

# 100DAYCHALLENGE<sup>®</sup>

★ Rocket Fuel For Success

## Resource Guide

*"The 100 Day Challenge is a powerful catalyst for transforming human potential into extraordinary results faster than you ever thought possible!"*



*There are profound changes occurring throughout the world. Are you and your organization going to be one of the casualties or one of the success stories? Your industry will have both. Which one will you be?*

## You've Just Found the Most Extreme Performance Acceleration Program on Earth

**Closing the Execution Gap** — the difference between your objectives and your results is one of the greatest challenges we all face today.

To close this gap, individuals and organizations must create an environment and **follow a process that can build and sustain peak performance**. That's what the 100 Day Challenge is all about.

Through this revolutionary extreme performance acceleration program, you will learn:

- How to execute flawlessly and enjoy greater levels of productivity.
- How to create and maintain a high energy, results-driven culture.
- How to enforce accountability, discipline and focus in your life.
- How to eliminate performance and time-draining activities.
- How to deliver excellence in every task, role and activity.
- How to use speed as a sustainable competitive weapon.
- **How to transform your goals and vision into reality—quickly!**

In addition, you will learn and practice a disciplined, high intensity goal setting and **execution process** that high performing individuals and business organizations use every day.

This process has enabled people and organizations in more than 80 countries to achieve more in 100 days than they ever thought possible. When you finish the 100 Day Challenge, it won't be business as usual.

You will be solving problems faster, creating performance breakthroughs, inspiring excellence, and ultimately—**CLOSING YOUR EXECUTION GAP**.

[Click here to register right now!](#)

Gary Ryan Blair

P.S. It's just as important for us to tell you who we aren't as well as to tell you who we are. The 100 Day Challenge is an intense program and it is not for everyone. It's a serious program, for serious people, who want to make serious and lasting change in their life and career!

## 1. What is the 100 Day Challenge?

The 100 Day Challenge is a revolutionary extreme performance acceleration system that is responsible for **transforming business and human potential into extraordinary results worldwide.**

Over the course of 14 highly disciplined weeks, we help you to implement the world's best strategy and execution framework into your business and personal life while **driving accountability.**

Unlike any other program, The 100 Day Challenge will change the way you think, it will strengthen your focus, intensify your commitment, add discipline and order to your priorities, and most important, it will turn you into an unstoppable powerhouse.

## 2. Why should I participate in the 100 Day Challenge?

On a global scale, there is a chronic disconnect between strategy formulation and strategy execution. The goals that companies and people set for themselves often bear little resemblance to the results they actually achieve.

The root cause of the disconnect between strategy and actual performance is that most companies and individuals do not have a strategy execution process.

The 100 Day Challenge is all about strategy execution. **You will learn how to convert goals, strategy, and intentions into results** faster and more efficiently than you ever thought possible.

## 3. What is the central theme of the 100 Day Challenge?

**"Success Loves Speed"** is the organizing theme of the 100 Day Challenge. Speed is an indispensable ingredient of competitiveness, which helps you to enjoy market dominance, massive credibility, financial prosperity, and customer loyalty.

*The 100 Day Challenge  
will give you the mindset  
you need, the results  
you want, and the life  
you deserve.*

You will learn that the key to rapid, ongoing and transformational results is to recognize the competitive power of speed and to turn the pursuit of speed into a central organizing principle in your company and career.

In today's world, the old rules no longer apply. It's not the big that eats the small, **it's the fast that eats the slow**, and whoever embraces speed as a competitive weapon, executes well, and delivers what people want swiftly is going to win.

## 4. Who created the 100 Day Challenge?

**#1 Best-selling Everything Counts<sup>®</sup> author** Gary Ryan Blair believes passionately in the enormous, untapped potential that resides within each person and is committed to providing individuals and corporations with tools of knowledge and skill they can use to unlock this potential.



Gary is President of The GoalsGuy, a highly focused training organization whose mission is to help their clients **build and sustain superior performance**.

