

Chat Transcript – Weekly

LOVE-LED™ Breakthrough Coaching & Strategy Session

00:06:25 Liza Johnson: Hello!
00:06:47 Ingrid Talosi: Hi from the UK
00:06:58 Kristy Wharton: Reacted to "Hello!" with 🤗
00:07:01 Kristy Wharton: Reacted to "Hi from the UK" with 🤗
00:07:21 Cindy Phillips: Replying to "Hi from the UK"

Hi !! My daughter lives in London!

00:07:38 Ingrid Talosi: Reacted to "Hi !! My daughter li..." with ❤️
00:07:51 Ingrid Talosi: Replying to "Hi from the UK"

And where do you live? 😊

00:07:55 Coach Tammy Asmus: Happy Fri-Yayyyyy xoxo Coach Tammy
00:07:56 Cindy Phillips: Hi From Washington State!
00:07:59 Coach Tammy Asmus: Reacted to "Hi From Washington S..." with ❤️
00:08:08 Leah Novak: Hello! It's nice to be on this week!
00:08:09 Nicole Sapriken (she/her): Good afternoon all
00:08:19 Karen Walsh: Hello from Massachusetts!
00:08:20 Gina Everson: Hello! Thankful its Friday!
00:08:33 Coach Tammy Asmus: Reacted to "Hello! Thankful its ..." with 🥰
00:08:34 cathy Delia: so am I!!!
00:08:37 Amber Corasaniti: Hello from Bonita Springs FL
00:08:40 Karen Walsh: Reacted to "Hello! Thankful its ..." with 🥰
00:08:40 Kristy Wharton: Reacted to "Hello from Bonita Sp..." with 🤗
00:08:54 Francesca Firenze: Just an hour south of me! Doylestown, PA here!
Was just at CHOP on Monday!
00:09:02 Kristy Wharton: Reacted to "Just an hour south o..." with 🤗

00:09:06 Coach Tammy Asmus: Reacted to "Just an hour south o..." with 🥰
00:09:16 Beverly Skivolocki: Replying to "Hi from the UK"

@Cindy Phillips my daughter lives sw of London. ;)

00:09:38 Beverly Skivolocki: Here from NE Ohio. brrrrr
00:09:57 Kristy Wharton: Reacted to "Here from NE Ohio. b..." with 🥰
00:10:04 Coach Tammy Asmus: Reacted to "Here from NE Ohio. b..." with ❤️
00:10:16 Paige Welch: Here from Upstate SC
00:10:26 Leigh Card: It helped me with a convo and we determined she did not have a current need and I will be staying in touch with her :)
00:11:07 Wanda Turmes: Someone I have spoken to for four years is beginning!!!
00:11:07 Amber Corasaniti: 3 new ambassadors and I know HOW to onboard them and its' going great and 2 more possibly
00:11:08 abigail shelby: I did about 10 share solutions in Value add follow up, had one enrollment today and a wellness call scheduled this evening
00:11:12 Coach Tammy Asmus: Reacted to "Someone I have spoke..." with 🥰
00:11:13 Amy Varghese: I tried referring to a post I did in a value add follow up and it worked! It added to another person to engage on the post too! 🙌
00:11:16 Hilleri Dickey: Replying on my connection posts
00:11:17 Coach Tammy Asmus: Reacted to "3 new ambassadors an..." with 🥰
00:11:18 Tiffany Rilling: My win is taking action!!!
00:11:20 Amanda Williams: Win: I'm starting to enjoy and look forward to conversations...i used to be afraid of them.
00:11:20 Susan Restad: Just got a message that the person is going to order the two products I recommended.
00:11:22 Gina Everson: I had a connection post where I asked a question that really took off! Lots of engagement.
00:11:23 Coach Tammy Asmus: Reacted to "I did about 10 share..." with ❤️
00:11:23 Nicole Bowles: I attended 2 Core 4's in a long time and was more consistent ~ yeah me!
00:11:24 Amy Shahinllari KTOC: I got my first sale in my new business venture!
00:11:25 Liza Johnson: A friend finally helped me start using ChatGPT more effectively.

00:11:28 Jodi Korsten: Doing Lives/reels more often.

00:11:29 Tenesha @teneshalicious: My content is just better. Higher views better engagement

00:11:32 Morrigan: narrowing down my ideal audience. and showing up

00:11:35 Amber Corasaniti: AND 9 new customers

00:11:38 iPhone (316): Every time I got discouraged I remembered to embrace where I am and reset my mindset

00:11:44 Chelsea Dolby: I have been more consistent this week than I have been in my business for such a long time

00:11:45 Laura's iPhone: Showing up
More days than usual

00:11:46 Francesca Firenze: Had a restart and new coach who began because of this approach.

