

# Chat Transcript - Weekly Get Unstuck Mindset Training (Megan) 11/13/2024

00:02:04 Nicole Sapriken (She/Her): Good morning!  
00:02:06 Gina Everson: Hello!  
00:02:10 Leah Novak: It's been a day, but I'm here  
00:02:11 Debbie Holden: Hi from NY  
00:02:18 Aubrey Lui: Hi!!  
00:02:18 Laura: Hello from Vancouver Island, BC  
00:02:19 Stacey Reeves Owens: Hi from SC  
00:02:19 Danielle Cole: Hello!!!!  
00:02:22 Morrigan McDonald: I can relate, thank god for the text reminder  
00:02:22 Chrissy's iPhone (2): Hello from Jersey City  
00:02:24 Gina Everson: Auburn, AL awesome day here..  
00:02:25 Taylor Berlin: Port Saint Lucie FL  
00:02:26 Dana Casuccio: Hi from NJ!  
00:02:27 Susan Restad: Hi! Susan from North Carolina!  
00:02:27 Alicia: Hello from Connecticut!  
00:02:27 Lindsay FitzPatrick: Really needing this call today!!  
00:02:27 Natasha Pecarski: Ontario Canada  
00:02:28 Liza: Hi from Maine. A great day!  
00:02:30 Chelsey Ashcraft: Utah  
00:02:30 Jodi Korsten: Hi from McKinney TX  
00:02:31 Carla Gutierrez: Richmond VA  
00:02:32 Kristie: Texas...HI!!  
00:02:33 Alicia Jennings: Hello! Also off days - We did our Tuesday night thing on Monday night  
00:02:33 Elysia Edwards: Hi from Mukilteo WA  
00:02:34 Raquel Cornelsen: Hello from Vancouver!  
00:02:34 Erin Avila: Doing well, getting over sickness here. California. <3  
00:02:34 Donna: Hello from Ohio!  
00:02:38 Kristy Wharton: Replying to "Auburn, AL awesome d..."

Hi Alabama friend!

00:02:45 Natasha Pecarski: Need to get unstuck  
00:02:45 Amy Varghese: Hello from MI  
00:02:50 Kimberly Talbert: Hello from Willow Park, Tx. I am actually getting some business.!!  
00:02:51 Patricia: Rainy Seattle Wa.  
00:02:52 Sonya Johnson: Hi ,Jensen Beach,FL  
00:02:55 Kristy Wharton: Hi everyone!

00:03:08 Betty Jane's iPad: Yes, it has already been a day today too. I'm here from Central California.

00:03:15 Gina Everson: Replying to "Auburn, AL awesome d..."  
Hey! Friend!

00:03:17 Erin Schneider: Calgary, second call

00:03:33 Kristy Wharton: Reacted to "Yes, it has already ..." with 🔥

00:03:40 Danielle Cole: Reacted to "Calgary, second call" with ❤️

00:03:57 Danielle Cole: Replying to "Doing well, getting ..."

Me too, Erin

00:04:20 Karen Earnshaw: Hello from Edmonton, Alberta

00:04:23 Carla Gutierrez: I'm stuck with my reason for having this business. I am passionate about it and I love to help BUT my reason is I need the extra income and I don't know how to be at peace with it as I feel like I'm on a different mindset than everyone else 😞

00:04:28 Natasha Pecarski: Need to become unshakable in my belief in myself

00:04:48 Chelsey Ashcraft: Reacted to "I'm stuck with my re..." with ❤️

00:05:09 Kari Sue's iPhone: Replying to "I'm stuck with my re..."

You aren't alone

00:05:13 Nicole Bowles: I need a coach "bobblehead" on my desk <3

00:05:14 Taylor Berlin: Be scared but do it anyway 😂😭

00:05:24 Kristy Wharton: Reacted to "Be scared but do it ..." with 🔥

00:05:27 Morrigan McDonald: i

00:05:28 Gina Everson: It's feeling more natural to have authentic conversations!

00:05:30 Susan Restad: It's perfect guidance!!!

00:05:34 Kristy Wharton: Reacted to "It's perfect guidanc..." with 🔥

00:05:36 Kristy Wharton: Reacted to "It's feeling more na..." with 🔥

00:05:43 Kristy Wharton: Reacted to "I need a coach "bobb..." with 🔥

00:05:44 PaulaAnn NJ: 100

00:05:44 Susan Restad: Reacted to "It's feeling more na..." with 100

00:05:47 Kristy Wharton: Reacted to "Need to become unsha..." with 🔥

00:05:56 Aubrey Lui: Lol that's me

00:06:02 Danielle Cole: Replying to "I'm stuck with my re..."

Carla - we ALL love the \$\$ part of this business. As Bob says LOVE makes the money. We are so lucky to have a business we are passionate about where we can truly impact people's lives.

00:06:12 Danielle Cole: Reacted to "I need a coach "bobb..." with 😂

00:06:15 Susan Restad: Reacted to "Carla - we ALL love ..." with ❤️

00:06:16 Morrigan McDonald: I'd rather have the over abundance for future resource, I appreciate bob very much

00:06:20 Nicole Bowles: So behind

00:06:24 Danielle Cole: Reacted to "It's feeling more na..." with 🔥

00:06:25 Kristy Wharton: Reacted to "I'd rather have the ..." with 🔥

00:06:26 Danielle Cole: Reacted to "It's perfect guidanc..." with 🔥

00:06:32 Taylor Berlin: A little overwhelmed and FROZEN.

