

Chat Transcript Weekly Get Unstuck

Mindset Training (Kristy)

00:03:25 Diane Bubela: Woo hoo
00:03:27 Nicole Sapriken (she/her): Good morning!
00:03:37 Raquel Cornelsen: Good morning!!
00:03:37 Carrie Bezusko: Hi everyone!!
00:03:41 Lindsay FitzPatrick: I love these sessions!
00:03:42 Hosanna Miller: Hello!
00:03:47 Sharon Sosebee: So glad to be here with everyone!
00:04:02 Leigh Card: Hi!! WooWOOT!!
00:04:08 Donna:hello! happy to be here!
00:05:18 Wanda Turmes: Love that!
00:05:20 Victoria Read: Is this session recorded?
00:05:24 Linda Schymik: Hello friends
00:05:40 Lisa Bryant: Joy
00:05:41 Rev. Deb: Joy
00:05:42 Sharon Sosebee: Joy!
00:05:42 Trish Koppendrayer: JOY
00:05:42 Cindy Phillips: Joy!!
00:05:44 Donna:JOY!
00:05:45 Hosanna Miller: joy
00:05:46 Jane Li: Joy
00:05:48 Carrie Bezusko: Joy 💖
00:05:48 Katie Voorhies: Joy ❤️
00:05:50 Diane Bubela: LOTS OF JOY
00:05:51 Terry Miller: Joy
00:05:51 Linda Schymik: My turn
00:05:52 Alisa Masiello Cocchi: Yes joy
00:05:53 iPhone (316): Joy
00:05:54 Betty Jane's iPad: Joy Yes!!
00:05:54 Chris Wenstrom: Yes, but it seems impossible
00:05:56 Lindsay FitzPatrick: JOY!
00:05:56 Nicole Sapriken (she/her): Joy and Love
00:05:59 Jacki Prock: Joy
00:06:00 Christa Owens: Joy!
00:06:03 Molly Waldrup Johnson: Yes!! JOY!!
00:06:04 Carrie Bezusko: I do!!
00:06:08 Chris Wenstrom: No
00:06:11 Chris Wenstrom: Rarely
00:06:12 Jacki Prock: Not feeling it often yet

00:06:12 Katie Voorhies: nope not yet
00:06:12 Cindy Phillips: Mostly... thankful...
00:06:12 Coach Tammy Asmus: Joy!!! Yes!
00:06:13 Betty Jane's iPad: No
00:06:15 Sharon Sosebee: It fluctuates
00:06:16 Jane Li: No
00:06:19 Terry Miller: I don't and I want to
00:06:21 Wanda Turmes: Yes
00:06:21 Nicole Sapriken (she/her): I have since I slowed down
00:06:22 Gina Harbison: Sometimes
00:06:23 Jessica Brenneman: Sometimes
00:06:25 Lori Davies: yes
00:06:26 Molly Waldrup Johnson: I used to feel joy but not lately!
00:06:26 Tina Wolterstorff: Currently not as much as I'd like to
00:06:29 Linda Foster: Sometimes
00:06:32 Rev. Deb: not often
00:06:34 Chris Wenstrom: Yes
00:06:38 iPhone: I'm excited for this new year
00:06:45 Nicole Harris: Def not today with ALL my bookings cancelling this month!!!
00:06:47 Wanda Turmes: I'm enjoying the slow pace of growth from this program
00:06:59 Chris Wenstrom: Yes
00:07:01 Amy Frey: No tired and exhausted.
00:08:00 Wendy Peppel: Stick - non stick
00:08:03 Raquel Cornelsen: Reacted to "Def not today with A..." with ❤️
00:09:51 Cheryl Mabry: Train your BRAIN!!
00:10:04 Cheryl Mabry: SAVOR
00:10:04 Rev. Deb: savor
00:10:05 Sharon Sosebee: SAVOR
00:10:05 Trish Koppendrayer: Savor
00:10:05 Jacki Prock: Savor
00:10:06 Nicole Sapriken (she/her): Savour
00:10:07 Molly Waldrup Johnson: Savor
00:10:08 Lisa Bryant: savor
00:10:08 Victoria Read: savor
00:10:08 Amy Frey: Savor
00:10:08 Katie: savor
00:10:09 Donna: SAVOR!
00:10:10 Susan Restad: Savor
00:10:11 Cindy Phillips: savor
00:10:11 Gina Harbison: Savor
00:10:11 Betty Jane's iPad: Savor
00:10:11 Diane Bubela: Savor our wins
00:10:11 Wendy Peppel: Savor
00:10:12 Katie Voorhies: savor