00:11:58 Kristy Wharton: Reacted to "Had a restart and ne..." with 🥰

00:11:59 Karen Walsh: Showing up online every day this week

00:12:28 Paige Welch: Yes! That was such an amazing idea.

00:12:29 nikki: patting self on back for simply stopping to reset and take a break

00:12:33 cathy Delia: More conversations, Definitely more dedicated and excited about posting. Not as scared to share. Adding better value to posts

00:12:55 npaulsen: After a week of sickness (covid) and getting off track last week, this week I got caught up and made it to 3 Core 4

00:13:20 Diana Henry: New client, Posted LLC this week on SM and did more authentic outreach this week than I have in along time.

00:13:43 Paige Welch: I got list of my past clients who haven't ordered in the last year. Now I need to start conversations with those I haven't recently.

I have gotten stuck on several when they said they were doing something different or they might say "the soy in the food made me sick".

00:13:54 Wanda Turmes: I have reached my goal for three months straight. I have not seen this type of consistency in my business ever. It has always been sporadic until now. It has made me confident to increase my goals in the next quarter!

00:14:13 Coach Tammy Asmus: Reacted to "My win is taking act..." with 🥰

00:14:19 Coach Tammy Asmus: Reacted to "Win: I'm starting to..." with 🥰

00:14:28 Coach Tammy Asmus: Reacted to "Just got a message t..." with 🥰
00:14:34 Karen Walsh: Great job @abigail shelby!
00:14:35 Coach Tammy Asmus: Reacted to "I had a connection p..." with ❤️
00:14:42 Coach Tammy Asmus: Reacted to "I attended 2 Core 4'..." with 🥰
00:14:43 Raquel Cornelsen: I had a sale after a VAFU. I sent her something and left it at there. Few days later she messaged me and asked for help and bought the product
00:14:46 Kristy Wharton: Reacted to "Great job @abigail s..." with 🥰
00:14:47 Coach Tammy Asmus: Reacted to "I got my first sale ..." with 🥰
00:14:53 Coach Tammy Asmus: Reacted to "A friend finally hel..." with ❤️
00:14:58 Coach Tammy Asmus: Reacted to "Doing Lives/reels mo..." with 🥰
00:15:01 Coach Tammy Asmus: Reacted to "My content is just b..." with 🥰
00:15:08 Coach Tammy Asmus: Reacted to "narrowing down my id..." with ❤️
00:15:11 Cara's iPhone: I focused on making better content this week and I used the hooks and content info. I made content last night that was very genuine and telling people they have hope and I had several people reach out last night and today.
00:15:12 Coach Tammy Asmus: Reacted to "AND 9 new customers" with 🥰
00:15:21 Coach Tammy Asmus: Replying to "AND 9 new customers"

Wow!!!!

00:15:24 Coach Danielle: Reacted to "Every time I got dis..." with ❤️
00:15:51 Karen Walsh: Reacted to "AND 9 new customers" with 🥰
00:16:34 Coach Danielle: Reacted to "I had a sale after a..." with ❤️
00:16:59 Coach Danielle: Reacted to "AND 9 new customers" with 🔥
00:17:01 Cindy Phillips: I a lot of times will say, "I can't wait to hear from you." Good??
00:17:04 Coach Danielle: Reacted to "narrowing down my id..." with ❤️
00:17:09 Coach Danielle: Reacted to "I got my first sale ..." with ❤️
00:17:17 Coach Danielle: Reacted to "I attended 2 Core 4'..." with 🔥
00:17:23 Coach Danielle: Replying to "I attended 2 Core 4'..."

Great job!!!

00:17:25 Cara's iPhone: Remind me in connection content is it a reel or story or either?

00:17:29 Kristy Wharton: Replying to "I a lot of times wil..."

In a post?

00:17:53 Taylor Berlin: can our CTA be drop a word/emoji for a free guide/health quiz?

00:17:54 Cara's iPhone: Reacted to "I attended 2 Core 4'..." with ❤️

00:18:05 Cindy Phillips: Replying to "I a lot of times wil..."

@Kristy Wharton yes..

00:18:11abigail shelby: How often do we circle back to people that didn't buy?

00:18:20 Hilleri Dickey: Love it...

00:18:20 Coach Danielle: Replying to "Remind me in connect..."

