

Chat Transcript - Weekly Get Unstuck Mindset Training (Megan) 11/6/2024

00:03:02 Laura Rodgers: Hello
00:03:06 Jenni Ramm: WOOHOO!!!
00:03:14 Gina Everson: Hello!
00:03:20 Debbie Holden: We are going to need it!
00:03:25 Kristy Wharton: Reacted to "We are going to need..." with 🔥
00:03:30 Amanda Bernstein - Norwex: I'm new
00:03:31 Katarzyna (Kat): yes! first time
00:03:34 sonyajohnson: Hi
00:03:38 Taylor Berlin: Keeping my camera off because I'm trying to get my toddler down for a nap 😊
00:03:43 Linda Schymik: First time
00:03:44 Kristy Wharton: Reacted to "Keeping my camera of..." with ❤️
00:03:48 Lisa Wiens Simanton: First time live! Watched the first replay
00:04:02 Kristy Wharton: Replying to "Keeping my camera of..."

Thanks for sharing...we love to see you, though we know its not always possible!

00:04:08 Kristy Wharton: Reacted to "First time" with 🔥
00:04:13 Kristy Wharton: Replying to "First time"

Welcome!

00:04:18 Kristy Wharton: Reacted to "First time live! Wat..." with 🔥
00:04:29 Kristy Wharton: Replying to "First time live! Wat..."

Welcome! Glad youre here!

00:06:13 Liza Johnson: Buffering 😊
00:06:20 Amanda Bernstein - Norwex: Hey Coach KT.
00:06:22 Kristy Wharton: Reacted to "Buffering 😊" with 🔥
00:07:15 Tiffany Rilling: I started behind because of our seasonal business that is now finished up. I have felt behind and so I have felt rushed at times to move forward but that is being hasty. I have to remind myself that it's ok, I will catch up.
00:07:24 Kristy Wharton: Reacted to "Hey Coach KT." with 🔥
00:07:46 Liza Johnson: Positive story
00:07:48 Kristy Wharton: Replying to "Hey Coach KT."

Hey Amand! You can all me Kristy 😊

00:07:54 Coach Tammy Asmus: Reacted to "Positive story" with 😊
00:08:02 Coach Tammy Asmus: Reacted to "I started behind bec..." with 😊

00:08:05 Melissa Heim: It's slowly getting better for me with this program. I'm having less red light stories or I can identify them quickly and move on. I'm doing a lot more scared now, where before I was in paralyzed mode.

00:08:07 Coach Tammy Asmus: Reacted to "Buffering 😊" with 😊

00:08:15 Coach Tammy Asmus: Reacted to "Keeping my camera of..." with 🥰

00:08:23 Coach Tammy Asmus: Reacted to "Hello!" with 😊

00:08:44 Danielle Cole: Reacted to "It's slowly getting ..." with ❤️

00:08:51 Chelsey Ashcraft: Reacted to It's slowly getting ... with "❤️"

00:08:53 Kristy Wharton: Replying to "I started behind bec..."

You are always where you're supposed to be (we can't be anywhere else but right here) ... can't be behind. It's a feeling

00:09:15 Leah Novak: I worked through my RLS yesterday and worked out GLS on the back of each RLS worksheet

00:09:16 Aubrey Lui: My redlight story 😬 that I'm doing this process wrong and I'm going to fail. That I spent so much money on it and it's not even going to work for me because I'm not doing these conversations right. I should be getting sales from them and I'm not.

Ok, writing that out I see how negative it is. And totally transactional. It's just SOOO ingrained in me. That if I don't do this convo right I'm going to lose a sale, or if I don't respond quickly enough I'm going to lose the sale.

00:09:23 Leah Novak: Such a powerful exercise

00:09:37 Heike Garton: I have a fear of rejection....

00:09:46 Chelsey Ashcraft: Reacted to My redlight story 😬... with "❤️"

00:09:51 Melissa Heim: Reacted to "I have a fear of rej..." with ❤️

00:09:53 Jennifer Peterson: Reacted to "My redlight story 😬..." with ❤️

00:09:57 Chelsey Ashcraft: Reacted to I have a fear of rej... with "❤️"

00:10:05 Lindsay FitzPatrick: Reacted to "My redlight story 😬..." with ❤️

00:10:27 Lindsay FitzPatrick: Replying to "My redlight story 😬..."

