

Expansive Capacity Live Zoom Chat 16 October 2020

12:31:18 From Alexandra Ryan: I already started!

12:32:25 From constance zaytoun: stunning!

12:32:33 From Alexandra Ryan: Thanks love!

12:36:44 From Laura Dowling Shea: There is a whole school of thought that says, "screw trying to better your weakest points, just lean into your strong points and SOAR!!!"

12:37:03 From Kimberly Logan: love it

12:37:13 From kathi carey: Interesting, Laura

12:38:09 From April Sugarman: bonnie, can you turn the volume up a smidge?

12:39:21 From April Sugarman: he's talking about my husband!!!

12:40:30 From Kimberly Logan: Hidden Brain podcast just did a show about Doomscrolling showing how we focus on the negative overmuch!

12:41:42 From Alexandra Ryan: Brene Brown had an AMAZING podcast this week w 2 sisters who wrote a book called burnout about stress vs stressors and how to move the body through stuff. I thought of you guys!

12:42:39 From constance zaytoun: I love that! i'm so not good YET at celebrating my growth, as if i should have done it years ago...

12:42:54 From Alexandra Ryan: Oh me too C! Like the "I'm behind comment"

12:43:10 From constance zaytoun: yes! & all of that catholic humility takes hold, too!

12:43:18 From Alexandra Ryan: Societal norms is a HUGE PART of it!

12:43:21 From Kimberly Logan: I borrowed Burnout from the library but couldn't read it all so I immediately bought it

12:44:03 From Alexandra Ryan: That's great brain but there ain't a lion in this room

12:44:21 From constance zaytoun: CURIOSITY has become a much bigger word for me lately

12:44:27 From Alexandra Ryan: AWESOME!

12:45:32 From Bettina Kenney: curiosity has such a beautiful playfulness about it!

12:45:37 From Alexandra Ryan: Retrograde baby!

12:45:44 From Laura Dowling Shea: this is a bit extreme but I just listened to an article on this guy and I am intrigued. I'll keep you posted: <https://www.wimhofmethod.com>

12:45:50 From Bettina Kenney: retroGRACE!

12:45:57 From Alexandra Ryan: Yes bettina!!

12:47:39 From Rachael Ferrera: I was having technical difficulties over here. Who are you talking bout right now?

12:47:55 From Rachael Ferrera: Got it! Yes!

12:50:00 From Bettina Kenney: retroGREAT!

12:53:00 From Kimberly Logan: expand!

12:53:50 From Rachael Ferrera: Love that illustration!!

12:54:12 From April Sugarman: breathing changes the whole experience

12:54:43 From Laura Dowling Shea: Bonnie, I may have gotten this from you but Fear and Excitement are the exact same physiological response in the body, it's the meaning we attach to it that make it fear or excitement - I use the pre-audition now all the time.

For all the colossal goodness that is the **Enoughness Journey** and the **Expansive Capacity** mastermind, visit bonniegillespie.com.

Bonnie Gillespie

- 12:54:58 From April Sugarman: yay!
- 12:57:45 From LT: How would one apply that to extreme anger?
- 12:59:34 From Kimberly Logan: "The Logic of Rage" is another recent Hidden Brain podcast that spoke really well to this - helped me forgive a moment in my past that I've felt shame about for a long time!
- 12:59:55 From Alexandra Ryan: Question about the box
- 13:08:19 From Kimberly Logan: <3 <3 <3
- 13:10:39 From Alexandra Ryan: People pleasing!
- 13:11:13 From Laura Dowling Shea: @Kathi Here is some info on leaning into strengths and managing weaknesses so you don't ignore your weaknesses rather manage them and focus on knowing and leaning in to strengths.
- 13:11:21 From Laura Dowling Shea: <https://leanin.org/education/know-your-strengths-own-your-strengths-no-one-else-will>
- 13:11:54 From kathi carey: Great! Thanks!
- 13:12:18 From Kimberly Logan: on point!
- 13:17:18 From Alexandra Ryan: Well FUCK
- 13:17:50 From Tamika Simpkins: BOOM!
- 13:18:10 From Rachael Ferrera: Always love this quote, so powerful and TRUE
- 13:18:12 From kathi carey: Mic drop!
- 13:18:53 From April Sugarman: "There are people less qualified than me doing the things that I want to do simply because they decided to believe in themselves."
- 13:19:14 From Kimberly Logan: I'm afraid, but I'm going to do it anyway
- 13:20:00 From LT: Quick question...comment maybe?
- 13:20:48 From Alexandra Ryan: Revolution against evolution!!
- 13:21:45 From Alexandra Ryan: Fear of being delusional
- 13:22:17 From April Sugarman: me too!
- 13:23:07 From Kimberly Logan: "I could have done better" is different from "I did bad" but the brain confuses them quite easily.
- 13:23:44 From April Sugarman: ha! I just realized that I might have said "me too" not only because I do, but also to fit in!!!!
- 13:24:27 From constance zaytoun: LaTrice - ! i remember you saying something VERY similar at a quarterly call years ago!! and your attitude toady is VERY different!!
- 13:24:33 From Kimberly Logan: hugs to you @April!
- 13:25:02 From Emily Brown: I also think about it like time travel... I only "know" I could've done better or differently because I had the experience of doing it the way I did it. After I finish a painting I know I could've done it "better" but only because I now have one attempt under my belt.
- 13:25:06 From April Sugarman: thanks, Kimberly!
- 13:27:06 From Alexandra Ryan: What if you switched it to "next time I'll think about" and have it be a growth mindset?
- 13:27:26 From constance zaytoun: yes & use YET. i'm not there YET
- 13:27:30 From Alexandra Ryan: YES
- 13:27:38 From constance zaytoun: i love you, Alex!

