How To

TRANSFORM YOUR LIFE

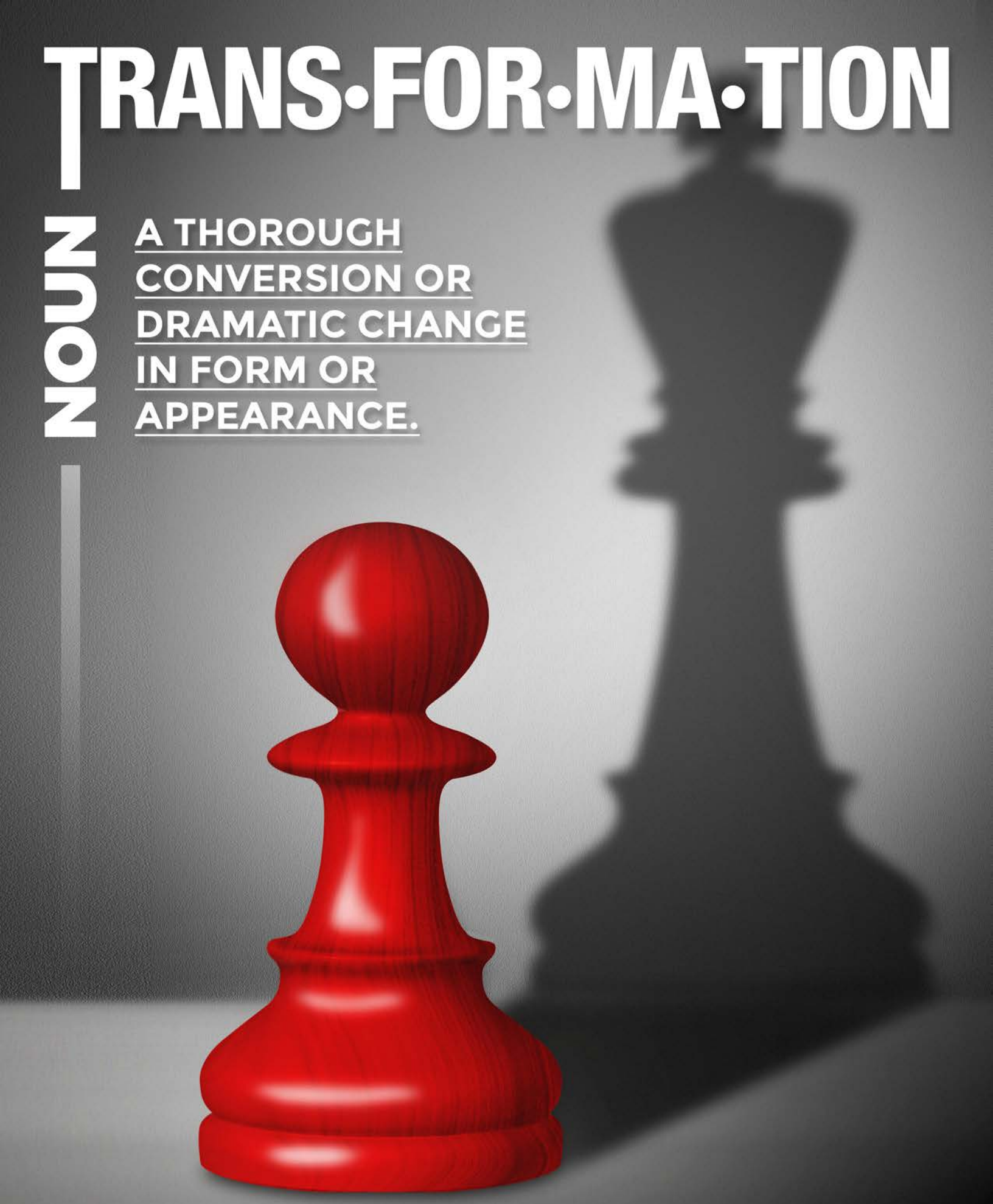
in 100 days

GARY RYAN BLAIR

TRANS·FOR·MA·TION

NOUN

A THOROUGH CONVERSION OR DRAMATIC CHANGE IN FORM OR APPEARANCE.