00:06:35 Tiffany Rilling: Starting to feel like I'm moving forward.

00:06:35 Melissa Heim: I'm feeling ok. Overwhelm is starting to set in because my organization is garbage.

00:06:39 Lindsay FitzPatrick: Like I have all the tools, but overwhelmed with keeping up with everything

00:06:40 Chrissy's iPhone (2): I feel good about my content but not getting much traction at all

00:06:42 Susan Restad: Excited and slightly overwhelmed with all my names and notes.

00:06:44 Christa Owens: disorganized

00:06:44 Alicia: Pretty positive.

00:06:46 Nicki Paulsen: me too behind

00:06:48 Aubrey Lui: Excited because I feel like I know what to do in a way that feels good

00:06:53 Taylor Berlin: I know the steps and action to take but the introvert in me is burning out

00:06:53 Autumn Hokenson: Better and worse, hopeful and discouraged,

00:06:53 Susie: Anxiety

00:06:55 Gina Everson: I am feeling so much more confident. It's like a light bulb went off. Scheduling is helping me feel more organized.

00:06:57 Laura Pelayo: Overwhelm

00:06:58 Tal Randall: Feeling good about my content but like I can be doing more conversations

00:06:59 Sonya Johnson: Confident

00:06:59 Carla Gutierrez: Reacted to "Carla - we ALL love ..." with ❤️

00:07:05 Stacey Reeves Owens: Excited and hopeful but still battling through the fear

00:07:05 Danielle Cole: Reacted to "Confident" with 🔥

00:07:10 nicolenewton: I feel excited because I feel like I'm learning a lot and becoming more comfortable with the whole process.

00:07:11 Leah Novak: Honestly, GREAT response from authentic outreach that is leading to improved relationships with clients and group members.

00:07:14 Jane Juelsgaard: I can't get past the starting point because I want the workbook in paper!

00:07:15 Jennifer Peterson: Frustrated...seems like I make a plan for my time and life gets in the way...

00:07:15 PaulaAnn NJ: I'm feeling ready to go.. this was the push that I needed.

00:07:16 Kristie: Frustration because I am not getting much response from my AO and posts.

00:07:17 Tiffany Rilling: More excited

00:07:17 Raquel Cornelsen: I'm feeling good about the conversations with some people. Although I feel like I'm still doing the bare minimum because I'm having some fear. Not sure about what though

00:07:19 Carla Gutierrez: Replying to "I'm stuck with my re..."

But I feel like I'm wrong thinking that way

00:07:19 Donna: excited and determined

00:07:21 Jodi Korsten: Impatient. Bob says I'm on track, but waiting for more responses.

00:07:30 Laura Pelayo: good on content, but still holding back on my connections

00:07:31 Liza: Still feeling like I need to stay intention & not allow overwhelmed.

00:07:33 Kimberly Talbert: I am starting to get the authentic OA feeling better. I am feeling frustrated with trying to do a love led Post.

00:07:34 Debbie Holden: I feel Good. Now ppl are responding and I am wondering if can I keep it up and still live my life. This is taking more time.

00:07:34 Carla Gutierrez: Nobody else mentions the money part of it.

00:07:40 Diana Henry: I am reaching out more and it feels more natural. I occasionally still stop myself when it come to thinking they don't need what I have or they already know the info.

00:07:46 Leah Novak: Still need to do my declaration post, but overall I'm feeling more confident because I have focus and purpose again!

00:07:57 Chelsey Ashcraft: Im just trying to think this week: Im learning. And that's helping me feel hopeful, Im starting to see slow progress in the way I talk to people and think

00:07:59 Carla Gutierrez: Yes, same I can do content and post but the AO is still hard for me to get going

00:08:05 Cat Welches: I'm feeling ok, but not get many replies to messages. Pushing through anyway.

00:08:06 Laura Pelayo: Oh great!

00:08:11 Kristy Wharton: Reacted to "Im just trying to th..." with 🔥

00:08:11 Nicole Sapriken (She/Her): Excited for the shift in my business

00:08:21 Kristy Wharton: Reacted to "Excited for the shif..." with 🔥

00:08:25 Eva Snedden: good about the outreach, still stress about the content, mainly because i overthink it

00:08:30 Jenni Ramm: Getting impatient (bc I'm looking more at results or lack of) and starting to question what else I need to do but focusing on trusting the process.

00:08:32 Carla Gutierrez: I need coaching BAD! 😞

00:08:35 nicolenewton: I was having a bit of concern because I felt I wasn't speaking to people as much in person. Its starting to feel more natural.

00:08:37 Morrigan McDonald: stagnant but remaining hoprful. trusting the process

00:08:43 Kristy Wharton: Reacted to "I need coaching BAD!..." with ❤️

00:08:57 Becky Coen: excited but delayed on content

00:09:17 Rivane: Feeling a bit disappointed as I am behind with trainings and posts. but reminding myself to give myself some grace as I'm still taking action with atleast 1 activity which is authentic outreach . Not as many as I want but still better than 0.

