

Weekly LOVE-LED™ Breakthrough Coaching & Strategy Session Chat Transcripts

00:02:11 Fireflies.ai Notetaker Tammy: Talk to Fireflies: (Web-search enabled)

• Say: Hey Fireflies how can you help? • Type: /ff help to get started. View real-time notes and transcription for this meeting here:

https://app.fireflies.ai/live/01K0Z1PX7BY6P8QJSY26WBZRSB?ref=live_chat

00:02:43 Newelle McDonald she/her: Hello All ! Hope you're all having fun in your business today! I am! It's so different now, right?

00:02:46 Coach Danielle Cole: Hi Everyone!

00:02:52 Coach Danielle Cole: Reacted to "Hello All ! Hope you..." with 🔥

00:03:25 Karen - Linn County: Good Morning from Oregon :-)

00:03:35 Hilleri Dickey: Reacted to "Hi Everyone!" with ❤️

00:03:36 Coach Kristy Wharton: Beautiful day! Hello 🙌 everyone

00:03:47 Coach Kristy Wharton: Reacted to "Hello All ! Hope you..." with 🔥

00:03:49 Karen Kvidera: Good morning!

00:04:08 Coach Danielle Cole: Replying to "Beautiful day! Hello..."

Gorgeous day! I am outside as well! XO

00:04:09 Coach Kristy Wharton: Reacted to "Good morning!" with ❤️

00:04:27 Coach Kristy Wharton: Reacted to "Gorgeous day! I am ..." with ❤️

00:05:34 Newelle McDonald she/her: I'd like some ideas of inviting old customers. Still feels very awkward to me.

00:06:06 Jasmina Bhattacharya: Thanks I have catching up to do in the lessons.

00:07:49 Joni Mitchell: Well, I almost threw in the towel and felt like quitting, but hey, here I am!

00:07:53 DeeDee Fitch: I confidently did 4 biz invites and that makes me so proud and pumped

00:07:55 Diane Eskey: Not freaking out that it is end of month!!! It is what it is.

00:07:57 Toni Frere: Out of facebook jail from being hacked. Starting to post again and loving the sessions.

00:07:57 Lisa Bomers: Leading with Love and intentional

00:07:59 Newelle McDonald she/her: I did a presentation to my referral group and felt relaxed and joyful as I did it!

00:08:03 Cindy Templeton: Affirmation from my team of seeing my example of love-led leadership.

00:08:05 Robin McCabe: Felt a shift in the way I'm leading a new coach I brought on. She doesn't know any other way -- so why not help her build a foundation of LOVE vs fear...

00:08:22 Lanette Kuhn: IW - leading with love. Feel confident in my actions.

00:08:26 Jennifer Peterson: I used the LTO flavor of energy drink to reach out to a gal I have had conversations with. But - I stopped the 'sales flow' to offer a sample to be sure caffeine is ok with her concerns. Slowed down...

00:08:27 Nancy Earl-Stanley: I'm learning to be okay with working my biz around my life and not vice versa...I'm not behind 😊

00:08:31 Karen - Linn County: I'm still here working on myself. I still need to find my rhythm with more consistency but I am not giving up.

00:08:40 Newelle McDonald she/her: Good for you Joni!

00:08:55 Theresa Roy: Didn't give in to the urge to publicize our promotions that end tonight. I was feeling conflicted with my new rhythm, so I stayed away from that..

00:08:56 Karen - Linn County: Reacted to "I'm learning to be o..." with 🙌

00:09:12 Beth Hackett: Working on myself and at peace with the authentic outreach and posting I've done this week.

00:09:26 Karen Kvidera: Great job DeeDee!!

00:09:33 Terri Temple: leading with love is getting so much more comfortable

00:09:41 Doaa: Acting as a love-led leader in authentic outreach and followup. Confidence in the conversation

00:09:42 Morrigan: doing a service post unintentionally with authenticity vibe and learned how to flow with it better

00:10:27 Coach Kristy Wharton: Reacted to "Felt a shift in the ..." with ❤️

00:10:34 Deanna's iPhone (2): Love voice text. Shows you're a human.

00:10:34 Jennifer Peterson: Reacted to "Felt a shift in the ..." with ❤️

00:10:40 Coach Jess Mitchell: Reacted to "Acting as a love-led..." with ❤️
 00:10:46 Beth Hackett: Fantastic job DeeDee!
 00:10:47 Coach Jess Mitchell: Reacted to "doing a service post..." with ❤️
 00:10:50 Newelle McDonald she/her: DeeDee, I love the leopard pattern thing you have going on! 💖
 00:10:51 Coach Danielle Cole: Replying to "I'd like some ideas ..."