It can be anywhere - it is about you! Family, pets, inspiration, your hobbies, etc.

00:18:27 Liza Johnson:Maybe ;)

00:18:27 Nicole Bowles: Reacted to "Great job!!!" with ❤️

00:18:28 Kristy Wharton: Replying to "Remind me in connect..."

Either but the idea is connection is about you or your life in general. Stories are good for this, but also any of those

00:18:36 Chelsea Dolby: Yay!!

00:18:45 Leigh Card: Thank you!!

00:18:45 Coach Tammy Asmus: Reacted to "can our CTA be drop ..." with 👍

00:18:47 Lisa Brugger: Thank you!

00:18:50 Kristy Wharton: Replying to "How often do we circ..."

Depends on where you are in the sequence

00:18:57 Susan Restad: That's fantastic!!!!!!!!!!!!!!

00:19:14 Coach Danielle: Replying to "How often do we circ..."

I would say - give it a couple of weeks and ask if you can give another VAFU

00:19:27 Raquel Cornelsen: You mentioned with the core 4, that if are lacking in one park, we need to be working more on the one before

00:19:49 Kylie Steyer: I have a question about our 15 min of authentic outreach!

00:20:08 Kristy Wharton: That isn't a direct call to action—you want to tell them "say this word specifically" or does this resonate—yes no or this or that type questions

00:20:23 Wanda Turmes: How do you suggest we set realistic goals of organic growth? I met mine the last three months so I want to stretch myself without being overwhelmed.

00:20:23 Cara's iPhone: Does it mess up the algorithm if you do connection content in a reel? I have been doing those in stories

00:21:25 Kristy Wharton: Replying to "Does it mess up the ..."

No.. it doesnt mess it up.

00:21:34 lauren cormier: My company had a call last night about TikTok and why we should be on it and using it. It was said that TikTok has more possibilities of leads. My main platform has been IG. Do I need to add in TikTok at this point?

00:21:39 abigail shelby: Replying to "How often do we circ..."

Like they said yes to sharing a product recommendation, but they said "thanks I'll keep it in mind" and didn't necessarily say no but didn't buy. Somebody who says no for sure I would wait awhile before doing value add follow up again

00:21:43 Coach Tammy Asmus: Replying to "How do you suggest w..."

Engaged people are more important than the number of followers! If you are doing in a meaningful way that is connecting and creating value you can!

00:22:25 Coach Danielle: Replying to "How often do we circ..."

Still do VAFU to those who you shared the product with and they didn't buy. Show you care and give them value.

00:22:45 abigail shelby: Replying to "How often do we circ..."

Ok thanks

00:22:51 Taylor Berlin: I know my content is lacking. I maybe post 2-3 days a week and do stories 3-4 days. I get in my head over it and struggle with what type of content to post.

00:23:51 Coach Danielle: Replying to "I know my content is..."

Start with what you learned in 30 days – MWF Value – T/TH product – and then sprinkle in your connection

00:23:55 Cara's iPhone: Replying to "My company had a cal..."

I was on that call!

00:24:45 Tenesha @teneshalicious: Replying to "My company had a cal..."

Me too 😊

00:25:04 Coach Danielle: Reacted to "Ok thanks" with ❤️

00:25:19 Kristy Wharton: And the good news about being the problem is you're also the solution!

00:25:35 Kristy Wharton: Reacted to "How do you suggest w..." with 🙏

00:25:35 Karen Walsh: Reacted to "And the good news ab..." with 😊

00:25:45 Liza Johnson: YES! Stick to 1 thing. I have been so scattered in the past & it creates overwhelm

00:25:54 Coach Danielle: Reacted to "YES! Stick to 1 thin..." with ❤️

00:26:11 Diana Henry: Reacted to "And the good news ab..." with 😊

00:26:29 Diana Henry: Reacted to "YES! Stick to 1 thin..." with ❤️

00:26:50 Amanda Williams: I've found it easier to sell to new people than to my personal friends and family—people I know personally. Looking back I see that fear hold me back from giving them the best customer experience and now I want to change that. What's the best way to reconnect and start fresh? Is it too late to rebuild that customer experience? Can I "start over"—so to speak?

00:27:05 Diana Henry: Awesome Wanda!!

00:27:27 Donna Johnson: Way to go Wanda, you are a real inspiration. I have a special needs son ❤️

00:27:32 Kristy Wharton: Reacted to "Way to go Wanda, you..." with 🙏

00:28:49 Paige Welch: I had several reach outs with friends who wanted to try our new pancake mix. I brought them some and they both said they loved them, but then I didn't know how to go the next step. Would love help.

