

BONUS Training on LOVE-LED™ Content

Creation Toolkit: Powered by Chat GPT

00:02:19 Mary Daza: Buenos dias!!
00:02:24 Mary Daza: ☀️
00:02:32 Rhonda & Craig Lauritzen: Good morning from OREGON!!
00:02:42 Cheryl Fishback: music cutting in and out...is that a test?
00:02:53 Rhonda & Craig Lauritzen: Replying to "music cutting in and..."

Same.

00:02:54 Sam Jarvis ~ I: good morning from southern oregon
00:03:08 Cheryl Fishback: Good morning from stormy Alabama!
00:03:11 Sam Jarvis ~ I: yes music is choppy
00:03:15 Mary Daza: Reacted to "Good morning from st..." with 😊
00:03:16 Pam: Good morning from Texas
00:03:21 Krissy Essar: Replying to "music cutting in and..."

Good Morning from Mexico

00:03:25 Stephanie Whittaker: Good morning from WI!!
00:03:26 Kim Kogan: same
00:03:29 Ixio Robles: Good morning from Chicago
00:03:31 Trish Koppendraye: Greetings from MN
00:03:32 tina: Good morning from Northern Michigan.
00:03:34 Jess Doney: Good morning from PA! It's sunshiny and cool!
00:03:36 Rhonda & Craig Lauritzen: So excited to learn and grow. I've been using Chat GPT for maybe a year, but dang, there's always room to learn more.
00:03:37 Amanda Bernstein - Norwex: Hello from upstate New York!
00:03:38 Leah Novak: Good day!
00:03:39 Kim Kogan: Hi from Oh
00:03:41 Gina Everson: Good morning!
00:03:42 Stephanie Whittaker: So excited for this!!!
00:03:43 Debbie Pascoe: very excited!

00:03:45 Mary Daza: Reacted to "So excited to learn ..." with 100

00:03:52 Alicia Raley: Excited to learn this!

00:03:55 Trish Koppendrayer: I loved implementing lesson 3 on ChatGPT

00:04:01 veronicasucic: Good morning from Texas

00:04:01 Christa Plettl: 30days

00:04:01 Trish Koppendrayer: LSG

00:04:01 Gina Everson: LSG

00:04:01 Mary Daza: 30 DAY

00:04:01 Alicia Raley: 30 days

00:04:02 Elena Armstrong: Will this be recorded to watch again?

00:04:02 Pam: lsg

00:04:02 Camille Richardson - The Dream Champion: 30d

00:04:03 Marcia J Harr Bailey: 30days

00:04:03 Sam Jarvis ~ I: 30 days

00:04:03 Charlene Giasson: 30 days

00:04:03 Stephanie Morales: LSG

00:04:03 Starlet Riviere: 30 Day

00:04:03 Cindy Becker: 30 DAYS

00:04:04 Lowell & Catherine Hanson: 30 days

00:04:04 Jennifer Peterson: LSG

00:04:04 Jodi Dexter: 30 day

00:04:04 Diane Duncan: 30 Days

00:04:04 Rhonda & Craig Lauritzen: 30 DAYS

00:04:04 Wendy Forsythe: 30 days

00:04:05 Lindsey: 30 days!

00:04:05 Janet Thorn: 30 days

00:04:05 Amanda & Marcus Williams: Both

00:04:05 Julia Brown: 30 days

00:04:05 Jacki Prock: Both

00:04:05 Martie DuBois: 30 Days!

00:04:05 Michelle Gray: 30DAYS

00:04:05 Leigh Ulrich: 30 Days

00:04:05 Leslie Albaugh: 30

00:04:05 Amy Dodson: 30 days!

00:04:06	tina: 30 days
00:04:06	Kelly Mills: 30 Days
00:04:06	Marcia Schiavo: 30
00:04:06	Aspen Tafoya: 30 days!
00:04:06	Christy Tebow: 30days
00:04:06	Ruthann Smith: 30 days
00:04:06	Jolene Taylor: 30 days
00:04:06	Jason & Jessica Richter: 30 days
00:04:06	Tiffany Rilling:LSG
00:04:07	Theresa Torres: 30 days
00:04:07	Stephanie Whittaker: 30 days!!
00:04:07	lauren: lsg
00:04:07	Chanel Crowley: 30 days
00:04:07	Jess Doney: LSG
00:04:07	Leigh Card: LSG
00:04:07	veronicasucic: 30 days
00:04:07	Kris DeVries: 30n days
00:04:08	Char: 30d
00:04:08	Tana Michelle: 30days
00:04:08	Danielle Wehner: 30 days
00:04:08	lynn wilson: 30 days
00:04:08	Jeanette Maurer: 30 day
00:04:08	Kim Kogan: 30 Days
00:04:08	jordan: 30 days
00:04:08	Autumn Bourg: 30 Days
00:04:08	Sandy Job-Rivera: 30 days
00:04:09	Brenda Benthul: 30 Days
00:04:09	Lamont Henderson: 30 Days
00:04:09	Maureen McDaid-Fraizer: 30 days
00:04:09	Missy Wilson: 30 days
00:04:09	Jennifer Colburn: 30d
00:04:09	iPhone (2)Norine: 30 days!!!
00:04:09	julie westhoff: Good morning
00:04:10	Stephanie Helmbold: 30 days

00:04:10	Rob Davis:	30 Days
00:04:10	Sharon Kleinecke:	30 days
00:04:10	Kari Kastner:	30 days
00:04:10	Peggy Maloney:	30 day
00:04:10	Laura Trimble:	30 days
00:04:10	Kelley Whelan:	30 Days
00:04:11	Nicole Bowles:	LSG <3
00:04:11	Diane Nix:	LSG
00:04:11	Cara White:	30 days
00:04:11	AIMEE Woodward:	30 DAYS
00:04:11	Betty Jane's iPad:	Lag
00:04:11	Liz Murray:	30 days
00:04:12	Dr. Lynn Johnson Dr. Ron Geiger:	30D
00:04:12	Susan Stearns:	39Days
00:04:12	Eli Scudder:	30d
00:04:12	Sue's iPhone:	30 Days
00:04:12	Amber Hansen:	30 days
00:04:12	Leslie Minter:	30 days!
00:04:12	Karen Bruckert:	30 days
00:04:12	Marjorie Kauffman:	30 Days
00:04:12	Lisa Clark:	30 days
00:04:12	Annie Burdett:	30
00:04:12	Susan Roberts:	30 days
00:04:12	Barbara Parks:	30 days
00:04:13	Lisa Dennis:	30
00:04:13	Angela Hall:	30 fay
00:04:13	Brandy Hyde:	30 day
00:04:13	Ixio Robles:	30days
00:04:13	Jessica Bray:	30 days
00:04:13	Tracey Akamine:	30 Days
00:04:14	Tammy Wetherwax:	30 days
00:04:14	Michelle Baker-Herring:	30 days
00:04:14	Donna Sperry:	30 day
00:04:14	Ruth A. Vadnais:	30days

00:04:14	Linda Schymik:	Both
00:04:14	GINNY LYKE:	30 Days
00:04:14	Amanda Bernstein – Norwex:	I'm BOTH
00:04:14	Elena Armstrong:	30 days
00:04:15	CAROL JANE:	30
00:04:15	Jennifer's iPhone:	30 days
00:04:15	Noreen Westfall:	30D
00:04:15	Cindy Neal:	30 days
00:04:15	Cheryl Fishback:	30 days
00:04:15	Kim Switzer:	30 Days
00:04:15	Kim Thayer:	30 day
00:04:15	Rosalie Denato:	30 days
00:04:16	Susie Wolford:	30 Days
00:04:16	Katie Nice:	30 Days
00:04:17	Karen Easby:	30 Days
00:04:17	julie westhoff:	30 days!
00:04:17	Jacki Prock:	LSG & 30 Days
00:04:17	Lesley & Ryan Bogash:	30 DAYS
00:04:17	Nicole Clements:	30 days
00:04:17	Sherbear:	30 days
00:04:18	Elizabeth McDonald:	Lsg
00:04:18	Penny Blake-Womack:	30 day
00:04:18	Roxanne New:	30 Days
00:04:19	Jenene Wilkins:	30 Days
00:04:19	Amy:	30 days
00:04:19	Susan Gardetto Casserly:	30 Days
00:04:19	Krissy Essar:	30 days
00:04:20	Bonnie Neff:	30 D-1K
00:04:20	Rande Ballard:	30 days
00:04:20	Catherine Heller:	Both
00:04:20	Cherlyn Johnson:	30 Days
00:04:22	Ronnie Basil:	39 days
00:04:22	Maegan Hathaway Miville:	30days
00:04:22	Darla:	30 days

00:04:23 Brenda Hammond: LSG
00:04:24 Alyson Brittain: 30
00:04:24 Wendy Warawa: LSG
00:04:25 vyonniemattthews: LSG
00:04:25 Carol Crosby: 30 days
00:04:26 Sheryl Sandberg: 30 days
00:04:26 Jennifer Cumbie: LSG and 30 to 1K!!!
00:04:28 Eva Berkley: 30 day
00:04:29 Andrea Lewis: Good Morning! 30 Days!
00:04:29 Sharon McCandless: 30days
00:04:30 Cheryl Mabry: LSG
00:04:33 Melissa Olsyn Norgrove: 30 days
00:04:33 Tiffany Loftis: 30 days
00:04:35 Dolena S: 30 days
00:04:35 Kendra Carlson: 30 days
00:04:37 Fireflies.ai Notetaker Marisa: View real-time notes and transcription

for this meeting here:

https://app.fireflies.ai/live/01JP5XW3DPETHGT7XHPPAFAJFW?ref=live_chat

00:04:38 Elena Armstrong: This is being recorded to watch again, right?
00:04:40 Danielle Williams's iPhone: 30 days
00:04:41 Cheryl Hatfield: 30 Days
00:04:42 Gloria: 30 days
00:04:44 Jenny-May Olson: 30days
00:04:45 Sherri(South Dakota): 30 days
00:04:49 Taylor Berlin: LSG
00:04:49 Leahna Loomis: 30 days
00:04:52 Jess Doney: Replying to "This is being record..."

Yes

00:04:53 Leah Novak: LSG
00:04:53 Conchita Pulido: 30 Days
00:04:56 veronicasucic: Used it and got results
00:05:04 Bonnie Billing: 30 days
00:05:11 Kristie: LSG

00:05:12 Mary Daza: Yes!!
00:05:22 Elizabeth McDonald: 30 day
00:05:44 Ingrid Boehm: LSG
00:05:51 Donna Prelog: Donna Prelog 30 days
00:05:57 Janet Paustian: LSG & 30 day
00:06:00 Camille's Notetaker (Otter.ai): Hi, I'm an AI assistant helping Camille Richardson take notes for this meeting. Follow along the transcript here:
https://otter.ai/u/ztZldg9AfcoCVkCoGsUescGezhM?utm_source=va_chat_link_1
You'll also be able to see screenshots of key moments, add highlights, comments, or action items to anything being said, and get an automatic summary after the meeting.

00:06:03 Nancy Cable: 👍 30 Days
00:06:11 Missy Wilson: way to go Marisa
00:06:11 Mary Daza: Reacted to "Hi, I'm an AI assist..." with ❤️
00:06:14 Coach Jennifer Freeland: 30 days to 1K
00:06:17 Brooke &/or Brian Jenkins: 30 days
00:06:25 Mary Daza: Thank you Marisa!
00:06:36 Terrie Schoch: 30 day
00:06:40 Leah Novak: I've avoided it too, Bob. Totally thought the same thing
00:06:47 Linda Schymik: Reacted to "Hi, I'm an AI assist..." with ❤️
00:07:13 Zoom user: 30days
00:07:18 Kim Kogan: Reacted to "Hi, I'm an AI assist..." with 👍
00:07:31 Elena Armstrong: I struggle with the authenticity of the post and folks knowing it's not "me". But likely a red-light story
00:07:33 Candis Winslow: 30 days
00:07:44 Jennifer Colburn: Reacted to "I struggle with the ..." with 👍
00:07:46 Linda Schymik: Reacted to "I struggle with the ..." with ❤️
00:07:51 Marisa Jones: Reacted to "Thank you Marisa!" with ❤️
00:07:52 Mary Daza: And on top of that the stress of what to post!
00:08:03 Marisa Jones: Replying to "Thank you Marisa!"

Of course! 😊

00:08:07 Marisa Jones: Reacted to "way to go Marisa" with ❤️

00:08:09 Coach Kristy Wharton: Replying to "I struggle with the ..."

It only give you what you put in...think of it like that..

00:08:11 Marisa Jones: Replying to "way to go Marisa"

Thank you!!

00:08:26 Rhonda & Craig Lauritzen: YES, PLEASE!

00:08:35 Nancy Cable: Replying to "I struggle with the ..."

Tweak a portion of it that sounds like you.

00:08:35 Cheryl Fishback: I always feel too arrogant in my own posts....I need the tool to change how I sound to my audience....more humble and vulnerable.

00:08:43 Ingrid Boehm: I love chatgpt. I call her Susie

00:08:49 Mary Daza: Reacted to "I love chatgpt. I c..." with 😊

00:08:54 Diane Duncan: Does facebook know when the content comes directly from Chat GPT and mess up the algorithm?