GARY RYAN BLAIR

Learn More: 100 Day Challenge



FAST FORWARD 100 DAYS...

What would it take for you to look back and say...*"I have completely transformed my life, personally and professionally."*

What would it take for you to create a compelling vision — **finish everything you started**, and turn your goals and dreams into real, lasting, and highly profitable results?

Imagine what it would be like **100 DAYS FROM NOW** if you could...

- Be in the best shape of your life
- Write and publish your book or song
- Become the sales leader in your organization
- Create an info-product and launch it worldwide
- Improve your grades and get on the Dean's List
- Finally, start a new business doing what you love
- Generate game-changing revenue for your current business
- Restore or strengthen relationships with family, friends or colleagues
- Pay off thousands of dollars in debt...and become completely debt free
- Build or rebuild your marriage on a foundation of trust, intimacy, and respect

How would that make you feel? **How would it impact your life?**

Not only would it propel you to a completely new level of experience, confidence, and accomplishment, but it would likely have a **domino effect** on your life for years to come.



YOUR ONLY LIMITS ARE YOUR BELIEFS

The United States Army can take an out-of-shape recruit who has never held a weapon in their life and in a 100 day period of time...**transform them not just into a well-disciplined soldier, but into a highly competent fighting machine.**

Extreme fitness programs like P90X, INSANITY and ATHLEANX have built empires by creating **radical body transformations** for people all over the world...and in less than 100 days given them the abs, stomach, and booty they always dreamed of having.

Dancing With the Stars is so much more than a dance contest... it delivers a complete transformation in real time by thrusting celebrities from their comfort zone and **turning them into world-class dancers** in one season which by the way is less than 100 days.

Mother Nature is also in the transformation business as she has proven time and again when she goes from the dead of Winter to the **abundance of Spring** with its color-rich flowers, all in 100 days.

Wouldn't you like some of that action in your own life?



EVERYTHING YOU NEED IS ALREADY INSIDE

*"Think of everything you do in terms of **revolutionary change** rather than evolutionary change"*
- Astro Teller

Perhaps the thought of transforming your life in just **100 DAYS FROM NOW** sounds unrealistic or even outrageous. I get it...but there's no disputing the fact that innovative and highly motivated people have found ways to dramatically decrease the amount of time it takes to achieve life-changing goals.

But how can you transform your life **100 DAYS FROM NOW**...and what can you learn from people who have found a way to hack their performance and accelerate their rate of success?

Stick around, and I'll explain why you don't need to reinvent the wheel when you can model and **leverage the extraordinary successes of high performers** to reinvent and speed up your own results.



UNLEARNING YOUR WAY TO SUCCESS

Before you get too far ahead of yourself, you need to slow down, deconstruct, and shift your focus onto the adverse questions.

Why? It's actually very simple...before you learn how to accelerate your growth and **TRANSFORM YOUR LIFE IN 100 DAYS**...you first need to unlearn the things which do not work.

Why are most people and organizations content to settle for small, marginal, and incremental growth?

Why are most people and organizations still operating on old **outdated beliefs and behaviors** that produce little in the way of results?

Why are most people and organizations going to be in the same place in **100 days** as they are today?

In fact, why are most people and organizations going to be in nearly the same place in **1, 3, and even 5 years from today?**



THE CULT OF CONFORMITY

From the moment you were born…you were unwittingly in the process of being **indoctrinated into a multi-generational conspiracy** designed to encourage conformity, instill self-doubt, and discourage original thought.

Almost every institution that you have ever come in contact with is self-serving and has c**onformance, manipulation, mediocrity, and control** baked into their core.

From education to entertainment…from the foods you eat to the music you listen to…from the clothes you wear to the car you drive…from the books you read to the news you watch…and from politics to religion as well…they all **conspire to get you to drink their version of Koolaid.**

They actively, aggressively and deliberately work to discourage big thinking, uniqueness, individuality, and differentiation.

