

Love Led Leadership Lab Chat

Transcript 3.20.2026

00:03:09 Jennifer Polk: My first LSG call!!! So excited to be here!
00:03:17 Melissa: Reacted to "My first LSG call!!!!..." with ❤️
00:03:53 Robin McCabe: Welcome Jennifer!
00:03:56 Laura Trimble: Welcome!!
00:03:57 Karen Hartlaub: Welcome
00:03:59 Gwyneth Spinden: me!
00:04:00 Bethany Bates: First time live
00:04:01 Sarah Horrell: me!
00:04:02 Diane Nix: Welcome, Jennifer!
00:04:11 Jeanne Goldman: Welcome!
00:04:15 Theresa Torres: Hello Jennifer and all new members
00:04:17 Jennifer Polk: Replying to "Welcome Jennifer!"

Thanks!

00:04:24 Cindy Templeton: Welcome to you all!!
00:04:27 Jennifer Polk: Replying to "Welcome!!!"

Thanks!

00:04:36 Jennifer Polk: Replying to "Welcome"

Thanks!

00:04:46 Jennifer Polk: Replying to "me!"

Welcome too!

00:04:57 Jennifer Polk: Replying to "First time live"

Welcome!

00:05:07 Jennifer Polk: Replying to "me!"

Welcome!

00:05:14 Jennifer Polk: Replying to "Welcome, Jennifer!"

Thanks!

00:05:21 Jennifer Polk: Replying to "Welcome!"

Thanks!

00:05:29 Jennifer Polk: Replying to "Hello Jennifer and ..."

Thanks!

00:05:37 Jennifer Polk: Replying to "Welcome to you all!!"

Thanks!

00:06:50 Terri Temple: Wel.come everyone !!

00:08:39 Jim Hatchell: Last week you talked about the raw posts and it was good timing for me

00:11:42 Melissa: Need to bring joy to my team!!!

00:12:10 Theresa Torres: DOUBLE DOSE

00:12:17 Cindy Templeton: Reacted to "Need to bring joy to..." with ❤️

00:12:20 Cindy Templeton: Reacted to "DOUBLE DOSE" with ❤️

00:15:08 Cindy Templeton: Super excited for the opportunity to work together next Wednesday. It is an area where I have procrastinated...due to fear.

00:15:56 Bob Heilig: www.yourvirtualupline.com/momentum

00:16:00 Bob Heilig: LSG100

00:16:03 Bonnie Schnautz, ND: I'm already in

00:16:04 Bethany Bates: I wish I could attend because that's an area I've been really struggling with recently.

00:16:06 Karen Hartlaub: I am registered and excited

00:16:13 Team Your Virtual Upline: Reacted to "I wish I could atten..." with ✅

00:16:14 Cindy Templeton: Excited to have @Beth's iPhone joining us.

00:16:15 Bethany Bates: Thank you!

00:16:16 Mandy & Wayne Hudson: Love this! Cannot wait!

00:16:16 Melissa: Where is the code??

00:16:48 Bob Heilig: LSG100

00:16:48 Melissa: Thank you!

00:17:54 Team Your Virtual Upline: Replying to "Where is the code??"

Log in here <https://courses.yourvirtualupline.com/my-account/>

Open this link on a new tab <http://yourvirtualupline.com/momentum>

Upon checkout use coupon LSG100

00:18:48 Melissa: Reacted to "LSG100" with ❤️

00:22:04 Gwyneth Spinden: Replying to "Hello Jennifer and ..."

I can

00:23:51 Karen Forrister: LOVE YOU T!!!!

00:24:03 Dale and Jim Hatchell: Jim has one

00:24:04 Emily Titov: I can

00:25:49 Jennifer Polk: I'm so incredibly sorry... my internet went down... what was the question people are answering...

