

Weekly Get Unstuck Mindset

Training 4.23.2025 Chat Transcripts

00:05:00 Danielle Ufland-Westfield: Can I get the meeting number so I can connect from laptop instead

00:05:02 Gina Everson: Hello!!

00:05:04 Nicole Steele: Hi from South Carolina

00:05:20 Nicole Sapriken (she/her): Hello from BC

00:05:23 Carla Cross: Hello from Vermont

00:05:37 Linda Schymik: Rochester hills Michigan

00:05:47 Jan Hoffman: Hey from Baton Rouge!

00:05:55 Mary Daza: Reacted to "Hey from Baton Rouge..." with ❤️

00:06:14 Mary Daza: Replying to "Hey from Baton Rouge..."

Hi Jan! I'm from New Orleans

00:06:28 Coach Danielle Cole: Replying to "Can I get the meetin..."

I am sorry I do not have the meeting number - we coaches join with a different link.

00:06:33 Gail: Hello from Nebraska, so glad to be here!

00:06:33 Kelly Lutman: Replying to "Hey from Baton Rouge..."

Hi Ladies! I'm from Slidell!

00:06:35 Tammy Asmus: Welcome!!! Xoo, Coach Tammy

00:06:42 Coach Danielle Cole: Reacted to "Welcome!!! Xoo, Coa..." with ❤️

00:06:42 Regina Russo: Hello from Pennsylvania!

00:06:47 Danielle Ufland-Westfield: Buffalo NY first time

00:06:59 Linda Schymik: So funny

00:07:10 Linda Schymik: Bob class university

00:07:15 Diane Chevalier: Replying to "Can I get the meetin..."

I join from my computer. I click on the link in the calendar.

00:07:22 Gina Everson: Reacted to "Welcome!!! Xoo, C..." with ❤️

00:07:42 Mary Daza: My mind is jacked up this week
00:07:48 Coach Kristy Wharton: Reacted to "My mind is jacked up..." with 🤔
00:07:49 Tammy Asmus: Reacted to "My mind is jacked up..." with 🙏
00:07:50 Jan Hoffman: Replying to "Hey from Baton Rouge..."

So glad to see some other's from Louisiana!

00:07:57 Coach Kristy Wharton: Reacted to "So glad to see some ..." with 🤔
00:08:01 Socorro Dunn: Replying to "Can I get the meetin..."
Or you can join by www.30dayto1kzoom.com I was able to connect.
00:08:06 Kelly Lutman: Reacted to "So glad to see some ..." with ❤️
00:08:23 Lorraine Vespoli: Hello from San Diego
00:08:26 Maxie Gunderson: Montana!
00:08:45 Dana Mays, MD: Hi from Louisiana
00:08:55 Rev. Deb: New York here!
00:09:05 Tammy Asmus: Reacted to "New York here!" with ❤️
00:09:06 Diane Chevalier: Hi, from Texas
00:09:08 Tammy Asmus: Reacted to "Hi, from Texas" with ❤️
00:09:49 Kassidy Ferguson: Customers that order, or all?
00:09:59 Coach Kristy Wharton: Replying to "Customers that order..."

Current customers

00:10:07 Taylor Berlin: 20 months 4-5 customers no team members
00:10:11 Tammy Asmus: Reacted to "20 months 4-5 custom..." with ❤️
00:10:13 Linda Schymik: 6months-10teammembers-9customers
00:10:14 Socorro Dunn: Working team or just # of team?
00:10:18 Tammy Asmus: Reacted to "6months-10teammember..." with ❤️
00:10:20 Tammy Asmus: Reacted to "Working team or just..." with ❤️
00:10:34 Coach Kristy Wharton: Replying to "Customers that order..."

Isn't that funny how our minds start asking question or explaining things...