You must understand that throughout your **ENTIRE LIFE**...you've been groomed, molded, and patterned to fit into the narrow and self-serving interests (ideology) of a particular group, company, institution, clothing line or party.



REWRITE HISTORY
REDEFINE YOUR REALITY

Throughout your life and throughout history for that matter, you've been told to...

Sit still. Stand in line. Keep your head down. Follow the rules. Do as you're told. Play it safe. Don't risk it. Wait your turn. Ask permission. **Stop asking questions**. Learn to compromise...and that success comes one step at a time.

This is terrible advice because it ingrains self-limiting beliefs, undermines self-confidence, creates fear as well as a poor self-image while sabotaging your chances of **TRANSFORMING YOUR LIFE IN 100 DAYS.**

Negative programming and the deliberate, **ongoing enforcement of limiting beliefs** is the rotten fruit of conformity and the primary reason why most people live small, unfulfilled lives.



RESIST MUCH OBEY LITTLE

In the words of Henry David Thoreau..."The mass of men lead lives of quiet desperation and go to their grave with their song still inside them."

I'm in complete agreement, and it's one of many important reasons why you want to learn what it takes to **TRANSFORM YOUR LIFE IN 100 DAYS.**

It's quite sobering to think that you are being taught by people who have been able to accommodate themselves to a **regimen of thought** laid down by their predecessors.

It's a self-perpetuating system which is intentionally designed to undermine real progress, and it's a truth **you must wake up to and strenuously resist**, or the consequences are utterly devastating.



REFRAME BELIEFS TO RENEW YOUR RESULTS

As the creator of the **100 Day Challenge** and someone who repeatedly, consistently and who routinely works with people and organizations who accelerate from standing starts to giant accomplishments… **achieving goals fast, growth hacking, and driving exponential results is my reality.**

I have come to the understanding that you cannot change your behavior or **TRANSFORM YOUR LIFE IN 100 DAYS**, until and unless you change your beliefs…and that the most important element in your strategy to win the battle for your mind and productivity is your own psychology.

Most people and organizations operate within a conditioned, **self-limiting mindset** that says success comes incrementally...one step at a time.

While unspoken, the court of public opinion says that you must move systematically from our present level of achievement to the next.

Then, the thinking goes, from that stage you can begin working toward graduating to the next higher level in the sequence—**gradual progress.**



ELEVATE YOURSELF UP, UP AND FAR AWAY

This belief is false and only succeeds in undermining your growth, sabotaging your self-esteem, and relegating you to the slow lane.

I'm here to tell you that you can make a quantum leap from your present level of achievement to one that is several levels higher—DIRECTLY.

I understand that your mindset for the moment may be flawed by doubt and skepticism. The idea of **TRANSFORMING YOUR LIFE IN 100 DAYS**...of experiencing exponential growth, jumping from your present level of achievement to one several stages higher is an alien idea.

You have not been trained to think and act in this manner...and you may very well have some definite reservations about the possibility that you can make such an **exponential improvement** at all...much less in a greatly abbreviated time frame.

However, I assure you that your doubts and skepticism are rooted in mental limitation. Your doubts are not the product of accurate thinking but **they are the product of habitual thinking.**



THINK DIFFERENTLY

- To transform your life in 100 days...**purge a few things from your life**…including false assumptions about how fast you change your life, self-limiting beliefs that undermine your progress, and the comfort zone that holds you back from **unleashing your greatness.**

- To transform your life in 100 days...**embrace the belief** that you have no legal, logical or moral obligation, or any justifiable reason to settle for small, marginal or incremental growth.

- To transform your life in 100 days...**program your mind with this truth**...you deserve and have the ability to **multiply your performance, defy expectations**...and **achieve goals** on a scale and at a pace that the majority deem impossible.