00:25:55 Dale and Jim Hatchell: i will
00:26:55 Dale and Jim Hatchell: Same, Bonnie
00:26:59 Theresa Torres: Reacted to "LOVE YOU T!!!!!" with ❤️
00:27:12 Mary Daza: Not where I thought I'd be in my business after 3 years—
would never think to share this on Facebook
00:27:46 Raquel Cornelsen: I left my job and now I stay at home mom because
the needs of my family was where I was needed but I don't contribute anything
financially and I feel embarrassed

I'll be able to go on video soon just finishing putting my daughter to sleep

00:27:48 Laura Trimble: Reacted to "Not where I thought ..." with 👍
00:28:04 Mary Daza: Reacted to "I left my job and no..." with 🙌
00:28:44 Bonnie Schnautz, ND: Reacted to "i will" with ❤️
00:28:51 Dale and Jim Hatchell: Reacted to "I left my job and no..." with ❤️
00:28:56 Bonnie Schnautz, ND: Reacted to "Not where I thought ..." with ❤️
00:29:07 Mary Daza: Reacted to "I left my job and no..." with ❤️
00:32:39 Annette Aguiar: They think they're failing
00:33:46 Dale and Jim Hatchell: we never want anyone to know we are
struggling as a performer
00:33:46 Cindy Templeton: I did this with my team. However, I did not dig this
deep with myself.
00:34:30 Cindy Templeton: Reacted to "we never want anyone..." with 🙌
00:34:50 Bethany Bates: Reacted to "we never want anyone..." with 🙌
00:36:27 Sandy Job-Rivera: Mine is a complete crisis in confidence that's been
too long and feels annoying to others. And that my sense that my worth is tied to my
usefulness. Doesn't feel like something that should ever be shared and wouldn't help
anyone. There might be people out there who feel this and could stand to hear it?
00:37:16 Cindy Templeton: Replying to "Mine is a complete c..."

THIS is so good Sandy!

00:37:37 Dale and Jim Hatchell: What does it say besides Express?
00:37:48 Robin McCabe: Replying to "What does it say bes..."

Was JUST going to ask this.

00:37:48 Mary Daza: Reacted to "Mine is a complete c..." with ❤️
00:38:13 Annette Aguiar: Reacted to "What does it say bes..." with 🙄
00:40:07 Sandy Job-Rivera: Are there things that should never be shared? Aside
from "I helped my friend hide a body"
00:40:17 Dale and Jim Hatchell: so we still say "I"?
00:41:00 Jeanne Goldman: are the 3-5 sentences the whole post or just the
beginning of post?
00:41:27 Bob Heilig: Replying to "are the 3-5 sentence..."

Just write 3 - 5 messy sentences.

00:41:47 Bob Heilig: Replying to "so we still say "I"?"

There's not a right or wrong way to do it Jim. Whatever feels right to you.

00:41:59 Bob Heilig: Replying to "Are there things tha..."

Share what feels right to share.

00:45:06 Karen Hartlaub: I feel like my teacher mask took over

My truth. - I don't know where to start helping others to build their business when new.

Messy sentences

Leadership is something I do naturally, but knowing where to start is not something I am good at. So it's like drinking from a firehose in my brain. Helping others is a passion of mine.

00:45:21 Karen Hartlaub: Am I in the right track?

00:45:27 Bonnie Schnautz, ND: finished

00:45:27 Sarah Horrell: done

00:45:28 Gwyneth Spinden: Replying to "Hello Jennifer and ..."

done

00:45:33 Theresa Torres: finished

00:45:36 Chris Wenstrom: Done

00:45:40 Karen Forrister: Finished

00:45:45 Karen Hartlaub: Dropped above

00:45:52 Emily Titov: finished, do we share it here?

00:45:58 Cindy Templeton: Completed

00:45:58 Terri Temple: finished

00:46:00 Bob Heilig: Replying to "finished, do we shar..."

No, not yet

00:46:17 Sandy Job-Rivera: Finished.

00:46:58 sue Paige: done

00:47:04 Marcia Schiavo: done

00:47:49 Karen Hartlaub: Did the music stop?

00:47:52 Mary Daza: Done

00:48:48 Dale and Jim Hatchell: For 2 years I have struggled with 15 pounds of stubborn weight. Having been thin most of my life, this has been a foreign struggle I never thought I would have to deal with! Now I know that there is no need to be

ashamed and alone. There is always an answer when we ask for help and there are people who want to help!

00:48:50 Sue Ruggerio: Done - Except I have a little over 5 sentences.