00:09:20 Danielle Cole: Replying to "I'm stuck with my re..."

As long as you lead your business with LOVE and SERVING people the \$\$ is a result. \$\$ is 1 of the 3 problems people are having and WHY they join our business.

00:09:21 Natasha Pecarski: I just need to get over myself

00:09:25 Kristy Wharton: Reacted to "I just need to get o..." with 🔥

00:09:27 Erin Schneider: I am feeling nervous about getting into social media. I have always been scared to put myself out there to share myself for fear of criticism.

00:09:43 PaulaAnn NJ: During this weeks, I have learned to ask better questions..

00:09:45 Alicia Jennings: Feeling stagnant but knowing it's my own fault for not committing to all of the AO. Non product conversations can be draining for me 🙏

00:10:02 Becky Coen: avoiding the declaration post

00:10:05 Tal Randall: Can you teach us how to calendar please haha

00:10:11 Alicia: That's when you need to get selfish with your time

00:10:16 Ingrid Boehm: I'm feeling better once realizing I'm not behind ... big AHA

00:10:22 Erin Schneider: Replying to "I am feeling nervous..."

However, I am working really hard at my problems, declaration post and content and am becoming more confident.

00:10:25 Erin Avila: So good

00:10:31 Debbie Holden: Reacted to "During this weeks, I..." with ❤️

00:10:39 Danielle Cole: Reacted to "However, I am workin..." with ❤️

00:10:40 Debbie Holden: Reacted to "avoiding the declara..." with ?

00:10:49 Debbie Holden: Reacted to "Can you teach us how..." with ❤️

00:10:52 Laura Pelayo: That's me! When the going gets tough, I find other things to do.

00:10:53 Lindsay FitzPatrick: I have a hard time with that.

00:10:55 Danielle Cole: Showing up and taking action is SUCCESS!

00:10:56 Ingrid Boehm: Just posted my declaration post. Also, listening to this week's training INSPIRING

00:10:56 Patricia: So true! When you are scared, you can make any excuse to procrastinate 😞

00:11:06 Debbie Holden: Reacted to "Just posted my decla..." with ❤️

00:11:16 Debbie Holden: Reacted to "So true! When you ar..." with 🙏

00:11:55 Lindsay FitzPatrick: Anxious about being direct and making the ask to direct the conversation where I want it to go. I get stuck int he chit-chat initially.

00:11:57 Raquel Cornelsen: I'm worried by value Day isn't good enough

00:11:58 Jodi Korsten: I have the "Fall in love with the process" on my wall.

00:11:59 Chelsey Ashcraft: I have a hard time staying on task. Or even keeping track of or planning what exactly I want to do that day. Im just sporadic in what I decide to work on and messaging

00:12:11 Kristy Wharton: Replying to "I have a hard time w..."

Watch saying you have a hard time...words create. It might be challenging, and are you up for a challenge?

00:12:13 Alicia: Wondering why people are okay ignoring messages 🤔

00:12:18 Laura: 9 weeks

00:12:22 Debbie Holden: 63 days

00:12:23 Hilleri Dickey: Yep caught that

00:12:38 Chelsey Ashcraft: Reacted to "Watch saying you hav..." with ❤️

00:12:44 Kristy Wharton: Replying to "Wondering why people..."

How many people are we talking about? is it ALL people?

00:12:45 Susan Restad: Replying to "Anxious about being ..."

Me too!! But I'm trying to get into it. It's a block I have to get past!

00:13:01 Laura: First with the training wheels, then they come off and away we go!

00:13:07 Jodi Korsten: Thank you. needed to hear that.

00:13:17 Autumn Hokenson: Yes fall in love with the process is a big one to work on

00:13:21 Patricia: I have an RLS about keeping up on the conversations if I send too many messages. Unsure if I can't get back to everyone in a timely manner.

00:13:26 Kristy Wharton: Replying to "I have a hard time s..."

Jumping on the core four? That is the daily method of operation... knowing that will help.

00:13:27 Leah Novak: Yep! It's getting done today

00:13:29 lauren cormier: Feeling stuck. I only have a handful of current and past customers. I'm waiting on engaged leads to carry me at this point but doing 5 value posts a week and not getting any leads

00:13:32 Chelsey Ashcraft: Replying to "I have a hard time w..."

Like...saying you are not a morning person will reinforce that your not...?

00:14:03 Kristy Wharton: Replying to "Feeling stuck. I onl..."

Trust the process... seed planted today are harvested when?

00:14:05 Danielle Cole: Replying to "I have an RLS about ..."

There is not a set time to get back to conversations.

00:14:19 Lindsay FitzPatrick: Reacted to "Watch saying you hav..." with ❤️

00:14:19 Stephanie Guerra: Replying to "I have a hard time w..."

This has been a big thing for me. I have said for years that I'm not a morning person.

00:14:24 Kristy Wharton: Reacted to "Like...saying you are ..." with 🔥

00:14:29 Kristy Wharton: Replying to "I have a hard time w..."