I can totally relate. Keep your green light story handy to re-read it!

00:10:42 Melissa Heim: Replying to "I have a fear of rej..."

I'm the same! Where most of my red light stories come from!

00:11:20 Kristy Wharton: Replying to "I have a fear of rej..."

From rejection? Meaning someone says "no"?

00:11:24 Leah Novak: Yes totally

00:11:25 Lacey Rose: yes

00:11:25 Amanda Bernstein - Norwex: Relatable.

00:11:26 nicolenewton: Of course!!!!

00:11:27 Nicole Bowles: Completely!

00:11:27 Tiffany Rilling: Reacted to "You are always where..." with 💙

00:11:27 sonyajohnson: yes

00:11:29 Eva Snedden: yes
00:11:30 Alicia Jennings: Absolutely! Feeling too much for people
00:11:31 Kimberly Talbert: yes
00:11:34 Staci Mix: Yes!
00:11:42 Debbie Holden: AO
00:11:46 Leah Novak: Authentic outreach
00:11:50 Chelsey Ashcraft: Yes! I don't want to act like a know-it-all...or make it seem like a cure all
00:11:52 Jeni Mauldin: My RLS is that "I will never succeed" because of how I was raised and the proof found in my history. Working on changing that.
00:11:55 nicolenewton: Authentic
00:12:00 Coach Tammy Asmus: Reacted to "It's slowly getting ..." with 🥰
00:12:06 Heike Garton: Replying to "I have a fear of rej..."

@Kristy Wharton yes. I am thinking immediately that I did something wrong. 😞

00:12:07 Coach Tammy Asmus: Reacted to "Such a powerful exer..." with 🥰
00:12:19 Tiffany Rilling: Replying to "I started behind bec..."

Yes it's hard to swallow sometimes but yes it is a feeling!! Thank you kristy!

00:12:36 Coach Tammy Asmus: Replying to "My redlight story 🤔..."

You get to rewrite your story!

00:12:42 Coach Tammy Asmus: Reacted to "Yes totally" with 🥰
00:12:45 Amanda Bernstein - Norwex: Reacted to "@Kristy Wharton yes..." with 👍
00:12:47 Kristy Wharton: Are we making the rejection about us or them saying "no thank you to the product" ... ah yes. Making it mean that they are rejecting ME. is that true?
00:12:56 Coach Tammy Asmus: Replying to "Absolutely! Feeling ..."

Why do you feel that way?

00:12:59 Taylor Berlin: The book Worthy by Jamie Kern Lema has been a HUGE help for me to believe in myself and give me the freedom to live authentically! ❤️
00:13:05 Danielle Cole: Reacted to "The book Worthy by J..." with ❤️
00:13:11 Chelsey Ashcraft: It's 11:11 where I am!! Positivity!
00:13:13 Danielle Cole: Replying to "The book Worthy by J..."

Great read!

00:13:16 Kristy Wharton: Reacted to "The book Worthy by J..." with ❤️
00:13:18 Danielle Cole: Reacted to "It's 11:11 where I a..." with ❤️
00:13:28 Debbie Holden: 1:11 here
00:13:30 Kristy Wharton: Replying to "The book Worthy by J..."

Love her.. she has so much wisdom

00:13:33 Christa Owens (she/her): Reacted to "The book Worthy by J..." with ❤️

00:13:36 Lindsay FitzPatrick: Because I was so anti-MLM for such a long time, I have a red light story that everyone is judging me, or assumes that I'm just trying to make a buck off them. I know that's not my intention at all, but need to push those thoughts out of the back of my mind!

00:13:36 Kristy Wharton: Reacted to "It's 11:11 where I a..." with ❤️

00:13:41 Danielle Cole: ANGEL NUMBERS

00:13:46 Natasha Pecarski: Reacted to "The book Worthy by J..." with ❤️

00:13:52 Amanda Bernstein - Norwex: 1:11 here :)

00:13:53 Chelsey Ashcraft: Reacted to Because I was so ant... with "🔥"

00:13:54 Stephanie Guerra: I LOVE that Jenni!!