00:49:06 Bethany Bates: Done

00:49:10 Dale and Jim Hatchell: Jim - Done

00:49:14 Chris Julian: She is getting older. Sometimes feels frustrated she cannot physically or mentally do all she still wants to do in life. She doesn't want to feel useless or like a failure..but feels she cannot share this without burdening others. Important to know she is not alone in this..and can share with others. She may wonder who..I can be that someone..and remind her she still matters

00:49:32 Mary Daza: Reacted to "She is getting older..." with 

00:50:06 Jennifer Polk: done

00:50:19 Deborah Farkash: done

00:52:43 Karen Hartlaub: Reworded

I just don't know where to start when I am communicating about my business. And when helping others I get so excited to be able to help I struggle with what and how much to share - I struggle to call them to get them started

00:56:22 Bonnie Schnautz, ND: Beautiful @Dale and Jim Hatchell ! I feel that with you.

00:56:39 Dale and Jim Hatchell: Reacted to "Beautiful @Dale and ..." with 

00:57:29 Dale and Jim Hatchell: Replying to "Beautiful @Dale and ..."

So much more complicated than just honing in on your diet, right?

00:58:27 Annette Aguiar: Belief!!!

00:58:36 Jennifer Cumbie: Reacted to "Belief!!!" with 

00:58:36 Raquel Cornelsen: Your worth isn't tied to what you contribute financially.

Your presence is what the home needed and continue to need

No one else can do what you were called to be

Shame about your finances isn't yours to carry.

That's not who we are created to be

I don't want you to carry the shame in silence like I have.

00:58:41 Mary Daza: Belief, confidence

00:58:51 Lindsay Ault: confidence

00:59:04 Mary Daza: Replying to "Your worth isn't tie..."

You're speaking to me sister!

00:59:15 Raquel Cornelsen: Replying to "Your worth isn't tie..."



00:59:16 Mary Daza: Replying to "Your worth isn't tie..."

This is my scary truth too

00:59:44 Raquel Cornelsen: Replying to "Your worth isn't tie..."

❤️❤️ yes it makes me so uneasy

00:59:45 Jennifer Polk: Sorry have a call I, I can't wait to listen to the rest of this!

01:00:31 Mary Daza: Reacted to "❤️❤️ yes it makes me..." with 100

01:01:00 Sue Ruggerio: So switch it from 1st person to saying it to them?

01:01:08 Deborah Farkash: can it be more than 3-5 sentences?

01:01:21 Karen Hartlaub: Can I send it to you

01:01:56 Sandy Job-Rivera: Wednesday at 1 or 3?

01:02:17 Dale and Jim Hatchell: Does it get you emotional like I did?

01:02:43 Bob Heilig: Replying to "Wednesday at 1 or 3?"

12:00 EST

01:04:12 Laura Trimble: I'm right there with you Chris

01:05:09 Mary Daza: Are we allowed to run this through Chat?

01:05:25 Emily Titov: Replying to "Does it get you emot..."

I don't get emotional, I feel scared and vulnerable, but it's not like I can hide it people can see me regaining or notice a slight change

01:05:31 Mary Daza: I knew that

01:05:35 Robin McCabe: Reacted to "I knew that" with 😊

01:06:00 Raquel Cornelsen: Replying to "Does it get you emot..."

Does it matter if it's a video or a picture

01:06:03 Sue Ruggerio: So we can keep it in first person? Just flip it to being a message of and you can to at the end?

01:06:23 Dale and Jim Hatchell: so how to reach out? Just comment to comments?

01:06:29 Lindsay Ault: done

01:07:04 Raquel Cornelsen: Video b roll or photo or doesn't matter

01:07:11 Cindy Templeton: It feels amazing!

01:07:24 Bonnie Schnautz, ND: Could we go live and share this?

01:07:44 Dale and Jim Hatchell: reach out?

01:07:47 Deborah Farkash: Can it be more than 3-5 sentences?

01:07:48 Mary Daza: Eeek 😱

01:07:50 Karen Hartlaub: Fb Profile or my team group?

01:07:54 Bonnie Schnautz, ND: with a selfie correct?

01:08:36 Annette Aguiar: Do we pick a calling related to our business only? I have more than one calling

01:08:49 Mary Daza: Thank you always Bob!

01:08:49 Theresa Torres: Can it be more 3 to 5 sentences

01:08:52 Chris Julian: posting