00:09:02 Jacki Prock: yes

00:09:05 Stephanie Whittaker: A little!

00:09:05 Charlene Giasson: me!

00:09:05 Jeanette Maurer: me

00:09:05 Cheryl Johnson: a little bit

00:09:05 Lowell & Catherine Hanson: me

00:09:05 Gail Ramesh: YES!!!!

00:09:05 Terrie Schoch: t

00:09:06 Mary Daza: Me

00:09:06 Leslie Albaugh: yes

00:09:06 Lamont Henderson: me

00:09:06 sue Paige: yes

00:09:06 Stephanie Helmbold: yes

00:09:08 Teri Williams: Used it

00:09:08 CAROL JANE: yes I have and it is successful

00:09:08 Kendra Carlson: Yes!

00:09:08 Debbie Pascoe: just a little bit

00:09:09 Elena Armstrong: Me some

00:09:09	Starlet Riviere:	yes
00:09:09	Beverly Skivolocki:	Yes
00:09:10	Roxanne New:	Yes
00:09:10	Sam Jarvis ~ I:	yes i love it!!!
00:09:10	Karen Ntiros:	yes
00:09:10	Elizabeth & Jon Fisher:	us!
00:09:10	Kris DeVries:	Some
00:09:10	Sharon Kleinecke:	yes!
00:09:11	Marcia Schiavo:	Starting to
00:09:11	Candis Winslow:	a little
00:09:11	Amber Hansen:	dabbled
00:09:11	Jason & Jessica Richter:	yes
00:09:11	lauren:	yes
00:09:12	Elizabeth Mcdonald:	Me!!!
00:09:12	Jennifer Colburn:	just starting
00:09:12	Annie Hutchcraft:	me
00:09:12	Amy Mills:	Yes everyday
00:09:12	Michelle Baker-Herring:	For sure! Using it daily!
00:09:13	Lindsay Ault:	yes!
00:09:13	Kim Osantowske:	Yes
00:09:13	Traci Pyrz:	Me, love it!!
00:09:13	Carissa Jager:	I've used it a bit
00:09:13	Pam:	
00:09:14	Ingrid Boehm:	yes
00:09:14	Kathy Lalonde:	YES
00:09:14	Donna Prelog:	A little bit:)
00:09:14	Michelle Gray:	Yes!
00:09:14	Taylor Berlin:	
00:09:14	Cidalia Murta:	use it everyday, I love it
00:09:15	Annette Aguiar:	Yes very helpful
00:09:15	Aspen Tafoya:	Me! I am loving it. Saves me so much time.
00:09:15	Jacki Prock:	Part way in
00:09:15	Dolena S:	me
00:09:15	Suzanne Dockendorf:	yes

00:09:15 Trish Koppendrayer: Been using it ...
00:09:16 Marcia J Harr Bailey: yes
00:09:16 CAROL JANE: saves time
00:09:16 Andrea Ball: Posted a couple
00:09:16 Jodi Dexter: Yes love it. But no engagement
00:09:16 Jennifer's iPhone: I've dabbled and it has helped
00:09:16 Christina Struk: Yes
00:09:16 Amy Varghese: yes
00:09:16 Kelly Mills: Yes
00:09:16 Alicia Raley: Dipped in yesterday
00:09:16 Julie Murnin: Yes!
00:09:17 Leahna Loomis: Yes! I love it
00:09:17 Jodi Korsten: yes
00:09:17 Jennifer Cumbie: ME!!!!
00:09:17 Carol Crosby: Yes
00:09:17 Tiffany Rilling: I love it
00:09:17 Amy: YES!!!
00:09:17 Leah Novak: I have! I'm still new to it but it's helping cut down on time
00:09:17 Anita White: No
00:09:17 Donna Warren: Yes it's been great
00:09:17 julie westhoff: Never used it for this business
00:09:18 lynn wilson: Yes.
00:09:18 Maegan Hathaway Miville: Tried it out still not confident yet
00:09:18 Alison Brooks: Yes
00:09:18 Cheryl Fishback: I have posted successfully for 2 weeks... more time
and better involvement
00:09:18 Lisa Dennis: Me
00:09:18 Brandy Hyde: Yes. Getting a few responses
00:09:18 Lynne Malizia: yep! Love it!!
00:09:18 Sonya: I love ChatGPT
00:09:18 Janet Thorn: I started using it the way you recently touched on - more
parameters
00:09:18 Jenny Provencher: Use it
00:09:18 Rob Davis: Using it and it has been very valuable

00:09:19 Alisa Masiello Cocchi: Been using it for 6 months
00:09:19 Chris Julian: me.. yes helps a lot
00:09:19 Brenna Burnette: Been using it
00:09:19 Jan Roseberry-Health Coach: Just starting
00:09:19 Linda Schymik: Little it
00:09:20 Leigh Ulrich: I have been using the tool and it is helping immensely.
00:09:20 Mandy & Wayne Hudson: Yes! Big toe isin!
00:09:20 Marjorie Kauffman: Yes, for posts AND for responding to comments
00:09:20 Sharon, Costa Health: I just did my first post 15 minutes ago.
00:09:20 Tammy 😊 Bauer: Yes
00:09:20 Michelle Turnipseed: YES me!!!
00:09:21 DeAnn Pierce Forman: I've been using it
00:09:21 Carrie C: Yes, a little
00:09:21 Rhonda Lauritzen: YES, BUT STILL FEEL SLOW.
00:09:22 Amber Corasaniti: Yes..give me some ideas but I tweak it because it doesn't always sound like me
00:09:22 Wendy Cioni: absolutely
00:09:22 Terri Bond: Yes
00:09:22 veronicasucic: I have and got orders which I didn't have before
00:09:22 Marisa Jones: Replying to "Does facebook know w..."

No it does not!

00:09:22 Kelley Whelan: I have been using it and yes it's been helping a lot!
00:09:23 Annie Burdett: using a little bit and yes helping
00:09:23 Bonnie Neff: Using the toolkit
00:09:23 Lesley & Ryan Bogash: Love it, had already been using it, but not in the way you showed us and that is helping so much more.
00:09:23 Terrie Schoch: Yes
00:09:23 Char: Yes!!!
00:09:23 Kim Kogan: Using it
00:09:24 Christy Tebow: Used it a bit.....getting more helpful.
00:09:24 Angela Hall: yes and I love it
00:09:25 Jess Doney: My chatGPT sounds EXACTLY like me - I've spent a lot of time with putting in what I want out and asking it to analyze me

00:09:25 Becca Foust: I've been using it and it's definitely helpful !!

00:09:25 Brenda Benthul: Not yet

00:09:26 Katie Nice: once so far

00:09:27 Lucia Aversa: Yes

00:09:28 Deighton Gongora: yes

00:09:28 Peggy Maloney: I have. I used it once but no response on my post

00:09:29 Jodi Korsten: Yes

00:09:30 Connie Fay: me

00:09:30 Gloria: Is anyone else getting glitching or is it just me?

00:09:31 Danielle Wehner: A little bit

00:09:32 Christa Plettl: Been using but not sure it's been successful.

00:09:33 Betty Jane's iPad: Me! I am doing better with it.

00:09:36 Eva Snedden: using it, helps with content, not more engagement yet

00:09:37 Allison Norris: helps with responding as well

00:09:39 Carol Holmes: a little

00:09:40 Maria Van Tiflin PT, DPT: Where do we find the tool? I must have missed that tool? I use chat gpt if that is what you are referring to.

00:09:40 Susie Wolford: Using it somewhat successfully

00:09:45 Amy Brown: Whoops! Late... didn't realize this was a different meeting link. Hope I haven't missed too much

00:09:50 Missy Wilson: Using it but haven't gotten many to engage but is making creating the post so much faster.

00:09:53 Diana Boyer: I've used ChatGPT and your scripts. Fire! Not a lot of engagement, need to be more consistent with "what" to post.

00:10:01 Liz Murray: Yes.

00:10:02 Joseph Costa: Reacted to "Whoops! Late... didn't..." with 👍

00:10:09 Annie Burdett: brilliant

00:10:10 Babette Seals: Im lost using chat got!

00:10:10 Mary Daza: Nice!

00:10:14 Debi Auch Moedy: ❤️

00:10:16 Jason & Jessica Richter: Love that !

00:10:16 Connie Fay: I do that too

00:10:19 Bonnie Neff: I used Chat GPT before but nothing like this toolkit! So much easier with the toolkit taking such a deeper dive-Love it!!!!

00:10:27 Babette Seals: GPT*

00:10:30 Elena Armstrong: Yes been working with the value added tip too!

00:10:34 Leah Novak: Yes, it's a total time saver

00:10:46 Coach Kristy Wharton: In the new training... in LSG?

00:10:55 Cheryl Fishback: value add based on red light stories....helps me a lot.

00:11:09 Susan Stearns: Is there a specific Love-Led GPT Chat? I haven't seen a link to it.

00:11:13 Stephanie Helmbold: brand new to this

00:11:17 Diana Boyer: I'm finding the value post from Chat GPT are kind of long, which may be the reason for minimal engagement.

00:11:22 Maria Van Tiflin PT, DPT: Replying to "Where do we find the..."

Okay not the 30 days?

00:11:23 Becca Foust: It's been super interesting for me because I'm all the sudden getting a bunch of male clients.

00:11:27 Mary Daza: I love that Carol!

00:11:42 Nancy Cable: 👍 I've felt very empowered by it. Coming from someone totally scared of technology.

00:11:42 Coach Tammy Asmus: Replying to "I'm finding the valu..."

Correct it in the platform! You can ask it to shorten it!

00:11:52 Jess Doney: Replying to "I'm finding the valu..."

Say to it that you like the post but make it get the same idea across with less wording, or also tell it that your customers are too busy to read a lot

00:11:57 Mary Daza: Reacted to "👍 I've felt very e..." with ❤️

00:12:01 Susan Roberts: is this a different app than the reg chat gpt

00:12:09 Coach Tammy Asmus: Replying to "Where do we find the..."

It is located in the training under the video training in the portal.

00:12:17 Elena Armstrong: Are these prompts in the boards app?

00:12:23 Christa Plettl: I've been using the prompts but had a question about the Value Content Blueprint

00:12:23 Cheryl Fishback: where are the prompts?

00:12:30 Coach Danielle Cole: Replying to "Where do we find the..."

It is in both programs under the value content training

00:12:33 Amber Hansen: Value Add Content saved into boards, will a free boards account support this? Or investing into a paid boards account be best?

00:12:33 Elizabeth McDonald: Where do lsg members find the kit?

00:12:33 Nicole Bowles: What if we create a new chat in cht gpt, do we need to add the prompts again

00:12:34 Tiffany Rilling: yay

00:12:35 Leslie Albaugh: Can you put the prompts in one time or do you have to repeat them each time?

00:12:36 Kathy Lalonde: How do we save it to our boards

00:12:37 Amber Corasaniti: Where do we locate the prompts?

00:12:37 Amy Brown: Replying to "Where do we find the..."

The tool is simply the wording that can be plugged into chatGPT. Correct?

00:12:37 Kris DeVries: If I'm authentically myself, I'm not speaking on a 4th grade level. How do I combine that?

00:12:43 Stephanie Lyon / Arbonne Wellness: do you have prompts for talking with new contacts where you are trying to find the problem?

00:12:51 iPhone Julie Iverson: Where is this toolkit?

00:12:52 Cheryl Fishback: Reacted to "It is located in the..." with ❤️

00:12:55 Coach Danielle Cole: Replying to "Are these prompts in..."

No, it is a PDF in the value content training in your portal

00:12:57 Coach Kristy Wharton: Replying to "do you have prompts ..."

We can be authentic and inclusive —think of that way.

00:12:59 Cheryl Fishback: Reacted to "It is in both progra..." with ❤️

00:13:02 Marcia J Harr Bailey: I use it in my role as a professor so students grow more confident using it in positive ways and looking forward to using it more for my coaching. I've been using it a little

00:13:06 Alyson Brittain: do we need to pay for chat GPT or use the free one for now just startin

00:13:07 Leigh Card: Some of my Chat GPT posts, that I have tweaked are not getting as much engagement. I am working on tweaking it more.

00:13:07 Connie Fay: I am floundering on how to save the posts and file them into easy access. struggling wit conceptof boards

00:13:12 Coach Danielle Cole: Replying to "whaere are the promp..."

In a PDF under the value content training in your portal

00:13:12 Elena Armstrong: Replying to "Are these prompts in..."

Can they be added to the boards app so easy to copy/paste?

00:13:13 Marjorie Kauffman: I don't have an ACCOUNT... I just start with Chat GPT and do the "Stayed Logged Out" feature.

00:13:14 Coach Kristy Wharton: Replying to "Where is this toolki..."

In your training portal

00:13:18 Taylor Berlin: Replying to "Is there a specific ..."

No, he does have prompts in the LSG lesson 3 or 4 workbook though

00:13:22 Coach Kristy Wharton: Replying to "Where is this toolki..."

Which program?