00:13:59 Heike Garton: Replying to "I have a fear of rej..."

@Kristy Wharton Good point! Red light story right here.

00:14:10 Kelly: 1:11 here and I live at 1111

00:14:31 Amanda Bernstein - Norwex: Paralyzed

00:14:43 Natasha Pecarski: Being an imposter

00:14:55 Chelsey Ashcraft: Reacted to 1:11 here and I live... with "❤️"

00:14:58 Kristy Wharton: Reacted to "@Kristy Wharton Good..." with "🔥"

00:15:01 Debbie Holden: It just came up for us all

00:15:02 Barbara's iPhone: My RLS is more an internal struggle. Finding a balance between my business and spending time with my significant other. I use him as my excuse not to do the work. I'm working on this.

00:15:20 Cat Welches: Reacted to "Are we making the re..." with ❤️

00:15:45 Chelsey Ashcraft: I struggle with this too!

00:16:17 Danielle Cole: Doing the work

00:16:22 Laura Rodgers: Yes

I'm nervous on messaging doesn't sound like myself than if I'm in front of them.

I feel I over vomit words on & on....

00:16:55 Tiffany Rilling: I can relate to you Jenni!! Been there so many times in this business!

00:16:58 Chelsey Ashcraft: Avoiding being myself on social media. Or try really hard to tweak my post or reel for 5 hours 🤔

00:17:22 Chelsey Ashcraft: Reacted to Yes

I'm nervous on m... with "❤️"

00:17:31 Ashley Prieto: CONFIDENCE!

00:17:48 Erin Avila: Jenni thank you for being coachable with this here. You aren't the only one who feels this way.

00:17:53 Karen Earnshaw: I totally relate to you Jenni

00:17:55 Jennifer Peterson: Reacted to "I totally relate to ..." with ❤️




00:17:57 Danielle Cole: Reacted to "I totally relate to ..." with ❤️

00:17:59 Danielle Cole: Reacted to "Jenni thank you for ..." with ❤️








00:18:01 Tiffany Rilling: Reacted to "Jenni thank you for ..." with 💙

00:18:02 Elvira: That's what I love!



00:18:03 Danielle Cole: Reacted to "I can relate to you ..." with ❤️

00:18:04 Tiffany Rilling: Reacted to "I totally relate to ..." with 
00:18:09 Jennifer Peterson: Reacted to "I can relate to you ..." with 
00:18:17 Jennifer Peterson: Reacted to "Yes
I'm nervous on m..." with 
00:18:19 Kristy Wharton: Replying to "Yes
I'm nervous on m..."

Hey Laura... just a question, how many I'd are in that statement?

00:18:20 Heike Garton: Reacted to "ANGEL NUMBERS" with 
00:18:25 Stephanie Guerra: Currently my lie is that I will never be able to keep up with
content 3 days a week. Mostly because I'm not smart enough to come up with that much stuff to
talk about.
00:18:32 Jennifer Peterson: Reacted to "Being an imposter" with 
00:18:33 Erin Avila: powerful, it keeps me small
00:18:33 Danielle Cole: You are also hurting the people you could impact
00:18:35 Jennifer Peterson: Reacted to "Paralyzed" with 
00:18:38 Lacey Rose: Reacted to "powerful, it keeps m..." with 
00:18:41 Jennifer Peterson: Reacted to "1:11 here and I live..." with 
00:18:42 Christa Owens (she/her): It's safe!
00:18:46 Jennifer Peterson: Reacted to "I have a fear of rej..." with 
00:18:53 Susie: Fear
00:18:54 Laura Pelayo: Safe place
00:19:03 Jodi Korsten: It
00:19:07 Lindsay FitzPatrick: Its familiar
00:19:07 Raquel Cornelsen: What's been told to me in the past
00:19:13 Jodi Korsten: It's easier to think that.
00:19:16 Hilleri Dickey: fear
00:19:34 MAREN SPIRA: You are NOT small at all. What you're doing here right now
is HUGE !! Thank you for that, Jenni. You are wonderful 
00:19:37 nicolenewton: Thank you for volunteering Jenni! Its hard but we need to hear
this.
00:19:53 Laura Rodgers: Replying to "Yes
I'm nervous on m..."