They accomplish this objective by helping their clients enforce best practices, play to their strengths, and **flawlessly execute** their strategies so they can achieve their goals, grow their business, and be more successful.

And he knows what he's talking about. Gary's client list is a Who's Who in the industries of sports, entertainment, politics and business, and includes such heavy hitters as **IBM, NASA, General Electric, Federal Express, and Disney**.

*When you begin the 100 Day Challenge, you must give it everything you've got. There's absolutely no point being timid or ordinary. You blaze trails, create trends, draw attention, and create massive change!*

*The future includes the distinct possibility of uncertainty and volatility. What's more, many feel adrift and are unsure where to turn to for advice. While nobody can promise you all the right answers, The 100 Day Challenge can promise you something invaluable: expertise based on experience.*

He is also an entertaining, award winning speaker and his handbooks, training programs and coaching services are all field-tested and used by more than 80,000 organizations and 4,000,000 employees worldwide.

Blair earned his undergraduate degree from Syracuse University and also has post graduate work in psychology. He is married, has three children and spends his time between homes in Florida and New York. If success is your destination, then let Gary Ryan Blair and the 100 Day Challenge help you make the journey.

## 5. How is the 100 Day Challenge delivered?

The 100 Day Challenge is a world-class collection of performance acceleration strategies that are made available to all program participants in the following formats: **text, video, and audio**.

All program components will be digitally delivered for immediate use via the Internet as well as the Smartphone.

## 6. How much time does the 100 Day Challenge require each day?

The 100 Day Challenge will shatter your concept of performance and the pace by which you can create results. Using accelerated learning techniques, the 100 Day Challenge is a well-organized system that shows you what to do, and why you need to do it in order to gain maximum results.

The best part of the 100 Day Challenge is that you do not have to devote 12 hours day... or 4 hours... or even just 1 hour. If you are willing to set aside just **15 minutes a day**, you could make **radical performance gains** in every part of your personal and professional life.

It may seem like not enough time, however we all know while working hard is admirable, it's much better to work smarter.

*\* The initial Orientation is the only exception to this 15 minute daily ritual as this section requires careful thought and planning.*

*In today's world, the old rules no longer apply. It's not the big that eats the small, it's the fast that eats the slow, and in the 100 Day Challenge you'll learn how to use speed as a competitive weapon!*

## 7. Do you have testimonials of people who have had success with the 100 Day Challenge and experience with Gary Ryan Blair?

We are consistently blown away and humbled by the amazing letters that arrive each day from people who have had powerful experiences that they would like to share with us.

Some are full of thanks and good vibes, some tell of stories of goals and milestones achieved, and a few can only be labeled as AMAZING as they are all about monumental performance gains like:

From beginning to end, your presentation was right on the money and the perfect message for our 6200 franchise owners in attendance. Your ability to spotlight the big differences made by small actions is exactly what we needed to hear, and it will be a message that will continue to be repeated and reinforced. Thank you for a job well done!

- **Fred DeLuca, President, Subway**

Gary Ryan Blair has developed a powerful, practical program that shows you how to set goals and plot strategies for each area of your life. It's a serious program, for serious people, who want serious results. I highly recommend it!

- **Brian Tracy, best selling author of "Maximum Achievement"**

Gary Ryan Blair has created an exciting, hands-on approach for defining what you desire in life and for charting a course toward that end. This goal-setting and life planning program is a vital tool to help you turn your dreams into reality!

- **Ken Blanchard, best selling author of "The One Minute Manager"**

*The 100 Day Challenge is all about strategy execution. You will learn how to convert goals, strategy, and intentions into results faster and more efficiently than you ever thought possible.*

I knew I had to reinvent my life and business and I trusted that the principles you were teaching on abundance would allow me to create something out of nothing. In December of last year, I went from essentially \$0 to \$14,800 in just one month. And so far this year, I have made close to \$250,000. My plans for the coming year are to double my earnings and I will once again be participating in your wonderful program to receive your daily advice and motivation.

