

Expansive Capacity Live Zoom Chat 15 November 2019

14:29:12 From Bonnie Gillespie: I see you, Laura!
14:36:34 From Aaron Wilson: I'm a questioner too :)
14:37:14 From Quincy Cho: me too!
14:37:30 From Bettina Kenney: Same here ;)
14:37:44 From Quincy Cho: Hi Aaron and Fairy Twin!
14:37:54 From Aaron Wilson: Hi!
14:38:43 From Quincy Cho: ♀
14:38:43 From Quincy Cho: ♀
14:46:41 From Quincy Cho: GASPED
14:48:18 From Laura Dowling Shea: Yikes! That is something I will have to chew on.
14:50:55 From Quincy Cho: bahaha I heart Cartman's Triangle... like Cartman from South Park
14:51:06 From Kathi Carey: Me, too! LOL!
14:51:29 From Quincy Cho: which actually still works?
14:51:41 From Aaron Wilson: I did too haha
14:52:27 From Constance Zaytoun: i love thinking of Wilma in the mirco, too. thanks, y'all - !!
14:53:00 From Quincy Cho: whoa
14:54:04 From Bettina Kenney: Fairy twiiin :* <3
14:54:20 From Janet Rembaum: i do that , talk to myself , calmly and firmly
14:55:14 From Janet Rembaum: also to help push the water in the right direction isn't Keith was saying so there won't be chaos
14:56:28 From Quincy Cho: yessss BECKY!!!
14:56:44 From Quincy Cho: yessss @janet
14:58:27 From Kathi Carey: Soooo good — this is so good!
14:58:37 From Quincy Cho: loveeeee this so much and so powerful
14:58:53 From Quincy Cho: I just realized, I think mine might be 12-year-old Quincy
14:59:58 From Janet Rembaum: yes it's like having nothing to prove
15:04:15 From Quincy Cho: FLOORED
15:04:20 From Constance Zaytoun: oh my god -- so FUCKING true
15:05:13 From Emily Brown: keeping around an explanation (or apology) for self-care. DAMN.
15:05:48 From Laura Dowling Shea: YES!!!
15:06:16 From Quincy Cho: I AM DYING
15:06:25 From Quincy Cho: like SHOOKETH
15:06:29 From Aaron Wilson: Mind. Blown.
15:07:04 From Quincy Cho: it's maintenance
15:07:13 From Keith: Bonnie calls it "relationship gym"
15:07:15 From Laura Dowling Shea: hahahahahahaha
15:07:30 From Quincy Cho: I AM REELING

15:07:55 From keith: I call it "That one hour every week when I have two women in my life letting me know exactly how wrong I am about everything"

15:08:26 From Deborah Unger: only 2? Winning, Keith!!!!

15:08:34 From Bonnie Gillespie: Ha ha, Deb.

15:09:37 From janet rembaum: i m thinking that this also applies to me with just staying connected and be present,if there's not enough self care,activites that i need , i disconnect and thats very bad for me

15:14:15 From Laura Dowling Shea: Oh I like that so much, "healing is a lifestyle"

15:16:41 From Constance Zaytoun: Yaaaaaas! i might hang out for forever!

15:21:18 From Constance Zaytoun: another book that's wonderful:

15:21:20 From Constance Zaytoun: the happiness equation neil pasricha

15:22:22 From Constance Zaytoun: alittlebitofveniceeveryday!

15:23:41 From Kathi Carey: This is probably the most important month for me yet!

15:23:48 From Bonnie Gillespie: Good, Kathi. I'm so glad.

15:24:45 From Constance Zaytoun: zowie!

15:25:07 From Kathi Carey: Yes — keep moving the goalpost

15:26:07 From janet rembaum: yes, to know what we want but be free within it m like a scetch

15:26:14 From janet rembaum: sketch

15:26:26 From Caity Ware: canva makes it super tempting

15:26:37 From Constance Zaytoun: what's it called?

15:26:41 From Caity Ware: Canva

15:26:50 From Caity Ware: even the free version gives you SO MUCH design power

15:26:50 From Constance Zaytoun: wow thank you!

15:27:06 From Quincy Cho: you can visit it online or go on the app to create posters, social media posts, etc.

15:27:12 From Quincy Cho: it all syncs

15:27:16 From Kathi Carey: Wow!

15:27:19 From Constance Zaytoun: dayum!!!

15:27:22 From Quincy Cho: plug and play

15:28:53 From Constance Zaytoun: instant expert work!

15:29:07 From Emily Brown: oh my god i want an SMFA boardgame.....

15:29:08 From Emily Brown: !!!

15:29:19 From Constance Zaytoun: like monopoly or LIFE

15:29:39 From Constance Zaytoun: oooooo ahhhh!

15:31:14 From Kathi Carey: That is SO cool!

15:31:48 From Constance Zaytoun: it's like buying school supplies! love graphics!

15:32:41 From Quincy Cho: oh caity and abs! haiiiii! ♀

15:32:57 From Abby Cooper: Hiiiiiii, Q!! <3

15:33:36 From Quincy Cho: meesch your faycee

15:34:08 From Caity Ware: hiiii Quincy

15:35:06 From Deborah Unger: Constance, no need to feel guilty that it is "still there". Just use the "care less" tool. Strive for the I Could Care Less when that stuff pops up. You are absolved of all guilt, domineering vobiscum.

15:35:29 From Deborah Unger: <3<3<3<3<3

15:36:00 From Constance Zaytoun: yes! thank you, Deb! oh my god, "care less" mantra has meant so much to me lately at work. i look forward to applying it here!

15:36:32 From Deborah Unger: oh lord, spell check!!! Latin just doesn't make it happen well! LOL

15:37:45 From Bonnie Gillespie: Good eye, Deb! "Care Less" is a great one here.

15:40:54 From Deborah Unger: Communication is the best policy.

15:46:01 From keith: And because I'm an asshole...

15:46:13 From keith: It's "I couldn't care less"

15:46:20 From keith: not "I could care less"

15:46:29 From keith: please fix this in your head

15:49:42 From Deborah Unger: Yes Master Keith.

15:55:11 From Bernard O'Sullivan: NB M Y birthday 23rd November :)

15:55:15 From janet rembaum: my birthday

15:55:21 From janet rembaum: 3rd dec

15:55:54 From Bernard O'Sullivan: YEAH!

15:59:26 From Kathi Carey: YAY Capricorn!!!

15:59:52 From Constance Zaytoun: gotta scoot y'all - ! thank you for everything. catch you on the flip side!

16:00:45 From Kathi Carey: And moving into the new decade!

16:01:23 From Caity Ware: was there no year 0?

16:03:45 From Kathi Carey: It me.

16:04:08 From Bettina Kenney: giggle, YES, that's so you, Kathi! :*

16:12:28 From Kathi Carey: Promise!

16:13:15 From Abby Cooper: IBENAPPIN ;)

16:13:39 From Quincy Cho: yuhsss <3 <3 <3

16:13:43 From Abby Cooper: Best everrrrrr

16:13:47 From Kathi Carey: Cool! I should do that!

16:13:55 From Abby Cooper: Now there's not a day where I DON'T take a nap! :)

16:14:12 From Bettina Kenney: THANK YOU <3

16:14:19 From janet rembaum: thank you bye