Probably to many extra words that don't need to be there

00:19:56 Coach Tammy Asmus: Reacted to "It's 11:11 where I a..." with 
00:19:56 Stephanie Guerra: Because I don't want to fail
00:20:05 Kelly: Rather than being grateful for maintaining 1st level promo for a very long
time, focusing on ONLY being at 1st level deflates my ambition. I'm struggling between "I'm not
a quitter" vs "Why continue?"
00:20:06 Coach Tammy Asmus: Reacted to "The book Worthy by J..." with 
00:20:08 Kimberly Talbert: I choose this because that is what everyone has always
told me this is who I am.
00:20:18 Carla Gutierrez: I agree with Stephanie, because I don't want to fail

00:20:26 Stephanie Guerra: Reacted to "I agree with Stephan..." with 👍
00:20:36 Coach Tammy Asmus: This was me before Bob! You can change this!
00:20:42 Melissa Heim: I avoid the conversations ALL TOGETHER when RLS come up. Easier to just post and avoid convos. Because while I feel rejected when people don't like my post, I feel a lot less rejected than when they don't respond in messenger. Feels like a bigger rejection.
00:20:55 Julia Nix: Yep. Fear of success! That's me.
00:20:59 Karen Earnshaw: This conversation is so powerful... thank you ❤️
00:21:08 Lindsay FitzPatrick: Reacted to "I avoid the conversa..." with ❤️
00:21:10 PaulaAnn NJ: Reacted to "This conversation is..." with ❤️
00:21:21 Julia Nix: Repeat that! It's the fear of what I have to become... hmm.
00:21:26 Erin Avila: this is so goo
00:21:27 Chelsey Ashcraft: Replying to "Yes I'm nervous on m..."

We focus so much on ourselves, that we are failing. I do it so much and remind myself it's about them

00:21:29 nicolenewton: Yes and you have to face those fears in order to overcome them! YESSSSSSSS
00:21:30 Erin Avila: *good
00:21:30 Kristy Wharton: Replying to "Yes I'm nervous on m..."

Meant I's my friend.... shift the focus from "I" to who I serve is my point. Usually these are stories I am telling myself that has nothing to do with them

00:21:34 Natasha Pecarski: It's the unknown
00:21:35 Lacey Rose: Reacted to "this is so goo" with ❤️
00:21:36 Kristy Wharton: Reacted to "We focus so much on ..." with 🔥
00:21:39 Coach Tammy Asmus: Reacted to "ANGEL NUMBERS" with 😊
00:21:54 MAREN SPIRA: The fear of success ... it is also the imagination of what our life will look like ... the fear of change!
00:22:00 Erin Avila: Oh man i needed to hear this today
00:22:05 Coach Tammy Asmus: Reacted to "1:11 here and I live..." with 😊
00:22:12 Erin Avila: embrace the suck
00:22:19 Chelsey Ashcraft: Reacted to You are NOT small at... with "❤️"
00:22:30 Chelsey Ashcraft: Reacted to Rather than being gr... with "❤️"
00:22:33 nicolenewton: You are preaching now!
00:22:41 Laura Pelayo: You are so brave Jenni
00:22:51 Coach Tammy Asmus: Reacted to "Jenni thank you for ..." with 😊
00:22:51 Melinda Koslovsky: My phone is almost out of storage. Due mostly to apps, photos and videos. It is malfunctioning everyday. shuts off all the time and I lose what I have created. I cannot afford to get another phone or camera. When I try to pull photos or videos from my gallery to use for content, i have to scroll to find things and it takes me TIME. I tell

myself — I should have cleaned out my pics before joining this program.” I know this has to be a RLS!

00:23:18 Kristy Wharton: Replying to "I avoid the conversa..."

I feel rejected... is it true they are rejecting you? What might be another reason they aren't responding?

