

Expansive Capacity Live Zoom Chat 20 June 2024

12:02:05 From Stephanie Bergeron: Hey, y'all!
12:02:21 From Stephanie Bergeron: Connie would like me to mention she's coming, but may be 30 late. 😊
12:02:40 From judykerr: I have to leave after a half hour.
12:03:29 From Kimberly Logan: dog zen.
12:13:25 From Kimberly Logan: 100%
12:13:42 From kathi: Absolutelly
12:15:04 From Bonnie Gillespie (she|her): WHY is a powerful drug.
12:16:20 From Bonnie Gillespie (she|her): HOW many boxes????
12:16:23 From Kimberly Logan: I have to remind my husband that I get frustrated. I'm going to be frustrated for a period of time. And then I'm going to move on. But I can't skip the 'being frustrated' portion, no matter how much he and I would prefer it if I could.
12:16:34 From Bonnie Gillespie (she|her): ^^^ YES, Kimberly!
12:16:46 From L T: YAAASSSSS Kimberly!!
12:18:16 From Bonnie Gillespie (she|her): There's definitely LOSS to grieve.
12:18:32 From Bonnie Gillespie (she|her): √
12:18:39 From kathi: Definitely
12:19:51 From Bonnie Gillespie (she|her): Stephanie is Googling.
12:21:02 From Stephanie Bergeron: It doesn't come up immediately under Hepburn's name, but I will find it later... Don't want to check out of being present here too long. ;)
12:29:50 From Kimberly Logan: stunt driver!
12:29:58 From Stephanie Bergeron: Speed reboot. ;p
12:30:35 From kathi: You never really know the punchline until it lands
12:30:56 From kathi: Sometimes you don't know it until after
12:32:46 From Bonnie Gillespie (she|her): Nooooooooooooo
12:37:20 From constance Zaytoun (she/r): sooth & help us reconfigure
12:37:39 From Bonnie Gillespie (she|her): <3 Judy
12:37:58 From Kimberly Logan: crying & tapping
12:40:38 From Stephanie Bergeron: Hurricane season isn't year-round... for what little bit of kindness that might offer.
12:40:45 From Bonnie Gillespie (she|her): Good to see you, Connie.
12:40:57 From constance Zaytoun (she/r): 🍷
12:41:24 From Bonnie Gillespie (she|her): ^^^ Stephanie, I like that. Seeing it as a season.
12:42:42 From kathi: It
12:42:58 From Kimberly Logan: count the stars!

For more about the **Expansive Capacity** mastermind and other aligned offerings, visit bonniegillespie.com.

Bonnie Gillespie

12:43:21 From kathi: It's a thing I do every day — write things that I'm grateful for and the last week or so it's been very difficult but I'm still doing it

12:43:27 From Bonnie Gillespie (she|her): Add a positive observation to EVERY thought. ("OMGlob, another hit. More bad news. AND... I have painted my nails with this sparkly color I love." For example.)

12:43:34 From Kimberly Logan: Replying to "It's a thing I do ev..." 

12:44:29 From constance Zaytoun (she/r): Kimberly, trying the same. i made a deal to do that 5x/day. just started

12:48:33 From Stephanie Bergeron: This might be a trivial suggestion, but you have VR glasses, right? What about finding walking tours on Youtube and watching them in the glasses...? Maybe that's a little something that could help you transport elsewhere for 5 mins.

12:49:00 From Bonnie Gillespie (she|her): Ooooooh, Stephanie. I like!

12:49:15 From Bonnie Gillespie (she|her): "Thank & Grow Rich"

12:49:36 From Bonnie Gillespie (she|her): Yes, because sometimes we're so fatigued, there's no well to pull from.

12:50:20 From kathi: Just borrowed from the library

12:52:26 From Kimberly Logan: that's when I cry (and tap)

12:52:31 From constance Zaytoun (she/r): kimberly, which grout are you reading now?

12:52:38 From Bonnie Gillespie (she|her): Naps are medicine.

12:52:55 From kathi: A good cry

12:53:01 From Kimberly Logan: Replying to "kimberly, which grou..." I was reading Thank & Grow Rich, but it was on my tablet! I need to figure out a new Kindle /library download situation

12:53:14 From Bonnie Gillespie (she|her): I had a good cry the other day and I was like, "OH WOW. I need to remember how helpful this release can be."

12:53:23 From Stephanie Bergeron: Replying to "kimberly, which grou..." Does Overdrive/Libby work on desktop, perhaps?

12:53:26 From constance Zaytoun (she/r): i also go to the public library!

12:53:33 From Kimberly Logan: Replying to "This might be a triv..." 

12:53:42 From kathi: I have the library on my phone

12:53:42 From constance Zaytoun (she/r): books SMELL good!