00:13:22 Rachel Randall: I used the Chat GPT and the first time it was great, but today it didn't create them in the same way. It was more like a list rather than separate posts as it did the first time. I have experienced this before when working on job resumes. Is there a work around?

00:13:24 Marjorie Kauffman: I want to save my replies from them. How??

00:13:24 Stacy Cole: New to ChatGPT.....no response yet!

00:13:25 Elizabeth Mcdonald:Pruvit ketones

00:13:26 Nancy Cable: The Five Options from the script seem very long but very thorough. How could I make it shorter, or do I just change my dream customer.

00:13:35 Coach Danielle Cole: Replying to "Where do lsg members..."

In a PDF under the value content training in your portal

00:13:37 Susan Waterbury: How do I get into Chat GPT? Do I need to set it up and type in your suggested prompts?

00:13:43 Marisa Jones: Replying to "Is there a specific ..."

Not a specific LOVE-LED GPT inside of ChatGPT - just using the prompts we've created for you which you can find in your portal under resources! It's the ChatGPT toolkit!

00:13:45 Kris DeVries: Company is Optavia, problem is insulin resistance/metabolic dysfunction.

00:13:47 Coach Danielle Cole: Replying to "What if we create a ..."

yes

00:13:53 Michelle Turnipseed: Reacted to "Company is Optavia, ..." with 👉

00:13:54 Danielle Legg: I was told that copy/paste text into FB post reduces visibility. Facebook's algorithm prioritizes original content. So, I've been typing/using voice to text (dictation) in my posts. What are your thoughts on that?

00:13:57 Coach Danielle Cole: Replying to "Where do we locate t..."

In a PDF under the value content training in your portal

00:13:59 Nicole Bowles: Reacted to "yes" with 👍

00:14:00 Jason & Jessica Richter: Reacted to "yes" with 👍

00:14:06 Sharon, Costa Health: We do not share the name of our product to avoid having potential clients going to the website and signing up and being sent to a random coach? How do we share without sharing the name.

00:14:10 Coach Danielle Cole: Replying to "do we need to pay fo..."

Free one

00:14:12 Michelle Turnipseed: Company is Optavia and common problem I hear is motivation to stick to things

00:14:16 Taylor Berlin: Replying to "I'm finding the valu..."

I give it specific sentences or paragraphs for it to tailor the length too

00:14:17 Stephanie Whittaker: This is SO helpful thank you Bob

00:14:17 Team Your Virtual Upline: Replying to "Where do we locate t..."

ChatGPT Toolkit -

<https://drive.google.com/file/d/1ka2rT7IT0RwpmQVEG8WCtNyYxrCR2XkP/view>

00:14:26 Coach Danielle Cole: Replying to "Where is this toolki..."

In a PDF under the value content training in your portal

00:14:28 Babette Seals: Liver Detox, Plexus

<https://plexusworldwide.com/BabetteSeals/product/restore>

00:14:30 Marisa Jones: Replying to "is this a different ..."

Nope! You would use the regular ChatGPT app!

00:14:33 Vicki Sutton: What if we have been using Chat for quite a while & started using the prompts when they came out - but my engagement is becoming less and less.

00:14:34 Team Your Virtual Upline: ChatGPT Toolkit

<https://drive.google.com/file/d/1ka2rT7IT0RwpmQVEG8WCtNyYxrCR2XkP/view>

00:14:39 julie mann: Thanks Bob. Arbonne Green Synergy Elixir -

<https://www.arbonne.com/gb/en/arb/juliemanni/shop-all/nutrition/powders/greensynergy-elixir/p/6106%20UK>

00:14:50 Danielle Williams's iPhone: Product Clothing.

Problem?


00:15:11 Team Your Virtual Upline: Replying to "Where is this toolki..."

ChatGPT Toolkit -

<https://drive.google.com/file/d/1ka2rT7IT0RwpmQVEG8WCtNyYxrCR2XkP/view>

00:15:13 Kim Kogan: what happens if we are using ChatGPT and someone starts copying and pasting our posts??

00:15:16 Pam: Replying to "Company is Optavia, ..."

I hope you get called on, I'm insulin resistant and would love to hear you go through this!!!! 

00:15:17 Coach Danielle Cole: It is an app or you can go to the website.
chatgpt.com

00:15:27 Trish Koppendrayer: Plexus ... problem ... energy: product Active:
<https://static.plexusworldwide.com/cdn/active-pineapple-lemongrass-infosheet-en-us.pdf>

00:15:27 Kris DeVries: Replying to "Product Clothing.
P..."

Fit! I would pay money for someone to help me pick flattering fits!

00:15:30 Elena Armstrong: Can you upload the chat gpt prompts into the boards app too so easy to copy paste? Or do we have to do that manually?

00:15:32 Charlene Giasson: Arbonne Green Synergy
<https://www.arbonne.com/ca/en/arb/CharleneGiasson/shop-all/nutrition/skin-health-%26-beauty-from-within/greensynergy-elixir™/p/6106%20CA>

00:15:36 Missy Wilson: Norwex time saving cleaning with Mop System:
<https://www.norwex.com/shop/specials?r=missywilson6245&store=us>

00:15:40 Elizabeth McDonald: I have copied a post and asked chat gpt to make it sound more like me

00:15:43 Angela Hall: I use chatgpt to rewrite the post as well

00:15:44 Nicole Bowles: Does it penalize the original creator or the content copiers

00:15:50 Nancy Cable: Reacted to "Arbonne Green Synerg..." with 

00:15:54 Taylor Berlin: Replying to "I don't have an ACCO..."

If you create free account it will start to know your tone

00:15:55 Amy Brown: We post a lot of recipe posts. I can see how these might be flagged... it's a paste of recipe and image....

00:15:59 Team Your Virtual Upline: Replying to "How do I get into Ch..."

<https://chatgpt.com/> is the official website (FREE)

Then you use the ChatGPT Toolkit -

<https://drive.google.com/file/d/1ka2rT71T0RwpmQVEG8WCtNyYxrCR2XkP/view>

00:15:59 Kelly Mills: Replying to "Can you upload the c..."

That would be convenient.

00:16:00 Natalie Taylor: What about using the same photos for transformation posts?

00:16:03 Elena Armstrong: I noticed that if you let Chat GPT choose the graphic, Facebook has to "note" that on the post under your name

00:16:11 Coach Kristy Wharton: Replying to "We do not share the ..."

That is outdated attraction marketing strategy. We encourage you to talk about your product, just not in an informational style.

00:16:16 Babette Seals: Do you use your voice in chat GPT or do you type in there??

00:16:16 Linda Schymik: Reacted to "Can you upload the c..." with ❤️

00:16:26 Kris DeVries: Replying to "Company is Optavia, ..."



00:16:26 jeanna anderson: Young Living cleaner Thieves Household cleaner. Thieves Cleaner | Young Living Essential Oils

00:16:29 Taylor Berlin: Replying to "The Five Options from..."

Ask it to shorten it!

00:16:30 Coach Tammy Asmus: Replying to "Do you use your voice..."

You can use voice!

00:16:33 Stephanie Lyon /Arbonne Wellness: Arbonne - problem is drinking diet coke and needs to quit it for healthy option
<https://www.arbonne.com/us/en/arb/stephanielyon/shop-all/nutrition/stick-packs/energyfizz-ginseng-fizz-sticks---pomegranate-flavor-/p/2079%20US>

00:16:35 Elizabeth & Jon Fisher: Problem Statement - Getting adequate protein to adequately support muscle growth and maintenance after 55. (aka - I can't drive 55!)

00:16:35 Coach Danielle Cole: Here is the link to the tool kit - ChatGPT Toolkit - <https://drive.google.com/file/d/1ka2rT7IT0RwpmQVEG8WCtNyYxrCR2XkP/view>

00:16:38 Marisa Jones: Replying to "Value Add Content sample..."

If you are talking about the board from Bob – those are free to you! You don't need to upgrade to access those!

00:16:39 Cheryl Fishback: What if I don't like how I sound...I want less of me and more of my postential clients....is that wrong?

00:16:43 Sydney Veloz: I tweaked my output and added some more of "me" into it!

00:16:45 Homa:I have issue with first transformational contact although I try to go through 4 cores.

00:16:48 Elena Armstrong: Replying to "I noticed that if yo..."

*under your name. Guessing its a disclaimer

00:16:49 Mary Daza: I want reassurance that I'm using the correct ChatGPT app. I watched the YouTube video

00:16:53 Jennifer Cumbie: Also tell ChatGPT to omit certain words that you do not normally use.

00:16:57 Katie Nice: Replying to "How do I get into Ch..."

Do we need to add this Toolkit to each post we make in ChatGPT?

00:17:00 Norine Bell: We just talk to the app?

00:17:02 Stephanie Morales: I'm assuming we need to create an account for chatgpt?

00:17:05 Coach Kristy Wharton: Replying to "What if I don't like..."

We need a healthy dose of both..

00:17:09 Elizabeth & Jon Fisher: Replying to "Problem Statement – ..."

Optavia – Here is the product information: OPTAVIA ACTIVE Whey Protein is a source of high-quality protein that supports lean muscle growth and post-workout recovery. The product has 24 grams of protein per serving to help build muscle mass and strength with exercise and help to reduce feelings of hunger.

Activates muscle protein synthesis

Supports muscle growth

Supports post-workout muscle recovery

00:17:11 Cindy Emmerling: Product: Shaklee LifeShake

https://us.shaklee.com/en_US/cindyemmerling/Nutrition/Essential-Nutrition/Protein-Shakes/c/11003

00:17:28 Stacy Cole: Replying to "The Five Options fro..."

I changed it to 3 options

00:17:28 Coach Kristy Wharton: Replying to "I'm assuming we need..."

You don't have to but it helps to keep a bank of what you are adding to it

00:17:35 Janet Thorn: Replying to "Value Add Content sa..."

My boards said I have a 15 day trail. Which won't be long enough till end of 30 day to 1K

00:17:40 Pam: Yay!!!!

00:17:56 Coach Danielle Cole: Replying to "We just talk to the ..."

Yes, the chatgpt app

00:17:57 Stephanie Morales: Replying to "I'm assuming we need..."

Can you explain?

00:17:58 Marjorie Kauffman: How do we save Chat GPT info

00:17:59 Sydney Veloz: Reacted to "Young Living cleaner..." with ❤️

00:18:02 Lauren: hair thinning

<https://monatglobal.com/intense-repair-serum/>

00:18:08 Charlene Giasson: GreenSynergy Elixer Company: Arbonne

<https://www.arbonne.com/ca/en/shop-all/nutrition/skin-health-%26-beauty-from-within/greensynergy-elixir™/p/6106%20CA> Problem: hormone regulation

00:18:08 Cindy Emmerling: Reacted to "Also tell ChatGPT to..." with ❤️

00:18:10 Sharon, Costa Health: I am an Optavia coach for 6+ years, but we don't use the company name because if a potential client goes to the website and inquires they will be assigned to a random coach and it won't be me. How do we share the product without the name "Optavia".?

00:18:12 Coach Kristy Wharton: Replying to "How do we save Chat ..."

It will save it if you're logged in. Create an account

00:18:19 Danielle Williams's iPhone: Chat gpt. Doesn't know where it left off with feedback especially when you pause and go back hours later or the next day. Yea, you have to repeat each time.

00:18:34 Sara Renei Anop: The newspaper is written at a 4th grade level

00:18:38 Taylor Berlin: Replying to "what happens if we a..."

Imitation is the highest form of flattery 🧑🏻🤖 It doesn't hurt you, it just shows your posts are resonating

00:18:42 Marisa Jones: Replying to "How do we save it to..."

You can just copy and paste the prompts out of the toolkit and paste them into your personal board!

00:18:44 Coach Kristy Wharton: Reacted to "The newspaper is wri..." with 🔥

00:18:48 Coach Danielle Cole: When you have an account it will save everything it created for you.

00:19:09 Ronnie Basil: I do tell GPT... How I want it written... Example... I talk with a smile and heart and not too rough....and it understands how to write it...

00:19:20 Debbie Pascoe: does our dream customer HAVE to be specified by gender?

00:19:25 Cindy Emmerling: Reacted to "I do tell GPT... How..." with ❤️

00:19:31 Taylor Berlin: Reacted to I do tell GPT... How... with "❤️"

00:19:32 Team Your Virtual Upline: Replying to "How do I get into Ch..."

It's a thread in ChatGPT, so if you already have input the data initially and follow the same thread then it should provide you answers/resolution in the same thread based on the data you already shared, however it's best to always double check as ChatGPT is not perfect, it makes mistakes so it's best to always validate.

00:19:36 Coach Kristy Wharton: Replying to "does our dream custo..."

It's helpful. Yes doesn't mean you won't attract outliers

00:19:37 Natalie Ryder: Replying to "We do not share the ..."

I have struggled with this too. How to all of the sudden reveal the product (Optavia) in a non sales way, after being told not to for so long. Don't want them to prejudge on the google train before I speak to them. Or end up with another coach because they don't know it will automatically assign them.

00:19:39 Sharon, Costa Health: I am struggling to identify my dream customer.

00:19:42 Coach Tammy Asmus: Replying to "Chat gpt. Doesn't kn..."