@Chelsey Ashcraft exactly

00:14:47 Amy Varghese: I feel free to continue to be authentically me, try new things that, in trusting the process, will bring better results. Working through giving myself grace and tell myself I have the same kind of value I see and believe in everyone else.

00:14:49 Kristy Wharton: Reacted to "Yes fall in love wit..." with 🔥

00:15:33 Ingrid Boehm: Reacted to "I feel free to conti..." with ❤️

00:15:45 Lindsay FitzPatrick: Replying to "I have a hard time w..."

So true! I think life got busy and rather than embracing the challenge, I go to fear of failure.

00:15:46 Kristy Wharton: Reacted to "First with the train..." with 🔥

00:15:49 Jenni Ramm: Aubrey! Yes ma'am!!! That's exactly the same for me!!!

00:16:01 Kristy Wharton: Reacted to "Aubrey! Yes ma'am!!!!..." with 🔥



00:16:02 Patricia: Replying to "I have an RLS about ..."

Thanks Danielle. I am probably overthinking it but in my day job, I always get back to people right away so I guess I think I should do that here too.

00:16:06 Alicia: Replying to "Wondering why people..."

Most. I said to my husband, if I approached someone in public would they just look at me and keep walking? 😊 It's just odd. I try to reply to my messages. I'd rather get a I'm not interested than silence.

00:16:12 Becky Coen: yes the no's

00:16:14 Melinda Koslovsky: When my current and past AO leads indicate they have a problem, and they indicate they would like help, it's mostly difficulties with applying the makeup they purchased from me. Most of the time I can't find a video that addresses specifically their problem, so I end up making one for them. Very time consuming. I try to encourage them to get on a FaceTime call or a zoom, but they balk saying they're too busy. ???

00:16:15 Jenni Ramm: I was never taught to serve but just get that sales volume! You're so brave!!!

00:16:40 Chelsey Ashcraft: Replying to "I have a hard time s..."

Oh I thought the comment below was part of this lol. I also get distracted trying to manage my notes, back office, looking at helpful content, other peoples questions, trying to manage my home and family and not setting my time specifically for what I need to do that day in each area of my life

00:16:49 Hilleri Dickey: We are taught to be #1

00:16:49 Susan Jobb: Reacted to "There is not a set t..." with 😊

00:17:06 Jenni Ramm: Yes! You're so speaking truth and exactly what we need to change about this industry!

00:17:26 Natasha Pecarski: Hanging my self-worth on results or reaching a goal

00:17:42 Hilleri Dickey: But it's that fine line between truly needing the money and trying to trust the process

00:18:04 Ingrid Boehm: love this conversation

00:18:16 Jenni Ramm: We are children of the king with a mission to serve. No matter what our rank is! And no matter where our business goes!

00:18:30 Taylor Berlin: Yes! I have been in lots (and least 20) of conversations the last 2 months and haven't served (sold) to anyone. I'm spinning my wheels, trusting the process, but I have sideline sisters passing by me.

00:18:42 Chelsey Ashcraft: Reacted to "So true! I think lif..." with ❤️

00:18:53 Kristy Wharton: Replying to "When my current and ..."

Are you creating a bank of videos and linking them somewhere? I hear that "disorganization" and that causes us to feel ... if we spend some time doing that—it would limit the need to get people on zooms.

00:18:57 Carla Gutierrez: Reacted to "Yes! I have been in ..." with ❤️

00:19:05 Carla Gutierrez: Reacted to "We are children of t..." with ❤️

00:19:05 Leah Novak: We love that you're at Crunchi, Aubrey!  
00:19:30 Jenni Ramm: I love this! Thank you for sharing Aubrey!  
00:19:52 Liza: Reacted to We are children of t... with "❤️"  
00:19:58 Kristy Wharton: Replying to "Yes! I have been in ..."

Take out the words... spinning my wheels bc that makes you feel like youre getting no where.

00:20:01 Leah Novak: That's so powerful: it's a circumstance  
00:20:19 Hilleri Dickey: That's how we are conditioned and learning a new path will take some time but we have started  
00:20:22 Carla Gutierrez: I wish we had these sessions twice a week. This is a HUGE weakness for me: mindset. I'm working on it but we cannot all be coached individually  
00:20:25 Danielle Cole: Replying to "Yes! I have been in ..."

20 conversations is not enough in two months. Focus on your hot leads - all of your customers (past and current) FB group and engaged leads. How many can you have each week?

00:21:03 lauren cormier: Replying to "Feeling stuck. I onl..."  
Not the same day. I also feel like I'm not doing enough as far as working my business. Is there anything else I should be doing to be more productive?  
00:21:06 Hilleri Dickey: It's safer  
00:21:34 Kristy Wharton: Replying to "Feeling stuck. I onl..."

Are you doing the core four and talking to people every day?

00:21:34 Hilleri Dickey: Sometimes pain is very familiar  
00:22:09 Debbie Holden: For me: Because my husband thinks I should make money for all the time I spend on it and he thinks that's why I do it? lol  
00:22:13 Taylor Berlin: Replying to "Yes! I have been in ..."

That's basically all my past customers and hot leads 🤔 I only have 2 customers besides my husband. I don't have a FB group and I get the same people reacting and engaging to my posts right now

00:23:03 Becky Coen: wow yep so me  
00:23:06 Melinda Koslovsky: Replying to "When my current and ..."