- **Catrina Posada, Phoenix AZ**

The 100 Day Challenge got me focused on the important things and some of the messages in it were pure genius. Thanks to the 100 Day Challenge I went on to finish my law degree with honours. I am very happy with and had I never come across this wonderful program I would have probably failed in my final year. I just recently had my graduation ceremony and I wanted to say thanks for helping make it happen.

- **Wayne Donoghue, Dublin Ireland**

My main goal for participating in the 100 Day Challenge was to pay off my mortgage. I focused like a laser and went to work on my business adding more customers and working longer days, networking, whatever it took I was willing to do it. I cut back on spending and started saving. I am happy to report that I was able to pay off the \$190,000 balance and burn the mortgage papers. MISSION ACCOMPLISHED!!!

- **Michael Wilcox, Sarasota FL**

With the help of the 100 Day Challenge, I have turned an operation which was a complete loss into one of the most beautiful Spas in the Middle East. Our profits have exceeded even the highest earning incomes in our category in PARIS by more than 40%, and my next goal is to exceed 50% growth. Gary you are the person who makes me discover there are no limits on what can be achieved. I am most grateful to you and the 100 Day Challenge and encourage everyone to participate.

- **Michel Maudet, Director, Kuwait Resorts**

*The 100 Day Challenge will change the way you think, it will strengthen your focus, intensify your commitment, add discipline and order to your priorities, and most important, it will turn you into an unstoppable powerhouse.*

## 8. Who should participate in the 100 Day Challenge?

Every once in a while a game changing program comes along that delivers a **transformational message** appropriate for the Boardroom, Classroom, Locker Room and Living Room.

The 100 Day Challenge is a universally embraced program which has **successfully delivered results** to tens of thousands of participants in over 80 different countries, to include:

- ✓ Entrepreneurs that grew their business and bottom line profits.
- ✓ Salespeople that blew the lid off their annual quotas.
- ✓ Fortune 500 companies that enjoyed record quarterly performance.
- ✓ College students that passed the BAR Exam.
- ✓ High School students who were able to significantly raise their SAT scores.
- ✓ Authors that completed their manuscripts and launched best sellers.
- ✓ Network marketers that built large down lines and huge passive revenue streams.
- ✓ Music companies that repositioned their business model to tap new revenue opportunities.
- ✓ Professional and Olympic athletes who maintained a competitive edge.
- ✓ Retirees that challenged themselves to maintain active and joyful lives.
- ✓ Car dealers and sales representatives who closed out the quarter with a bang.
- ✓ Non-profits that exceeded fundraising goals and set record numbers in a down market.
- ✓ Parents and home schooling families that taught their kids goal setting and life planning skills.
- ✓ Hotel and hospitality firms that trained their staff to deliver superior service.
- ✓ Overweight people who were able to lose weight and get off of all medications.

- ✓ Addiction and recovery centers that helped to reduce relapse and increase recovery rates.
- ✓ Marathoners and triathletes who were able to enjoy their personal best.
- ✓ Debt laden people who were able to free themselves from the weight of their financial burdens.
- ✓ **ANYONE with a need to execute and who needs to get better results.**

While no two goals are the same, ALL goals contain the same foundational elements and that's the beauty behind the 100 Day Challenge.

The benefits of competing in the 100 Challenge are recognized by people throughout the world for their value in **improving performance**, financial conditions, and for helping to achieve any goal they desire—quickly.

## 9. Is there an ideal date to start the 100 Day Challenge?

One of the execution strategies we teach in the 100 Day Challenge is called TNT, which means Today Not Tomorrow.

One way we transform business and human potential into extraordinary results is by creating a **massive sense of urgency** and placing a premium on execution.

We believe that today—right now—is the best time to start increasing sales, paying off debt, losing weight and taking decisive action on anything that you really want to achieve in life.

With that being said, here are a few start date ideas that have been used by other businesses and individuals.