00:28:49 Coach Tammy Asmus: Reacted to "Way to go Wanda, you..." with ❤️

00:29:57 Leah Novak: Thank you for that! Really great advice

00:30:16 Coach Tammy Asmus: Reacted to "Thank you for that! ..." with 🙏

00:30:40 Raquel Cornelsen: I would love to be serving in my stories. I'm having trouble what that could look like. Any tips

00:31:31 Marcus Ratcliff: I've so made that mistake...

00:31:45 Susie Weiler: Core 4 are the key!! Love them, they have kept me consistent.

00:31:51 Coach Tammy Asmus: Reacted to "Core 4 are the key!!..." with 🥰

00:31:55 Raquel Cornelsen: Reacted to "Core 4 are the key!!..." with ❤️

00:32:00 Diana Henry: Reacted to "Core 4 are the key!!..." with ❤️

00:32:59 Taylor Berlin: Replying to "I know my content is..."

That was hard for me to sustain. I think the most content I posted in a week during 1k was 4 and that included connection content 😞

00:33:18 Kristy Wharton: Behind the scenes, storytelling, polls and questions, tips and then demonstrate those tips. All of this serves your audience and usually in REAL time so they see the REAL you and implementation.

00:33:29 Melissa Heim: Reacted to "Start with what you ..." with ❤️

00:33:30 Scott & Lori Warman: I am doing the CORE 4 every day but I feel like it's not real smooth, but I just keep doing it, but I feel like I'm not getting anywhere, I think I know some of my problems but not sure

00:33:51 Raquel Cornelsen: Replying to "I would love to be s..."
Seeing the real me is serving?

00:33:53 abigail shelby: I've found Tuesdays and Fridays and really easy to do Core 4 and people are more readily respond.

00:34:15 Coach Tammy Asmus: Reacted to "I am doing the CORE ..." with ❤️

00:34:16 Cheryl Mabry: Reacted to "I've found Tuesdays ..." with 🔥

00:34:31 Coach Tammy Asmus: Reacted to "I've found Tuesdays ..." with 🥰

00:34:43 Paige Welch: Yes!

00:34:58 Raquel Cornelsen: Yes so true.

00:35:40 Susie Weiler: Wanda, hard to stop momentum!! You are on a roll!

00:35:45 Coach Tammy Asmus: Reacted to "Wanda, hard to stop ..." with ❤️

00:36:14 Diana Henry: WoW!! that was a good one. Not needing the money can put us a different head space.

00:36:17 Chelsea Dolby: Im finding I'm rarely doing the VAFup and Sharing my offer

00:36:40 Amber Corasaniti: Congratulations Wanda. What a blessing you are!
00:37:02 Karen Walsh: Reacted to "WoW!! that was a goo..." with 😊
00:37:21 cathy Delia: I said the same thing!!
00:37:54 Kristy Wharton: Replying to "I would love to be s..."

@Raquel Cornelsen 100% our stories serve WAY more than facts, information, ingredients, etc. The other is important, of course though stories serve the belief of those things.

00:38:02 Scott & Lori Warman: Replying to "Im finding I'm rarel..."

ME TOO!!!!!! I was just thinking the same thing

00:38:07 Stephanie Guerra: That's what I said. This program was/is my "last chance." But being here has changed my mindset and given me hope and a different confidence.

00:38:25 npaulsen: Love that! Thanks Wanda for sharing -

00:38:31 Kristy Wharton: Reacted to "Love that! Thanks W..." with 🥰

00:38:41 Jenni Ram: CUTE BABY!!! ❤️❤️❤️❤️

00:39:08 Stephanie Guerra: She's so BEAUTIFUL!! 🥰

00:40:18 Susie Weiler: Reacted to "That's what I said. ..." with ❤️

00:40:18 lauren cormier: Replying to "My company had a cal..."

Hey ladies 🥰

00:41:20 Marcus Ratcliff: Such a great point...

00:41:27 Cheryl Mabry: Connected

00:41:30 Susan Restad: Replying to "My company had a cal..."

Bob talked about this earlier in the call. You can watch the replay. He said no, stay on your platform.

00:41:33 Lisa Brugger: Thank you! I was wondering this myself! This is more focused!

00:41:39 Paige Welch: Reacted to "Connected" with 😊

00:41:40 Leah Novak: Really great point!

00:42:41 Taylor Berlin: Maybe this was answered somewhere, are warm leads people who watch through ALL of your stories?