Follow the scrips and keep practicing.

00:11:02 Coach Jess Mitchell: Reacted to "Working on myself an..." with ❤️
 00:11:15 Karen - Linn County: Reacted to "Leading with Love an..." with 💖
 00:11:16 Coach Danielle Cole: Replying to "Thanks I have catchi..."

Not catching up. Be intentional each lesson

00:11:23 Coach Danielle Cole: Reacted to "Well, I almost threw..." with 🔥
 00:11:24 Deanna's iPhone (2): Replying to "I'd like some ideas ..."

Marry the process divorce the results

00:11:27 Coach Danielle Cole: Reacted to "I confidently did 4 ..." with 🤔
 00:11:29 Chris Julian: Thats a big one.. doing a presentation and not caring about the results..I'm getting better at not caring about results..not attached to the outcome..congrats DeeDee

00:11:30 Coach Danielle Cole: Reacted to "Not freaking out tha..." with 🤔
 00:11:32 Coach Danielle Cole: Reacted to "Out of facebook jail..." with ❤️
 00:11:35 Coach Danielle Cole: Reacted to "Leading with Love an..." with ❤️
 00:11:36 Coach Kristy Wharton: Reacted to "Thanks I have catchi..." with ❤️
 00:11:39 Coach Danielle Cole: Reacted to "I did a presentation..." with 🔥
 00:11:40 Joanne Clement: Invisible win: having more fun doing my business and feel peaceful even on days that I didn't do what I needed to do because of life.
 00:11:43 Coach Danielle Cole: Reacted to "Affirmation from my ..." with 🤔
 00:11:49 Coach Danielle Cole: Reacted to "Felt a shift in the ..." with ❤️
 00:11:50 Coach Kristy Wharton: Reacted to "DeeDee, I love the l..." with ❤️
 00:11:52 Coach Danielle Cole: Reacted to "IW - leading with lo..." with ❤️
 00:11:54 Coach Kristy Wharton: Reacted to "Love voice text. Sho..." with ❤️
 00:11:59 Coach Jess Mitchell: Reacted to "I'm learning to be o..." with 🔥
 00:11:59 Coach Kristy Wharton: Reacted to "Great job DeeDee!!" with ❤️

00:12:00 Coach Danielle Cole: Reacted to "I used the LTO flavo..." with 🍌
 00:12:04 Coach Danielle Cole: Reacted to "I'm learning to be o..." with ❤️
 00:12:07 Newelle McDonald she/her: Replying to "I'd like some ideas ..."

Yes, I think it's just a muscle I have to keep working. As long as I'm coming from love and not fear, it will all unfold.

00:12:12 Coach Jess Mitchell: Reacted to "Didn't give in to th..." with 🔥
 00:12:23 Newelle McDonald she/her: Reacted to "Marry the process di..." with 💖
 00:12:27 Pam Reece: Reacted to "Marry the process di..." with ❤️
 00:12:29 Newelle McDonald she/her: Reacted to "Follow the scrips an..." with 💖

00:12:30 Tina: Allowing my heart and mind to feel at ease- letting the hurt diminish but...i could not have done this without the the amazing love led leadership of YOU (Bob) I would have still been STUCK IN that hurtful moment if you didn't see me in that moment

00:12:48 Coach Kristy Wharton: Replying to "Great job DeeDee!!"
 Sweet Karen! Wish my internet 📶 had not dropped. Xoxo

00:12:58 Tina: Reacted to "Great job DeeDee!!" with ❤️
 00:13:25 Coach Jess Mitchell: Reacted to "Allowing my heart an..." with ❤️
 00:13:37 Coach Danielle Cole: Replying to "I'm still here worki..."

You will find your rhythm. Take the tracker out each Sunday. Look at your week. Be present, answer the questions and set your intention for the week.

00:13:43 Coach Danielle Cole: Reacted to "Didn't give in to th..." with ❤️
 00:13:46 Coach Danielle Cole: Reacted to "Working on myself an..." with ❤️
 00:13:46 Karen Kvidera: Replying to "Great job DeeDee!!"

I am beyond grateful for You Bob and this whole program.

00:13:48 Jasmina Bhattacharya: Replying to "Thanks I have catchi..."
 Meaning?