You can save information about you and your ideal client. Click on your name in top right corner. Then Customize ChatGPT

00:19:48 Coach Tammy Asmus: Reacted to "The newspaper is wri..." with ❤️

00:19:48 Allisen Levin: Melaleuca - Confused what I should use to share from my company's website link. We don't sell a specific product it's a different shopping platform to shop for the home and personal essentials that are non toxic.

Should I use one product then in AO find the problem and follow the script steps?

00:20:00 Elena Armstrong: Replying to "We do not share the ..."

Following. The way our corporate website is designed, if they google and find their way to the website, the website assigns them to a random coach and very difficult to change

00:20:09 Cheryl McLagan: Replying to "How do we save Chat ..."

I copy the output into an email so I can personalize before posting. And then I have it for future use as well.

00:20:09 Sydney Veloz: Young Living Progessence Plus Serum (hormone support)

https://www.youngliving.com/us/en/product/progessence-plus-serum?srsId=AfmBOorImVNF_S-XiahHqYUr505HkQ97csp5N96PubH7I_sXqV8apQEs

00:20:09 Coach Kristy Wharton: Replying to "I am struggling to i..."

Do you have current customers?

00:20:30 Marisa Jones: Replying to "I used the Chat GPT ..."

Which prompt were you using? One of them is specific to only creating a list of ideas to help you come up with ideas while the other two are designed to actually write a post!

00:20:49 julie westhoff: People don't read.

00:20:51 Debbie Pascoe: Replying to "does our dream custo..."

I am a woman and over and over again, my favorite clients are men.

00:21:10 Marisa Jones: Replying to "I want to save my re..."

You can just copy and paste what it gives you into a word doc or a notes app so you can access them later if you want!

00:21:25 Angelina Rossi: Norwex - the Enviro cloth

<https://www.norwex.com/p/envirocloth-coral?r=angelinarossi&store=ca>

https://cdn.intelligencebank.com/us/share/EPnB/Z3bVb/4qoZE/original/Wet_Mop_Pad_PIS_US_CDN

00:21:25 Debbie Pascoe: Replying to "does our dream custo..."

I recognize that I've been resisting saying my dream customer is a woman.

00:21:30 Stephanie Morales: Replying to "I'm assuming we need..."

okay

00:21:36 Team Your Virtual Upline: ChatGPT Toolkit -

<https://drive.google.com/file/d/1ka2rT71T0RwpmQVEG8WCtNyYxrCR2XkP/view>

00:21:37 Coach Danielle Cole: ChatGPT Toolkit -

<https://drive.google.com/file/d/1ka2rT71T0RwpmQVEG8WCtNyYxrCR2XkP/view>

00:22:08 Coach Kristy Wharton: Here is a site to use — chatgpt.com

00:22:19 Marjorie Kauffman: Replying to "I want to save my re..."

It does not save there in Chat GPT??? I didn't know that

00:22:41 Beverly Skivolocki: Reacted to "Norwex - the Enviro ..." with ❤️

00:22:43 Kris DeVries: Replying to "I want to save my re..."

If you are logged in it should save them

00:22:55 Taylor Berlin: Replying to "I want to save my re..."

If you create an account it should save all your interactions

00:22:57 jeanna anderson: Replying to "I want to save my re..."

Mine have been saving in links over on the left hand side.

00:23:03 Cheryl Mabry: not lost....learning!

00:23:05 Kris DeVries: Replying to "I want to save my re..."

I start a a new chat for each topic and I have a page on the left for each chat

00:23:05 Mandy & Wayne Hudson: Love that re-frame!

00:23:11 Marisa Jones: Replying to "I was told that copy..."

This is what Bob was saying - it's only when you copy and paste a post that's already been posted on facebook. Not if you are creating a new post and just copy and paste the text! Does that make sense?

00:23:11 Coach Danielle Cole: Replying to "I want to save my re..."

It is much easier to see on the desktop

00:23:13 Leahna Loomis: Product: MYGLP (Holistic alternative to the weight loss shots, increases our bodies own GLP-1 hormone with natural supplements)

Company is Le-Vel /Thrive

Problem is someone having a hard time losing weight

<https://best2thrive.le-vel.com/myglp/challenge>

00:23:18 Leah Novak: I switched my device. Can I get that ChatGPT link again?

00:23:23 Traci Pyrz: Replying to "I want to save my re..."

Create a free account!!

00:23:25 Elizabeth McDonald:I asked gpt to get to know me. It asked questions then I told it I was in a home based business and told who my ideal customer. The. I asked chat gpt if it knew what Bob Helig love led was and asked it for a plan and it gave me a 5 day posting plan for my business

00:23:33 Stephanie Whittaker: Reacted to "not lost....learning..." with ❤️

00:23:35 Jacki Prock: Loss of Muscle & Strength as Age. Product: EAAs;

https://optaviamedia.com/pdf/product/OPTAVIA_ACTIVE-EAA_Brochure.pdf

00:23:36 Coach Tammy Asmus: Replying to "I want to save my re..."

@Marjorie Kauffman It does. You have a limited amount of space on free account - but it is quite a bit!

00:23:53 Coach Kristy Wharton: Reacted to "I asked gpt to get t..." with 🔥

00:23:55 Debi Auch Moedy: Reacted to "I asked gpt to get t..." with ❤️

00:24:00 Liane M: Reacted to "Loss of Muscle & Str..." with ❤️

00:24:15 Coach Kristy Wharton: Replying to "I switched my device..."

The site or toolkit?

00:24:21 Diane Duncan: Replying to "Value Add Content sa..."

Same here - so I never started with Boards but feel they would be helpful... am I missing something?

00:24:22 Cheryl Mabry: Reacted to "not lost....learning..." with ❤️

00:24:22 Susan Stearns: Reacted to "I asked gpt to get t..." with ❤️

00:24:23 Leah Novak: Replying to "I switched my device..."

@Coach Kristy Wharton Toolkit please

00:24:23 Lisa Olsen: There are pdfs for each plexus product could we just use that?

00:24:35 Bonnie Billing: what if our product has a product information page can we just put the PDF in Chat GPT?

00:24:42 Candis Winslow: BOB/COACHES, please add the chat with the recording.

00:24:44 Coach Kristy Wharton: Replying to "I switched my device..."

<https://drive.google.com/file/d/1ka2rT7IT0RwpmQVEG8WCtNyYxrCR2XkP/view>

00:24:57 Leah Novak: Replying to "I switched my device..."

@Coach Kristy Wharton Thank you very much! I've been using this tool and want to get better at it!

00:25:06 Coach Danielle Cole: Reacted to "BOB/COACHES, please ..." with ❤️

00:25:07 Coach Kristy Wharton: Replying to "what if our product ..."

Yes.

00:25:10 Marisa Jones: Replying to "Does it penalize th..."

The content copiers

00:25:19 Coach Danielle Cole: Replying to "There are pdfs for e..."

Yes

00:25:28 Candis Winslow: Reacted to "BOB/COACHES, please ..." with 👍

00:25:29 Coach Kristy Wharton: Reacted to "@Coach Kristy Wharto..." with 🔥

00:25:45 Liane M: Can I put the prompt in as a text replacement in an iPhone so I don't have to copy and paste every time? Or is it too long?

00:25:48 Martie DuBois: I have only 1 screen. How can I save the links for later?

00:25:52 Lucia Aversa: LifeVantage - we are launching a GLPI globally tomorrow. I am based in Australia this is the link :

<https://thebodyreset.lifevantage.com/us-en/shop/healthy-weight-stack> I want to do a value post ..

00:25:53 Taylor Berlin: Why have I been avoiding the chat GPT workbook prompts 🤖🤖

00:25:53 Allisen Levin: Replying to "We do not share the ..."

This is similar with my situation too, I'm with Melaleuca and we don't sell a specific product, it's a wellness shopping club for non toxic home and personal essentials. Curious what their input is

00:25:53 Candis Winslow: Replying to "BOB/COACHES, please ..."

love the transcript!

00:25:59 Marisa Jones: Replying to "What about using the..."

It's just the text! Photos are okay!

00:26:05 Allisen Levin: Reacted to "BOB/COACHES, please ..." with 👍

00:26:17 Jennifer Colburn: Reacted to "Following. The way ..." with ❤️

00:26:20 Coach Tammy Asmus: Replying to "There are pdfs for e..."

@Lisa Olsen You can upload the PDF then ask your questions!

00:26:22 AIMEE Woodward: So should we leave the brackets?

00:26:23 Cheryl Mabry: Reacted to "I asked gpt to get t..." with 🔥

00:26:25 Mandy & Wayne Hudson: Feels like we might want to paste these into Boards, yes?

00:26:28 Coach Danielle Cole: Replying to "I have only 1 screen..."

Copy the link and email them to yourself or open word and copy

00:26:31 Stephanie Guerra: This is great! I have NOT done this part yet.

00:26:34 Kelly Mills: Reacted to "Feels like we might ..." with ❤️

00:26:42 Coach Kristy Wharton: Replying to "So should we leave t..."

Wouldn't make a difference

00:26:48 Coach Danielle Cole: Reacted to " This is great! I ha..." with ❤️

00:26:48 Coach Tammy Asmus: Replying to "Can I put the prompt..."

What prompt?

00:26:55 Wendy Peppel: I upload my companies brochures, pdf files.

00:26:55 Theresa Torres: OMG Now I'm getting it. THANK YOU

00:27:03 Coach Kristy Wharton: Replying to "Feels like we might ..."

You could if you have an extra board

00:27:05 Bonnie Billing: Replying to "what if our product ..."

so copy content out of PDF not uploading a PDF correct?

00:27:08 Liane M: Replying to "Can I put the prompt..."

@Coach Tammy Asmus The Chat GPT prompts

00:27:10 AIMEE Woodward: Reacted to "Wouldn't make a diff..." with 👍

00:27:11 Mary Daza: Reacted to "Loss of Muscle & Str..." with ❤️

00:27:17 Mandy & Wayne Hudson: Replying to "Feels like we might ..."

I really need to figure out how to do this well!

00:27:29 Elena Armstrong: Can you upload the chat GPT prompts into the boards app too like the others so it's easy to copy/paste with all prompts in same place? Or do we need to do these manually?

00:27:36 Stephanie Guerra: Replying to "OMG Now I'm getting ..."

Right?!

00:27:37 Kris DeVries: Replying to "Can I put the prompt..."

I saved them in a boards folder so I don't have to type them

00:27:43 Leah Novak: This is SO helpful!

00:27:43 Jacki Prock: Replying to "Loss of Muscle & Str..."

https://optaviamedia.com/pdf/product/OPTAVIA_DOC-ACTIVE-EAAs-Info-Sheet.pdf

00:27:43 Coach Danielle Cole: Replying to "what if our product ..."

You can upload the PDF too

00:27:50 Nicole Bowles: Reacted to "The content copiers" with 👍

00:27:55 Mandy & Wayne Hudson: Replying to "Feels like we might ..."

@Coach Kristy Wharton - I took the plunge and purchased a year at \$8/month

00:27:58 Cheryl's iPhone: Reacted to "Feels like we might ..." with ❤️

00:27:59 Coach Danielle Cole: Replying to "Can you upload the c..."

You can add them to a board

00:28:00 Bonnie Billing: Replying to "Does it penalize th..."

Great question Nicole!

00:28:02 Taylor Berlin: Could be weight loss with restore

00:28:03 Stephanie Morales: Allergic reactions

00:28:04 Kris DeVries: Replying to "Can you upload the c..."

I did!

00:28:04 Coach Kristy Wharton: Replying to "Can you upload the c..."

You could do it manually if you have an extra board

00:28:05 Bonnie Billing: Reacted to "The content copiers" with 👍

00:28:05 Katie Nice: Replying to "Can I put the prompt..."

@Liane M pg. 3

00:28:14 abigail shelby: I've used this multiple times and love it! Getting great responses from it!

00:28:16 Coach Kristy Wharton: Reacted to "@Coach Kristy Wharto..." with 🤍

00:28:24 Jacki Prock: Replying to "Loss of Muscle & Str..."

This maybe would be better product description link

00:28:27 Coach Kristy Wharton: Replying to "Feels like we might ..."

@Mandy & Wayne Hudson its a fabulous tool

00:28:28 Stephanie Morales: Swelling, itching,

00:28:36 Marcia J Harr Bailey: Inflammation?

00:28:39 Stephanie Morales: Sudden liver spots

00:28:47 Taylor Berlin: Low immunity

00:29:05 Cheryl Mabry: Reacted to "BOB/COACHES, please ..." with 👍

00:29:10 Maria Van Tiflin PT, DPT: Problem is Bloating. Wants to get rid of bloating and be healthier. Product is Foundational Wellness Bundle from dōTERRA which includes VMG+, Probiotic and Omegas.

<https://www.doterra.com/US/en/p/foundational-wellness-bundle>

00:29:12 Marisa Jones: Replying to "The Five Options fro..."

You can reply back and just say this is too long, shorten it. My advice is to talk to it and give it feedback. Tell it what you do like and don't like

00:29:12 Mandy & Wayne Hudson: Replying to "Feels like we might ..."

@Coach Kristy Wharton - that is what I am feeling - now to dig in and learn

00:29:26 Elena Armstrong: Replying to "Can you upload the c..."