00:10:44 Coach Tammy Asmus: Reacted to "Isn't that funny how..." with ❤️
00:10:44 Kelly Chance: 24 months, 5 customers, 0 team members
00:10:45 Jan Hoffman: 5 years, 100 customers, One team member

00:10:45 Katie balyszak: 6 years-53 team members-need to think on the customers

00:10:52 Coach Tammy Asmus: Reacted to "5 years, 100 custome..." with ❤️

00:10:54 Coach Tammy Asmus: Reacted to "24 months, 5 custome..." with ❤️

00:10:59 Coach Tammy Asmus: Reacted to "6 years-53 team memb..." with ❤️

00:10:59 Linda Schymik: Good

00:11:05 Rev. Deb: sad

00:11:05 Kelly Chance: Should be further along

00:11:08 JESS BYRON: I feel lost

00:11:09 Karen Forrister: So much more I can do

00:11:10 Taylor Berlin: Disappointed

00:11:10 Kelli Boyles: disappointed

00:11:11 Dianna Falter: anxious

00:11:13 Tenesha @teneshalicious: Disappointed

00:11:13 Kim Kogan: determined

00:11:13 Laurie foodallergydisneymom@gmail.com: dissapointed

00:11:15 Danielle Ufland-Westfield: Good but want more now that kids are older

00:11:15 Lindsay Woolcox: Would like to be higher

00:11:15 Jan Hoffman: I feel good, but also behind!

00:11:15 Stephanie Helmbold: Room for improvement

00:11:15 Liza Johnson: Frustrated

00:11:17 Socorro Dunn: Dissappointed

00:11:17 Regina Russo: Good, buts been better in the past

00:11:18 Mary Daza: Neutral

00:11:19 Diana Henry: not where I could be.

00:11:20 Lorraine Vespoli: 10 yrs, 80 team, 149 active customers

00:11:22 Michelle Molendyk: I'm not enough

00:11:23 Katie balyszak: Good but then determined to grow

00:11:24 Dana Mays, MD: I'm a loser

00:11:27 Diane Nix: Disheartened

00:11:29 Gina Everson: I am right where i need to be at this time.

00:11:32 Maxie Gunderson: Not enough

00:11:32 Kelly Chance: frustrated

00:11:33 Tanya: I feel stuck

00:11:35 Amber Marsh: Overwhelmed
00:11:39 Mariah Jackman: inadequate
00:11:39 Carla Cross: Good with clients, want a bigger team
00:11:44 Angy Daniell: grateful
00:11:46 Gail: I feel disappointed in myself
00:11:50 Betty Jane's iPad: Frustrated and disappointed
00:11:53 Coach Tammy Asmus: Reacted to "I am right where i n..." with ❤️
00:11:57 Lorraine Vespoli: discouraged that I have been at the same place for a while
00:11:59 Annette Ingersoll: 6 years in business but just moved to a new company so I'm at the start. I don't have a team or customers yet but I feel great about it
00:12:09 Coach Tammy Asmus: Replying to "I am right where i n..."

Love this! It is because you use this mindset training!

00:12:13 Phyllis Searcy: disappointed
00:12:17 Coach Kristy Wharton: Reacted to "I am right where i n..." with 🔥
00:12:26 Stephanie Helmbold: Reacted to "I am right where i n..." with ❤️
00:12:35 Socorro Dunn: Thought: Not enough number, not a good leader or don't do good Cust care
00:13:22 Stephanie Helmbold: Look how many people I've helped
00:13:28 Mary Daza: Reacted to "Look how many people..." with ❤️
00:13:33 Mariah Jackman: Thought: I am stuck here and I wont grow
00:13:53 Linda Schymik: No
00:14:05 Liza Johnson: Awww, no you're not. Hugs
00:14:08 Katie balyszak: No way!! You're beautiful and amazing!!!
00:14:29 Mary Daza: I'd love to be coached today! Went down the rabbit hole after our call with Bob :/
00:14:30 Susie Weiler: You are not a loser!! Never say that~
00:14:31 Katie balyszak: Awww, sending you so many hugs!
00:14:39 Batrice Cordova: I feel lost
00:14:45 Emilie Roussel: aaw no, you are not a loser!
00:14:46 Annette Ingersoll: I did the same, Dana, also in 6 years
00:14:53 Liza Johnson: Maybe you didn't have the tools

00:14:56 Gail: Hugs Dana!

00:14:58 JESS BYRON: Dana , you are here doing the work and that makes you a winner

00:14:58 Tenesha @teneshalicious: 🤗🤗🤗

00:15:06 Mary Daza: 🙏

00:15:06 Carla Cross: You're not a loser. Sending hugs.

00:15:09 Lindsay Woolcox: Reacted to "Dana , you are here ..." with ❤️

00:15:12 Rev. Deb: 🙏🙏🙏

00:15:21 Donna Johnson: Hugs, Dana, I think there are a TON of us on here who can relate... ❤️

00:15:30 Stephanie Helmbold: Being here is already going in the right direction!