00:42:49 Paige Welch: Same here, Lori. Been around since before Optavia was Optavia. And have roll ups from a long time back.

00:43:45 Paige Welch: That helps. The thought of going back to some of those people is daunting.

00:46:02 abigail shelby: Can you talk a little bit about product posts?

00:47:11 Cheryl Mabry: Reacted to "That helps. The thou..." with 🙄

00:47:18 Taylor Berlin: I talked with you on an Instagram Live about it 🗣️

00:47:23 Coach Tammy Asmus: Reacted to "I talked with you on..." with 😍

00:48:24 Coach Danielle: Reacted to "I talked with you on..." with ❤️

00:48:34 Taylor Berlin: Replying to "I talked with you on..."

Glad I'm not the only one in my head about it 🤪

00:48:39 Megan Weisheipl: Reacted to "I talked with you on..." with ❤️

00:50:18 Amber Corasaniti: I feel this so much. I got so many customers and just didn't know how to serve them. I just kept wanting to get new customers.

00:50:29 Taylor Berlin: Reacted to "I feel this so much...." with ❤️

00:52:49 Lisa Brugger: I was thinking the same thing! I have alit of family too!

00:52:53 Cheryl Mabry: Ahhh...don't say sorry huh....? Thats challenging for me

00:52:56 Coach Danielle: 🙄🙄🙄🙄🙄🙄

00:52:57 Kristy Wharton: I am watching @Amanda Williams

00:53:05 Amanda Williams: Reacted to "I am watching @Amand..." with 😂

00:53:07 Coach Danielle: Replying to "I am watching @Amand..."

Me too 🙄🙄🙄🙄🙄🙄

00:53:12 Coach Tammy Asmus: Reacted to "Me too 🙄🙄🙄🙄🙄🙄" with 🤪

00:53:13 Amanda Williams: Reacted to "Me too 🙄🙄🙄🙄🙄🙄" with 😂

00:53:15 Coach Tammy Asmus: Reacted to "I am watching @Amand..." with 😍

00:53:18 Taylor Berlin: Replying to "Ahhh...don't say sor..."

same!

00:53:30 Coach Tammy Asmus: Replying to "I am watching @Amand..."

Me three....🤪

00:54:02 Nicole Sapriken (she/her): @Amanda Williams stop using a red pen when working on stories. Use a green pen so that you are looking for the green lights

00:54:16 Raquel Cornelsen: Replying to "Ahhh...don't say sor..."

Ditto. I totally did this and she never responded. And huge RLS. Need to do a better job next time

00:54:32 Donna Johnson: Excellent question Paige!

00:54:33 Amanda Williams: Replying to "I am watching @Amand..."

@Coach Tammy Asmus @Kristy Wharton @Coach Danielle Challenge

Accepted!! 🙌🎉

00:54:36 Belinda Parrish: Reacted to "@Amanda Williams sto..." with ❤️

00:54:38 Coach Tammy Asmus: Reacted to "@Coach Tammy Asmus @..." with 🤔

00:56:20 Lisa Brugger: I feel I have a block when it comes to making products posts. How, what kind and when to do them. I rarely do them in feed and haven't in group either. What is a way to shift this and have more clarity for it?

00:56:30 Kristy Wharton: Replying to "I am watching @Amand..."

@Amanda Williams I also want to ask how many times have you heard what Bob shared? Just curious...doing the best you can with what you know, reframing, not to say youre sorry... hmmm 🤔 repetition repetition... right>

00:57:17 Leah Novak: Why does she focus on protein?

00:58:00 Marcus Ratcliff: Reacted to "Why does she focus o..." with 🎯

00:58:15 Nicole Sapriken (she/her): Why is she doing those things

00:58:42 Taylor Berlin: Reacted to "I feel I have a bloc..." with ❤️

00:58:48 Taylor Berlin: Replying to "I feel I have a bloc..."

I struggle too!

00:59:55 Marcus Ratcliff: #Boom

00:59:58 Lisa Brugger: Replying to "I feel I have a bloc..."

Because I don't know, I just don't. 🤔

01:00:03 Kristy Wharton: Replying to "Ahhh...don't say sor..."

How about the phrase "thanks for being patience with me while ive learned." It's a wholly different energetic feeling thats more empowering for them and for us. It can be a bridge while youre learning to lean into that uncomfortability

01:00:20 Amanda Williams: Replying to "I am watching @Amand..."