- ✓ January 1st offers a fast start to a new year.
- ✓ September 22nd provides an opportunity to finish the year strong as this represents the final 100 days of the year.
- ✓ Fiscal Year Countdowns allow you to focus on closing the year with a bang.
- ✓ Quarterly Closings enables a company to focus on strong quarterly earnings.

*The best part of the 100 Day Challenge is if you are willing to set aside just 15 minutes a day, you could make radical performance gains in every part of your personal and professional life.*

- ✓ Sales Contests are always deadline driven which in turn require both motivation and relentless execution.
- ✓ Product Launches
- ✓ Birthdays
- ✓ Anniversaries
- ✓ Weddings
- ✓ Reunions
- ✓ Vacations
- ✓ Graduations
- ✓ Changes of Seasons

\* You can use the following clock to determine the 100 day countdowns between your important dates.

<http://www.timeanddate.com/date/duration.html>

## 10. What recognized companies are participating in the 100 Day Challenge?

The following is a brief list of blue-chip companies who have used the 100 Day Challenge to **build and sustain superior performance** and maintain a competitive edge.

IBM	Cisco	CBS Market Watch
Disney	General Electric	Bank of America
Wells Fargo	J.P. Morgan Chase	Citibank
Coldwell Banker	Keller Williams	Deutsche Bank
Hewlett-Packard	Neutrogena	Boeing
State Farm	Lockheed Martin	Federal Express
American Express	Falcon Jet	General Dynamics
Xerox	MaryKay	Starbucks
Pitney Bowes	Corning	Charles Schwab

*The 100 Day Challenge is a game changing program that delivers a transformational message appropriate for the Boardroom, Classroom, Locker Room and Living Room.*

## 11. What makes the 100 Day Challenge so effective?

The secret behind the 100 Day Challenge is an accelerated coaching and multi-level accountability system which **fast tracks your results** by keeping you focused on and committed to your priority goals.

The overall concept is built around two motivational tenets; a fixed period of time which is deadline driven, and the strong desire to accomplish worthwhile goals within that deadline.

We know that people execute best and produce far more consistent results under a self-determined or externally fixed deadline for achieving their goals. Therefore, the 100 Day Challenge relentlessly **enforces deadlines and consistent progress checks** which ensure that your goals not only get achieved, but get achieved quickly. The results are pure magic!

## 12. What does the 100 Day Challenge consist of?

The 100 Day Challenge is a revolutionary extreme performance acceleration system that delivers extraordinary results worldwide. You will learn how to make **dramatic performance gains** that will allow you to achieve any goal you desire.

As a result of your participation, you'll receive the following world-class resources which are all field-tested, and which drive you to live and breathe execution.

### The Integrity Pledge

Success is the result of making and keeping commitments to yourself and others, while all failed or unfinished goals, projects, and relationships are the direct result of broken obligations. For that reason, the 100 Day Challenge practices a daily ethic called the Integrity Pledge which reinforces the power of commitment.

*The 100 Day Challenge relentlessly enforces deadlines and consistent progress checks which ensure that your goals not only get achieved, but get achieved quickly. The results are pure magic!*

*No matter who you are,  
what business you are  
in, or where you are  
located, we all need  
to produce more, better  
and consistent results.  
The 100 Day Challenge  
has proven to be a  
powerful catalyst for  
transforming business  
and human potential  
into extraordinary  
results worldwide.*

## The 100 Day Challenge Goal Setting System

Right out of the gate, you'll learn a step-by-step system that delivers definable, repeatable results so you can **CRUSH** all of your goals in less than 100 days. You will be empowered to prioritize and set deadlines for every action and activity you undertake.

## The 100 Day Challenge Orientation Guide

Your challenge begins with a crack of the whip as the entire orientation is designed to jumpstart your success by setting expectations, defining goals, and convicting you with a massive sense of urgency.

## The 100 Day Challenge Massive Action Plan

Strategy is making clear-cut choices about how to compete. You have to figure out what to say NO to and how to leverage your time. Once you have a clear vision, your strategy is the road map that outlines "how" you are going to achieve your vision and that is what the Massive Action Plan is all about.

