

# The LOVE-LED™ SHIFT Call Chat

## Transcript 12.10.2025

00:01:09      gwyneth:      Hi, I'm new

00:01:11 Jennifer Polk: First timer

00:01:15      Lori Warman: Hello Everyone! Welcome new people!

00:01:18      laura rodgers:      Hello Megan

00:01:19      Carol Caputo:      Hello, I am new

00:01:22      Robin McCabe:      Welcome new friends!!

00:01:22      Tracy Donald:      Hello I am new 😊

00:01:35      Julie Peters:      I'm New!

00:01:37      April Vidal:      First timer!

00:02:22      laura rodgers:      Just finished your book Selfish Hour & loved it

00:03:04      Jennifer's iPhone:      Doubt

00:03:05      Kerrie LeBlanc:      Fear

00:03:08      Chris Julian: I don't want to finish your book.unless I just start it again..  
so much good stuff!

00:03:10      Karen Forrister:      Shame

00:03:14      Annette Aguiar:      What's the opposite of leadership??

00:03:18      Steph Wood: I won't miss what's meant for me 😊

00:03:25      Theresa R's iPhone: Pessimism

00:03:26      Jennifer Polk: Shoulding on myself.....

00:03:27      StorybookShoresTravel:      Fear

00:03:29      Emily Titov:      pressure and proving

00:03:29      Janae Stephens:      My indifference mask

00:03:34      Teena's phone:      Procrastination

00:03:36      laura rodgers:      Not taking the negative thoughts

00:03:37      Lauren Cormier:      Self doubt

00:03:38      Coach Shannon Gleason: Survival mode

00:03:40      Zoom user:      Insecurity

00:03:41      Socorro Dunn:      FOMO

00:03:46 Laura Trimble: Stinking thinking  
00:03:48 Kelly's iPhone: Stress  
00:03:50 Alicia Raley: Procrastination  
00:03:50 Carol Crosby: Fear and perfectionism  
00:03:50 Carol Caputo: Striving  
00:03:51 Teresa Reid: Not trusting myself  
00:03:53 Terri Temple: Fear based leadership  
00:03:58 Chris Julian: my mask  
00:04:00 Lori Warman: Self-doubt  
00:04:03 Kayla Allen: Disbelief  
00:04:15 Cindy Templeton: shame  
00:04:18 Steph Wood: lol  
00:04:42 Jennifer's iPhone: I am enough  
00:04:45 Kerrie LeBlanc: Calm courage  
00:04:45 Anne Boyer: crinkle what up? I was not let in on time  
00:04:53 Steph Wood: What God has for me, I can't miss 😊  
00:04:58 Laura Trimble: I'm exactly where I am supposed to be  
00:05:02 Kelly's iPhone: Self worth  
00:05:08 Beth Strauss: guilt  
00:05:15 Carol Crosby: Quicker action – 321 GO!  
00:05:17 laura rodgers: My beautiful spiritual heart  
00:05:18 Jennifer Cumbie: Presence for 2026  
00:05:18 Socorro Dunn: I am enough  
00:05:20 Janae Stephens: The solstice is a good time to let go of what no longer serves. Burn it!  
00:05:20 Chris Julian: new beliefs..courage  
00:05:23 Kayla Allen: Courage to be uncomfortable  
00:05:31 Emily Titov: confidence  
00:05:33 Catherine Fite: Peace  
00:05:34 Theresa Torres: Grace  
00:05:36 StorybookShoresTravel: Courage  
00:05:37 Kerrie LeBlanc: Reacted to "The solstice is a go..." with ❤️  
00:05:37 Coach Shannon Gleason: Presence, Joy, Abundance,  
00:05:38 Cindy Templeton: transformation

00:05:38 Carol Caputo: Grace over grind (striving) into 2026

00:05:43 Tammy Carabelli: Reacted to "The solstice is a go..." with ❤️

00:05:46 Zoom user: Be me

00:05:46 Laura Trimble: trust

00:05:52 Angie Purcell: Grace

00:05:55 Teena's phone: Discipline

00:06:01 laura rodgers: Gratitude

00:06:01 Lori Warman:I've learned that staying aligned isn't a one-time decision; it's a rhythm, and i know how to return to it.

00:06:04 Terri Temple: Corurage

00:06:09 Kerrie LeBlanc: Reacted to "I've learned that st..." with ❤️

00:06:37 Cheryl Mabry: Reacted to "The solstice is a go..." with ❤️

00:06:46 Cheryl Mabry: Reacted to "I've learned that st..." with ❤️

00:07:42 Lizzie George: I am leaving anxiety behind. I am taking appreciation for myself into 2026

00:08:07 gwyneth: Yup!

00:08:15 Lori Warman:WOW....

00:08:21 Anne Boyer: Just had a convo with my daughter about this. Maybe this way of breaking it down will help me communicate better with her too!!

00:08:24 Socorro Dunn: What is that?