I am starting to. First I need to get more space available on my iPhone, and when done, I will offload them from my iPhone to an external hard drive. I film and work off my iPhone and it's almost out of storage due to the amount of videos in my phone gallery. Buying an external HD in a couple days, and will clean up my photos/videos ASAP

00:23:17 Danielle Cole: Replying to "Yes! I have been in ..."

How many people in your FB group? You should reach out to EVERY person in your FB group using the FB scripts. And now you are creating value content 3 times be week - you will start to get engaged leads from those as well

00:23:23 lauren cormier: Replying to "Feeling stuck. I onl..."



I have been on at least one core 4 call each week and I am talking so some people but mostly my coworkers who I see everyday

00:23:26 Kristy Wharton: Replying to "That's how we are co..."

Love the way you summed this up...all we can do is start...though the thought "it will take some time" is a thought. Change happens as fast or as slowly as you choose. And our choices are driven by our thoughts, ultimately

00:23:47 Heike Garton: Reacted to "That's how we are co..." with 👍

00:23:51 Raquel Cornelsen: I feel this. I found myself avoiding certain conversations and focusing more on others because it's less scary or less of a chance of a hard conversation

00:24:13 Heike Garton: Reacted to "Love the way you sum..." with ❤️

00:24:19 Chelsey Ashcraft: Reacted to "I feel this. I found..." with ❤️

00:24:23 Jennifer Peterson: Reacted to "I feel this. I found..." with ❤️

00:24:27 Carla Gutierrez: I need more coaching and training but I have to go back to work, so I'll have to catch this later which SUCKS

00:24:28 Carol's iPad: This conversation with Aubrey is sooooo helpful, so true, so identifiable. Thank you both!

00:24:33 Kristy Wharton: Replying to "Feeling stuck. I onl..."

If they are the same people you talk to every day...we need to talk to more people. I say we are professional friend makers...are you making new friends? And the core four, at least 3 times a week—can be on your own.

00:24:34 Hilleri Dickey: Reacted to "Love the way you sum..." with ❤️

00:24:42 Kristy Wharton: Reacted to "I need more coaching..." with 🔥

00:24:51 Kristy Wharton: Reacted to "I feel this. I found..." with ❤️

00:25:13 Kristy Wharton: Replying to "I feel this. I found..."

We do this on autopilot. Eat the frog...do the challenging thing, first.

00:25:17 Erin Avila: yes

00:25:20 Gina Everson: Yes

00:25:21 Lindsay FitzPatrick: Absolutely!

00:25:21 Alicia Jennings: Yep, same

00:25:22 Kathleen: yes

00:25:22 Becky Coen: yes

00:25:24 Diana Henry: Yes!

00:25:25 Staci Eubanks: same

00:25:27 Tal Randall: Yeah

00:25:28 Chelsey Ashcraft: Self fulfilling prophecy? Yes

00:25:28 Becky Coen: yes the easy

00:25:29 Ingrid Boehm: yep

00:25:30 Leah Novak: Yes,

00:25:33 Jennifer Peterson: I chicken out and do the 'easy' things and look like I am working hard!

00:25:33 Debbie Holden: More than I ever have.

00:25:34 Kristie: yes  
00:25:36 Jenni Ramm: I get way too caught up in tracking and then thinking that I'm missing something and some people and then get too overwhelmed thinking I have to try to catch up.  
00:25:36 Laura Pelayo: Yes...only some of the things that are easy.  
00:25:38 Jann Coppen: Yes  
00:25:40 Elysia Edwards: Yesss!!  
00:25:41 Kimberly Talbert: I am progressing in talking to every hot lead.  
00:25:41 Raquel Cornelsen: Replying to "I feel this. I found..."  
Yes I need to make a clear list and not avoid it  
00:25:41 Taylor Berlin: Replying to "Yes! I have been in ..."

No FB group. FB friends is just under 900 but obviously majority of them don't see my stuff. I've spent time going through my friends list and engaging on peoples feed that I don't see in mine but that's time consuming and still hasn't bumped my engagement.

00:25:41 Patricia: Yes, a big chicken list!  
00:25:49 Kristy Wharton: Reacted to "Yes, a big chicken I..." with 🔥  
00:25:49 PaulaAnn NJ: I am working the plan..  
00:25:50 Chelsey Ashcraft: Reacted to "I chicken out and do..." with ❤️  
00:25:58 Donna: yes, I have been doing that too. Waiting to message those that seem hard to me. Choosing who I do outreach with instead of going down my list.  
00:26:00 Chelsey Ashcraft: Reacted to "I get way too caught..." with ❤️  
00:26:10 Tal Randall: Oh I feel that  
00:26:10 Susan Restad: I am doing it all and just believing it will work. I'm detaching from the results.  
00:26:21 PaulaAnn NJ: Reacted to "I am doing it all an..." with 👍  
00:26:24 Chelsey Ashcraft: Reacted to "yes, I have been doi..." with ❤️  
00:26:38 Raquel Cornelsen: Replying to "I feel this. I found..."  
I give myself excuse oh there's not a good time to message them  
00:26:39 Cat Welches: What do you do when most of your likes/comments are from team sisters and family members? -- Just keep pushing through?  
00:26:40 Tiffany Rilling: yes. starting to reach out but still not sure if I am coming off authentic!!!  
00:26:59 Chelsey Ashcraft: Replying to "yes, I have been doi..."