00:13:49 Coach Danielle Cole: Reacted to "leading with love is..." with ❤️
 00:13:52 Coach Danielle Cole: Reacted to "Acting as a love-led..." with ❤️
 00:13:54 Coach Danielle Cole: Reacted to "doing a service post..." with ❤️
 00:13:57 Coach Danielle Cole: Reacted to "Love voice text. Sho..." with 🔥

00:14:09 Karen – Linn County: Replying to "I'm still here worki..."
Thank you @Coach Danielle Cole
00:14:09 Coach Danielle Cole: Reacted to "Invisible win: havin..." with 🙌
00:14:20 Coach Danielle Cole: Reacted to "Yes, I think it's ju..." with 🔥
00:14:27 Coach Danielle Cole: Reacted to "Allowing my heart an..." with ❤️
00:14:29 Coach Kristy Wharton: Replying to "Didn't give in to th..."

You can share the problem the promo solves—remember that. For example—if cost has prohibited you from solving X problem, I may have a solution. Make sense?

00:14:32 Coach Tammy Asmus: @DeeDee Fitch You even look at "peace"! Love this!

00:14:47 Joanne Clement: I hear you DeeDee

00:14:56 Tina: That's awesome DeeDee!

00:15:33 Hannah: Meeeeeee

00:15:33 Coach Tammy Asmus: Reacted to "doing a service post..." with ❤️

00:15:37 Coach Tammy Asmus: Reacted to "Love voice text. Sho..." with 🙌

00:15:44 Coach Tammy Asmus: Reacted to "leading with love is..." with ❤️

00:15:48 Coach Danielle Cole: Replying to "Thanks I have catchi..."

Don't look at it as catching up! Take your time with each lesson. Set an intention for each lesson – be present, do the homework and trust the process.

00:15:52 Hannah: My upline is pushing HARD today and I'm breezing by

00:15:53 Coach Danielle Cole: Reacted to "Thank you @Coach Dan..." with ❤️

00:15:57 Coach Tammy Asmus: Reacted to "Invisible win: havin..." with ❤️

00:16:04 DeeDee Fitch: Reacted to "@DeeDee Fitch You ev..." with ❤️

00:16:06 Coach Tammy Asmus: Reacted to "I am beyond grateful..." with 🙌

00:16:10 Hannah: It just feels gross

00:16:13 DeeDee Fitch: Reacted to "I hear you DeeDee" with ❤️

00:16:17 DeeDee Fitch: Reacted to "That's awesome DeeDe..." with ❤️

00:16:17 Karen – Linn County: Love this.... You can work harder just stay aligned with how you want to show up

00:16:35 Coach Tammy Asmus: Replying to "Great job DeeDee!!"

@Karen Kvidera So proud of you! Blessed to be a part of your journey!

00:16:48 Chris Julian: yes.. made the quota to finish qualification for Director
Thank you for helping me internally ..to believe I could!

00:17:15 Coach Kristy Wharton: Reacted to "yes.. made the quota..." with ❤️

00:17:19 Pam Reece: Reacted to "yes.. made the quota..." with ❤️

00:18:33 Coach Kristy Wharton: Reacted to "Love this.... You can ..." with ❤️

00:18:35 Theresa Roy: Reacted to "You can share the pr..." with 👍

00:19:20 Morrigan: my brain unlocked itself and i cant keep up with it

00:19:29 Kelley: staying organized – how do you recommend staying up with all
the follow-ups and not letting someone fall through the cracks – the spreadsheet is
great for the initial contact but how to keep it sustainable?

00:20:06 Ostrowski, Jennifer: Replying to "staying organized – ..."
Me too Kelley, trying to figure out my system too.

00:20:07 Lisa Bomers: Still having a lot of the same people engaging on posts so
harder to make new convos in that regards.

00:20:47 Doaa: Replying to "Still having a lot o..."

Same

00:20:57 Robin McCabe: You're so brave Morrigan! Thank you so much for
sharing!

00:21:08 Toni Frere: Maybe this has been addressed but is Authentic f/u in the
post or a DM?

00:21:09 Ostrowski, Jennifer: Reacted to "You're so brave Morr..." with ❤️

00:21:12 Coach Patty Voepel: Yes Morgan 🤝👏

00:21:15 Hannah: Replying to "Still having a lot o..."

Same

00:21:36 Hannah: Replying to "Maybe this has been ..."
DM

00:21:36 Coach Tammy Asmus: Reacted to "You're so brave Morr..." with ❤️

00:21:41 Newelle McDonald she/her: What are some ways to save and
organize the ChatGPT copy? I want to be able to find all of them.


00:21:47 Nancy Earl-Stanley: That's so awesome Morrigan!

00:21:52 Hannah: Replying to "Maybe this has been ..."
But you tag said person on the post in comments

00:22:03 Lisa Bomers: Replying to "What are some ways t..."

