASTIAN TERRY

INTRO:

Affected by the death of a close friend, Sebastian Terry had a moment of deep reflection and realized that he wasn't leading a life true to himself. In a moment of darkness and uncertainty, he decided to pick up a pen and paper and began to make a list of all the things that he'd always wanted to do but had never gotten around to.

His mission; to find happiness.

Dropping everything in his life to pursue each of his 100things goals, Sebastian's journey has been turned into a best-selling book, a reality TV show and a platform that inspires people to not only start their own list but support others along the way.

Ladies and gentlemen, please welcome Sebastian Terry.