@Coach Kristy Wharton do I have to pay for boards to have an extra board? Or can I add them to my current board

00:29:37 Elena Armstrong: Replying to "Can you upload the c..."

That already has yours preloaded

00:30:08 Coach Kristy Wharton: @Elena Armstrong I dont think you can add to our existing board, and you do have one more sample board—so it would depend on if youre using it. If you are youd need to upgrade.

00:30:10 Marcella Gaughan: Reacted to " This is great! I ha..." with ❤️

00:30:19 Marisa Jones: Replying to "Melaleuca - Confused..."

Yes!

00:30:23 Susan Rosenberg: Replying to "The Five Options fro..."

Did a doctor tell her her liver needs detox??? I wasn't aware doctors said this to patients

00:30:31 Rachel Randall: I used the Chat GPR prompt.... and it was the one for the Chat GPT to give me 5 posts, but it gave me more of a list. The first time it did it as expected and gave me 5 posts. I didn't change it the second time just the topic and it reacted differently. I have seen this when working on resumes this past fall. How do I get around it.

00:30:39 Taylor Berlin: Replying to "Can you upload the c..."

I think you only get 1 free board now, so you would need to pay for it. You can play around with it though they may allow you to store information without creating a board

00:30:40 Krissy Essar: can i use nowsite with this as its all programmed with my company?

00:30:48 Stephanie Guerra: 🤖

00:31:29 Coach Danielle Cole: Replying to "I used the Chat GPR ..."

Ok - then say I wanted 5 posts - can you create the 5 posts fro me based on the information I inputted above

00:31:35 Elena Armstrong: Replying to "Can you upload the c..."

Ugh! Can't bob save us here too?! And add them to the same board as the rest?! LOL

00:31:53 Coach Danielle Cole: Replying to "I used the Chat GPR ..."

Talk to him like a person - if it is not what you want - ask it for what you want.

00:31:54 Marcia J Harr Bailey: Something I've learned- If you do an activity to create your dream customer in ChatGPT you can add this info without having to add all of your dream customer info each time. That thread will already know who they are and it simplifies it!

00:31:57 Coach Tammy Asmus: Replying to "Can I put the prompt..."

@Liane M Yes! You can do that to save time!

00:32:02 sue Paige: Replying to "OMG Now I'm getting ..."

Me too- this is gold!

00:32:11 Rachel Randall: Replying to "I used the Chat GPR ..."

I knew that. Thank you.

00:32:14 Chris & Christy Smith: Replying to "Can you upload the c..."

I put them in my notes app,

00:32:19 Mandy & Wayne Hudson: Reacted to "OMG Now I'm getting ..." with ❤️

00:32:21 Mandy & Wayne Hudson: Reacted to "Me too- this is gold..." with ❤️

00:32:24 Annie Burdett: to clarify you must keep the parenthesis in there when you copy and paste? does that really matter?

00:32:24 Danielle Legg: Replying to "Can you upload the c..."

You can add a shared board on a free account. And because YVU is a preferred partner with Boards, I was able to add 2 that were shared in training.

00:32:26 Gloria: Is this for someone that you have found the problem and are ready to introduce the product?

00:32:27 Elena Armstrong: Bob will you do this again on an Optavia example?

00:32:28 Susan Restad: Do you use the header too as the hook?

00:32:29 CAROL JANE: Are you saying that we should have a value post everyday? We started with 3 per week. Everyday is the goal?

00:32:35 Annie Burdett: Reacted to "Bob will you do this..." with ❤️

00:32:39 Coach Tammy Asmus: Replying to "Something I've learn..."

Yes. You can also go to save it under Custom Instructions!

00:32:40 Coach Danielle Cole: Replying to "to clarify you must ..."

It does not matter

00:32:46 Taylor Berlin: I literally tell it to use Bob's value post framework 😊

00:32:49 Coach Kristy Wharton: Replying to "Is this for someone ..."

You can use it for conversations, now he is talking about posts

00:32:50 Annie Burdett: Reacted to "It does not matter" with 👍

00:32:54 Chanel Crowley: Reacted to "Do you use the heade..." with ?

00:32:55 Coach Kristy Wharton: Reacted to "I literally tell it ..." with 🔥

00:32:57 Nicole Bowles: You could rename the chat to the product name for future use

00:33:00 Allisen Levin: Replying to "Melaleuca - Confused..."

Thank you! So much to unlearn from upline corporate trainings, grateful for these trainings. Thank you 🙏

00:33:01 Coach Tammy Asmus: Reacted to "I literally tell it ..." with 😍

00:33:01 GiNNY LYKE: Replying to "Something I've learn..."

How do you do this?

00:33:07 Ingrid Boehm: just to confirm, we are not showing photos of our products

00:33:09 Cindy Neal: Are these prompts already in the boards app?

00:33:12 Mandy & Wayne Hudson: Replying to "I literally tell it ..."

Really?

00:33:13 Coach Kristy Wharton: Replying to "Are you saying that ..."

Stick with 3 per week.. for now

00:33:18 Coach Danielle Cole: Replying to "Are you saying that ..."

With 30 days - 3 a week to start

00:33:20 Betty Jane's iPad: I thought that we are necessarily to use the company name in the product post. Are we suppose to put in the company name in the post?

00:33:21 Kelly's iPhone 14 Pro: Mine created 5 posts but they each said about the same thing. I felt like maybe I was too specific in my request, which I didn't think that was possible.

00:33:22 CAROL JANE: Reacted to "With 30 days - 3 a w..." with 👍

00:33:27 Diana Boyer: We need a CHATGPT Core4 Working session. Love this, it's starting to make sense with being specific and knowing who your person is and what problems they want to address.

00:33:28 Stephanie Morales: Replying to "Something I've learn..."

Is the activity similar? I'm all about quick simple

00:33:31 julie westhoff: Do you recommend grok or other AI?

00:33:38 Tammy 😊 Bauer: Reacted to "Bob will you do this..." with ❤️

00:33:42 Coach Tammy Asmus: Reacted to "We need a CHATGPT Co..." with ❤️

00:33:42 Cindy Neal: I LOVE the voice feature!

00:33:43 amieb: What was the simple question to Chat GPT...give me 5 options of why someone needs a liver detox?

00:33:45 Nicole Bowles: Reacted to "Does it penalize th..." with 👍

00:33:46 Taylor Berlin: Replying to "I literally tell it ..."

Yes!! You can even upload his workbook on value posts or product posts and then tell it that but I didn't.

00:33:48 CAROL JANE: Replying to "Are you saying that ..."

@Coach Kristy Wharton 👍

00:33:49 Elena Armstrong: Replying to "Can you upload the c..."

@Danielle Legg 🙏🙏

00:33:53 Nicole Bowles: Replying to "Does it penalize th..."

@Bonnie Billing thank you :)

00:33:54 Annie Burdett: Reacted to "Something I've learn..." with ❤️

00:33:54 Lowell & Catherine Hanson: Haha, I wrote a 13 page business plan using Chat GPT LOL

00:34:03 Trish Koppendrayer: What is the suggestion ... 3 value posts a week and how many product posts?

00:34:09 Coach Tammy Asmus: Replying to "We need a CHATGPT Co..."

Are you in the Group Coaching? We cover these things in our sessions!

00:34:10 Theresa Torres: YES!!!

00:34:12 Allisen Levin: 🤖 Good to know it's an app on MacBook. Thank you

00:34:14 Laura Trimble: Does this work on grok too?

00:34:15 Stephanie Guerra: Reacted to "Haha, I wrote a 13 p..." with 🙌

00:34:18 Cheryl Mabry: Reacted to "Haha, I wrote a 13 p..." with 💪

00:34:19 Stephanie Guerra: Reacted to "Haha, I wrote a 13 p..." with ❤️

00:34:20 Lucia Aversa: Pic me hahah

00:34:20 Marisa Jones: Replying to "Value Add Content sa..."

The board we have for you is free - we have a sponsorship with boards and have made it so those are available to anyone on a free account.

00:34:26 Elizabeth & Jon Fisher: The \$20 a month or maxed out version?

00:34:29 Coach Kristy Wharton: Replying to "Does this work on gr..."

Not familiar with that

00:34:31 iPhone: What was the final step?

00:34:33 Lowell & Catherine Hanson: Do an Optavia Problem post

00:34:33 Jason & Jessica Richter: What's the benefits of the upgraded Chat GPT?

00:34:35 Mandy & Wayne Hudson: Reacted to "Yes!! You can even u..." with 🤔

00:34:38 Cidalia Murta: Company is Amare, the product is The Rootist, Fermented Hair Care

<https://amare.com/g10/183201/p/rntp>

00:34:38 Coach Danielle Cole: Replying to "What is the suggesti..."

3 value and 2 product is what we teach in 30 days

00:34:38 Rhonda Lauritzen: WHAT'S the benefit of UPGRADED Chat GPT?

00:34:56 Stacie Schorzman: Hey Trish K!!!

00:34:58 Julia Brown: Is the desktop app better than using a browser?

00:34:59 Marjorie Kauffman: How to download onto my Mac desktop?? Where do I go to start to do it??

00:35:03 Marie Wilcox: my screen was blank when you did this exercise....

00:35:05 Sandy Job-Rivera: QUESTION: What is the name of the chatgpt app for Mac? I found different versions and wasn't sure which one it actually is.

00:35:07 Jason & Jessica Richter: Replying to "What is the suggesti..."

Is that per week?

00:35:11 Chris Julian: This is awesome Bob.. Ive only just begun to use ChatGPT..seeing it "in action" really helps us visual learners

00:35:16 Coach Danielle Cole: Replying to "Is the desktop app b..."

Use the browser and it is good

00:35:24 Marjorie Kauffman: Replying to "QUESTION: What is th..."

Me too

00:35:36 CAROL JANE: Replying to "What is the suggesti..."

@Jason & Jessica Richter yes

00:35:43 Coach Danielle Cole: I am pretty sure the App Store - or you can just got to chatgpt.com

00:35:50 Kris DeVries: Replying to "Value Add Content sa..."

You also get a board of your own for no charge so you can try it and see

00:36:12 Julia Brown: Reacted to "Use the browser and ..." with 😊

00:36:14 Coach Danielle Cole: Replying to "QUESTION: What is th..."

The logo is black and white

00:36:15 Babette Seals: Reacted to "Value Add Content sa..." with ❤️

00:36:16 Julia Brown: Replying to "Is the desktop app b..."

Thanks

00:36:21 Corinne Duffey: If you use the desktop version will it transfer to your iPhone app version ?

00:36:23 Danielle Williams's iPhone: Replying to "WHAT'S the benefit o..."

If you use it a lot, it will time out on you and ask you to start again. I use it so much it's worth the \$20 a month. You can use it longer without having to wait for it to reset your usage

00:36:24 Coach Kristy Wharton: Replying to "WHAT'S the benefit o..."

There are some limits with the free version...you can google that and it will list that for you. Most of our successful students use the free version

00:36:43 Annie Burdett: Reacted to "We need a CHATGPT Co..." with 🍌

00:36:43 Stephanie Guerra: The biggest problem I'm having is that Chat GPT lays it out so nice with some bold statements, but then FB won't allow it to paste that way. Am I missing something?

00:36:45 Marie Wilcox: i have a black screen....why cannot i see what you are doing?

00:36:50 Morrigan: Replying to "WHAT'S the benefit o..."

you can use it longer. the free version you have a limited amount of "inputs" where it will say you are out of useage

00:36:56 Jason & Jessica Richter: Reacted to "This is awesome Bob..." with 👍

00:36:58 Stephanie Helmbold: no time for self care

00:37:08 Ingrid Boehm: Suggested images for product post?

00:37:13 Mary Daza: Reacted to "no time for self car..." with ❤️

00:37:13 Sara Renei Anop: Lots of people off of mute

00:37:21 Stephanie Morales: Replying to "Can I put the prompt..."

How do we do this? That sounds like it would save so much time

00:37:21 Amanda Burt: self care

00:37:28 Robin Knorr: Reacted to "This is awesome Bob..." with ❤️

00:37:32 Bonnie Billing: Is it important to tell Chat GPT where to write the copy for? Meaning IG, LinkedIn or FB?

00:37:49 Coach Kristy Wharton: Replying to "Can I put the prompt..."

@Stephanie Morales download them and save to a file on your phone or compuer

00:37:53 Bonnie Billing: Reacted to "@Bonnie Billing than..." with ❤️

00:37:54 Annie Burdett: Reacted to "Do an Optavia Proble..." with ❤️

00:37:55 Coach Danielle Cole: Replying to "QUESTION: What is th..."

Go to chatgpt.com

00:37:57 Jason & Jessica Richter: Reacted to "Do an Optavia Proble..." with ❤️

00:37:58 Marcia J Harr Bailey: Replying to "WHAT'S the benefit o..."

Honestly I would start with the free account. I use it all of the time for work and I haven't needed to add it yet

00:38:06 Coach Kristy Wharton: Replying to "Is it important to t..."

Wouldn't hurt for sure

00:38:10 Elena Armstrong: Replying to "Can I put the prompt..."