I screen shot them and put in album in my photos

00:22:13 Doaa: How do I authentically reach out to family/friends? It doesn't feel aligned to use the scripts for people I'm closer to personally

00:22:27 Newelle McDonald she/her: Reacted to "I screen shot them a..." with 

00:22:31 Toni Frere: Replying to "Maybe this has been ..."

As in "I sent you a DM."?

00:23:14 Hannah: Replying to "Maybe this has been ..."

Just put @ and their name but you should in DM say hey would you mind if I tagged you in a post that I think would be very beneficial to you?


00:23:20 Coach Danielle Cole: Replying to "staying organized - ..."

Add a F/U column in your spreadsheet. Put a date in that column - like 2-3 days after first contact. Sort on that column each time you start your F/U to see who you need to give a nudge to.

00:23:24 Marianne Dombrowski: Replying to "What are some ways t..."

Same question

00:23:35 Jennifer Peterson: Reacted to "Add a F/U column in ..." with 

00:23:45 Cindy Templeton: Reacted to "Add a F/U column in ..." with 

00:23:54 Coach Kristy Wharton: Replying to "staying organized - ..."

@Kelley tracking is an individual thing and so finding what works for you will be an ongoing journey. I'd NOT start tracking until you know the problem. Are you doing this?

00:23:57 Karen - Linn County: Reacted to "Add a F/U column in ..." with 

00:24:05 Coach Jess Mitchell: Replying to "What are some ways t..."

I put them into my own boards so I can copy paste easily

00:24:38 Newelle McDonald she/her: Replying to "What are some ways t..."

So far, I've pasted them in Word Doc and saving them in files. Maybe it's just a process.

00:24:58 Newelle McDonald she/her: Replying to "What are some ways t..."

@Coach Jess Mitchell I don't know about Boards.

00:25:01 Karen Lovegrove: Replying to "What are some ways t..."

@Coach Jess Mitchell do have to pay to have your won board?

00:25:10 Karen Lovegrove: Replying to "What are some ways t..."

own

00:25:26 Beth Hackett: Replying to "What are some ways t..."

I copied and pasted to Love-Led notes in my phone. Then I copy/paste into ChatGPT before modifying for that particular post. That way I always have it with me and don't have to completely retype each time

00:25:31 Kelley: Reacted to "Add a F/U column in ..." with 👍

00:25:43 Marianne Dombrowski: Reacted to "I copied and pasted ..." with 👍

00:25:43 Coach Kristy Wharton: Replying to "Maybe this has been ..."

@Toni Frere start in the comments with response to the post, itself first. Then go to DMs...you need to comment back on the post, first—but it's not considered AO

00:25:53 Tina: Absolutely!!! So true

00:25:53 Marianne Dombrowski: Reacted to "So far, I've pasted ..." with 👍

00:26:14 Cindy Templeton: Soooo good!

00:26:21 Lisa Bomers: Reacted to "Same" with 👍

00:26:26 Lisa Bomers: Reacted to "Same" with 👍

00:26:37 Toni Frere: Replying to "Maybe this has been ..."

Thank you!

00:26:37 Newelle McDonald she/her: Replying to "What are some ways t..."

@Beth Hackett I bet there's a lot of tools in Chat GPT that might work with this. I just have to be willing to make time to go learn that system.

00:26:50 ray & krysti findley: MORRIGAN, this was so helpful.

00:26:50 Coach Kristy Wharton: Replying to "How do I authentical..."

From posts or just in general?


00:26:55 Coach Tammy Asmus: Reacted to "MORRIGAN, this was s..." with ❤️

00:27:05 Kelley: Replying to "staying organized - ..."


I'm completed all the forms in the first lesson, and then I'm going back and putting a date beside the people when I reach out with the first contact. But, as I keep adding people to engage, it just gets overwhelming to me. I've been in this cycle before. Started a system, and then quit because I can't sustain it.

00:27:20 Beth Hackett: Replying to "What are some ways t..."

True. I've also considered pasting into Boards, but I pay for that app.

00:28:12 Newelle McDonald she/her: Reacted to "True. I've also cons..." with 

00:28:24 Coach Kristy Wharton: Replying to "staying organized - ..."
Makes sense. What is your main mode of communication?

00:29:02 Coach Kristy Wharton: Reacted to "Thank you!" with 

00:29:16 Kelley: Replying to "staying organized - ..."

texting to people I have numbers (past clients) or FB messenger when I don't have that

00:30:50 Cindy Templeton: Reacted to "I'm completed all th..." with 

00:30:58 Coach Kristy Wharton: Replying to "Maybe this has been ..."