00:15:35 Coach Danielle Cole: Reacted to "Being here is ahead..." with ❤️

00:15:41 Kim Kogan: You are not a loser. You are so much more. Brave is one for sure!!

00:15:46 Susie Weiler: Reacted to "You are not a loser...." with ❤️

00:15:53 Linda Schymik: You are here and will move forward!!

00:16:03 Tenesha @teneshalicious: Sorry to hear this

00:16:05 Kim Kogan: So sorry for your loss

00:16:17 Deb Chase: Im so sorry Dana

00:16:18 Sharon Owens: Awe, give yourself grace

00:16:21 Dianna Falter: Your not a loser, life happened

00:16:27 Kassidy Ferguson: Dana, HUGS!!!! You are amazing, you got this!!!!💜

00:16:28 Linda Schymik: Reacted to "Awe, give yourself g..." with ❤️

00:16:49 Coach Tammy Asmus: Dana - God has been preparing you for this moment! You were created perfectly in God's image! Now you get to step into your purpose! I lost a child and can relate...but God can use your story to help others!

00:17:00 Coach Danielle Cole: Reacted to "Dana - God has been ..." with ❤️

00:17:05 Mary Daza: That's heavy, so sorry for your painful loss!

00:17:05 Gail: Reacted to "That's heavy, so sor..." with ❤️

00:17:07 Susie Weiler: Reacted to "Dana - God has been ..." with ❤️

00:17:09 Diana Henry: Reacted to "Dana - God has been ..." with ❤️

00:17:11 Susan Stearns: Reacted to "Dana - God has been ..." with ❤️

00:17:12 Katie balyszak: Reacted to "Dana - God has been ..." with 🙌

00:17:12 Sharon Owens: You walked through tragedy life does change & should for a season

00:17:34 Annette Ingersoll: Dana, you're here so you aren't a loser, I think you want more

00:17:59 User's iPhone set: I have a similar story. You are not alone.

00:18:33 Kim Kogan: When you posted in this chat, you put yourself out there for everyone here to relate and feel. That doesn't make you a loser. It makes you strong because you are teaching us with Megan.

00:18:48 Cheryl Mabry: Reacted to "When you posted in t..." with 🌟

00:18:48 Susie Weiler: Reacted to "When you posted in t..." with ❤️

00:18:49 Belinda Parrish: Reacted to "When you posted in t..." with 😊

00:18:54 Kelly Lutman: Reacted to "When you posted in t..." with ❤️

00:19:24 Coach Danielle Cole: Reacted to "When you posted in t..." with ❤️

00:19:35 Susan Stearns: Reacted to "When you posted in t..." with ❤️

00:19:35 Mary Daza: Reacted to "When you posted in t..." with 🌟

00:19:36 Mary Daza: Reacted to "When you posted in t..." with ❤️

00:19:37 Mary Daza: Reacted to "When you posted in t..." with 😊

00:19:50 Annette Ingersoll: Coach Tammy, I'm sorry you had that experience! I feel the same that God is preparing us for our purpose

00:19:51 Susan Stearns: Reacted to "Dana, you're here so..." with ❤️

00:19:53 Mary Daza: You're human!

00:19:59 Coach Tammy Asmus: Reacted to "Coach Tammy, I'm sor..." with 🙏

00:20:09 Coach Tammy Asmus: Reacted to "When you posted in t..." with 🙏

00:20:11 Betty Jane's iPad: Reacted to "Dana - God has been ..." with ❤️

00:20:14 Coach Tammy Asmus: Reacted to "I have a similar sto..." with 🙏

00:20:21 Coach Tammy Asmus: Reacted to "You walked through t..." with 🙏

00:20:25 Coach Tammy Asmus: Reacted to "You're human!" with ❤️

00:20:37 Coach Danielle Cole: Peel the onion

00:20:43 Coach Tammy Asmus: Reacted to "Peel the onion" with 🔥

00:20:53 Mary Daza: Reacted to "Peel the onion" with 🔥

00:21:34 Belinda Parrish: Reacted to "I'm a loser" with 😊

00:21:48 Socorro Dunn: Megan, can you share your story of how you got to the other side?

00:22:00 Gail: Reacted to "Where do we find Meg..." with 👍

00:22:09 Rev. Deb: Her book?