12:54:22 From Kimberly Logan: Replying to "books SMELL good!" still trying to figure out the public library situation here in PR

12:54:47 From Stephanie Bergeron: Replying to "books SMELL good!" Archive.Org, babe.

12:54:55 From Bonnie Gillespie (she|her): Also, L T, make sure you're setting boundaries in your life. Saying, "I'm under-resourced right now and need to pass on that invitation," is a godsend.

12:55:12 From Stephanie Bergeron: Replying to "books SMELL good!" A bazillion books online, free, doesn't matter where you live. And not just Creative Commons stuff.

12:55:35 From Kimberly Logan: Replying to "books SMELL good!" sweet - I used to borrow books for my kindle app...on my tablet ;-)

12:56:39 From Bonnie Gillespie (she|her): Remember to allow Wallow Time.

12:56:48 From Bonnie Gillespie (she|her): Sometimes it's the resisting of all the emotion that makes it so big.

12:57:32 From Stephanie Bergeron: Replying to "books SMELL good!" Kindle can also work on desktop, I believe. Last time I tried was a little while ago, but I know it worked then.

12:58:16 From Kimberly Logan: Replying to "books SMELL good!" it does, but it makes it difficult to read in bed 😊

12:58:26 From Stephanie Bergeron: Replying to "books SMELL good!" Valid. Lol.

12:58:37 From Kimberly Logan: Replying to "books SMELL good!" I also have a different tablet, but it's bigger and just more clunky than the one I had and loved!

12:58:55 From L T: Thanks Keith!

12:59:56 From Stephanie Bergeron: Clock that moment of positivity Bon just had, there...

12:59:56 From constance Zaytoun (she/r): for me, a lot of this "failure/rejection" is attached to expectations. Keith's CARE LESS helps me so much

12:59:58 From Kimberly Logan: the moment was the asshat.

13:00:20 From Kimberly Logan: Universe sent a gift

13:01:23 From L T: Replying to "It's a thing I do ev..." <3

13:01:38 From constance Zaytoun (she/r): all art aspires to music

13:02:56 From L T: Replying to "This might be a triv..." Brilliant! <3

13:03:13 From Stephanie Bergeron: Replying to "This might be a triv..." Holodeck it. ;)

13:03:40 From L T: Replying to "Sometimes it's the r..." YAASSS!

13:04:16 From L T: Replying to "This might be a triv..." Ohh, if only I had a holodeck! LOL

13:04:46 From constance Zaytoun (she/r): don't make fatal mistakes was their mantra!

13:05:45 From Kimberly Logan: I had a teacher in high school who taught me the 3 days/3 months/3 years question (and I've adapted it accordingly). Will this matter in 3 days - Y/N Will it matter in 3 months - Y/N Will it matter in 3 years - Y/N

13:06:08 From Kimberly Logan: If it's a Yes to all three, it might be important; otherwise you can triage.

13:06:15 From L T: Replying to "I had a teacher in h..." I love this!

13:06:43 From Stephanie Bergeron: I'm so glad that works for you, Kimberly. For some reason, my brain was trained to go "maybe!" and so... yeah, doesn't quite click.

13:08:15 From L T: Maybe it matters because it feels like an attack?

13:08:59 From Stephanie Bergeron: You're pulling the Macro/Micro tool.

13:09:02 From constance Zaytoun (she/r): the ratio of 1/3s helps me here, too

13:09:08 From Kimberly Logan: Replying to "You're pulling the M..." yup

13:09:50 From constance Zaytoun (she/r): like stripping women's rights. personal

13:21:42 From L T: That's beautiful

13:24:56 From L T: "Life is still gonna LIFE" Love that!

13:27:16 From L T: I'm SO, SO SORRY THAT HAPPENED!!!


13:27:27 From Bonnie Gillespie (she/her): Oh, L T, just wait.

13:29:22 From Kimberly Logan: I feel like we all need a RESET button with regards to tech devices

13:29:34 From L T: yeah

13:29:54 From Bonnie Gillespie (she/her): And look at that amazingness of a coffee AND a computer showing up.

13:29:58 From Bonnie Gillespie (she/her): ABUNDANCE.

13:30:09 From Kimberly Logan: Replying to "And look at that ama..." 

13:30:31 From constance Zaytoun (she/r): there's gotta be a special place in hell for people who do that!

13:30:37 From Bonnie Gillespie (she/her): Heartsick is the word I keep coming up with.

13:30:42 From Stephanie Bergeron: Connie, YES.

13:31:02 From Bonnie Gillespie (she/her): Times we love the cloud!

13:31:14 From constance Zaytoun (she/r): or dropbox

13:32:26 From Stephanie Bergeron: I'm just heartsick for you... and now wondering if my 3 drives in various backup places still isn't enough... lol.

