

JFDI with Bon Q&A Live Zoom Chat 30 April 2020

- 12:34:12 From Kathi Carey: Imma launch at 85%
- 12:34:32 From Bradley Nikoal Williams: go kathi!
- 12:37:57 From Kimberly Logan: I haven't seen the other side of 9:00pm for weeks!
- 12:38:19 From Constance Zaytoun: i'm on the other side of that. can't seem to sleep before 2am!!
- 12:38:29 From Kathi Carey: Me too, Connie!
- 12:38:34 From Charlene Lam: yes, rest! I was SO grumpy yesterday, I told my clients I'm taking the afternoon to work (or not work) on MY stuff
- 12:38:43 From Constance Zaytoun: yay, late night sister!
- 12:38:46 From Kristen Girard: Rest is so critical to our well being. That may be one really good thing to come out of all this: realizing that rest and gentleness with ourselves is a good thing to weave into our daily lives.
- 12:39:33 From Kristen Girard: Our bodies are trying to help us process a lot of stuff, and we need rest to do that and be well.
- 12:40:26 From Alex Ryan: YASSS Kristen!!!!
- 12:40:58 From Kimberly Logan: "My best today may not look anything like my best tomorrow." <--helps with remembering our job is just getting through this
- 12:41:02 From Alex Ryan: F THAT SHIT
- 12:41:16 From Kristen Girard: Yes Kimberly!
- 12:41:22 From Kathi Carey: I have ridiculously productive days and then totally unproductive days. Yin and yang
- 12:41:23 From Bradley Nikoal Williams: That Kimberly!
- 12:42:47 From David Manship: Postponed my meeting to 4:40
- 12:43:43 From Kristen Girard: Dana, you are in good company. I have realized that I have to get up and move every 45 minutes or my ability to pay attention is shot.
- 12:43:58 From Alex Ryan: WEll done, David!
- 12:47:31 From Kristen Girard: Bonnie, would it be possible to draw or white board this out? I kept getting confused about how everything relates together, and seeing it, even stick figures helps my brain "get it".
- 12:50:52 From Kathi Carey: Kristen — I have had two windows open while I do this — Bonnie's zoom lesson and my Scrivener. It makes it easier as I go through it
- 12:51:31 From Charlene Lam: Seeing it as a mind map is also helpful, if your brain works better with that!
- 12:51:42 From Kathi Carey: I'm about half-way through the Headline process
- 12:51:43 From Kristen Girard: Mind map is much easier on my brain.
- 12:52:23 From Kimberly Logan: lucid ? what was that?
- 12:52:35 From Alex Ryan: lucidchart.com
- 12:52:52 From Charlene Lam: I use MindNode app
- 12:56:33 From Kristen Girard: Remy, you don't need to be fun. Just be you.
- 12:56:42 From Alex Ryan: yes kristen

- 12:56:54 From David Manship: Kathi and I were talking about this "What's Up With Saturn"
- 12:57:08 From Alex Ryan: So you and Kathi will be there Saturday!
- 12:57:34 From Bradley Nikoal Williams: Is there a link?
- 12:57:45 From Kristen Girard: Free content actually helps build trust.
- 12:57:49 From Tanya Perez: hahahaahahaha truth
- 12:58:24 From Kristen Girard: Squarespace is SUPER simple and they have very inexpensive plans with a basic payment option. You can literally make a website in an afternoon.
- 12:58:51 From Kathi Carey: It's looking like Mailchimp is now offering websites now, too
- 12:58:59 From Kristen Girard: Kerstin Martin does very wonderful tutorials.
<https://kerstin-martin.squarespace.com>
- 12:59:00 From Kimberly Logan: FB has ways for you to remind folks without me (your customer) having to leave where I may already be hanging out
- 12:59:35 From Charlene Lam: How do we find you on FB, Remy?
- 12:59:58 From Alex Ryan: and in your stories
- 13:00:01 From Bradley Nikoal Williams: Yes, link plz Remy
- 13:00:03 From Kristen Girard: Just don't want not having a website be a block. If not having one makes you feel "unofficial" just do something very simple. One page.
- 13:00:11 From Kimberly Logan: you'll learn from experience the frequency that works for you
- 13:00:14 From Kimberly Logan: might be daily
- 13:01:50 From David Manship: Bon, Can we send you Testimonials and promo for JFDI?
- 13:02:56 From Tanya Perez: I know. GUUURRRL!
- 13:02:56 From Alex Ryan: You're AWESOME REMY!!!!
- 13:03:05 From Kristen Girard: Is the Facebook group still JFDI Pancakers. I couldn't find it.
- 13:03:19 From Tanya Perez: Yes, it is
- 13:03:38 From David Manship: Kathi send your win by 5x5
- 13:03:57 From Charlene Lam: You can use bit.ly to create a custom link to point to your FB page, so it's easy to remember and share. For instance, I have something like bit.ly/myzoomroom that points to my Zoom room because who can remember that URL?!
- 13:05:13 From Dana Middleton: Resistance :-)
- 13:05:24 From David Manship: Constance Make a pancake
- 13:10:27 From Tanya Perez: Amen to that
- 13:11:27 From Kimberly Logan: but your still here, so they weren't that wrong!
- 13:11:38 From Kimberly Logan: your = you're
- 13:12:54 From Bradley Nikoal Williams: I have that concern too
- 13:14:22 From Kathi Carey: Make sure you're never so desperate for the students or the money that you just take anyone
- 13:14:50 From Bradley Nikoal Williams: Thanks for tht kathi!
- 13:15:53 From Kimberly Logan: google form
- 13:16:14 From Kimberly Logan: Survey Monkey might be useful as well
- 13:17:23 From Charlene Lam: Typeform is pretty if you have a design-y audience too