In keyboard settings on you iPhone

00:38:14 Marcia J Harr Bailey: Replying to "WHAT'S the benefit o..."

(No paid account needed yet)

00:38:18 Coach Danielle Cole: Replying to "If you use the desk..."

Yes - as long as you have an account and you are logged in

00:38:29 Coach Tammy Asmus: Replying to "WHAT'S the benefit o..."

I would start basic. You can ask ChatGPT to show you all the options. There are three.

00:38:34 Jason & Jessica Richter: Reacted to "Suggested images for..." with ❤️

00:38:35 Bonnie Billing: Reacted to "Wouldn't hurt for su..." with 👍

00:38:46 Rhonda Lauritzen: Reacted to "Suggested images for..." with 👍

00:38:46 tina: What chatGPT version would I download on my Microsoft laptop

00:38:58 Jason & Jessica Richter: Reacted to "Wouldn't hurt for su..." with 👍

00:39:02 julie mann: When do we use product posts? Is that as a DM or to put on our socials? I imagine it's DM's

00:39:03 Coach Danielle Cole: Just go to chatgpt.com

00:39:06 Marisa Jones: Reacted to "Thank you! So much t..." with ❤️

00:39:08 Coach Kristy Wharton: Go to the app store or chatgpt.com

00:39:20 Babette Seals: Replying to "What chatGPT version..."

Just put it on my Mac. Thank you!

00:39:29 Kelly's iPhone 14 Pro: Love-led product post prompt at the end of the toolkit - I haven't used that yet, since I thought for this week, we were to focus on posts that don't include the product. Is that correct or am I behind?

00:39:30 tina: Replying to "What chatGPT version..."

ok thank you

00:39:32 Lowell & Catherine Hanson: Dream customer is 50 plus and pre in or post menopausal and wants to loose their meno belly.

00:39:48 Coach Danielle Cole: Replying to "When do we use produ..."

Product posts are for your socials

00:39:54 Jason & Jessica Richter: Reacted to "I would start basic...." with 👍

00:40:04 Heather Ault: Replying to "When do we use produ..."

How often?

00:40:10 Marisa Jones: Replying to "just to confirm, we ..."

Don't ever use a company stock image/provided image but there is nothing wrong with sharing a photo of yourself using the product!

00:40:15 Coach Danielle Cole: Replying to "Love-led product pos..."

Correct - in 30 days you will learn product posts in week 6

00:40:22 Coach Danielle Cole: Replying to "Love-led product pos..."

Stick with value for now

00:40:30 Theresa Torres: My idea customer is retired and empty nesters. Do I need to make gender specific?

00:40:38 Christa Plett: Question about multiple family members using same paid version of ChatGPT. Should I create my own so it doesn't mix up the "personality"?

Like mix up my personality with my husband's personality?

00:40:41 Ingrid Boehm: Replying to "just to confirm, we ..."

show the product but not use company stock?

00:40:43 Taylor Berlin: Replying to "Suggested images for..."

You can ask ChatGPT for suggestions. It will tell you poses and with or without products

00:40:55 Coach Kristy Wharton: Replying to "When do we use produ..."

@Heather Ault in 30days we recommend twice per week minimum (value MWF product TTH)

00:41:03 Katie Nice: Reacted to "@Heather Ault in 30d..." with 👍

00:41:11 Tiffany Rilling: Does the particular GPT app matter?

00:41:12 Mary Daza: Reacted to "Go to the app store ..." with ❤️

00:41:12 Heather Ault: Reacted to "@Heather Ault in 30d..." with 👍

00:41:20 Marisa Jones: Replying to "Are these prompts al..."

These are not in the boards app. They are in the ChatGPT toolkit which is in lesson 3 and your resources tab

<https://drive.google.com/file/d/1ka2rT7IT0RwpmQVEG8WCtNyYxrCR2XkP/view?usp=sharing>

00:41:20 Coach Kristy Wharton: Replying to "just to confirm, we ..."

@Ingrid Boehm yes and a pic with you in it with always do well. Your face especially

00:41:20 Coach Danielle Cole: Replying to "Question about multi..."

Yes - just make your own with the free version to start

00:41:24 Ingrid Boehm: Replying to "just to confirm, we ..."

how about when sharing a product bundle that has 5+ products?

00:41:25 Taylor Berlin: Replying to "Suggested images for..."

Don't ask it for AI images though and use them because you'll most likely get less engagement 😊

00:41:26 Christa Plettl: Reacted to "Yes - just make your..." with 👍

00:41:35 Stephanie Whittaker: WOW!!!

00:41:49 Amber Hansen: Replying to "Value Add Content sa..."

So the free version of the boards app is adequate to fully run, save content and operate without paying for the boards subscription? I have Bobs free on there but on my free subscription of boards i have messages flash up saying I have so many left to share for the day when I am using the love-led scripts.

00:42:03 Danielle Legg: why am I not seeing it?

00:42:13 Coach Kristy Wharton: Replying to "Does the particular ..."

Not really...test them if there is more than one

00:42:27 Coach Kristy Wharton: Replying to "why am I not seeing ..."

Might be your view settings here in zoom

00:42:28 Cherlyn Johnson: Is this a different original prompt than the ;last one that you showed.

00:42:33 Tiffany Rilling:Replying to "Does the particular ..."

Ok thanks!!

00:42:38 Mary Daza: Reacted to "Correct - in 30 days..." with ❤️

00:43:07 Christy Tebow: What if, I really have a love and passion for young momma's and improving life while raising kids etc.....but I'm NOT that person, I'm 65, a grandparent, super active, in the gym etc. Do I HAVE to stick with a customer my age/

00:43:10 GiNNY LYKE: Replying to "When do we use produ..."

@Coach Kristy Wharton How often for connection and invitation posts?

00:43:50 Sara Renei Anop: Bob do you want me to admin for you? Lol

00:43:53 Marie Wilcox: i am lost....just had a blank screen....how do i get into chatgtp?

00:44:05 iPhone: Where do I find the ai training link?

00:44:06 Donna Johnson: I'm surprised we keep the [] around the info we insert in the prompt.... Is that something the chatgpt recognizes in some special way?

00:44:12 Sue's iPhone: Is the correct app the black and white one that is a circle that looks like a twisted chain?

00:44:12 Stephanie Morales: Replying to "Can I put the prompt..."

Thanks

- 00:44:15 Kelly's iPhone 14 Pro: Reacted to "Correct – in 30 days..." with 🙌
- 00:44:20 Dana and John Becton: Reacted to "WOW!!!" with 👍
- 00:44:24 Natalie Taylor: Reacted to "It's just the text! ..." with 👍
- 00:44:38 Jason & Jessica Richter: Reacted to "I saved them in a bo..." with ❤️
- 00:44:40 Coach Kristy Wharton: We dont specifically give a calendar—we do recommend percentages. Bob just did an instagram live about that topics.
- 00:44:43 Ingrid Boehm: Reacted to "@Stephanie Morales d..." with ❤️
- 00:44:48 Lesley & Ryan Bogash: This is not about chatgpt necessarily but about amount of posts in a day? In the past we have been told to post 3-5 posts a day. (Optavia) That now with going through your training seems to much.
- 00:45:24 Debi Auch Moedy: Replying to "This is not about ch..."

I have that same question Lesley 😊

- 00:45:25 Coach Kristy Wharton: Replying to "This is not about ch..."

Quality over quantity —no more than 2, and when you have it dialed in, one.

- 00:45:26 Marisa Jones: Replying to "What's the benefits ..."

It has a larger memory for saving everything it creates for you and then some other technical aspects that I would say you most likely don't need!

- 00:45:41 Amanda Burt: could she also look at the demographic of who is following her?
- 00:45:45 Heather Ault: Sorry I didn't know I was off mute
- 00:45:46 Mandy & Wayne Hudson: Reacted to "This is not about ch..." with ❤️
- 00:45:48 Coach Kristy Wharton: Replying to "This is not about ch..."

We spend MOST of our time in conversations from that post.

- 00:45:53 Kris DeVries: Replying to "This is not about ch..."

Same. I've been trying to only do one Love-Led and then only lifestyle ones if I do more.

- 00:45:56 Trish Koppendrayer: Reacted to "Hey Trish K!!!" with ❤️
- 00:46:05 Danielle Williams's iPhone: Clothing

00:46:16 Suzzanne Dockendorf: Cleaning products
00:46:22 Marisa Jones: Replying to "my screen was blank ..."

There will be a recording! And he's going to keep doing more!

00:46:22 Mandy & Wayne Hudson: Reacted to "I have that same que..." with ❤️

00:46:38 Lesley & Ryan Bogash: Reacted to "Quality over quantit..." with ❤️

00:46:39 Debbie Pascoe: Reacted to "There will be a reco..." with ❤️

00:46:42 Stephanie Guerra: Reacted to "Cleaning products" with ❤️

00:46:48 Amber Hansen: When we use ChatGPT and create product posts, it gives us five options, and we pick one. Can we use the other 4 down the line?

00:46:49 Robin Knorr: Reacted to "There will be a reco..." with ❤️

00:47:15 Karen Rouen: I do have many ladies that are 60 and love my posts because they want to feel what I am posting about but not getting the ladies in my season.

00:47:35 Coach Kristy Wharton: Replying to "When we use ChatGPT ..."

Yes.

00:47:40 Coach Danielle Cole: exactly

00:47:46 Donna Warren: Reacted to "Quality over quantit..." with ❤️

00:47:53 Danielle Williams's iPhone: Sorry. I'm unmuted now when you're ready

00:47:54 Marisa Jones: Replying to "The biggest problem ..."

Facebook only allows you to use the bold feature on the desktop! Not on your phone.

00:47:55 Natalie Ryder: Replying to "This is not about ch..."

@Coach Kristy Wharton one value post, but we can share personal posts about our other interests cats, kid, hobbies on top of that right?

00:48:21 Coach Danielle Cole: Replying to "Sorry. I'm unmuted n..."

He will come back to you next!

00:48:47 Allisen Levin: Suzzanne im on the same boat with Melaleuca too! Thanks for sharing

00:48:51 Lucia Aversa: LifeVantage - we are launching a product tomorrow globally and I wanted to celebrate the person who brought this product to market-

and why she created and then drip the benefits and how it will change people lives and relationship with food. I have pic with her, as we had brekky - when I flew to Kansas City from Australia. Am not sure if this make sense... make sense in my head heh <https://thebodyreset.lifevantage.com/us-en/shop/healthy-weight-stack>

00:49:00 Coach Kristy Wharton: Replying to "This is not about ch..."

@Natalie Ryder thats what wed call connection content and yes sprinkle that in. Do you use stories/reels at all?

00:49:04 Susan Rosenberg: Replying to "Sorry. I'm unmuted n..."

Perhaps safer products that still clean as well that's a problem

00:49:09 Bonnie Billing: Do we have to keep brackets when customizing the prompt?

00:49:16 Natalie Ryder: Replying to "This is not about ch..."

yes

00:49:24 Mary Daza: What if we did a value post on offering income ideas for SAHM and ChatGPT suggested a different company and now people are asking about it? 😊

00:49:24 Natalie Ryder: Reacted to "@Natalie Ryder thats..." with ❤️

00:49:44 Coach Kristy Wharton: Replying to "Do we have to keep b..."

It won't matter much you can delete then before of after you get the info—before you post

00:49:55 Missy Wilson: Should we keep the brackets for our inserted answers? Does that help ChatGPT?

00:50:03 Bonnie Billing: Reacted to "It won't matter much..." with 👍

00:50:05 Rhonda Lauritzen: Q. For the coaching team: Do you ever do posts that are pointed to the business opportunity by talking about the PROBLEM of not having enough time, not having enough money, not have purpose, needing or wanting more like minded friends, empty nest and looking for purpose. NOT all in one post ,but are there ever posts pointed to the BUSINESS OPPORTUNITY?

00:50:18 Jennifer Peterson: In the fall session of 30 Days, we received a great resource of 30 days of prompts that we could customize. How do they fit with the Chat toolkit?

00:50:18 Sara Renei Anop: Replying to "Should we keep the b..."

No thats just showing where to put your info

00:50:24 Bonnie Billing: Replying to "Do we have to keep b..."

Just didn't know if it affected the output. Thank you!

00:50:30 Marisa Jones: No - just to help you so you don't lose what you input and don't have to search for it. It doesn't matter to ChatGPT if its in there or not - it will give you the same output!

00:50:32 Coach Kristy Wharton: Replying to "What if we did a val..."

Can you clarify? It suggested a different company that you represent?

00:50:35 Christen Bolduc: Reacted to "Q. For the coaching ..." with ❤️

00:50:46 Sara Renei Anop: Replying to "Do we have to keep b..."

It will probable give output with brackets honestly if you leave them

00:50:53 Donna Johnson: Reacted to "No - just to help yo..." with 👍

00:51:02 Stephanie Whittaker: Im so glad you're speaking to this Bob thank you!!

00:51:02 Coach Tammy Asmus: Replying to "Q. For the coaching ..."

Yes. Use the same framework.

00:51:09 Mary Daza: Replying to "What if we did a val..."

It suggested Amazon affiliate programs which I do not represent.