00:23:35 Stephanie Guerra: If people see me fail, I can never prove to them that someone like me (uneducated and dealing with learning challenges) can actually do something with their life. It's more comfortable to stay where I am

00:23:55 Kristy Wharton: Replying to "The fear of success ..."

So true... what it will require of us. Still a story we are making up, right?

00:24:00 Leah Novak: 75

00:24:06 Coach Tammy Asmus: Reacted to "Yes and you have to ..." with 🥰

00:24:07 Melissa Heim: Replying to "I avoid the conversa..."

@Kristy Wharton they are busy, they didn't see it, they saw it and forgot...I know this one well because I do it.

00:24:26 MAREN SPIRA: Probably overwhelm

00:24:26 Kristy Wharton: Reacted to "@Kristy Wharton they..." with 🔥

00:24:47 MAREN SPIRA: And that leads to freeze

00:25:18 Kelly: Reacted to Rather than being gr... with "❤️"

00:25:21 Kristy Wharton: Replying to "I avoid the conversa..."

And when we use anything for a “work around for fear” instead of leaning into it, it continues. What we resist, persists. Is that helpful?

00:25:32 Amanda Bernstein - Norwex: Reacted to "Hey Amand! You can a..." with 👍

00:25:34 Heike Garton: Reacted to "I totally relate to ..." with ❤️

00:26:24 Raquel Cornelsen: My RLS is that I can't be my authentic self and share how to handle with stress and frustration when I had a frustrating/ stressful moment

00:26:31 Kristy Wharton: Replying to "My phone is almost o..."

What else could you do, instead of either of those?

00:26:40 Elvira: This session is 🔥🔥🔥

00:26:44 Coach Tammy Asmus: Replying to "If people see me fai..."

If you can shift your mindset - Not about proving yourself to someone else....but what Megan just said. We truly can't control others. If you decide to show up and help people regardless of the outcome it will change you!

00:26:46 Tracy Deniger: Motivated

00:26:48 Amanda Bernstein - Norwex: Replying to "Hey Coach KT."

Will do, Kristy :)

00:26:58 Chelsey Ashcraft: Reacted to My RLS is that I can... with "❤️"

00:27:15 Melissa Heim: Replying to "I avoid the conversa..."

@Kristy Wharton YES! Getting in to action in this program has slowly lifted the dark cloud over my business and my mindset. I have to write that down though, "when we resist, it persists" That's golden!

00:27:17 Laura Rodgers: Energized

00:27:28 Coach Tammy Asmus: Replying to "My RLS is that I can..."

I think that makes you human and relatable! What do you think?

00:27:36 Kristy Wharton: Reacted to "@Kristy Wharton YES!..." with 🔥

00:27:49 Coach Tammy Asmus: Reacted to "This session is 🔥🔥..." with 😊

00:27:51 Coach Tammy Asmus: Reacted to "Motivated" with 😊

00:28:01 Kristy Wharton: Reacted to "Will do, Kristy :)" with 🔥

00:28:18 Danielle Cole: Replying to "My RLS is that I can..."

So relatable - people love to relate

00:28:50 Raquel Cornelsen: Replying to "My RLS is that I can..."

Yes logically ... emotionally I feel a fraud. How can I help with stress when I struggle

00:28:50 Heike Garton: Reacted to "If you can shift you..." with ❤️

00:28:50 Natasha Pecarski: Just do it!

00:28:55 Liza Johnson: I'm capable

00:28:55 Jennifer Peterson: Reacted to "Just do it!" with ❤️

00:28:59 Coach Tammy Asmus: Reacted to "Energized " with 😊

00:29:00 Leah Novak: Boundaries

00:29:15 Coach Tammy Asmus: Reacted to "I'm capable " with 😊

00:29:17 Coach Tammy Asmus: Reacted to "Boundaries" with 😊

00:29:19 Liza Johnson: Do it messy

00:29:20 Coach Tammy Asmus: Reacted to "Just do it!" with 😊

00:29:24 Raquel Cornelsen: Replying to "My RLS is that I can..."

I struggle less with stress now though.

00:29:25 Coach Tammy Asmus: Reacted to "Do it messy" with 😊

00:29:28 Jennifer Peterson: Reacted to "Do it messy" with ❤️

00:29:35 Julia Nix: Another gem: pre-organize so that the brain only focuses upon implementation when it is the time for Core4

00:29:36 Chelsey Ashcraft: Replying to "If people see me fai..."