00:10:14 Carrie Bezusko: SAVOR the wins
00:10:16 Gary Harris: Savor my wins!
00:10:17 Alisa Masiello Cocchi: Savor
00:10:18 Diane Nix: savor
00:10:18 Jane Li: Savor
00:10:28 Katie Voorhies: Replying to "Savor"

Hey Molly! 🥰

00:10:36 Carrie Bezusko: I've been doing this recently! 🥰
00:11:44 Wendy Peppel: no
00:11:45 Jacki Prock: yes
00:11:45 Sharon Sosebee: No
00:11:46 Nicole Sapriken (she/her): yup
00:11:46 Rev. Deb: yes
00:11:46 Becky Coen: nope
00:11:47 Katie: yes
00:11:47 Lindsay FitzPatrick: Yes - but I caught it
00:11:47 Susan Restad: a little
00:11:47 Leigh Card: no
00:11:48 Alisa Masiello Cocchi: no
00:11:48 Jessica Brenneman: Oh yeah
00:11:49 Cheryl Mabry: Not today
00:11:49 Amy Frey: Yes
00:11:50 Melissa Heim: yes
00:11:50 Jane Li: Yes
00:11:50 Betty Jane's iPad: Alittle
00:11:50 iPhone: No
00:11:55 Donna: it started to but I stopped it
00:11:55 Molly Waldrup Johnson: very little
00:11:55 Erin Avila: Yes
00:11:57 Lori Davies: no because i repeated it outloud
00:11:58 Jacki Prock: Almost made it
00:12:00 Tracy's iPhone: Yes
00:12:02 Nicole Sapriken (she/her): The squirrels are running rampant
00:12:07 Cindy Phillips: You have to be determined not to wonder!
00:12:11 Gary Harris: Yes. Other wins came up
00:12:14 Wendy Peppel: So good!!
00:12:46 Donna: Reacted to "The squirrels are ru..." with 😂
00:12:57 Raquel Cornelsen: I have been doing this every morning since. It's changed everything
00:13:44 Sharon Sosebee: reframe
00:13:44 Wendy Peppel: Reframe
00:13:44 Jacki Prock: reframe
00:13:45 Nicole Sapriken (she/her): reframe

00:13:46 Trish Koppendrayer: REFRAME

00:13:47 Betty Jane's iPad: Reframe

00:13:47 Lisa Bryant: reframe

00:13:47 Becky Coen: reframe

00:13:48 Alisa Masiello Cocchi: reframing

00:13:48 Katie Voorhies: reframe

00:13:49 Donna: Reframe!

00:13:49 Cindy Phillips: reframing

00:13:50 Diane Nix: reframe

00:13:50 Rev. Deb: reframing

00:13:53 Krissy Vick: Reframe

00:13:53 Hosanna Miller: Reframe

00:13:53 Lisa Brugger: yes

00:13:54 Jessica Brenneman: 🙌 reframing

00:13:55 Stacey Reeves Owens: reframe

00:13:56 Lisa Brugger: Yes

00:14:03 Molly Waldrup Johnson: Dr. Daniel Amen does the same at night review of day & give thanks fir specific things!

00:14:45 Wendy Peppel: yes

00:14:48 Coach Tammy Asmus: Reacted to "yes" with ❤️

00:14:50 Coach Tammy Asmus: Reacted to "Dr. Daniel Amen does..." with ❤️

00:14:51 iPhone: Yes!! Me too!

00:14:55 Diane Bubela: Yep

00:14:59 Lisa Brugger: Yes, mine has both! I love manual

00:15:00 Donna: Three on the tree!

00:15:10 Linda Schymik: Reacted to "Three on the tree!" with ❤️

00:15:55 Raquel Cornelsen: So neutral sounds like I I don't know?"