- 13:21:41 From Kimberly Logan: and like Remy, you may have a low turnout, that gives you a chance to practice! (and get the nerves out)
- 13:22:47 From Constance Zaytoun: and you look fab too!
- 13:22:52 From Lenka Silhanova: woohow
- 13:23:12 From Constance Zaytoun: snyder rules!!
- 13:24:40 From Kimberly Logan: amazing!!!
- 13:24:47 From Kathi Carey: Awesome!!
- 13:26:43 From Constance Zaytoun: thank you for the suggestions @Kimberly & @Charlene! y'all rock!
- 13:26:52 From Kimberly Logan: synchronicity!
- 13:28:29 From Tanya Perez: woah
- 13:28:50 From Bradley Nikoal Williams: That's hella cool Thalma
- 13:29:36 From Kristen Girard: Thalma - build in brief intermissions between things so that you can grab water/ bathroom and its a planned part of things and your people will get used to that.
- 13:30:01 From Constance Zaytoun: fellow bull!
- 13:30:32 From Charlene Lam: so good! yay, Taurus!
- 13:30:52 From Charlene Lam: with link to tip jar during intermission!
- 13:30:57 From Alex Ryan: "you get a preview bc you're my audience"
- 13:31:04 From Bonnie Gillespie: Yes, tip jar!
- 13:31:50 From Kimberly Logan: yaaaaaaaas!
- 13:31:52 From Tanya Perez: YES!!!
- 13:34:42 From Tanya Perez: yup
- 13:34:43 From Remy OBrien: <https://www.facebook.com/remy.obrien.3>
- 13:34:47 From Dana Middleton: thealignedartist.com
- 13:34:50 From Constance Zaytoun: i'm a non FB thing. @constancecooks
- 13:35:05 From Thalma de Freitas: www.thalmadefreitas.com/connect
- 13:35:06 From Lenka Silhanova: lenkasilhanova.com
- 13:35:13 From Constance Zaytoun: i hate it when that happens!
- 13:35:18 From Lenka Silhanova: haha
- 13:35:33 From Charlene Lam: HiCharlene.com for social media and creative biz office hours
- 13:35:43 From Tanya Perez: squee!!
- 13:36:01 From David Manship: We all benefit when we help others succeed
- 13:36:09 From Alex Ryan: Yes David!
- 13:36:16 From Kristen Girard: <http://girardillustration.com>
- 13:36:30 From Constance Zaytoun: charlene - i love how your top and background work together!
- 13:36:38 From Alex Ryan: I just noticed that! Love!
- 13:36:55 From Constance Zaytoun: now we know, @alex!
- 13:37:04 From Constance Zaytoun: interior design
- 13:37:08 From David Manship: Perfect Charlene
- 13:37:09 From Alex Ryan: Right? Mine is a MESS