## World-Class HD Coaching Videos

Through the use of daily videos lessons, the 100 Day Challenge introduces and reinforces powerful methodologies and processes so that you become nothing less than the most competitive enterprise on earth.

## Mp3 Recordings

From a fast start to a strong finish, you will be constantly fueled with actionable strategies and high-level theory that are guaranteed to **inspire, motivate, and keep you laser focused** to achieve your goals and drive consistent results.

*Throughout the 100 Day Challenge, you will learn to identify and eliminate performance draining activities, close the execution gap, and enjoy greater levels of productivity and profits!*

## Smartphone Applications

The 100 Day Challenge application allows you to access excellence, anytime, anywhere. This world-class application is the perfect compliment to the program as it provides you mobile participation and inspiration on the go.

## Desktop Accountability Coach

The Accountability Coach is a revolutionary solution which enforces **hyper-accountability** on you and your goals. It ensures that you gain maximum value from the 100 Day Challenge and most importantly, keeps you focused and on track.

## The Accountability Clock

The Accountability Clock is perhaps the single most important resource at your disposal for relentless, ongoing execution. It reminds you of the goals set as well as their deadline for accomplishment. For highly committed people only as once installed, there is no escaping the accountability clock.

## Forms and Strategy Documents

The best opportunities in life are the ones that we create, and this collection of goal setting forms is designed to help you create and leverage each of those opportunities. They will provide you with the **strategic direction and actionable items** you need in order to make monumental gains in a short period of time.

## After Action Reviews

What gets measured gets improved and for that reason you will engage in a powerful weekly discipline called an After Action Review (AAR). An AAR is a weekly performance assessment that allows you to discover what happened, why, and identify any necessary corrective actions as well as celebrations.

*A key benefit from your participation in the 100 Day Challenge is the focus on excellence. You will be constantly reminded that excellence is not a relative term, but that it's the standard by which you must judge everything you do.*

## The Circle of Excellence Forum

Accountability comes in many forms and the Circle of Excellence Forum provides you with immediate access to a global mastermind. Imagine being able to tap into your own personal network of thousands of brilliant, like-minded people who are all striving to achieve their goals and drive massive results!

## Quantum Leap Strategies

Few people or organizations ever come close to realizing their full potential, and barely scratch the surface of what they can possibly accomplish. Those days are effectively over as once you learn to implement Quantum Leap Strategies, your **performance takes off like a rocket.**

## Screen Savers and Desktop Wallpapers

Exposing your mind to positive, repetitive, empowering thoughts and ideas is a great way to accelerate the goal achievement process. You will have access to a wide selection of screen savers and desktop wallpapers that focus your mind, and which inspire you to take action on your goals.

## Motivational Movies

Motivation gives you the will to start, the strength to continue, and the sustaining power to overcome the greatest of obstacles and setbacks. Whether you are tackling the issue of growing sales, losing weight, or starting a business, these motivational movies are guaranteed to keep your mojo working.

## Candid Conversation Calls

Because everybody like a surprise now and then, we have incorporated surprise, unannounced training and motivational calls which are designed to help you overcome roadblocks, break through limiting beliefs, poke and prod you to take action, and keep your "fire" burning.

*The 100 Day Challenge embeds a disciplined thinking process, a disciplined decision making process, and a disciplined execution process which leads the way to performance excellence and radical results.*

## Exclusive Discounts

Once you participate in the 100 day Challenge, you will enjoy discounts on future trainings, as well as coaching and speaking events taking place all over the world.

### 13. What benefits can people expect from participating in the 100 Day Challenge?

No matter who you are, what business you are in, or where you are located, we all need to produce more, better and consistent results.

***The 100 Day Challenge has proven to be a powerful catalyst for transforming business and human potential into extraordinary results worldwide.***

Both individually and organizationally, the case for constant education—with knowledge creation as its primary goal—is fundamentally important.