00:16:03 Alisa Masiello Cocchi: Ive been listening to gabby Bernstein it has been helpful

00:16:33 Susan Restad: Where is the worksheet in the portal?

00:16:36 Lisa Brugger: Reacted to "Where is the workshe..." with ❤️

00:16:44 Lisa Brugger: Reacted to "Ive been listening t..." with ❤️

00:16:53 Tammy's iPhone: Can you add the worksheet I. The chat?

00:17:08 Wendy Peppel: I see myself with a clipboard and that sheet, walking around all day

00:17:19 Linda Schymik: Inresource In the portal

00:17:36 Linda Schymik: Reacted to "I see myself with a ..." with ❤️

00:17:55 Danielle Cole: Im driving. Sorry

00:18:03 Danielle Cole: In your portal under resource tab

00:18:20 Tammy's iPhone: Reacted to "In your portal under..." with 👍

00:18:37 Coach Tammy Asmus: Reacted to "In your portal under..." with ❤️

00:18:43 Raquel Cornelsen:

<https://courses.yourvirtualupline.com/wp-content/uploads/2024/10/Managing-Your-Mind-Worksheet.pdf>

00:18:48 Tammy's iPhone: Reacted to "https://courses.your..." with ❤️

00:19:04 Christa Owens: thoughts

00:19:08 Donna:thought

00:19:09 Lisa Brugger: memories

00:19:09 Annette Aguiar: thoughts

00:19:11 Trish Koppendrayer: Thoughts

00:19:14 Carrie Bezusko: Thoughts

00:19:28 Annette Aguiar: Don't believe everything you think

00:19:28 Gina Harbison: Thoughts and hormones

00:19:36 Tina Wolterstorff: A thought around a circumstance

00:22:02 Tammy's iPhone: Yes thank you

00:23:23 Lisa Brugger: My response or thought is it's on them and they are taking care of other things and will get back to me when they have time. I follow-up and ask!

00:23:25 Laura M: Yeah my brain computer definitely needs a reboot 😊

00:23:40 Wendy Peppel: I need a Poster!

00:24:31 Toni Saarinen-Jorden: Yes!

00:24:32 Coach Tammy Asmus: Reacted to "MANAGING-YOUR-MIND-1_1.jpg" with 🥰

00:24:32 Cheryl Mabry: Downloading next software update!!!

00:24:37 Coach Tammy Asmus: Reacted to "I need a Poster!" with ❤️

00:24:37 Carrie Bezusko: Reacted to "I need a Poster!" with ❤️

00:24:37 Rev. Deb: Reacted to "I need a Poster!" with 😊

00:24:44 Carrie Bezusko: Reacted to "Downloading next sof..." with 😊

00:24:54 Melissa Heim: I did one yesterday and then took an hour to de-escalate. Phew...going to need to keep practicing that!

00:24:54 Coach Tammy Asmus: Replying to "I need a Poster!"

Bob use to make us tear pads of these! I used multiple per day!

00:25:10 Carrie Bezusko: Reacted to "I did one yesterday ..." with ❤️

00:25:11 Raquel Cornelsen: That's me! I don't want to sound dumb

00:25:16 Coach Tammy Asmus: Reacted to "I did one yesterday ..." with 🥰

00:25:21 Coach Tammy Asmus: Reacted to "That's me! I don't w..." with ❤️

00:25:21 Stephanie Guerra: I'm no good at videos

00:25:21 Lisa Brugger: I constantly check myself on my value, that's where I slip up

00:25:24 Annette Aguiar: Change terrified to excited

00:25:27 Tammy's iPhone: Reacted to "That's me! I don't w..." with 👍

00:25:30 Molly Waldrup Johnson: She's probably not interested

00:25:39 Carrie Bezusko: Reacted to "I constantly check m..." with ❤️

00:25:41 Molly Waldrup Johnson: excuse the typos

00:25:45 Carrie Bezusko: Reacted to "Change terrified to ..." with ❤️

00:25:59 Cindy Phillips: I can't wait to do a live at 10 am! Who can I encourage!