- 13:38:20 From Tanya Perez: KEITH!!
- 13:38:26 From Alex Ryan: KEITH!!!!
- 13:44:24 From David Manship: UNDERVALUED. The problem is you are UNDERVALUING YOURSELF
- 13:44:53 From Kathi Carey: Wise words from you, David
- 13:44:54 From Constance Zaytoun: one thing that really helped me with the "people" question -- PICK ONE PERSON.
- 13:45:12 From Constance Zaytoun: people is too general and makes me swim and question everything
- 13:45:31 From Tanya Perez: truth Connie
- 13:45:33 From Constance Zaytoun: my person spends money!
- 13:45:58 From Kimberly Logan: I like your person @Constance!
- 13:46:17 From Constance Zaytoun: totes! not kidding. i see him spend money like crazy.
- 13:47:33 From Remy OBrien: Dave Saturn is the planet of wisdom and your souls purpose
And for all you Taurus' out there that's the sign i'm doing this Saturday
- 13:47:40 From Tanya Perez: <https://www.notion.so>
- 13:47:55 From Thalma de Freitas: Thank you Tanya!
- 13:47:59 From Constance Zaytoun: remy, remy, remy!!
yay!
- 13:47:59 From Alex Ryan: nice remy! I'm one!
- 13:48:25 From Kristen Girard: I'm one, too. Wondering how many of us are in here? ;)
- 13:48:28 From Kathi Carey: Freebies are ADS
- 13:48:38 From Constance Zaytoun: how do i catch a replay, remy, in case i'm interviewing someone then...?
- 13:49:18 From Constance Zaytoun: taurus!
- 13:49:18 From Remy OBrien: It'll be on my page
- 13:49:58 From Remy OBrien: I'm a questioner too.
- 13:50:10 From Alex Ryan: HAHAHAHAHAHA! I'm SO an obliger :/
- 13:50:18 From Kimberly Logan: and it helps those of us who don't have the words to know how to ask!
- 13:50:26 From Alex Ryan: Love that Kimberly!
- 13:50:43 From Kathi Carey: Monday looks good then
- 13:50:47 From Lenka Silhanova: I don't need the hot seat, but just wanna do my accountability - I did publish my offer and new website by the end of April as we set in the last Q&A. Now starting to promote it. :)
- 13:50:48 From Kristen Girard: Connie, the questioner asks the questions that often no-one else knows or thinks to ask. Own your innate questioning power!
- 13:51:15 From Kimberly Logan: well done Lenka!!!!
- 13:51:25 From Remy OBrien: Yeah Lenka
- 13:51:33 From Kristen Girard: Stubbornness is a super power!
- 13:51:43 From Constance Zaytoun: and that's who i am! so right!!!
- 13:51:43 From Alex Ryan: And that's Monday?
- 13:52:10 From Alex Ryan: I'm that too but Gemini rising so CRAY! ☺

13:52:33 From Remy OBrien: Alex I'm a Gemini rising too
13:52:56 From Thalma de Freitas: I'm married with a Gemini
13:53:10 From Alex Ryan: Yes Remy!
13:53:16 From Charlene Lam: I'm Taurus married to Gemini too! yay!
13:53:33 From Kristen Girard: Does the Aligned Advantage have resources for figuring out how the calendar works with your stars?
13:53:48 From Thalma de Freitas: Yay Charlene! My husband is trigemini , that's why I said 4
13:54:24 From Bonnie Gillespie: Yes, Kristen! That's exactly what we do!! :)
13:54:29 From Kristen Girard: Cool.
13:54:40 From David Manship: Tanya share that discovery so we can have 50 people next session
13:55:08 From Remy OBrien: Yeah Tanya!!!!
13:55:17 From Kimberly Logan: :-)
13:56:22 From Alex Ryan: pancake faster
13:56:41 From Constance Zaytoun: you rule T1
13:56:47 From Constance Zaytoun: tanya that is!
13:56:54 From Tanya Perez: Thank you!!!
13:57:52 From Constance Zaytoun: that's stunning!
13:59:30 From Constance Zaytoun: i hate it when people do that and it's not really true. scarcity...
14:00:24 From Constance Zaytoun: bonnie on bonne!
14:00:37 From Remy OBrien: Thalma that's amazing and beautiful
14:00:56 From Constance Zaytoun: starting tomorrow!
14:01:23 From Kimberly Logan: thank you!!!!!!!!!!