00:22:09 Coach Danielle Cole: Replying to "Where do we find Meg..."

In her book - The Selfish Hour

00:22:10 Stephanie Helmbold: Reacted to "Peel the onion" with 🔥

00:22:16 Kim Kogan: Replying to "Where do we find Meg..."

The Selfish Hour- You can order it on Amazon

00:22:22 Stephanie Helmbold: Reacted to "Megan, can you share..." with 👍

00:22:24 Rev. Deb: Reacted to "The Selfish Hour- Yo..." with 👍

00:22:43 Nicole Sapriken (she/her): Go Special needs Momma! That's a job in itself hun. I feel ya

00:23:03 Mariah Jackman: Replying to "Go Special needs Mom..."

Same here! My daughter was just diagnosed with Autism this week

00:23:11 Nicole Sapriken (she/her): Reacted to "Same here! My daught..." with ❤️

00:23:17 Gail: Reacted to "Same here! My daught..." with 🙏

00:23:47 Nicole Sapriken (she/her): Replying to "Go Special needs Mom..."

@Mariah Jackman There are some great supports out there. I have 2 goobers that were both diagnosed when they were little.

00:23:59 Mariah Jackman: Replying to "Go Special needs Mom..."



00:24:06 Coach Tammy Asmus: Reacted to "@Mariah Jackman Ther..." with ❤️

00:24:13 Coach Tammy Asmus: Reacted to "Go Special needs Mom..." with ❤️

00:24:17 Mary Daza: Reacted to "Go Special needs Mom..." with ❤️

00:25:04 Donna Johnson: Reacted to "@Mariah Jackman Ther..." with ❤️

00:25:08 Kim Kogan: Replying to "Go Special needs Mom..."

@Mariah Jackman my son was diagnosed in the 4th grade and is now a freshman in HS. ;-)

00:25:12 Donna Johnson: Reacted to "Same here! My daught..." with ❤️

00:25:13 Gail: How am I participating in my own suffering?

00:25:17 Kim Kogan: Reacted to "@Mariah Jackman Ther..." with ❤️

00:25:21 Mariah Jackman: Reacted to "@Mariah Jackman my s..." with ❤️

00:25:26 Rev. Deb: Reacted to "How am I participati..." with 💙

00:25:53 Lorraine Vespoli: You are worthy and enough. What a gift for you to share your story with others

00:25:54 User's iPhone set: You are worthy ❤️

00:26:00 Coach Danielle Cole: I AM WORTHY!!!!

00:26:03 Regina Russo: You are worthy Dana.

00:26:03 Nicole Sapriken (she/her): Yeah you are!!!

00:26:03 Coach Kristy Wharton: BE that and DO that for yourself, @Dana Mays, MD first

00:26:06 Carla Cross: You are worthy Dana!

00:26:11 Kassidy Ferguson: YES YOU ARE

00:26:11 Kim Kogan: YES YOU ARE!!!!

00:26:13 Coach Danielle Cole: Every morning say it to yourself in the mirror!!!!

00:26:15 Katie balyszak: SENDING SOOO MANY HUGS!!!!

00:26:24 Diana Henry: Yes you are Dana!!

00:26:25 JESS BYRON: 🌞

00:26:33 Gail: YEs you are friend!

00:26:53 Katie balyszak: No stress on the outcome, just sort the apples and find the red ones! 😊

00:27:33 Coach Tammy Asmus: Amen! You are WORTHY! Xoxo, Coach Tammy

00:27:34 Katie balyszak: A great story to look up as well is "3 feet from gold!" story

00:27:44 Mary Daza: Reacted to "A great story to loo..." with ❤️

00:27:44 Coach Kristy Wharton: Change the story until the feeling follows

00:27:49 Stephanie Helmbold: Reacted to "Amen! You are WORTH..." with ❤️

00:27:55 Coach Tammy Asmus: Reacted to "Change the story unt..." with 🙏

00:27:56 Diana Henry: Reacted to "Change the story unt..." with ❤️

00:27:57 Mary Daza: Reacted to "Change the story unt..." with 🙏

00:27:59 Stephanie Helmbold: Reacted to "Change the story unt..." with ❤️

00:28:01 Kelly Chance: Reacted to "Change the story unt..." with ❤️

00:28:02 Gail: I use a dry erase marker on my bathroom mirror!
00:28:28 Regina Russo: Love that ... be the example
00:28:35 Brenda Lee Kaminsky: Replying to "Change the story unt..."

yes, change the story , change the outcome.