I always do the easier ones first so I can think about the hard ones and maybe put them off lol

00:27:03 Liza: Kind of, but it's a trigger & then I say do it NOW! I do get frustrated that I'm not connecting with as many people in the hour that I want to.  
00:27:07 Tal Randall: Me too  
00:27:35 Patricia: I have sometimes find it confusing to identify the Circumstance? Is there a formula for that?  
00:27:42 Chelsey Ashcraft: Reacted to "What do you do when ..." with ❤️  
00:27:46 Rivane: Me too 😞  
00:27:54 Rivane: Yup

00:27:56 Kristy Wharton: Replying to "yes. starting to rea..."

Can you "come off" to anyone else as authentic? Authenticity comes from where? Is it based on how youre perceived? Or how YOU feel?

00:27:56 Tal Randall: I can relate

00:28:00 Melissa Heim: Yep. Same!

00:28:08 MinDee Barton: Can totally relate!!

00:28:11 Leah Novak: Absolutely can relate

00:28:14 Gina Everson: I can relate...

00:28:14 Tiffany Rilling: yes

00:28:17 Chelsey Ashcraft: Yes

00:28:18 Taylor Berlin: Yupp. . .

00:28:27 Debbie Holden: When do you do the convos? The CORE 4 is all RO so how do we do that?

00:28:42 Carol's iPad: Yup...yup...for sure

00:28:42 Danielle Cole: Replying to "Yes! I have been in ..."

Oh sorry - I read your comment incorrectly about FB groups. You can segment your friends list to the people who you think you would really love to help - and like you said start to engage with their content. You are changing how you are showing up on FB - people are watching and give it 30-60 days and people will start to engage.

00:28:50 Becky Coen: avoid core 4 so i don't have to be accountable

00:28:56 lauren cormier: Replying to "Feeling stuck. I onl..."

Ok. And no I haven't been making new friends.

00:29:38 Kristy Wharton: The circumstance is neutral...although it doesn't always FEEL that way. Give me an example and I can help determine.

00:29:42 Danielle Cole: We do have the value add F/U in the core 4. Use that 15 min for FU

00:29:55 Cat Welches: Reacted to "We do have the value..." with ❤️

00:30:06 Alicia: It's busy work so you feel accomplished but in reality you're only doing a part of it

00:30:15 Hilleri Dickey: Value content

00:30:29 Debbie Holden: Replying to "We do have the value..."

So that is for all FU not just Value add FU?

00:30:33 Kristy Wharton: Replying to "Feeling stuck. I onl..."

Gotta make new friends...it one of the only metrics that matter, truly. "Talking to people"

00:30:52 Christa Owens: I have a hard time switching after 15 minutes.

00:30:55 lauren cormier: Replying to "Feeling stuck. I onl..."

Ok. I will do this. Thank you

00:30:59 Kristy Wharton: Replying to "avoid core 4 so i do..."

You've recognized...now you cannot do that anymore.

00:31:16 Hilleri Dickey: this is so good  
00:31:18 Danielle Cole: Replying to "I have a hard time s..."

Set your timer and switch!

00:31:21 Kristy Wharton: Replying to "I have a hard time s..."

You can do more...just set a time so you don't go down rabbit holes.

00:31:27 Tal Randall: This is so helpful!  
00:31:34 Taylor Berlin: Yupp! Introvert so all these conversations are draining me 🤔😂  
00:31:38 Kristy Wharton: Replying to "I have a hard time s..."

Things will take as long of time that you give them

00:31:49 Tal Randall: Please can one of the sessions be recorded so we can watch and complete if we can't make the live? I'm in uk so timings don't work  
00:31:50 Tiffany Rilling: I need an hour for each piece of the puzzle.  
00:31:57 Debbie Holden: Reacted to "I need an hour for e..." with 😂  
00:32:03 Danielle Cole: Replying to "Please can one of th..."

We are working on it.

00:32:09 Tal Randall: Replying to "Please can one of th..."

Thank you!!

00:32:10 Christa Owens: Reacted to "I need an hour for e..." with ❤️  
00:32:14 Tiffany Rilling: That can be my schedule later in the day  
00:32:14 Amy Varghese: 💡💡💡  
00:32:21 Danielle Cole: Replying to "I need an hour for e..."

Do the Core 4 - 4x per week! XO

00:32:22 Taylor Berlin: Reacted to I need an hour for e... with "🔥"  
00:32:31 Tiffany Rilling: Reacted to "Do the Core 4 - 4x p..." with 💙  
00:32:35 Kristy Wharton: Replying to "I need an hour for e..."

That is a red light story... things take as long as we give them. You can add more time as long as you're doing all each day

00:32:36 Susan Restad: What will happen with our info in the tracker after the program ends. I'm not inputting yet because of this concern about losing it.  
00:32:58 Danielle Cole: Replying to "What will happen wit..."