- To transform your life in 100 days....**you must think and act differently** and operate with the understanding that the quickest way to the mountaintop is not by fighting your way through the pack…it is by leapfrogging over the pack by **deploying superior execution strategies and having a single-minded focus on exponential growth.**



MAKE YOUR MARK ON THE WORLD

Let's get down to brass tacks...how do you do it?

How do you **accelerate your rate of success** and experience exponential growth?

How do you multiply your performance, and **achieve goals** at a pace and on a scale that others view as ridiculous, impossible even?

How do you become a legitimate growth hacker, and enjoy a bountiful harvest while most people settle for a few measly crumbs?

Say hello to the **100 DAY CHALLENGE**.



ARE YOU READY TO TRANSFORM YOUR LIFE?

The smartest and most efficient way to master any skill, strategy or goal in life is to model the systems and strategies of the giants who have already forged the path ahead.

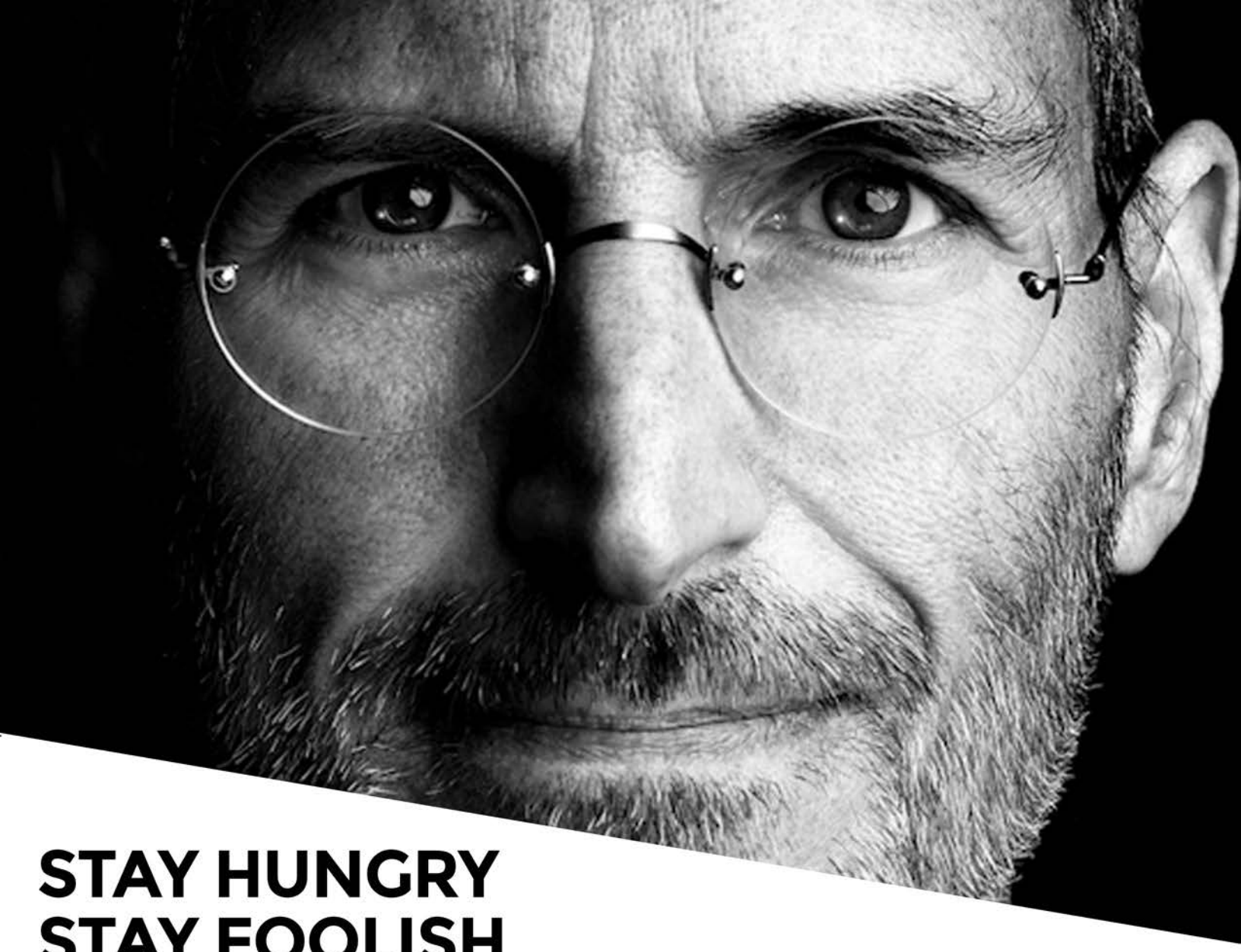
Why should you go to the trouble of reinventing the wheel when you can model and leverage the extraordinary successes of high performers to reinvent and speed up your own results?