00:28:38 Socorro Dunn: Replying to "Megan, can you share..."
Bummer... i have to wait until lthen....

00:28:42 Katie balyszak: Love that Megan!
00:28:51 Katie balyszak: Thank you Dana!!!
00:29:02 Melissa Meader: Thank you Dana! You are amazing and thank you for being so vulnerable! <3
00:29:04 Keylin Kim: Replying to "Megan, can you share..."

Does she have an audiobook?

00:29:08 Karen Forrister: You are a child of the most high!
00:29:13 Mary Daza: Reacted to "You are a child of t..." with ❤️
00:29:15 Diane Nix: Thank you Dana!
00:29:15 Diana Henry: Reacted to "You are a child of t..." with ❤️
00:29:31 Cheryl Mabry: Thank you Dana!
00:29:33 Maxie Gunderson: Thanks Dana. Go do it!
00:29:47 Coach Kristy Wharton: Change your story, change your life. Self awareness.
00:29:55 Coach Danielle Cole: Reacted to "Change your story, c..." with ❤️
00:29:58 Patricia: Thank you Dana. You brought tears to my eyes and that is very rare for me. You've have got this! You are worthy 💖
00:30:05 Amanda & Marcus Williams: Reacted to "Change your story, c..." with ❤️
00:30:07 Linda Schymik: Reacted to "Thank you Dana. You ..." with ❤️
00:30:44 Socorro Dunn: Replying to "Megan, can you share..."
Thank you Megan!! 💖
00:30:48 Amber Marsh: Wow I feel like I am you... the old you.
00:31:02 Amber Marsh: I guess I need to read your book.
00:31:32 Brenda Lee Kaminsky: can you post your book here , would love to read it

00:31:55 Brittany Doran: Replying to "Megan, can you share..."
The Selfish Hour.... I just started reading it. I can't wait to dive back in!
00:31:59 Cheryl Mabry: Yes! Just read my childhood diary ...and hearing
how I talked to myself at age 13
00:32:00 Sheena Fosso: Where can I get your book?
00:32:01 Mariah Jackman: Mine is "I'm annoying"
00:32:09 Socorro Dunn: A choice!!! We DO HAVE FREE CHOICE there!! YAY!! IT'S
just creating new grooves in our brain!!
00:32:12 Coach Tammy Asmus: Replying to "Where can I get your..."

Amazon

00:32:19 Brittany Doran: Replying to "can you post your bo..."
The Selfish Hour
00:33:41 Susan Stearns: Replying to "can you post your bo..."

It's fantastic! I highly recommend it!

00:33:42 Socorro Dunn: Out of the heart, the mouth and actions go!!
00:33:49 Socorro Dunn: Totally.... Fear....for sure!!
00:33:50 Diana Henry: Reacted to "It's fantastic! I hi..." with 👍
00:34:34 Katie balyszak: Wow Megan!!
00:34:38 Katie balyszak: You rock!
00:34:41 Socorro Dunn: SO TRUE!
00:34:41 Katie balyszak: We all rock!
00:34:46 Dana Mays, MD: Oh my goodness everyone! Thank you for the love!
00:34:47 Katie balyszak: Yay all of us!
00:34:54 Susie Weiler: So so good!!
00:35:00 Carla Cross: Thank you Megan, so good!!
00:35:06 Cheryl Mabry: Everyone NEEDS this recording
00:35:10 Katie balyszak: Freaking awesome!
00:35:13 Dianna Falter: Thank you So much!! Very powerful
00:35:14 Brenda Lee Kaminsky: excellent call, thank you Megan !!
00:35:16 Socorro Dunn: LeaN IN!!!
00:35:19 Coach Tammy Asmus: Reacted to "excellent call, than..." with ❤️
00:35:20 Katie balyszak: Reacted to "Everyone NEEDS this ..." with 🙌

00:35:21 Mary Daza: Thank you!

00:35:22 Regina Russo: Thank you Megan and Dana ... powerful!

00:35:31 Maxie Gunderson: Thank You so much.

00:35:33 Mary Daza: I'll post in the group

00:35:34 User's iPhone set: Thank you Megan. So helpful.

00:35:35 Kelly Lutman: Thank you, Dana for opening up and Megan for showing us how to change.