You will be able to export your data

00:32:59 Kristy Wharton: Also a red light story... you won't.  
00:33:03 Tiffany Rilling: Replying to "I need an hour for e..."

Got cha!! Yes, dang RED LIGHT!!!

00:33:10 Liza: Reacted to What will happen wit... with "👍"

00:33:22 Susan Restad: Reacted to "You will be able to ..." with 🍷  
00:33:49 Susan Restad: Replying to "What will happen wit..."

That's great to know. I'll use it now!

00:33:51 Hilleri Dickey: We actually have a strategy now how to work our business  
00:33:55 Kristy Wharton: Reacted to "We actually have a s..." with 🔥  
00:34:12 PaulaAnn NJ: Reacted to "We actually have a s..." with 👍  
00:34:14 Kristy Wharton: Reacted to "It's busy work so yo..." with 🔥  
00:34:34 Christa Owens: Reacted to "Things will take as ..." with ❤️  
00:34:37 Kristy Wharton: Replying to "When do you do the c..."

Convos are reach out and followups

00:34:38 Christa Owens: Reacted to "Set your timer and s..." with ❤️  
00:34:41 MAREN SPIRA: Reacted to "We actually have a s..." with 🔥  
00:34:45 Danielle Cole: Replying to "What do you do when ..."

Yes - keep creating content - people are watching

00:34:46 Debbie Holden: when you have a convo we ask all the questions to understand the problem, that can go back a forward more than 3 times before we ask? Or must be only once or twice?  
00:34:54 Kristy Wharton: Replying to "When do you do the c..."

Core 4 includes 3 parts conversations

00:35:19 Cat Welches: Reacted to "Yes - keep creating ..." with ❤️  
00:35:35 Hilleri Dickey: @Megan Weisheipl Do you do counseling LOL. Love how you catch things  
00:35:37 Christa Owens: Replying to "I have a hard time s..."

@Kristy Wharton so good!! I realize that 15 minutes is holding me accountable and my mind tends to wander and I get distracted easily!!

00:35:38 Erin Avila: you got it Aubrey  
00:35:44 Erin Avila: I am with you  
00:35:52 Erin Avila: thank you for speaking up  
00:35:57 Erin Avila: and working through this  
00:35:59 Hilleri Dickey: I AM STATEMENTS  
00:36:00 Debbie Holden: Reacted to "@Kristy Wharton so g..." with 💙  
00:36:06 Becky Coen: afraid to speak the truth  
00:36:07 Danielle Cole: Replying to "We do have the value..."

Once you have the problem - you use value add FU - if you are still working on finding the problems - then use the time to find the problem

00:36:12 Kristy Wharton: Replying to "when you have a conv..."

You want to move a conversation forward...which will happen if you're meeting new people and following up and not afraid to ASK the question

00:36:38 Hilleri Dickey: Reacted to "You can do more...just..." with 👍  
00:36:44 Danielle Cole: Reacted to "That's great to know..." with ❤️  
00:36:59 MinDee Barton: Yes yes yes  
00:37:04 Debbie Holden: Replying to "when you have a conv..."

I feel like I'm asking to understand better so I can be clear on their problem.

00:37:09 Hilleri Dickey: GO GIRL @Aubrey Lui  
00:37:11 Kristy Wharton: Say that every morning in the mirror!!  
00:37:15 PaulaAnn NJ: Reacted to "GO GIRL @Aubrey Lui" with 💕  
00:37:29 Erin Avila: I needed this today Aubrey  
00:37:35 Hilleri Dickey: Reacted to "I needed this today ..." with ❤️  
00:37:35 Betty Jane's iPad: Wow! That is so beautiful! Did someone write that down?  
00:37:36 Chelsey Ashcraft: Replying to "when you have a conv..."

I think I am doing this too... I am just asking more and more questions about their problem and goals

00:37:41 Jennifer Peterson: Go, Aubrey!!!!  
00:37:43 Chelsey Ashcraft: Reacted to "I feel like I'm aski..." with ❤️  
00:37:50 Danielle Cole: Reacted to "Say that every morni..." with ❤️  
00:37:58 Leah Novak: That's fantastic  
00:38:02 Erin Avila: So good  
00:38:13 Kristy Wharton: Replying to "when you have a conv..."

Transition once you have a problem, and determined fit... ask if they want help. How many times are you asking?

00:38:20 Natasha Pecarski: Like the Kool-Aid dude  
00:38:29 Raquel Cornelsen: Replying to "We do have the value..."

I'm having trouble thinking my value add FU is not good enough

00:38:37 Debbie Holden: SO every person get something not product related first to solve their problem?

00:38:51 Julia Nix: Reacted to "Wow! That is so beau..." with 👍  
00:39:02 Natasha Pecarski: Thank you soooo much!  
00:39:03 Nicole Bowles: Yes!!  
00:39:03 Tal Randall: Yes! My fav so far  
00:39:05 Leah Novak: Yes, it is so good, I need to watch it again  
00:39:06 Taylor Berlin: Reacted to I have a hard time s... with "👍"  
00:39:14 Tal Randall: 💡  
00:39:15 Monica Fuss: Yes!! Thank you  
00:39:15 Gina Everson: Yes, thank you so much. 💡  
00:39:15 Cat Welches: 💡  
00:39:16 Rivane: 💡  
00:39:17 Hilleri Dickey: OH MAN...SO GOOD.