And @Toni this would not look like "I DMd you.." it would be a real comment back. And I usually coach to use comments to continue the conversation—meaning end with a ? if possible

00:32:44 Coach Kristy Wharton: Reacted to "I'm completed all th..." with 

00:33:16 Doaa: This is so helpful. I'm virtually in the same boat as Morrigan

00:33:47 Tina: Reacted to "This is so helpful. ..." with 

00:34:23 Coach Kristy Wharton: Replying to "staying organized - ..."

Approx # we are talking about?

00:34:33 Tina: Replying to "This is so helpful. ..."

I'm in a similar place too!

00:35:37 Cindy Templeton: Reacted to "This is so helpful. ..." with 

00:35:51 Karen Lovegrove: Reacted to "staying organized - ..." with 

00:35:54 Kelley: Replying to "staying organized - ..."

I have over 100 past clients that I've been working my way through

00:36:03 Brenda: This conversation has been so incredibly helpful for me. I can relate to Morgan. 🥰

00:36:29 Jennifer Peterson: Reacted to "I'm completed all th..." with ❤️

00:36:41 Coach Patty Voepel: Reacted to "This is so helpful. ..." with ❤️

00:36:48 Pam Reece: Replying to "This conversation ha..."

Me too!

00:36:51 Tina: I'm in a similar place Morrigan! We're going to come out Love Led Leaders-You've got this!

00:36:55 Coach Patty Voepel: I feel Morgan

00:37:36 Coach Jess Mitchell: Reacted to "This conversation ha..." with ❤️

00:37:38 Coach Kristy Wharton: Replying to "This is so helpful. ..."

For people in this place—remember the simplicity of this: we only do two things. 1) content — a presentation of an aspect of what we do and then we 2) have conversations from that. That is ALL. Don't get bogged down in the details, until you get these two concepts.

00:37:52 Nicki Paulsen: Love this coaching with Morrigan! It is great example of meeting us where we are! So very grateful for Love Led Process! Thank you!!

00:38:09 Karen - Linn County: Replying to "This conversation ha..."

Me too.... I

00:38:48 Coach Kristy Wharton: Replying to "This is so helpful. ..."

If you look at the core four⁴—it's one part content and 3 parts conversations. And there are nuances to content and conversations but if you do these two things, you'll get better and better at both.

00:38:54 Coach Kristy Wharton: Reacted to "I'm in a similar pla..." with ❤️

00:39:14 Cindy Templeton: Reacted to "If you look at the c..." with 👍

00:39:37 Hannah: I love Thursdays with Bob

00:39:45 Coach Jess Mitchell: Reacted to "I love Thursdays wit..." with ❤️

00:39:52 Coach Kristy Wharton: Reacted to "Love this coaching w..." with ❤️

00:39:54 Pam Reece: Reacted to "I love Thursdays wit..." with ❤️

00:39:54 Coach Tammy Asmus: Reacted to "I love Thursdays wit..." with ❤️

00:39:56 Hannah: Truth

00:40:03 Coach Patty Voepel: Your not broken -this

00:40:10 Karen Lovegrove: Reacted to "I love Thursdays wit..." with ❤️

00:40:12 Terri Temple: Reacted to "I love Thursdays wit..." with ❤️

00:40:36 Robin McCabe: Thank you for sharing Morrigan. This is so helpful!
You're so strong!!

00:40:37 Hannah: You don't have to follow along you have to follow with
where you and YOUR heart are at this time

00:40:41 Cindy Templeton: I'm in the beauty industry for 30 years.

00:40:41 Karen - Linn County: I definitely will be pausing and going back to
previous lessons and taking the time to focus on the tasks assigned with them to get
the habits down. I feel like I am cruising through them to "check the box" instead of
really absorbing the content.

00:40:42 Hannah: Me

00:40:54 Karen - Linn County: Reacted to "You don't have to fo..." with 🙌

00:41:04 Pam Reece: Reacted to "I definitely will be..." with 👍

00:41:05 Coach Tammy Asmus: Reacted to "I definitely will be..." with 🙌

00:41:10 Hannah: Reacted to "I definitely will be..." with ❤️

00:41:21 Cindy Templeton: Reacted to "I definitely will be..." with ❤️

00:41:35 Hannah: Because he's actually been there which is so nice

00:41:46 Robin McCabe: Yes!! SO brave!

00:41:48 Hannah: Ty Morgantown

00:41:56 Robin McCabe: Thank you Morrigan!