00:51:09 Amber Hansen: Reacted to "Yes." with 👍

00:51:12 Amber Hansen: Reacted to "exactly" with 👍

00:51:31 Lucia Aversa: If you can "create a project" in chatgpt for each prompt - it will save, then you can just copy and paste each time..

00:51:45 Lucia Aversa: Replying to "If you can "create a..."

Thats my tip hehe

00:51:59 Candis Winslow: Reacted to "If you can "create a..." with 🍷

00:52:02 Kim Kogan: If a coach can answer? When we use ChatGPT and create posts but other ppl copy ours word for word, how does that affect the algorithm?

00:52:06 Stephanie Helmbold: Reacted to "If you can "create a..." with ❤️

00:52:14 Taylor Berlin: Replying to "What if we did a val..."

Tell it your company and ask it to write a post

00:52:30 Coach Kristy Wharton: Replying to "What if we did a val..."

@Mary Daza if youre offering tips for how to make income from home—that is a viable option, but if you have no experience with that—say that. Tell them what you do have and if they are looking for info on that, you can help them.

00:52:33 Marisa Jones: Replying to "Do we have to keep b..."

It doesn't matter if you keep them or remove them! ChatGPT will give you the same output either way

00:52:56 Marisa Jones: Replying to "If you can "create a..."

Yes!!!

00:53:01 Bonnie Billing: Reacted to "It will probable giv..." with 👍

00:53:03 Mary Daza: Replying to "What if we did a val..."

Yep that's what I did thank you! 😊

00:53:09 Coach Tammy Asmus: Replying to "If a coach can answe..."

@Marisa Jones What do you think about this?

00:53:12 Marjorie Kauffman: Replying to "When we use ChatGPT ..."

@Coach Danielle Cole , how do we save the 4 we don't use now but want to later?

00:53:13 Coach Kristy Wharton: Reacted to "Yep that's what I di..." with 🔥

00:53:19 Danielle Legg: Reacted to "If you can "create a..." with ❤️

00:53:20 Bonnie Billing: Reacted to "It doesn't matter if..." with 👍

00:53:59 Kelly Mills: This is helping me with the nuance of defining my dream customer. I've been afraid of narrowing too much.

00:54:01 Coach Kristy Wharton: Replying to "What if we did a val..."

Perfect... point them to YouTube University of the other, and you might consider finding a video on each tip that you can send on those other forms of income potential. Make sense?

00:54:13 Bonnie Billing: You won't be able to prevent that from happening sadly but I would think the copier would be penalized....

00:54:16 Marisa Jones: Replying to "If a coach can answe..."

It only affects the copier - not your post. Algorithm is going to recognize the copier doing it - not you when you post. Does that make sense?

00:54:20 Coach Kristy Wharton: Reacted to "This is helping me w..." with 🔥

00:54:24 Mary Daza: Reacted to "Perfect... point the..." with 😊

00:54:33 Stephanie Morales: Reacted to "It only affects the ..." with ❤️

00:54:36 Coach Kristy Wharton: Replying to "This is helping me w..."

The more narrow, the more the content lands perfectly for that specific person

00:54:37 Annie Burdett: Reacted to "Q. For the coaching ..." with ❤️

00:54:45 Kelly Mills: Reacted to "The more narrow, the..." with ❤️

00:54:47 Lowell & Catherine Hanson: do you leave the brackets in the prompt?

00:54:47 Bonnie Billing: Reacted to "It only affects the ..." with 👍

00:54:53 Amy Brown: Replying to "This is not about ch..."

@Debi Auch Moedy Optavia here too. I wonder if we should toggle recipes and transformations to every other day?

00:55:19 Coach Tammy Asmus: Reacted to "It only affects the ..." with 😊

00:55:22 Bonnie Billing: Reacted to "The more narrow, the..." with ❤️

00:55:25 Stephanie Helmbold: Reacted to "The more narrow, the..." with ❤️

00:55:48 Tracey Akamine: Reacted to "It only affects the ..." with 👍

00:55:49 Marisa Jones: Replying to "When we use ChatGPT ..."

ChatGPT does have memory and will save it as a project on the left hand side (you can see all of Bob's memory if you look on the left side) but you could also copy and paste them into a word doc for later!

00:55:59 Lowell & Catherine Hanson: no fillers
00:56:05 Debi Auch Moedy: Replying to "This is not about ch..."

Yes...we will need to make some changes.

00:56:07 Camille's Notetaker (Otter.ai): Takeaways from the meeting 🙌💬

[] Use the ChatGPT toolkit to create 5 different product posts for the Plexus liver detox product. (Babette)

[] Incorporate specific details about the target customer (a 55+ year old woman who has been on medications and wants to detox her liver) and the problem (symptoms of a toxic liver) into the prompts.

[] Test creating value posts using the prompt generator, starting with one area of the home (e.g. laundry, kitchen, bathroom) to avoid overwhelming the busy mom customer. (Suzanne)

See full summary -

https://otter.ai/u/ztZldg9AfcoCVkCoGsUescGezhM?utm_source=va_chat&utm_content=wrapup_v4&tab=chat&message=a9ebcf36-6a31-4f71-9599-aafd1f07b4c4

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00:56:16 Louise Page: Phosphates , fragrances and dyes

00:56:18 Stephanie Guerra: Avoid fragrance

00:56:18 Coach Kristy Wharton: Replying to "This is not about ch..."

Transformations would be considering proof/product so we want to use those sparingly.

00:56:31 GiNNY LYKE: What is the recommended schedule for posting all 4 types of posts in a week? How many times a week for value content, proof content, connection content and invitation content?

00:56:32 Trish Koppendrayer: When I was using ChatGPT this morning, it came up with something and then said it's memory was full. What does that mean?

00:56:36 Kim Kogan: Replying to "If a coach can answe..."

I think so. So for example, I posted early this morning- a transformation post of me and wrote something. They copied it word for word hours later, leaving out my picture. So it will affect them as the day goes on?

00:56:39 Mary Daza: Replying to "What if we did a val..."

Oh for sure! When do we draw the line though in terms of doing the leg work. Does that make sense?

00:56:44 Marisa Jones: Replying to "When we use ChatGPT ..."

But it does only have so much memory for the month on the free version - it does reset after 30 days with the free version I believe to give you more memory.

00:56:50 Sara Renei Anop: Replying to "This is not about ch..."

Im still posting 3-5 times a day PS optavia doesnt tell us how ofter to post out mentors do. I feel like the recipes are a value post and I make them relate to the people more rather just copying and pasting a recipe.

00:57:07 Louise Page: So good

00:57:11 Marisa Jones: Replying to "do you leave the bra..."

You don't have to. It doesn't really matter to ChatGPT - it will give you the same output either way!

00:58:03 Amber Hansen: when it gives the sites for more information, do you leave these in the actual post?

00:58:07 Katie Nice: Can you speak to the length of this/these posts? How short should it/they be?

00:58:13 Coach Danielle Cole: Replying to "when it gives the si..."

no

00:58:14 Nicole Bowles: Why aren't you reading the title of the post? Should we not include it? :)

00:58:17 Marisa Jones: Replying to "When I was using Cha..."

That means it won't save what it gave you for you to come back to it later. If you look on the left hand side – that's all of Bob's memory to revisit projects he's used it for. When the memory is full it won't be able to save it!

00:58:24 Stephanie Whittaker: BRILLIANT!!

00:58:24 Amber Hansen: Reacted to "no" with 👍

00:58:45 Eva Snedden: This is so helpful. I have to be way more specific with my person, problem and results/outcome

00:58:46 Coach Danielle Cole: Replying to "Why aren't you readi..."

You can include

00:58:58 Nicole Bowles: Reacted to "You can include" with 👍

00:59:04 Marisa Jones: Replying to "If a coach can answe..."

Yes, it will affect them as the day goes on!

00:59:06 Lucia Aversa: LifeVantage – we are launching a product tomorrow globally and I wanted to celebrate the person who brought this product to market – and why she created and then drip the benefits and how it will change people lives and relationship with food. I have pic with her, as we had brekky – when I flew to Kansas City from Australia. Am not sure if this make sense... make sense in my head heh <https://thebodyreset.lifevantage.com/us-en/shop/healthy-weight-stack>

00:59:13 Coach Kristy Wharton: Replying to "What if we did a val..."

@Mary Daza point them to where to find info. after that, you could go back and do a series on Direct sales—bc this is the vehicle ive used to make extra income. This is my specific lane for which I can answer questions.

00:59:26 Marisa Jones: Replying to "If a coach can answe..."

But also a win that your post was so good that they wanted to copy it!!!!

00:59:28 Trish Koppendrayer: Replying to "When I was using Cha..."

So, is there a way to delete stuff to increase memory? Or does that mean I need to get the paid version?

00:59:29 Stephanie Morales: We love you Bob!

00:59:32 Coach Kristy Wharton: Replying to "What if we did a val..."

Meaning, I will not be able to answer question on the others.

00:59:33 Rhonda Lauritzen: I'm here for the value. I'll stay all day! LOL

00:59:55 Debbie: Replying to "Value Add Content sa..."

Click the X to get out of the "paid" add, once you click it away, you use it for free!!

01:00:17 Natalie Ryder: Replying to "This is not about ch..."

@Coach Kristy Wharton i do transformations like once or twice a week. Is that appropriate?

01:00:20 Mary Daza: Replying to "What if we did a val..."

Ok great idea! I felt like I opened a can of worms I wasn't ready for 🤪

01:00:55 Coach Kristy Wharton: Reacted to "Ok great idea! I fel..." with 🔥

01:00:56 Mary Daza: Reacted to "Meaning, I will not ..." with 🙏

01:00:56 Mandy & Wayne Hudson: Reacted to "Transformations woul..." with 👍

01:01:19 Stephanie Morales: Finding their style

01:01:42 Anita White: How do we save the post for later use?

01:01:42 Marisa Jones: Replying to "Can you speak to the..."

I have already designed the prompts to be no more than a certain character length to keep it from creating SUPER long posts. Whatever it generates its going to be good to use - it's more just a personal choice if you typically do short or longer posts.

01:01:57 Diana Boyer: Replying to "We need a CHATGPT Co..."

Do you cover it in the once a week session? I couldn't attend last night as I was on a company opportunity zoom.

01:02:22 Kim Kogan: Replying to "If a coach can answe..."

Thanks!! Its due to the trainings!! :-)

01:02:27 Kim Kogan: Reacted to "But also a win that ..." with 👍

01:02:35 Kim Kogan: Reacted to "Yes, it will affect ..." with 👍

01:02:43 Traci Pyr: Clothing that is versatile and can be worn different ways for different occasions!!

01:02:58 Marisa Jones: Replying to "When I was using Cha..."

You can't delete stuff - you don't need to upgrade unless having that memory is important to you. You can still use it and it will give create the content for you - it's just not going to save it.

01:02:58 Sharon, Costa Health: Is there a way to upload photos to include when we do this? Or ask chat to create a photo with a post?

01:03:06 Coach Kristy Wharton: Replying to "What if we did a val..."

@Mary Daza and you could say that—btw—I was so excited to see some many wanted info on these various ways to earn income and so im going to do a quick series and offer to point you in a direction, while being aware I have no experience except in DS. Good vulnerable and valuable post

01:03:22 Mary Daza: Reacted to "@Mary Daza and you c..." with 🏆

01:03:33 Marisa Jones: Reacted to "Thanks!! Its due to ..." with ❤️

01:04:01 Amanda & Marcus Williams: I've been struggling with getting caught up in tweaking the verbiage so it sounds just like me. Chat knows my voice pretty well by now, but I still find myself editing and re-editing, which ends up being a time suck. At what point is it okay to let go and be content with the voice, even if it's not perfect? I tell chat to stick to authentic outreach principles, but I end up spending too much time on the details of language.

01:04:21 Annie Burdett: Reacted to "It only affects the ..." with 👍

01:04:26 Stephanie Morales: Personal stylist! Love it

01:04:30 Amanda Burt: Yep....love having a personal shopper ;)

01:04:32 Sara Renei Anop: That's part of why it's hard for me to identify my ideal client... I'm not a mom but nearly all my clients are, I don't even really like kids lol. My ideal client being like me is a unicorn I don't run into often.

01:04:39 Mary Daza: Replying to "What if we did a val..."

I did google and share the results with her. Love the idea of creating a post on the value of DS!

01:04:51 Marisa Jones: Replying to "Is there a way to up..."

I've never been a fan of the photos ChatGPT creates. It's also super limited on the free option. You can upload photos to show it but you can only upload 1 every 24hrs I think on the free version

01:04:51 Stephanie Morales: curvy

01:05:01 Kris DeVries: Replying to "Value Add Content sa..."

It does limit how many times you can use it in a day. I think maybe 5-10. I did upgrade to the paid after I got used to it and began to use it more.

01:05:07 Mary Daza: Thick!

01:05:14 Debbie Pascoe: Reacted to "Thick!" with ❤️

01:05:27 Dr. Lynn Johnson Dr. Ron Geiger: All occasion flattering comfort clothes

01:05:38 Debbie Pascoe: Replying to "Thick!"

that is totally the word I was thinking

01:05:42 Stephanie Morales: The charts are wrong

01:05:42 Taylor Berlin: Reacted to "I've been struggling..." with ❤️

01:06:01 Amy Varghese: Fluffy but still rocking it!