I'm a slower learner too, the thoughts that I'm behind it that everyone is looking down on me, everyone is going to see that I don't succeed. But I can't control what they see 😬

00:29:49 Danielle Cole: Replying to "My RLS is that I can..."

No one has a stress free life - you can be relatable in sharing your stress and how you cope and become better each day.

00:29:58 Danielle Cole: Reacted to "Another gem: pre-or..." with ❤️

00:30:02 Julia Nix: Reacted to "Another gem: pre-or..." with ❤️

00:30:03 Kristy Wharton: Replying to "Boundaries"

Yes..boundaries are always about US and requires nothing from anyone else.

00:30:11 Linda Schymik: When do we get the new boards app that Bob got for us to use?

00:30:12 Coach Tammy Asmus: Replying to "If people see me fai..."

@Chelsey Ashcraft You can do it because your ability to relate with someone could help change someone else's life because you decide to be vulnerable

00:30:14 Laura Rodgers: Replying to "Yes I'm nervous on m..."

Thank you for this

00:30:26 Leah Novak: Replying to "Boundaries"

Exactly 😊

00:30:33 Nicole Bowles: I need to create a sticky with this thought process to see on my desk each morning <3

00:30:35 Danielle Cole: Replying to "When do we get the n..."

They are available in your portal - under lesson 3

00:30:37 Rivane Chybar-Virgo: That's so true. Im always saying I need to learn more, or get more tools, but in reality I already have everything all I need. I just need to take the action.

00:30:39 Danielle Cole: Replying to "When do we get the n..."

And in resources

00:30:41 Stephanie Guerra: Reacted to "No one has a stress ..." with ❤️

00:30:52 Danielle Cole: Reacted to "I need to create a s..." with 🔥

00:30:54 Kristy Wharton: Replying to "I need to create a s..."

Yes.. work a thought model at least two Tims per day

00:31:07 Nicole Bowles: Reacted to "Yes.. work a thought..." with 👍

00:31:07 Danielle Cole: Reacted to "That's so true. Im a..." with 🔥

00:31:18 Coach Tammy Asmus: Reacted to "I need to create a s..." with 😊

00:31:28 Hilleri Dickey: Heck ya. Being me since everyone else is taken

00:31:33 Kristy Wharton: Replying to "I need to create a s..."

It will help you rewire and create a space between stimulus and response.

00:31:38 Danielle Cole: Reacted to "Heck ya. Being me s..." with ❤️

00:31:38 Leah Novak: Reacted to I need to create a s... with "🔥"

00:31:40 Coach Tammy Asmus: Replying to "I need to create a s..."

I use to do this multiple times a day!

00:31:42 Debbie Holden: It's easier too because you can just be instead of trying to be what you think the want you to be.

00:31:43 Nicole Bowles: Reacted to "It will help you rew..." with ❤️

00:31:51 Danielle Cole: There is only one you on this earth!

00:31:53 Nicole Bowles: Reacted to "I use to do this mul..." with ❤️

00:31:57 Coach Tammy Asmus: Reacted to "There is only one yo..." with 🥰

00:32:02 Natasha Pecarski: People pleasing is REAL

00:32:04 Raquel Cornelsen: Reacted to "No one has a stress ..." with ❤️

00:32:15 Debbie Holden: Reacted to "There is only one yo..." with 💙

00:32:15 Kimberly Talbert: Biggest takeaway is I don

00:32:16 Danielle Cole: God created you. Be you!

00:32:20 Coach Tammy Asmus: Reacted to "God created you. Be..." with 🥰

00:32:21 Debbie Holden: Reacted to "People pleasing is R..." with 🙏

00:32:23 Kristy Wharton: Its okay to say "its not okay" too

00:32:23 Coach Tammy Asmus: Reacted to "God created you. Be..." with 🥰

00:32:32 Melinda Koslovsky: Replying to "My phone is almost o..."