00:08:29 laura rodgers: Yes

00:09:22 Robin McCabe: Just read this in my devotional this morning...!  
2 Cor 10:5 "demolish arguments and every pretension that sets itself up against the knowledge of God, and take captive every thought to make it obedient to Christ"

00:09:24 Cheryl Mabry: Gulp, this is my world

00:09:49 Amy Gregory: Ooohh ... that is a GREAT analogy! 🤩

00:09:58 Anne Boyer: I say 'shut up brain'

00:10:02 Cindy Templeton: Reacted to "Just read this in my..." with ❤️

00:10:50 Lori Warman:That's what you talked with me about last week and it's the authenticity post I made today

00:10:53 Cindy Templeton: Oh Crap Megan!

00:11:41Win and Michele Wood: Love your sweater, by the way, Megan!

00:12:13 Cindy Lenz: I am leaving frustration and lack of activity behind; I am moving forward with love and action to help a lot more people.

00:12:47 Cheryl Mabry: Reacted to "I am leaving frustra..." with 💕  
00:13:10 Janae Stephens: Replying to "I say 'shut up brain..."

maybe give it another name because sometimes the brain comes up with positive stuff

00:13:57 Kerrie LeBlanc: I have a space heater on  
00:15:00 Anne Boyer: I've had more action since my first week with Bob thank I've made myself do in awhile. THAT is how I knew I was meant to be here!<3  
00:16:25 Cindy Lenz: All true!  
00:16:53 Jennifer Polk: Love this! Thanks Megan!  
00:17:37 Cheryl Mabry: Train our brains focus!  
00:18:04 Lori Warman: Abundance  
00:18:14 Lori Warman: not busy abundant  
00:18:26 gwyneth: Bob talked the other week about the belief and trust recession. I have been in my business for nearly 13 years and I really resonated with what he said. What would you recommend for building the BELIEF back?  
00:18:57 Carol Caputo: This is so helpful because I am moving on the 22nd (sudden) „Overwhelm.. Haven't begun packing. I am blessed to move.. I am blessed to have strength to Pack in-between all  
00:19:16 laura rodgers: I'm blessed and I look every morning I look around even if it's the little things  
00:19:56 Lizzie George: I have been feeling unsafe in my business. This really helps because I can choose a different feeling.  
00:21:49 Cindy Lenz: I can relate to this so well Gwyneth!  
00:21:55 Candice Cuevas: Believe in myself  
00:22:04 Cindy Templeton: Gwyneth - I resonate with you. I've been in my business for 30 years and felt the same thing.  
00:22:14 Candice Cuevas: Such great questions Gwyneth  
00:22:33 Kerrie LeBlanc: I can totally relate Gwyneth  
00:22:58 Steph Wood: You are not alone sister!  
00:23:01 Cindy Lenz: It gets easy to take feeling well for granted.  
00:23:33 Socorro Dunn: I can relate so much! The last 5-6 yrs bee similar.. bubble environment.  
00:23:57 Steph Wood: It's SOOOOOO different.

00:24:35 Steph Wood: 15 years almost with same company. The people I see blow up.. moved to a new company. But they will face the same ebb we all do.

00:25:09 Cheryl Mabry: Fresh eyes!

00:25:22 Cindy Lenz: I love this.... growing a team with intention!

00:26:36 laura rodgers: Yes we had a lot of team members left and I went on my own and am developing myself into this way the love led way and I feel so much better in my business and this amazing community

00:27:29 Kerrie LeBlanc: yes

00:28:18 Coach Shannon Gleason: Its hard to CREATE when we are feeling a red light story

00:29:51 Robin McCabe: Then I'll forget ... and go back days later ... 😊

00:29:52 Anne Boyer: it used to be 7 touches. Now it's 77

00:30:11 Elysia Edwards: Reacted to "it used to be 7 touc..." with 😂

00:30:20 Cindy Templeton: Reacted to "it used to be 7 touc..." with 🙌

00:30:28 Mary Daza: When was the call she mentioned about Bob talking about belief and trust recession? I'd love to watch it.

00:30:45 Mary Daza: Reacted to "it used to be 7 touc..." with 😂

00:30:47 Mary Daza: Reacted to "it used to be 7 touc..." with 🙌

00:31:04 Cindy Lenz: Very true - I've become a lot more cautious in what I buy.

00:31:05 Raquel Cornelsen: Last leadership lab I believe.

00:31:25 Raquel Cornelsen: Dec 2

00:31:31 Mary Daza: Reacted to "Dec 2" with ❤️

00:31:58 Mary Daza: Replying to "Dec 2"

Thank you!

00:32:20 Kelly's iPhone: I did an in person party Sunday it was magical

00:37:21 Lindsay Ault: You did the first one. Now you can do another one. not as scary

00:37:39 Tammy Carabelli: Your message will land in the hearts it meant to.

00:38:54 Win and Michele Wood: Thanks for sharing Anne!

00:38:57 Kerrie LeBlanc: Thank you, Megan! This was great!

00:39:06 laura rodgers: Thank you so good

00:39:06 Carol Caputo: Thank you ❤️

00:39:08 Chris Julian: thank you Megan

00:39:08 Angie Purcell: Thank you

00:39:09 gwyneth: thank you!