00:39:18 Alicia Jennings: 💡  
00:39:19 Susan Restad: EXCELLENT!!!!  
00:39:23 Erin Avila: 🔦  
00:39:23 Lindsay FitzPatrick: 💡  
00:39:24 Jenni Ramm: 💡💥💥💥  
00:39:25 Laura Pelayo: this right here was worth the entire cost of the program!  
00:39:26 MinDee Barton: So good!!!!  
00:39:26 Susie: Yes!  
00:39:31 Kristy Wharton: Reacted to "this right here was ..." with 🔥  
00:39:31 Jennifer Peterson: 🔦  
00:39:33 Laura: 💡  
00:39:33 Becky Coen: yes quit avoiding  
00:39:38 Danielle Cole: Replying to "We do have the value..."

Yes! Look at the PDF from the training of week 4

00:39:41 MAREN SPIRA: 💡  
00:39:41 Nicole Bowles: Look at your smile Aubrey <3  
00:39:42 Nicki Paulsen: Thank you so much! Aubrey and Megan!!  
00:39:45 Kimberly Talbert: 💡  
00:39:48 Ingrid Boehm: 🔥  
00:39:49 Kristy Wharton: Replying to "this right here was ..."

It will transform your life not just your business

00:39:52 Liza: Excellent  
00:40:00 Debbie Holden: Reacted to "Core 4 includes 3 pa..." with 🙏  
00:40:03 Debbie Holden: Reacted to "Convos are reach out..." with 💙  
00:40:09 Carol's iPad: 💡💡  
00:40:14 PaulaAnn NJ: Light bulb  
00:40:43 Liza: 🔥  
00:40:46 Lindsay FitzPatrick: I love that idea. Take 10-15 minutes before every core 4 to turn around my RLS for the day!!  
00:40:50 Kristy Wharton: Reacted to "This is so excellent..." with 🔥  
00:40:50 MAREN SPIRA: Reacted to "this right here was ..." with 🔥  
00:40:57 Kristy Wharton: Reacted to "I love that idea. Ta..." with 🔥  
00:40:57 Debbie Holden: How many times am I asking what? Q about their problem?  
00:41:01 Liza: 💡  
00:41:28 Ingrid Boehm: 💡💡💡  
00:41:28 Jodi Korsten: That's why I have post its in front of me!!!  
00:41:30 Heike Garton: Thanks Megan, that's very helpful. Love your book too!💕  
00:41:30 Kristy Wharton: Replying to "when you have a conv..."

@Debbie Holden I was talking to Chelsey... but to you as well. Asking if they want help,

00:41:33 Danielle Cole: Reacted to "this right here was ..." with 🔥



00:41:44 Ingrid Boehm: Reacted to "Thanks Megan, that's..." with ❤️  
00:41:48 Leah Novak: Thank you for being so brave and sharing, Aubrey. Definitely helped me  
00:41:55 Debbie Holden: Replying to "when you have a conv..."

Well I feel like I have to understand first

00:41:58 Erin Schneider: This is so Excellent! Thank you for sharing Aubrey Lui!!!!  
00:41:59 Aubrey Lui: Thank you Megan!!!! This was AMAZING  
00:42:06 Chelsey Ashcraft: Replying to "when you have a conv..."

Depends on the conversation, sometimes it goes back and forth for... 6 times

00:42:12 Monica Fuss: Junk food analogy was relatable  
00:42:12 Debbie Holden: Reacted to "Depends on the conve..." with 🙏  
00:42:22 Chelsey Ashcraft: Replying to "when you have a conv..."

Asking problem questions

00:42:43 Kristy Wharton: Replying to "when you have a conv..."

@Chelsey Ashcraft once you have them...ask if they want help.

00:42:48 Jenni Ramm: WOW!!!! 🤩  
00:42:58 Jenni Ramm: You just blew my mind!!! That part!!!  
00:42:59 Kristy Wharton: Reacted to "Thank you for being ..." with 🔥  
00:43:04 Leah Novak: 🎤 drop!!!  
00:43:08 Erin Avila: so good because people get caught up in the financial need  
00:43:13 Kristy Wharton: Release that fear!!!  
00:43:15 Jodi Korsten: Hold what God has given me loose in your hands.  
00:43:18 Jenni Ramm: Sheesh! Thats so good! Why limit myself to just that amount!  
00:43:20 Liza: I love that...show up & love every day!!!  
00:43:24 Cat Welches: Reacted to "Release that fear!!!" with ❤️  
00:43:31 nicolenewton: If you show up in your purpose and in love, the money flows naturally  
00:43:44 Debbie Holden: Reacted to "@Chelsey Ashcraft on..." with 👍  
00:43:53 Kristy Wharton: Reacted to "If you show up in yo..." with 🔥  
00:43:55 Kristy Wharton: Reacted to "I love that...show u..." with 🔥  
00:44:04 Kristy Wharton: Reacted to "Sheesh! Thats so goo..." with 🔥  
00:44:07 Kristy Wharton: Reacted to "Hold what God has gi..." with 🔥