Propelled by the competitive imperatives of speed, global responsiveness, and the need to innovate constantly or perish, learning and the ability to execute that knowledge will be the essential hedge against extinction.

***Participating in the 100 Day Challenge is recognized as the smart way to achieve the following benefits:***

### Increased Productivity

You will command practical tools and strategies that help you to improve your business, personal, and team performance immediately. As a result, you will learn to identify and eliminate performance-draining activities, close the execution gap, and enjoy **greater levels of productivity and profits**, while driving all key metrics in the direction you want.

*For a business or individual to operate optimally, and achieve their goals, there has to be congruency between the goals set and the actions you and your people take to achieve them. That is accountability, and the 100 Day Challenge places a premium on this ethic.*

## Leadership

The 100 Day Challenge empowers leaders to **lead by example**. You will develop the ability to encompass all of these elements: being engaged with your thoughts and actions, performing in a manner that encourages others to emulate your behavior, and inspiring others to improve upon their own actions.

## Excellence

A key benefit from your participation in the 100 Day Challenge is the focus on excellence. You will be constantly reminded that excellence is not a relative term, but that it's the standard by which you must judge everything you do.

## Discipline

The 100 Day Challenge embeds a disciplined thinking process, a disciplined decision making process, and a disciplined execution process which leads the way to **performance excellence** and radical results.

## Focus

Focus is a strategic asset and the key factor that drives all results. You will learn that any kind of positive outcome requires that you concentrate your efforts on the smallest number of activities that will produce the largest amount of productivity.

## Accountability

For a business or individual to operate optimally, and achieve the ultimate goals, there has to be congruency between the goals set and the actions you and your people take to achieve them. That is accountability, and the 100 Day Challenge places a premium on this ethic.

*By participating in the 100 Day Challenge, you create a more energetic, positive and productive environment that provides meaningful gains for you and the company you work for.*

## Results Driven Culture

By implementing our “fast start strong finish” execution methodology you automatically **create a results driven culture** where everybody takes responsibility for driving results. This mentally becomes part of your individual and organizational DNA.

## Bias for Speed

You will learn to use speed as a proactive competitive weapon as every second or minute that you can remove from process or activity—such as closing a sale, manufacturing a product, and responding to customer needs—saves you time, improves efficiency, and makes you more money.

## Higher Standards and Expectations

By expecting and demanding more from yourself and from those around you, this automatically means having zero tolerance for mediocrity, procrastination, and any behavior that robs you of potential and increased performance.

## Team-Building

The 100 Day Challenge builds a powerful bridge to harmonious teamwork. When properly managed and developed, teamwork improves processes and **produces results quickly** and economically through the free exchange of ideas, information, knowledge, and data.

## High Morale and a Positive Work Environment

By participating in the 100 Day Challenge, you create a **more energetic, positive and productive environment** that provides meaningful gains for you and the company you work for.

*The 100 Day Challenges truly brings out the best in people as each and every day you will be challenged to act with boldness and conviction while demonstrating a sense of urgency in all activities. These habits will rub off and impact every part of your life for the better.*

## Love for Learning

Any ability to improve and learn faster than your competitors may indeed be your only sustainable competitive advantage. You'll embrace a love for learning and ongoing personal development as you'll realize that each day offers an opportunity for improvement, and each moment serves as an opportunity to advance or to retreat in the pursuit of your goals.

## Competitive Spirit

The 100 Day Challenges truly brings out the best in people as each and every day you will be challenged to act with **boldness and conviction** while demonstrating a sense of urgency in all activities. These habits will rub off and impact every part of your life for the better.

## Confidence and Mental Toughness

An inevitable strategic by-product of adhering to the program is that you will **build tremendous levels of self-confidence**, along with the feeling that you can accomplish anything. This heightened mental toughness serves you well in any competitive environment.