Allow me to explain why modeling the systems and strategies of the ultra-successful works so well…

A system, process or ritual or what some growth hackers refer to as a formula is a proven, repeatable execution strategy…which is **designed** to ring the bell by delivering **highly repeatable results.**

Modeling the strategies of the ultra-successful allows you to **TRANSFORM YOUR LIFE IN 100 DAYS** while others spend their lives struggling to achieve small goals by repeating the same faulty ideas and strategies.

If you made it this far…then I must assume that you're eager to learn how to quickly close the gap between Point A and Point B…so let me provide you with some sound advice and introduce you to the **best program in the world for fast-tracking your goals.**



STAY HUNGRY
STAY FOOLISH

TRANSFORMING YOUR LIFE IN 100 DAYS is both an attitude and a critical skill set which can be studied, learned, and mastered.

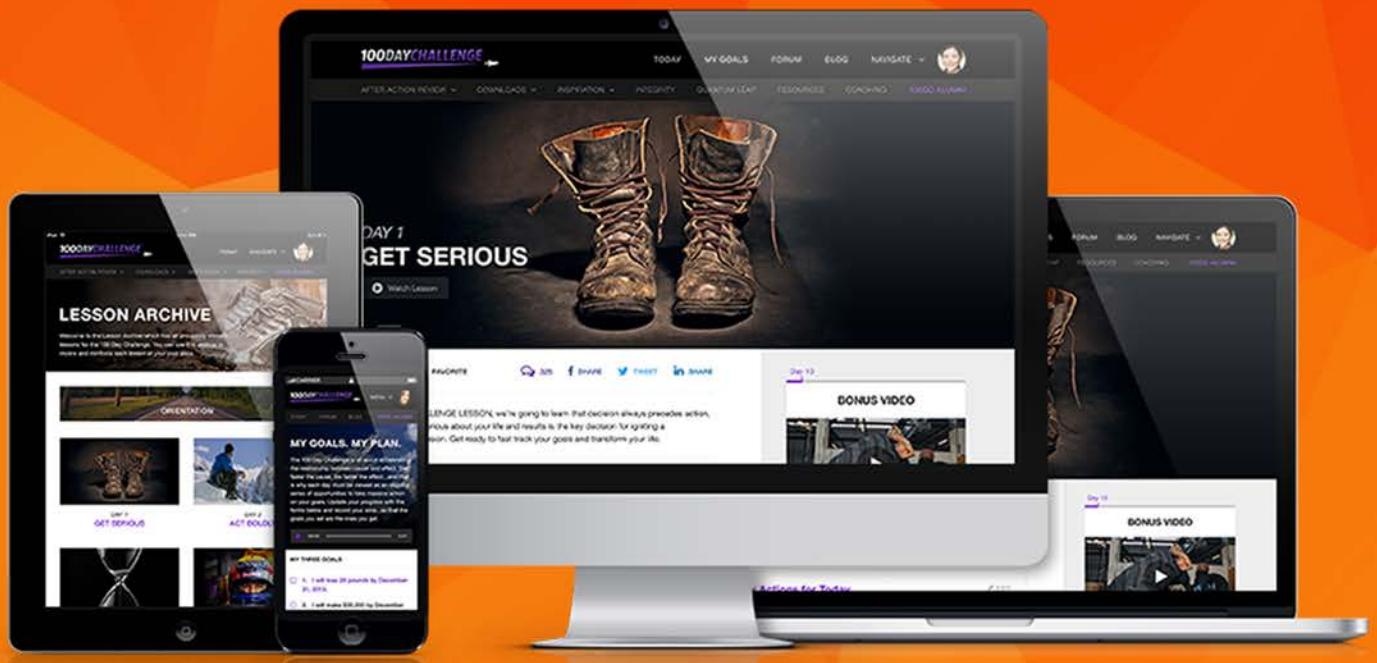
However, just like getting to Carnegie Hall…**it requires practice, practice, and more practice.**