00:41:56 Hannah: Lollll morgan

00:41:58 Team Goyette (Jim & Kate): Reacted to "I definitely will be..." with 👍

00:42:00 Beth Hackett: Thank you for your courage!

00:42:03 Lisa's I-phone: Ur awesome Morrigan!!

00:42:04 Tina: You are worthy of Love Led Growth! Thank you for sharing

00:42:06 Nancy Earl-Stanley: Thanks for sharing your story Morrigan!

00:42:22 Coach Kristy Wharton: Replying to "staying organized - ..."
What about categorizing into AO, problem, VAFU and just add names when you've hit
that stage with someone?

And then you're ready as you come to a core four for who to talk to within these
categories

00:42:22 Team Goyette (Jim & Kate): You are growing Morrigan!!! Thanks for being so vulnerable.

00:42:23 Cindy Templeton: Look at that smile!

00:42:26 Hannah: Your exactly where you are supposed to be

00:42:30 Coach Jess Mitchell: Reacted to "Your exactly where y..." with ❤️

00:42:32 Robin McCabe: Reacted to "Your exactly where y..." with ❤️

00:42:37 Theresa Roy: What a leader you will be Morrigan!!!! Great job

00:42:41 Beth Hackett: Reacted to "Your exactly where y..." with ❤️

00:42:50 Hannah: Meeeeeeee

00:42:52 Diane Eskey: Thanks Morrigan

00:42:53 Chris Julian: yes

00:42:54 Team Goyette (Jim & Kate): YES

00:42:56 Brenda: I did

00:42:57 Terri Temple: Thank you Morrison

00:43:00 Nicki Paulsen: Go Morrigan!

00:43:17 Hannah: I don't have to be at a certain point

00:43:21 Robin McCabe: Honesty.

00:43:21 Hilleri Dickey: We all suffer from Fear

00:43:24 Jennifer Peterson: Do not compare myself to others.

00:43:25 Coach Tammy Asmus: Love you @Morrigan so proud of you!

00:43:28 Team Goyette (Jim & Kate): Slow down, it's okay to be right where I am.

00:43:29 Terri Temple: Fe

00:43:32 Coach Patty Voepel: Great stuff - we need to give ourselves grace and not beat ourselves up - stop comparing keep learning and growing with the love led way

00:43:32 Cindy Templeton: I'm right where I'm supposed to be in this journey.

00:43:32 Kelley: slow down and REALLY learn - this is not a race to the end

00:43:34 Robin McCabe: Slow down.

00:43:35 Beth Hackett: I am where I am and that's where I'm supposed to be

00:43:40 Joni Mitchell: Feeling overwhelmed can be self sabotoge

00:43:44 DeeDee Fitch: We are ALL the same. We are all doing our best

00:43:44 Jasmina Bhattacharya: Overwhelm is a sign of fear

00:43:48 Doaa: No shame in not having engaged leads.

00:43:49 Judy Fisher: I need to go back to listen to the lessons in a new unit of time.

00:43:51 Newelle McDonald she/her: That I can be doing this at my pace.

00:43:51 Robin McCabe: Not needing to keep up just to keep up.

00:43:52 Nicki Paulsen: I keep hearing that be where you are but this fleshed it out!

00:43:58 Coach Kristy Wharton: Replying to "staying organized - ..."
The final stage of sharing solutions begins in VAFU so you don't need one for it...also I've personally used My iPhone to do this for me. Talk to Siri and tell her to create three remainder categories and speak into it right after a conversation. It will set up and remind you to followup, as well.

00:43:58 Rhonda: Learn do, learn do ,This is your rythm

00:44:01 Chris Julian: I must learn.. then do.. then learn.. then do!!

00:44:01 Marcela Lopez: I just realized I still need to find my rhythm

00:44:02 Theresa Roy: Remain committed to sticking with your own rhythm...
Don't compare to others... Don't be lead by fear!!!

00:44:03 Hannah: Yes no shame if I have less leads

00:44:07 Diane Eskey: That it's ok to restart differently and do my loop at y speed.

00:44:08 Tina: Right here-Right now! Love that place

00:44:10 Pam Reece: I need to focus on the phases that are where I'm at in my business - not trying to "get through" all the phases. I'm pushing myself instead of taking the time to let this all seep in.

00:44:11 Sally Anderson: overwhelm is self sabotage

00:44:16 Karen - Linn County: Just because you "complete" the lesson doesn't mean you absorbed it. Slow down and work through this system at your own pace.

00:44:20 Theresa Roy: Reacted to "overwhelm is self sa..." with ❤️

00:44:25 Karen Kvidera: Still need to find y rhythm

00:44:30 Hannah: Reacted to "I need to focus on t..." with ❤️

00:44:34 Robin McCabe: Felt that.