13:32:52 From L T: Right. I just wanna cry for you so much Kathi <3

13:33:31 From constance Zaytoun (she/r): there's a LOT of history/herstory of artists who lose everything and because of that they then grow into something NEW & fantastic as an artist

13:33:54 From Stephanie Bergeron: Marine on-call!

13:34:01 From Kimberly Logan: he can drive a semi (legally) through their house (not so legally)

13:34:09 From Stephanie Bergeron: LOL Kimberly!

13:34:13 From constance Zaytoun (she/r): it's probably a flop house

13:39:12 From L T: It's like asking, what tools do I need to internalize for times when I'm alone, on an island in my stuff

13:42:11 From constance Zaytoun (she/r): don't give him any ideas!
13:42:34 From kathi: I can do it better this time around d
13:42:46 From Keith Johnson: We tend to not discuss my dark side...
13:42:47 From Kimberly Logan: Replying to "I can do it better t..." 🍷👉
13:43:02 From L T: Replying to "I can do it better t..." YAS!
13:43:16 From L T: Mala meerkat
13:45:52 From Stephanie Bergeron: Best in the World... it's in GiG, early, I think.
13:46:04 From Bonnie Gillespie (she/her): ^^ yes.
13:47:19 From Kimberly Logan: in a prosecco kind of way
13:47:30 From L T: I LOVE the decision that it's YOUR CHOICE to decide it's gonna be fine
13:48:09 From Keith Johnson: Behaving "as if" is a variety of Law of Attraction popularized by Esther what's-her-face in that if you behave "as if" you already have the thing, you'll start to feel like you say you'll feel when you have the thing, the Law of Attraction will get to work bring the thing to you
13:48:19 From Stephanie Bergeron: ^ Yep.
13:48:37 From kathi: ❤️❤️❤️
13:48:53 From L T: YAASSS!
13:48:54 From Kimberly Logan: And also "If it was actually this easy, why hasn't it happened before"?
13:49:14 From Kimberly Logan: Replying to "And also "If it was ..." that's what used to come with the guilt for me
13:49:48 From L T: Replying to "And also "If it was ..." I totally feel that
13:51:07 From Kimberly Logan: samesies.
13:51:33 From Kimberly Logan: SPOIL ME, dammit.
13:51:35 From Keith Johnson: Do I need to post the Bob Newhart "Stop It!" video again?
13:51:43 From kathi: Own the baby privileges
13:51:57 From kathi: Says the middle child
13:53:16 From L T: fruit loops!
13:54:00 From kathi: Those jingles
13:54:06 From L T: That just made my day!
13:55:25 From constance Zaytoun (she/r): fruit loops were damn good too
13:55:38 From constance Zaytoun (she/r): and trix!!
13:55:40 From constance Zaytoun (she/r): for kids!
13:55:44 From Stephanie Bergeron: I'm just glad we have these tool convos. I'm on some bumpy quick enoughness up-and-downs, so it's a good reminder.
13:55:51 From Kimberly Logan: golden grahams & apple jacks
13:55:55 From Kimberly Logan: Oops - ALL BERRIES

13:55:58 From constance Zaytoun (she/r): apple jack
13:56:10 From kathi: My mom didn
13:56:15 From Stephanie Bergeron: Frosted Flakes were one of my favs...
13:56:32 From kathi: My mom didn't believe in sugary cereals
13:56:45 From constance Zaytoun (she/r): mine didn't either, really
13:57:12 From Kimberly Logan: My aunt didn't believe in sugar cereals - when I stayed the night it was the WORST! (Basic 4 for a 10 year old was NOT good)
13:57:31 From Stephanie Bergeron: My sugary cereal was rare. Then I learned some nutrition science, and, well... Virgo.
13:57:31 From constance Zaytoun (she/r): can you believe all the CRAP they made for us to eat!!??
13:57:32 From Kimberly Logan: I drew smileys with my toaster strudel frosting :-)
13:57:39 From Bonnie Gillespie (she/her): YES, Kimberly!
13:57:44 From Bonnie Gillespie (she/her): I drew hearts!
13:57:44 From Stephanie Bergeron: OMG Toaster Strudels!
13:57:54 From L T: Replying to "can you believe all ..." right!
13:57:55 From Stephanie Bergeron: Mine had to look like the box icing, naturally.
13:58:12 From constance Zaytoun (she/r): general mills & kellogs should be shot
13:58:14 From Bonnie Gillespie (she/her): Of course, Stephanie!
13:58:20 From L T: Replying to "Mine had to look lik..." lol
13:58:42 From L T: I really needed this today y'all, thank you! <3
13:59:01 From kathi: I needed this too
13:59:07 From kathi: ❤️❤️
13:59:18 From Kimberly Logan: better together
13:59:30 From L T: YAS!