13:27:57 From Alexandra Ryan: OH!!! I love you too C!!!!
13:28:18 From LT: Thank you Constance! <3
13:28:39 From constance zaytoun: you bet, LaTrice! you rock!
13:32:41 From Rachael Ferrera: Wait what was the phrase that started with "evading"
13:32:49 From Rachael Ferrera: Thank you!
13:36:11 From Alexandra Ryan: Gotta run to a doctor appt. Much love to you all!! Will DEF rewatch!!!
13:36:22 From constance zaytoun: bye sugar!
13:38:07 From LT: Bye Alex! <3
13:41:03 From constance zaytoun: i love self tests!
13:41:51 From constance zaytoun: yaaaas! & then tell me how you do it cuz i want to do a quiz for hostessing
13:42:04 From Laura Dowling Shea: I've also been doing the mirror work (forget which day in the 100) but it's Louise Hay Mirror work and it is so powerful.
<https://www.louisehay.com/what-is-mirror-work>
13:45:28 From Lucy Russell: oh yes you did!
13:47:45 From constance zaytoun: that is perfection!!! i love your friend, Tamika!
13:47:46 From Rachael Ferrera: Ha!!! Love that friend! hahaha
13:48:15 From Laura Dowling Shea: @Tomika I love you.
13:50:28 From Tamika Simpkins: Love you right back!!! xoxo
13:51:21 From Rachael Ferrera: I really like this framing of imposter syndrome
13:51:46 From constance zaytoun: on the RAILS!
13:51:55 From LT: LOL
13:52:12 From kathi carey: Taking up lots of space in the brain, eh?
13:54:24 From Rachael Ferrera: I like being seen!
13:54:28 From April Sugarman: being seen is great!
13:54:31 From Kimberly Logan: being seen is a big one for me right now!
13:54:33 From constance zaytoun: being seen!
13:54:35 From Bettina Kenney: being seen
13:54:37 From Lucy Russell: Being seen!
13:54:39 From Laura Dowling Shea: Being seen
13:54:40 From Bettina Kenney: or values
13:54:40 From constance zaytoun: being seen!
13:54:53 From Rachael Ferrera: Woohoo! hahaha
13:54:56 From Kimberly Logan: ooh - but True North a close 2nd place
13:55:08 From April Sugarman: I'm feeling good being part of the group that wants being seen. lol!
13:55:21 From Kimberly Logan: blerg!
13:55:22 From AJ Simmons: Thanks Bonnie, Thanks everyone! xx
13:56:10 From Emily Brown: Still reflecting on the imposter syndrome stuff, and not aiming for self-love as the resolve, but rather it's gratitude and moving through and forward... reminds me of the quote, "the opposite of war is not peace, it's creation".
13:56:27 From Kimberly Logan: YES @Emily!

13:57:05 From constance zaytoun: i love that Emily!!
13:57:39 From Kimberly Logan: just the wrong tool for this particular job
13:57:55 From constance zaytoun: y'all -- i love you!
13:58:02 From constance zaytoun: running to anniversary celebration
13:58:08 From Laura Dowling Shea: I think people resist things because it just seems too easy!~ I'll take it!
13:58:13 From Tamika Simpkins: Have fun Connie
13:58:14 From Kimberly Logan: have fun C!
13:58:16 From Laura Dowling Shea: Things like that, I mean.
13:58:18 From Tamika Simpkins: Love!
13:59:31 From Kimberly Logan: count to 20!
14:02:29 From Kimberly Logan: HA!
14:06:53 From April Sugarman: do we schedule a session with you if we want to know about a future date for next year?
14:07:29 From April Sugarman: thx
14:07:30 From Kimberly Logan: Thanks all!
14:07:34 From Bonnie Gillespie (she/her): <https://bonniegillespie.com/astro>
14:08:06 From Lucy Russell: Global Domination!!!
14:08:13 From Rachael Ferrera: Thank you!!!!
14:08:18 From April Sugarman: thanks! happy anniversary!
14:08:23 From Tamika Simpkins: You should dominate!
14:08:40 From LT: Thanks Bonnie! <3 <3 <3