00:44:34 Coach Jess Mitchell: Replying to "Just because you "co..."
This right here!! 📌📌

00:44:37 Hannah: Reacted to "Just because you "co..." with ❤️

00:44:39 Cindy Templeton: Reacted to "What about categoriz..." with 👍
00:44:44 Pam Reece: Reacted to "Just because you "co..." with ❤️
00:44:45 Robin McCabe: Reacted to "Just because you "co..." with ❤️
00:44:48 Robin McCabe: Replying to "Just because you "co..."

YES!

00:45:03 Newelle McDonald she/her: Yes. So much of my 'aha' moment were about seeing my leaders struggling and needing this information.
00:45:20 Joni Mitchell: Reacted to "Yes. So much of my '..." with ❤️
00:45:20 ray & krysti findley: this....
00:45:24 Cindy Templeton: Reacted to "Just because you "co..." with 🙌
00:45:27 Kelley: Replying to "staying organized - ..."

I like these ideas, thank you

00:45:29 Deanna's iPhone (2): Yes!
00:45:30 Robin McCabe: yes!
00:45:35 Team Goyette (Jim & Kate): YES the pressure....
00:45:36 Theresa Roy: pressure leads to burnout!!
00:45:37 Coach Kristy Wharton: Reacted to "YES!" with ❤️
00:45:43 Hannah: I feel safer here then in my upline chat
00:45:48 Pam Reece: Reacted to "pressure leads to bu..." with 👍
00:45:54 Pam Reece: Reacted to "I feel safer here th..." with ❤️
00:45:54 Tina: Living under pressure SUCKS!
00:45:57 Diane Eskey: And that's not helping them to develop what they need to do.
00:46:01 Cindy Templeton: Reacted to "I feel safer here th..." with ❤️
00:46:10 Coach Patty Voepel: Ugh the pressures -
00:46:11 Deanna's iPhone (2): Exactly! Out of fear.
00:46:20 Karen Kvidera: Reacted to "What about categoriz..." with ❤️
00:46:21 Terri Temple: Yes
00:46:24 Coach Kristy Wharton: @Robin McCabe"Nuggets" Each time that help us do content and conversations, from love & 'better!'
00:47:00 Robin McCabe: Reacted to "@Robin McCabe"Nugget..." with ❤️
00:47:32 Jennifer Peterson: Reacted to "I feel safer here th..." with ❤️

00:47:53 Theresa Roy: I wish I had known about this program last Sept when I first jumped into Network Marketing space. I had 7 months of fear led leadership and it felt off from day one! Now I can redirect my efforts to the space I feel my purpose can serve the most... Scary but true!!!!

00:48:02 Coach Kristy Wharton: Reacted to "I keep hearing that ..." with ❤️

00:48:06 Hannah: Can't wait for LSG

00:48:12 Pam Reece: Reacted to "I wish I had known a..." with ❤️

00:48:20 Jennifer Peterson: Reacted to "I wish I had known a..." with ❤️

00:48:32 Robin McCabe: Replying to "Just because you "co..."

@Coach Kristy Wharton Gonna slow down...absorb. No more rushing and expecting myself to just get it all the first time I hear it.

Slowing down to actually be the student...

00:49:08 Deanna's iPhone (2): That's me!

00:49:09 Robin McCabe: AND SHE FLIPPIN DID IT!!! Amazing!! She's AMAZING!

00:49:13 Deanna's iPhone (2): Just did a post on that

00:49:23 Joanne Clement: I was like that...so much grow since

00:49:30 Joanne Clement: Growt

00:49:31 Karen Lovegrove: That's me and still is

00:50:09 Terri Temple: That was me .So much growth since.

00:50:10 Deanna's iPhone (2): Waited till i was a senior in high school to take speech. It was required

00:50:13 Coach Kristy Wharton: Replying to "I keep hearing that ..."

And the truth is you can only ever be where you are, right? Trying to be another place is futile—be where you are and be okay with that. Start there, you'll be surprised at how things begin to fall into place.

00:50:26 Nicki Paulsen: love led

00:50:42 Coach Kristy Wharton: Reacted to "@Coach Kristy Wharto..." with ❤️

00:50:43 Chris Julian: THanks Bob for sharing.. helps us see your struggles..and where you are now..and gives us hope

00:50:51 Robin McCabe: Amazing. Thank you for sharing this.