If you're ready to start practicing and learning what it takes to **TRANSFORM YOUR LIFE IN 100 DAYS** …it's best to learn from someone who growth hacks for a living.

Steve Jobs said something that I think is brilliant…he said that *"if you want to become a success in life, then you must go out and expose yourself to the best of what others have done, and then bring that knowledge back and add it to what you're currently doing."*

I created the **100 DAY CHALLENGE** to expose you to the principles of greatness and the strategies of exponential growth…

It's important that you hear it from me that the **100 DAY CHALLENGE** is not just another in a long line of goal setting and personal development programs...not by a long shot.



I'M IN THE TRANSFORMATION BUSINESS.

I didn't create the **100 DAY CHALLENGE** with the objective of simply helping you to achieve your goals and be more productive.

I created it to provide you with the knowledge, skills and strategies you need to **quickly transform** every aspect of your life and career for the better.

Over the years, I've become known as **The Goals Guy** and developed a reputation as someone immensely successful entrepreneurs, executives, professional athletes, and even **Special Military Forces** including the Navy SEALs, Army Green Berets, and Delta Forces go to when they need to step up their execution skills.

In fact, my #1 New York Times best-selling book **Everything Counts** is required reading for all Special Forces as it focuses on the critical nature of micro-decisions, on sweating the smallest of details and **executing with speed and precision.**

The **100 DAY CHALLENGE** is a master class in execution and exponential growth.

By using the the force multiplier strategies in this this life changing program...you'll experience a series of performance breakthroughs and **TRANSFORM YOUR LIFE IN 100 DAYS.**

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I'm going to take the liberty of being blunt right now…

If at this time of your life and career, you find yourself under-performing and not making the type of progress you know you're capable of …**you must wake up and smell the reality.**

And that is…your existing beliefs and execution strategies are not firing on all cylinders...and the only way to fix that problem is to adjust your psychology and upgrade your execution strategies.

Look…there's no point in pretending that thinking better, working smarter, and **upgrading your execution skills** is anything less than the savviest move you can make right now.

And while there are plenty of excuses, **there's no good reason for you to procrastinate**, to say you're not ready to take this type of challenge or that the timing is not right.

You and I both know that it's possible to learn how to...speed read, speed date, speed skate, speed network, and even play speed chess.

Why then is it such a big psychological leap to think that you can't master the skill of rapid goal achievement and transform your life in 100 days?

Here's my promise to you…**100 DAYS FROM NOW**, you're going to thank yourself for a commitment you made today, for an asset you began to build, a habit you formed, a seed you planted.

Sign up for the **100 DAY CHALLENGE** right now.

You're only 100 days from transforming your life, getting in great shape, becoming debt free, rebuilding your marriage, blowing out your sales quota...and **achieving any goal you want in record time!**


WANTED:
BRAVE MEN AND WOMEN GAME FOR A HARROWING 100 DAY JOURNEY INTO THE MORAL HIGH GROUND. EXTREME CONDITIONS APPLY AND NO EXCUSES ACCEPTED. JOIN A RAG TAG TEAM OF BROTHERS AND SISTERS WHO SPEND THEIR DAYS PURSUING EXCELLENCE AND UNLEASHING THEIR GREATNESS.
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