@Kristy Wharton Yes ma'am! So True! I heard that loud and clear and I'm so grateful. I also appreciated what he said about those of us who say "money isn't our motivator"...never thought it could be an excuse for low results.

01:00:20 Melissa Heim: Reacted to "How about the phrase..." with ❤️

01:00:28 Marcus Ratcliff: "I have a moral obligation to get you to pay...."

01:00:28 Coach Tammy Asmus: Reacted to "@Amanda Williams I a..." with ❤️

01:00:31 Kristy Wharton: Reacted to "@Kristy Wharton Yes ..." with 🙏

01:00:35 Coach Danielle: Reacted to "'I have a moral obli..." with ❤️

01:00:58 Taylor Berlin: Replying to "I feel I have a bloc..."

During 1k I think I posted about the same 2-3 products and it took me literally a whole week to perfect what I wanted to say

01:01:00 Kristy Wharton: Replying to "I am watching @Amand..."

@Amanda Williams glad you caught that too! 😊

01:01:11 Tammy 😊 Bauer: Reacted to "How about the phrase..." with ❤️

01:01:30 Taylor Berlin: Reacted to "How about the phrase..." with ❤️

01:01:40 Raquel Cornelsen: Replying to "Ahhh...don't say sor..."

Oooh i really like this. I feel braver with this thought to go back on part customers I've been avoiding

01:01:47 Coach Tammy Asmus: Reacted to "'I have a moral obli..." with 🥰

01:01:51 Amanda Williams: Replying to "@Amanda Williams sto..."

ohhh great tip thanks friend! What about a blue pen?...gotta order a green pen.

01:01:55 Coach Tammy Asmus: Replying to "'I have a moral obli..."

100%

01:02:16 Kristy Wharton: Reacted to "@Amanda Williams sto..." with ❤️

01:02:30 Kristy Wharton: Reacted to "'I have a moral obli..." with ❤️

01:02:37 npaulsen: ascend bars – sweets
01:02:42 Marcus Ratcliff: Reacted to "100%" with ❤️
01:03:45 Ingrid Boehm: Reacted to How about the phrase... with "❤️"
01:03:49 Nicole Sapriken (she/her): Replying to "@Amanda Williams sto..."

Blue would work too. Just not red. Think back to when you were in school. What colour did the teacher use to mark things that you got wrong? Red subconsciously triggers negative thoughts in our mind.

01:03:50 Raquel Cornelsen: But also see yourself as valuable. Working on this mindset
01:03:58 Coach Tammy Asmus: Reacted to "@Amanda Williams sto..." with 🥰
01:04:01 Amanda Williams: Reacted to "Blue would work too...." with 🙌
01:04:15 Marcus Ratcliff: You "The Coach" is the difference maker from other similar programs...
01:04:18 Megan Weisheipl: Got it!!!
01:04:23 Kristy Wharton: Reacted to "Got it!!!" with 🔥
01:04:30 Coach Tammy Asmus: We are watching!
01:04:31 Kristy Wharton: Reacted to "You "The Coach" is t..." with 🔥
01:04:38 Marcus Ratcliff: GREAT Session... Thank You Bob!!!
01:04:43 Tammy 😊 Bauer: This was great!!
01:04:48 Coach Tammy Asmus: Reacted to "GREAT Session... Thank..." with ❤️
01:04:52 Coach Tammy Asmus: Reacted to "This was great!!" with 😊
01:04:58 Coach Danielle: @Paige Welch – I am watching 🙈🙈🙈🙈🙈
01:05:03 Kristy Wharton: Reacted to "@Paige Welch – I am..." with 🔥
01:05:05 Ingrid Boehm: Great session. Thank you Bob 😊
01:05:07 Cheryl Mabry: Reacted to "@Paige Welch – I am..." with 🔥
01:05:12 Chelsea Dolby: Thanks heaps Bob, love learning from you
01:05:19 Kristy Wharton: Reacted to "Thanks heaps Bob, lo..." with 🔥
01:05:26 Lisa Brugger: Replying to "I feel I have a bloc..."

I guess we will figure out later! 😊 I wish you much success!

01:05:28 Amanda Williams: Reacted to "Thanks heaps Bob, lo..." with 🙌
01:05:29 Karen Walsh: Thank you so much!
01:05:32 Coach Tammy Asmus: Reacted to "Thank you so much!" with 🥰

01:05:33 npaulsen: Thank you so very much! This was helpful!!!
01:05:33 Teresa Reid: Thank you Bob!
01:05:35 Coach Tammy Asmus: Reacted to "Thank you Bob!" with ❤️