## Entrepreneurial Thinking

The 100 Day Challenge encourages an entrepreneurial mindset. As a genuine entrepreneur, either inside an organization or independent of one, you will learn to embrace experimentation, risk-taking, failure, learning, innovation, adjustment and action.

## Health and Well Being

The 100 Day Challenge is a powerful yet flexible program that can help you lose excess fat, gain lean muscle, prepare for athletic events, excel at sports, and improve your health. Many graduates find that they not only **look and feel better** than ever before, but they've also gained more confidence and a sense of accomplishment.

*NO is the easiest word for setting a limit, holding firm to boundaries, and being clear about what you will or will not do. It is a word of pure power and one that you will learn to implement throughout each day of the 100 Day Challenge.*

## 14. How much does it cost to participate in the 100 Day Challenge?

Everything in the world has a price, but price must never be mistaken for value as the 100 Day Challenge delivers ever increasing value and numerous strategic byproducts for 100 days and beyond.

**What normally costs up to \$10,000 per day if delivered live—you can access for just \$147!**

For less than \$1.50 per day, you receive world-class coaching, multiple levels of accountability, and a proven system that will show you how to achieve all of your goals faster and easier than you ever thought possible.

Upon completion of the 100 Day Challenge, you will be given the opportunity to participate in our ongoing Alumni program.

## 15. How do I enroll a large group of people in the 100 Day Challenge?

Our entire signup process is fully automated and easy to use. Upon receipt of funds, we will provide you with a “Group Coupon Number” along with a private link for enrolling your team or group of people.

## 16. What additional support services are available for the 100 Day Challenge?

We provide a number of training, coaching and support services which allow any individual or organization to dramatically increase and accelerate their results with the 100 Day Challenge

*Victory necessitates  
that we fight on with  
undying, relentless  
determination. The  
rewards for those who  
are unyielding in their  
pursuit of success far  
exceed the pain that  
must precede the victory.*

## Pre-Program Kickoff Orientation

A teleconference, webinar or even an on-site kick off meeting is one of the wisest investments you can make. We will work with you and your organization in setting expectations, defining group and individual goals, establishing measurements, and a number of other important initiatives.

## Weekly Accountability Calls

The 100 Day Challenge lives and breaths “consistent performance measurement.” Each week for all 14 weeks of the challenge, we will facilitate your After Action Review call and hold you and your team accountable for results.

## Group or Individual Coaching

As it relates to performance excellence, the absolute best strategy for driving results is to find a role-model, a coach, or someone who’s already getting the results you want, and then tap into their knowledge. We have a number of world-class, highly skilled coaches and consultants who can help you take your business and life to the next level and beyond.

## Seminars and Retreats

Twice per year we hold graduate programs that allow you to surround yourself with other challengers from around the world, network with like-minded, success oriented people and learn more leading edge ideas and strategies for improving your life and business.

\* To learn more or to arrange participation in any of these support services, please [email us](#), or call 1.877.462.5748.

*You are capable of exponential growth. You have the ability to multiply your performance, dramatically exceed your best expectations, and achieve goals on a scale that in the past seemed impossible. You can do all of this once you begin the 100 Day Challenge!*

## 17. How do I know if I'm ready for the 100 Day Challenge?

Without apology or sugarcoating, the 100 Day Challenge is an intense program and it is not for everyone. It's a **serious program, for serious people, who want to make serious and lasting change** in their personal and professional life.

Before signing up, we advise that you mentally prepare yourself for 100 days of relentless, ongoing execution as half-hearted efforts only result in mediocre outcomes. This is a life changing program that requires your **full engagement** from start to finish.

## 18. Where can I buy the 100 Day Challenge?

The 100 Day Challenge is **ONLY** available online and through our authorized affiliate partners. [Click here](#) to order online, or call toll free at 1.877.462.5748.

***SERIOUS times require a serious, sustained process for getting results. Everything about the 100 Day Challenge points to the bottom line, a unique, powerful, deadline driven opportunity to focus on the tools and strategies that deliver radical results!***

- Gary Ryan Blair