00:26:03 Molly Waldrup Johnson: I'm afraid I'm bothering her

00:26:09 Carrie Bezusko: Reacted to "I can't wait to do a..." with ❤️

00:26:24 Sharon Sosebee: They are just going to say no

00:27:06 Lisa Brugger: I'm going LIVE today at 10:30. I do it weekly! I get nervous, but feel great once I start

00:27:43 Alisa Masiello Cocchi: Lack of confidence in creating good valuable content that hits a painpoint good enough to help me have leads to follow up with

00:28:30 Terry Miller: I love the idea of framing as "who can I xxxx today" like who can I encourage or who can I say hi to or who can I make laugh today.

00:29:04 Linda Foster: Replying to "I need a Poster!"
It makes you feel like you've been rejected

00:31:08 Tina Wolterstorff: I sent the funniest ghosting message yesterday and she finally replied. 🤔

00:31:31 Coach Tammy Asmus: Replying to "I sent the funniest ..."

Do tell!

00:31:37 Rev. Deb: Reacted to "Do tell!" with ❤️

00:31:43 Tracy's iPhone: Replying to "I sent the funniest ..."

Yes please tell

00:31:45 Hosanna Miller: I like to ask, what did you love the most?

00:33:16 Victoria Read: Replying to "I sent the funniest ..."

Would love to see your ghosting message!

00:33:25 Christine Pierson: Reacted to "I sent the funniest ..." with ❤️

00:33:34 Christine Pierson: Reacted to "I like to ask, what ..." with ❤️

00:33:37 Tina Wolterstorff: Replying to "I sent the funniest ..."

Here i just took screen shot . Zoom video is in it lol

00:34:16 Wendy Peppel: Reacted to
"pic-527ed0ed-e77e-4a23-89e2-801fc8175af8.jpg" with 👍

00:34:17 Tina Wolterstorff: Replying to "I sent the funniest ..."

My note says "Carin should I stop trying"

00:34:24 Taylor Berlin: Reacted to pic-527ed0ed-e77e-4a23-89e2-801fc8175af8.jpg with 😊

00:34:35 Stephanie Guerra: Reacted to "I like to ask, what ..." with ❤️

00:34:44 Coach Tammy Asmus: Reacted to
"pic-527ed0ed-e77e-4a23-89e2-801fc8175af8.jpg" with 😊

00:34:50 Taylor Berlin: Replying to "I sent the funniest ..."

Did she respond?!! 🤔

00:34:57 Marcus Ratcliff: Reacted to
"pic-527ed0ed-e77e-4a23-89e2-801fc8175af8.jpg" with 🎯

00:35:02 Victoria Read: What does "I need a poster" mean?

00:35:12 Carrie Bezusko: Reacted to "I like to ask, what ..." with ❤️

00:35:25 Tina Wolterstorff: Replying to "I sent the funniest ..."

Yes right away!!! We are meeting for lunch now.

00:35:49 Taylor Berlin: Replying to "I sent the funniest ..."

🥳🥳 that's amazing!!

00:36:29 Wanda Turmes: I'm afraid of my own growth and if I can keep up

00:36:31 Wendy Peppel: Replying to "What does "I need a ..."

I need a poster of the mindset.

00:37:14 Lindsay FitzPatrick: I feel this

00:37:21 Sharon Sosebee: I feel this too

00:37:29 Christine Pierson: frustrated

00:37:40 Rev. Deb: Reacted to "I'm afraid of my own..." with ❤️

00:39:11 Julia Nix: I'm too am getting pathetic engagement AND YET again today when I made a personal call the gal said "when I saw your post about ____ I meant to respond and ask a question." SO THEY are seeing! But we won't know that until we reach out soooo that has become MY JOB!

00:39:16 Annette Aguiar: My daughter needs the business to be able to stay home with her toddler and take weight off her husband. She's seen me do the business in a way that she doesn't want to do AT ALL. That's from when she lived at home and things were very different. I'm afraid if I don't bring it up again, that she'll end up joining someone else. It would be so fun to do this together

00:39:28 Coach Tammy Asmus: Reacted to "I'm too am getting p..." with ❤️

00:40:12 Linda Schymik: Have to go but this was so good thank you!