I'm trying to focus on doing the AO more than working on creating content. Maybe I can take 1 hour a day to work on photo cleaning, and only 1 hour. Try to make short new videos where I don't have to pull existing things on my phone. Until my income improves, when I can either give more time to clean up my phone, get them on an EHD, or buy a new phone

00:32:32 Chelsey Ashcraft: Reminder I'm not everyone's flavor and that's ok. Being myself could help someone

00:32:36 Coach Tammy Asmus: Reacted to "Reminder I'm not eve..." with 🥰

00:32:39 Danielle Cole: Reacted to "Reminder I'm not eve..." with ❤️

00:32:43 Rivane Chybar-Virgo: Megan you are awesome! Thanks for showing us this. I'm going to try this method and work it back ways to turn RLS to green light story.

00:32:43 nicolenewton: Love this Jenni!!!

00:32:49 Kristy Wharton: Reacted to "Love this Jenni!!!" with 🔥

00:32:52 Erin Avila: Love this bravery

00:32:53 Danielle Cole: You are a cool chick Jenni - embrace it

00:32:58 Coach Tammy Asmus: Reacted to "You are a cool chick..." with 🥰

00:32:58 Kristy Wharton: Replying to "Megan you are awesom..."

Yes!!!

00:33:02 Alicia Jennings: Reacted to "You are a cool chick..." with ❤️

00:33:10 Amanda Burt: What if being you was the BEST decision you ever made. 🥰

00:33:16 Tiffany Rilling: I've always been a people pleaser and learning that I needed to shift that if I want to grow and move forward!!!

00:33:23 Morrigan McDonald: Reacted to "What if being you wa..." with ❤️

00:33:28 Kimberly Talbert: Biggest takeaway is I don't need a large circle. It's better to be authentic with a small crowd then a large crowd.

00:33:32 Coach Tammy Asmus: Reacted to "Biggest takeaway is ..." with 🥰

00:33:35 Danielle Cole: Reacted to "Biggest takeaway is ..." with ❤️

00:33:38 Laura Rodgers: I'm a people pleaser and it's hard to change but I'm changing since love serve grow
00:33:39 Jeni Mauldin: Amazing book! I read it in one day.
00:33:42 Coach Tammy Asmus: Reacted to "What if being you wa..." with 🥰
00:33:47 Danielle Cole: Reacted to "I'm a people pleaser..." with 🔥
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00:34:04 Ashley Prieto: 🔥🔥🔥🔥
00:34:13 Chelsey Ashcraft: Reacted to Biggest takeaway is ... with "❤️"
00:34:18 Kristy Wharton: Selfish without self-awareness is the "normal" ideal of selfishness
00:34:22 Chelsey Ashcraft: Reacted to I'm a people pleaser... with "🔥"
00:34:26 Alicia Jennings: Coach
00:34:33 Tiffany Rilling: Replying to "Amazing book! I read..."

What was the book Jeni?

00:34:33 Coach Tammy Asmus: Reacted to "Selfish without self..." with 👍
00:34:35 MAREN SPIRA: My favorite example for that is flight security ...
We are supposed to give ourselves oxygen first ... then others!
00:34:39 Chelsey Ashcraft: Reacted to What if being you wa... with "🥰"
00:34:39 Stephanie Guerra: YES! I have such a hard time working my business because I have so much house work to do. I feel selfish working my business when there is laundry to be done
00:34:44 Raquel Cornelsen: Replying to "Amazing book! I read..."
The selfish hour
00:34:45 Wendy Warawa: Self-full
00:34:49 Jeni Mauldin: Replying to "Amazing book! I read..."

The Selfish Hour... so good!

00:34:50 Kristy Wharton: Reacted to "Self-full" with ❤️
00:34:51 Coach Tammy Asmus: Reacted to "Self-full" with 🥰
00:34:54 Liza Johnson: Replying to "When do we get the n..."

Is Bob still working on getting the boards app free for those of us who are presently using a free board?

00:34:57 Melissa Heim: Working through your book now. I relate to so much of it! I had to learn to be "selfish" in order to dive into my health journey and succeed!
00:34:59 Tiffany Rilling: Replying to "Amazing book! I read..."

Oh Megan's? Ok!! Thanks!