01:06:02 Amanda & Marcus Williams: Reacted to "I've been struggling..." with ❤️

01:06:09 veronicasucic: Skin care

01:06:14 Stephanie Guerra: Reacted to "Fluffy but still roc..." with ❤️

01:06:17 Debbie Pascoe: girl! no judgement!

01:06:23 Taylor Berlin: Replying to "I've been struggling..."

This is me too! I'm always tweaking every post it gives, even if it's just a few words or adding emojis

01:06:24 Leah Novak: Zero judgment!!
01:06:30 Amber Hansen: Reacted to "It does limit how ma..." with 👍
01:06:30 Kelly Mills: Reacted to "Zero judgment!!" with ❤️
01:06:30 Stephanie Guerra: Replying to "Fluffy but still roc..."

I LOVE THAT! 😊

01:06:38 Camille Richardson - The Dream Champion: @Danielle Williams's iPhone I'm an Optavia coach. We should collaborate!
01:06:38 Danielle Legg: There is beauty in those curves!!!
01:06:38 Alyssa Boyles: GIRL!! that is awesome Danielle I love everything you said!
01:06:46 Marisa Jones: Replying to "I've been struggling..."

I wouldn't spend time editing the post yourself - I would respond back in chatgpt and tell it what you do/don't like and how you talk. Tell it I'm more upbeat or I want it to be more conversational, if you see it using words you wouldn't use - tell it I don't say blank but I would say blank. It will take your feedback and rewrite it for you

01:06:48 Kelly Mills: Replying to "Zero judgment!!"

Exactly. Most of us are in that space because we needed weight loss too.

01:06:55 Debbie Pascoe: Reacted to "@Danielle Williams's..." with ❤️
01:06:55 Cheryl Fishback: Reacted to "You can save informa..." with ❤️
01:07:01 Amy Varghese: Reacted to "I LOVE THAT! 😊" with 🤔
01:07:01 Kris DeVries: Reacted to "@Danielle Williams's..." with ❤️
01:07:03 Marisa Jones: Replying to "I've been struggling..."

So you're not spending time editing it yourself - you're telling it the editing you want it to do for you

01:07:13 Amber Hansen: Reacted to "Click the X to get o..." with 👍
01:07:24 Cindy Emmerling: Reacted to "I wouldn't spend tim..." with ❤️
01:07:28 Taylor Berlin: Reacted to I wouldn't spend tim... with "❤️"
01:07:35 Kris DeVries: We may be health coaches, but we aren't here to judge. We all started thick and many of us still are a bit fluffy!
01:07:50 Kim Kogan: Reacted to "I wouldn't spend tim..." with 👍

01:07:57 Cheryl Fishback: How do I open two accounts that work...I have one on my phone...already set up but I tried to do it on my desktop with the same account and I had problems logging in to the same account.

01:07:58 Sara Renei Anop: Replying to "We may be health coa..."

Not everyone's goals are the same

01:08:11 Janet Thorn: Reacted to "I wouldn't spend tim..." with 

01:08:12 Rhonda Lauritzen: Here's a powerful exercise to help you define your dream client—the person you are perfectly positioned to help because they reflect who you used to be.

How to Use This Exercise:

1. Read through the questions below and answer them as if you are describing the past version of yourself before you made a change.
2. Be as specific as possible—your ideal client is not “everyone.” The clearer you get, the more you'll attract the right people.
3. Once you've answered, consider giving your client a name to make them feel real.

Client Profile Template

1. Who Are They?

- What is their age range?
- What is their gender?
- What is their work status?
- What is their family structure?

2. What Do They Think and Feel?

- What do they care about deeply?
- What is their daily routine like? Con't...

01:08:17 Kris DeVries: Replying to "We may be health coa..."

Truth!

01:08:17 Cheryl Mabry: We've got you Danielle! Way to love what you wear, what you do, and be open to greater health!

01:08:39 Sharon, Costa Health: Replying to "Is there a way to up..."

Thank you!

01:08:41 Rhonda Lauritzen: Replying to "Here's a powerful ex..."

3. What Are Their Needs and Pain Points?

- What problems or frustrations are they experiencing that the program can solve?
- What are they afraid of?
- What prevents them from achieving their goals or improving their situation?
- What solutions have they already tried?
- What do they find frustrating about current solutions?
- What would an ideal solution look like for them?

4. How Can We Best Serve Them?

- What benefits are they seeking from a weight loss program?
- What unique value can we provide?
- What objections might they have before choosing Optavia?

Once you've filled this out, step back and look at your answers. This past version of you is your dream client—the person who needs your message the most!

01:08:43 Marisa Jones: Replying to "Value Add Content sa..."

Yes - the free version only allows you to use it so much via your keyboard. But you can also go into the board and just copy and paste it normally - by highlight the section and pasting it over instead of using the keyboard function where you click on it and it automatically inputs the information for you.

01:08:56 Mary Daza: Replying to "What if we did a val..."

@Coach Kristy Wharton Would that be considered a value post I could use with ChatGPT?

01:09:14 Coach Kristy Wharton: Replying to "How do I open two ac..."

Do you use google to log in? Try that vs email

01:09:29 Cindy Emmerling: Reacted to "Do you use google to..." with ❤️

01:09:45 Cindy Emmerling: Replying to "How do I open two ac..."

I logged in with google on my computer & that totally solved that problem for me

01:09:50 Amber Hansen: Reacted to "Yes - the free versi..." with 👍

01:09:53 kimberlyadamski: Replying to "Can I put the prompt..."

I just voice to text the prompts

01:09:53 Kelly Mills: Optavia coaches, have ChatGPT write a post for your client with the latest NSV they shared with you. I'm playing around, and it's so fun!

01:09:55 Mary Daza: 🔥

01:09:58 Debbie Plouffe: I have a problem with photos going with the posts. Any tips on an easy way to do this especially if one doesn't like being on camera or blast your posts with only self.

01:10:05 Susan Restad: That's GOLD!

01:10:05 Coach Kristy Wharton: Reacted to "I did google and sha..." with 🔥

01:10:07 Stacy Cole: Thanks, Bob....gotta go!

01:10:10 Laura Trimble: Reacted to "Optavia coaches, hav..." with 💜

01:10:14 Kristy Miller: I agree with Bob - and this is something I've already done

01:10:22 Susan Restad: Reacted to "That's GOLD!" with ❤️

01:10:23 Mandy & Wayne Hudson: Replying to "Optavia coaches, hav..."

Great idea, Kelly!

01:10:26 Taylor Berlin: Replying to "Is there a way to up..."

You can ask it for ideas of catchy photos to post with your post that will catch attention. I had it help me create a reel and it said do a pose with a cup of coffee like this to start and then transition to this.

01:10:37 Kris DeVries: Replying to "Optavia coaches, hav..."

I love this idea! Thanks!

01:11:01 Kelly Mills: Reacted to "Great idea, Kelly!" with ❤️

01:11:03 Kelly Mills: Reacted to "I love this idea! Th..." with ❤️

01:11:04 Leah Novak: Yes! I ask it questions and then ask it to fuse the information together into a post

01:11:11 Cynthia Gómez Martín: Reacted to "Optavia coaches, hav..." with ❤️

01:11:15 Marisa Jones: Reacted to "You can ask it for i..." with ❤️

01:11:19 Ingrid Boehm: Reacted to "Yes! I ask it questi..." with 👍

01:11:20 Cheryl Mabry: Reacted to "@Mary Daza and you c..." with 100

01:11:20 Julie Westhoff: Can he talk about perfume next time?

01:11:22 Sara Renei Anop: Reacted to "Optavia coaches, hav..." with 💜

01:11:23 Marisa Jones: Replying to "Is there a way to up..."

Yes! That is how I use it as well!

01:11:24 Ingrid Boehm: Replying to "Yes! I ask it questi..."

I do as well

01:11:27 Coach Kristy Wharton: Replying to "What if we did a val..."

@Mary Daza yes value and potentially connection, as well. Could be both—depending on the post. "This is what I do in a day" CONNECTION vs "how to select a DS company" VALUE

01:11:39 Alicia Raley: Thank you so much for these prompts. I need to go spend time and do the homework from training 3 but playing around in Chat GPT today gave me a product post idea today and also a post for our private client support page today.

01:11:39 Mary Daza: Reacted to "@Mary Daza yes value..." with 🔥

01:11:57 Mary Daza: Replying to "What if we did a val..."

Awesome thank you so much!

01:12:02 Coach Kristy Wharton: Reacted to "Awesome thank you so..." with 🙌

01:12:03 Leah Novak: Reacted to "I do as well" with ❤️

01:12:14 Cheryl Mabry: SASSY

01:12:19 Sharon, Costa Health: Reacted to "Optavia coaches, hav..." with ❤️

01:12:24 Sara Renei Anop: Make it sassier!

01:12:25 Leah Novak: Replying to "Yes! I ask it questi..."

It makes it so much better when you get to have the conversation. And it SAVES it in a "document"

01:12:28 Stephanie Guerra: If you highlight the part you like it makes it easy to ask it more questions about that part with out the copy and paste

01:13:08 Jason & Jessica Richter: That is gold! Wow for options

01:13:08 Natalie Ryder: Replying to "This is not about ch..."

Like what is the ratio, should move towards with content. We do value 3 times per week at least, proof content, and product post have many times? I am good on connection. Everyone knows I love dancing and my cat! haha Thanks

01:13:30 Eva Snedden: Thank you for this training

01:13:38 Tiffany Rilling: That's from the last business I think. lol

01:13:43 Jason & Jessica Richter: Reacted to "Quality over quantit..." with ❤️

01:13:45 Janet Thorn: I am like wow wow wow with all this info today! Learning something so more detailed with ease

01:13:54 Allisen Levin: I have to do mom life now and hope this transcript is available too. This training was really helped understand how to use ChatGPT!

🤖 Thank you.

01:13:55 Tiffany Rilling: Love this training!!!!

01:14:09 Lucia Aversa: LifeVantage - we are launching a product tomorrow globally and I wanted to celebrate the person who brought this product to market- and why she created and then drip the benefits and how it will change people lives and relationship with food. I have pic with her, as we had brekky - when I flew to Kansas City from Australia. Am not sure if this make sense... make sense in my head heh <https://thebodyreset.lifevantage.com/us-en/shop/healthy-weight-stack>

01:14:09 Kendra Carlson: SO good!! Thank you for your time today Bob!!

01:14:25 Allisen Levin: Thank you for this BONUS training Bob

01:14:25 Jason & Jessica Richter: Reacted to "Transformations woul..." with ❤️

01:14:30 Jenene Wilkins: This training has been so incredibly helpful. Thank you so much for all your knowledge!!

01:14:34 Kristy Miller: Amazing stuff Bob!!!!

01:14:35 Laura Trimble: Thanks Bob! Great training!

01:14:36 Sara Renei Anop: Definitely rewatching this

01:14:36 Debbie Plouffe: Bob do you recommend most posts feature a personal photo, or video of yourself related to the post? I struggle in this area.

01:14:36 Sharon, Costa Health: This is so AWESOME! Thank you BOB!

01:14:37 Amber Corasaniti: This was GOLD

01:14:43 Marcia Schiavo: Amazing!

01:14:46 Linda Schymik: Yes so help ful

01:14:46 Babette Seals: Thank you so much Bob!!!

01:14:46 Janet Thorn: Pure amazingness. Now I have to get my brain wrapped around all of this!

01:14:47 Angelina Rossi: Thank you!

01:14:47 Tiffany Rilling: 😊

01:14:47 CAROL JANE: excellent tips and advise - thank you for your time

01:14:47 Sharon, Costa Health: This is making me excited to do more sharing.

01:14:48 Stephanie Morales: Thank you! Can't wait to play

01:14:49 Danielle Williams's iPhone: Reacted to "@Danielle Williams's..." with ❤️

01:14:49 Janet Paustian: Thank you so much!

01:14:50 Lucia Aversa: This was fab thank you soo much

01:14:54 Louise Page: Thank you so much have a great weekend everyone

01:14:55 Donna Sperry: Thank you Bob!

01:14:56 Bonnie Neff: Thanks so much!!! Great content!

01:14:56 Ingrid Boehm: Thank you!

01:14:57 Laura: Thank you so much!

01:14:58 Cindy Emmerling: YES!!! Thank you for refining this!!!

01:14:58 veronicahebert: Thank you, Bob.

01:14:58 Claudie Yamada: Thanks, Bob!

01:14:58 Pam: I've used it alot, this was super helpful to make it even better!!!!!!!

01:14:59 Danielle Williams's iPhone: Reacted to "Thick!" with ❤️

01:15:00 Beth Hackett: Thanks Bob!

01:15:01 Brenda Hammond: This is gold. Thank you so much.

01:15:03 Tiffany Rilling: Thanks!!

01:15:03 Leah Novak: Thank you very much

01:15:03 Donna Warren: Thank you

01:15:03 Kelley Whelan: Thank you!!!

01:15:05 Kim Kogan: thanks!

01:15:06

Misty Stroebe:

Awesome