00:50:55 Pam Reece: Reacted to "And the truth is you..." with ❤️

00:51:03 Beth Hackett: Reacted to "And the truth is you..." with ❤️

00:51:13 Coach Kristy Wharton: Replying to "Just because you "co..."

😬 you'll be well prepared when we have the opportunity to work more closely together!

00:51:15 Karen - Linn County: Reacted to "And the truth is you..." with ❤️

00:51:17 Doaa: I took public speaking and gave a speech about being nervous as I was visibly shaking and distressed from nervousness

00:51:22 Karen Kvidera: Reacted to "Just because you "co..." with ❤️

00:51:25 Robin McCabe: Reacted to "😬 you'll be well pr..." with ❤️

00:51:35 Coach Patty Voepel: Yes - 🙌

00:51:41 DeeDee Fitch: Exactly how I've felt!

00:51:46 Karen Kvidera: Reacted to "Exactly how I've fel..." with ❤️

00:51:47 Cindy Templeton: Reacted to "@Coach Kristy Wharto..." with 🙌

00:52:10 Tina: Introverted-Extrovert is me too! Terribly afraid of public speaking

00:52:22 Hannah: Replying to "Introverted-Extrover..."

YESSSSSS

00:52:32 Deanna's iPhone (2): Replying to "Introverted-Extrover..."

That's an ambivert

00:52:37 DeeDee Fitch: Replying to "Introverted-Extrover..."

Same sis

00:52:46 Coach Kristy Wharton: Getting present & being anchored in love —will help with that. Our brain and nervous system need safety to relax and release our limiting beliefs.

00:52:57 Cindy Templeton: Reacted to "Getting present & be..." with ❤️

00:53:00 Karen Kvidera: Reacted to "Getting present & be..." with ❤️

00:53:01 DeeDee Fitch: Reacted to "Getting present & be..." with ❤️

00:53:08 Cindy Templeton: Reacted to "That's an ambivert" with 🤔

00:53:15 Coach Jess Mitchell: Reacted to "Getting present & be..." with ❤️

00:53:27 Robin McCabe: Omgosh. That's amazing!!!! Congrats!

00:53:34 Karen Kvidera: Agreed!

00:53:37 Deanna's iPhone (2): I wish everyone took this course right when they started.

00:53:38 Morrigan: Replying to "Introverted-Extrover..."

amibervt to my core

00:54:06 Hannah: I think she left

00:54:19 Hannah: Me

00:54:19 Chris Julian: yes

00:54:22 Karen Kvidera: Me

00:54:22 Theresa Roy: yes...

00:54:22 Beth Hackett: Me

00:54:25 Marcela Lopez: Me!

00:54:25 Lanette Kuhn: Yes

00:54:26 Charlene Sandford: Yes

00:54:27 Team Goyette (Jim & Kate): YES - ME

00:54:27 Karen Lovegrove: yes

00:54:32 Karen - Linn County: ME!!!!

00:54:33 Coach Kristy Wharton: Looks like kelly left @Bob Heilig.

00:54:35 Susan Moore: Yes

00:54:45 Cindy Templeton: Keeping track - yes!

00:54:50 Joni Mitchell: Sometime I would love someone to look at some of my posts....just give me feedback on whether I am on the right track? Posting anything at all is pretty new to me

00:54:55 Coach Kristy Wharton: Reacted to "Keeping track - yes!" with ❤️

00:55:17 Toni Frere: YEP!!! Being locked out of FB for 3.5 weeks put me behind and I feel like I am on the fast track, trying not to have a spinning brain.

00:55:18 Coach Kristy Wharton: Replying to "Keeping track - yes!"
@Cindy Templeton is our Mary Kay friend @Bob Heilig fyi

00:56:31 Deanna's iPhone (2): Yes.

00:56:37 Hannah: Me too yes same ppl all the time

00:56:43 Robin McCabe: This is good.

00:57:52 Coach Kristy Wharton: Reacted to "YEP!!! Being locked ..." with ❤️

00:59:23 Coach Kristy Wharton: Replying to "YEP!!! Being locked ..."

Remember you'll have the program forever. So you can slow down and be where you are, and consider this challenge happened FOR you instead of TO you. What could be the gift in this??

01:02:37 Robin McCabe: Love that. Needed it. Thank you!

01:02:44 Karen Kvidera: Wow Cindy. I hear you,

01:05:07 Karen - Linn County: Yes, both very powerful conversations!

01:05:10 Theresa Roy: Wonderful session..

01:05:14 Joanne Clement: Amazing hour. Love it so much cause I learn every
time. Thank you Bob

01:05:21 Hannah: Thank you everyone

01:05:27 Coach Patty Voepel: So good