00:35:04 MAREN SPIRA: Reacted to "Self-full" with ❤️
00:35:12 Leah Novak: I do the same thing!
00:35:12 Kristy Wharton: Reacted to "Amazing book! I read..." with ❤️

00:35:13 Chelsey Ashcraft: Reacted to YES! I have such a h... with "❤️"
00:35:23 Kristy Wharton: Reacted to "Working through your..." with ❤️
00:35:28 Jeni Mauldin: Replying to "Amazing book! I read..."

Yes... I'm reading it a second time so I can implement it. So many amazing nuggets.

00:35:31 Hilleri Dickey: That's powerful
00:35:32 Laura Rodgers: I thought of myself when I put myself first when I left the hair business and left to focus on me in retirement
00:35:42 Kristy Wharton: Reacted to "My favorite example ..." with 🔥
00:35:54 Karen Earnshaw: Reacted to "This conversation is..." with ❤️
00:35:56 Kristy Wharton: Replying to "My favorite example ..."

absolutely

00:36:02 Chelsey Ashcraft: If we fill out own cup to overflowing it will spill over into others
00:36:07 Danielle Cole: Reacted to "My favorite example ..." with 🔥
00:36:13 Danielle Cole: Reacted to "If we fill out own c..." with 🔥
00:36:21 MAREN SPIRA: Reacted to "absolutely" with ❤️
00:36:26 Laura Pelayo: This is such valuable content.....So many aha moments
00:36:30 Natasha Pecarski: We also get caught in hustle culture
00:36:44 Jennifer Peterson: Reacted to "My favorite example ..." with ❤️
00:36:49 Debbie Holden: YES!!
00:37:37 Susan Restad: versus going through the motions - a checklist
00:37:43 Autumn Hokenson: Yes present in the moment is a struggle way too often for me
00:37:46 Rivane Chybar-Virgo: Reacted to "versus going through..." with ❤️
00:37:51 Stephanie Guerra: Filling our cup/having our quite time with God should be a non negotiable. Its the big rock that need to go into the jar first. I teach others this, but have a hard time doing it myself.
00:38:06 Coach Tammy Asmus: Love that! Makes me tear up when I think of deep gratitude!
00:38:20 Chelsey Ashcraft: Reacted to Filling our cup/havi... with "👏"
00:38:21 Coach Tammy Asmus: Reacted to "Filling our cup/havi..." with 😍
00:38:24 Coach Tammy Asmus: Reacted to "Yes present in the m..." with 😊
00:38:29 Danielle Cole: Reacted to "Love that! Makes me..." with ❤️
00:38:39 Stephanie Guerra: This was GREAT!
00:38:48 Leah Novak: Growing the Positive Mind is a great book on gratitude!
00:38:51 Karen Earnshaw: Thank you Megan and Jenni 🙏
00:38:57 Natasha Pecarski: ❤️
00:39:00 Alicia Jennings: Thanks for being bold and brave Jenni!! This was so good
00:39:04 Danielle Cole: Reacted to "Thanks for being bol..." with ❤️
00:39:06 Betty Jane's iPad: This was wonderful!
00:39:07 MAREN SPIRA: THANK YOU SO MUCH <3
00:39:07 Danielle Cole: Reacted to "Thank you Megan and ..." with ❤️

00:39:08 Tiffany Rilling: Awesome!!!
00:39:10 Laura Rodgers: Great ❤️
00:39:13 Kathleen: Very eye opening
00:39:15 Laura Rodgers: Thank you
00:39:17 Gina Everson: Thank you! This was so good.
00:39:21 Cristina Estrella: Thank you!! This was so good!
00:39:22 Karen Earnshaw: Reacted to "Thanks for being bol..." with ❤️
00:39:24 Jennifer Peterson: Thank you - Megan and Jenni! Grateful Jennie was willing to take a risk and be vulnerable with us!
00:39:25 Teresa Reid: Thank you! I was very helpful. Thank you Jenni for be willing to share!
00:39:30 Heike Garton: Thank you! 🙏
00:39:32 PaulaAnn NJ: Thank You
00:39:34 Laura Rodgers: Bye