00:40:13 Marcus Ratcliff: Love That-Never heard that before...

00:41:05 Hosanna Miller: Replying to "My daughter needs th..."

Ask again! She will make it her own. I work with my daughter and have learned so much from her!

00:41:10 Amanda Williams: Replying to "I sent the funniest ..."

Is "buffering" a form of a mindset issue? I tend to willingly get distracted with "things" and avoid conversations

00:41:56 Coach Tammy Asmus: Replying to "I sent the funniest ..."

@Amanda Williams 100% We do this when we want to avoid something we feel could be negative or impact us in a way that does not feel good!

00:42:07 iPhone: Look at what posts have done well and do more of them

00:42:10 Christa Owens: Whether they comment or not, people are watching. I woman stopped me at church and said, I'm not sleeping and I'm following you. I was shocked! She has never liked or commented on any of my "sleep" posts!

00:42:21 Jaime: You're never losing unless you quit. You're always _____ or your learning. What was the missing word?

00:42:27 Coach Tammy Asmus: Reacted to "Whether they comment..." with ❤️

00:42:52 Jenni Ram: I've had people come up to me and say they are watching even though they don't engage. This is the mundane everyday work that isn't sexy but will pay off later.

00:42:56 Gina Harbison: Replying to "You're never losing ..."

Winning or learning

00:43:04 Christa Owens: Reacted to "I've had people come..." with ❤️

00:43:10 Stephanie Guerra: Reacted to "I've had people come..." with ❤️

00:43:20 Lindsay FitzPatrick: Reacted to "I've had people come..." with ❤️

00:43:39 Cindy Phillips: If I post anything about my family, my husband - I get a ton of likes. So... I make sure I have an inspiration post, transformation post, encouragement post BEFORE my family post. That way, when they see my family...most people will scroll for 2-3 swipes... they will see the recipe, a pic of me at the gym, — create the value

00:43:49 Nicole Sapriken (she/her): Create green light stories for your customer's red light stories

00:43:50 lauren cormier: Replying to "I sent the funniest ..."

Yes very helpful

00:43:58 Jenni Ram: That is so good!!! Post about what will happen on the other side. Paint the future vision that they can't see right now.

00:44:00 Susan Restad: yes

00:44:04 Jaime: Replying to "You're never losing ..."

Thank you that's what I though

00:44:20 Wanda Turmes: What do we do with the feeling that we won't be able to maintain the growth of our business?

00:44:27 Amy Shahinllari KTOC: Use chat GPT to brainstorm topics and even draft posts! I add my ideal customer in chat ask so the post is written to then specifically

00:44:38 Jenni Ram: YES! Super excited for that new event.

00:44:41 Rev. Deb: Reacted to "What do we do with t..." with 💙

00:44:46 Molly Waldrup Johnson: Is the health & wellness for LSG members too?

00:44:57 Melissa Heim: Is there a link to register for it? I haven't gotten an email.

00:45:05 Annette Aguiar: Replying to "Is the health & well..."

Anyone

00:45:06 Jenni Ram: Replying to "Is the health & well..."

Yup - its open to anyone

00:45:34 iPhone: Yes registered!!

00:45:50 Molly Waldrup Johnson: Yes! Thank you so much!!

00:45:50 Donna:so good thanks Kristi!

00:46:00 Lisa Bryant: Thank you!

00:46:01 Nicole Sapriken (she/her): Kristy going long? Nooooo 🙏

00:46:02 Linda Lee: Thank you Kristy!

00:46:03 Sharon Sosebee: It was helpful thank you!!

00:46:06 iPhone: Thank you!!

00:46:14 Gary Harris: Thank you!

00:46:15 PaulaAnn: I focus on what changes they have made so far and how we together can come up with a plan to make more positive chsnages..
00:46:22 Nicole Sapriken (she/her): Thank you Kristy!
00:46:24 Carrie Bezusko: Thanks so much!!
00:46:25 Lindsay FitzPatrick: Thank you so much Kristy!!
00:46:31 Taylor Berlin: I believe I'm registered for the wellness event how do I know for sure