

## JFDI with Bon Mastermind Live Zoom Chat 17 October 2023

11:34:08 From Stephanie Bergeron: Hi everyone!! So ready for this injection of energy... Recovering from Covid (a not-nice Thanksgiving gift), so I've been looking forward to this! If I faceplant mid-Zoom, y'all know why. ;)

11:34:34 From Kathi Carey: Yuck!

11:34:48 From Kristen Girard: Not fun! Bummers Stephanie!

11:35:00 From L T: Ohhh...no! Hopefully you're feeling better soon!!!

11:35:32 From Kristen Girard: Thinking avoiding people all together is nice.

11:36:08 From L T: SAME!!! With the OCD!

11:36:19 From Stephanie Bergeron: Nope, not fun at allllll. But I am feeling a lot better than I have been. Thank you!

11:36:19 From Kristen Girard: It was the learning people don't wash their hands. Ugghhhh.

11:36:52 From Kathi Carey: Yeah, Kristen — yuck!

11:40:02 From Stephanie Bergeron: Hmmmm....

11:41:39 From L T: Oh yeah...so cool

11:43:03 From Stephanie Bergeron: Unless it's pulling from your cache rather than loading it anew...?

11:44:01 From Stephanie Bergeron: Is that specifically Wordpress.org? I had some caching problems with my site, but couldn't find that cache... but mine is .com.

11:48:32 From Sarah McLean: It looks great. I'm looking at it now.

11:53:46 From L T: HOORAY for Stephanie!!

11:54:58 From Kristen Girard: @radianceandgrit

11:55:04 From Stephanie Bergeron: @30SecondBallets for the books @TheDancerSpeaks for the voiceover @StephBergeron\_ is just me! :)

11:55:14 From Sarah McLean: @gettingjiggycrafts, @iamsarahmcleanphotography

11:56:18 From Stephanie Bergeron: Someone to go take a closer look at and use his hashtags/SEO language, perhaps, Jaki...

11:57:58 From Bonnie Gillespie (she | her):

<https://www.youtube.com/watch?v=Qu5Iq51YCss>

11:58:35 From David Manship: @DemoReelPro

11:58:56 From Kathi Carey: @kathithefilmmaker

11:59:14 From L T: @la\_triceh

12:00:06 From L T: WHAAAATTTT!

12:00:43 From L T: That is awesome!

12:02:54 From Stephanie Bergeron: There have been several times in FB groups that #30 haunts where people have asked for reading lists for dancers... I've gotten smart and have them ready to copy-paste now.

For more support of your creative journey to your own enoughness, visit [bonniegillespie.com](http://bonniegillespie.com).

Bonnie Gillespie

12:03:24 From L T: Such a good idea!

12:07:08 From Stephanie Bergeron: OH. I just got this image of the trauma being like a big ol' rock that you chip at and mix to make mortar... that you need for bricks...

12:09:13 From David Manship: Steph, love this lemons into lemonade example. Breaking rocks takes WORK.

12:09:47 From Stephanie Bergeron: 100%

12:12:06 From L T: So many hugs Kristen <3 <3 <3

12:13:56 From Stephanie Bergeron: Is it possible that might be a reflection of her own trauma...?

12:16:33 From Sarah McLean: you got this, Kristen.

12:16:57 From Kathi Carey: ❤️❤️❤️ Kristen

12:17:38 From Sarah McLean: it' why you're making your art in the first place

12:17:51 From Kathi Carey: Your art is your life

12:18:20 From Bonnie Gillespie (she | her): Welcome Jaki & Dana! You each have some feedback/notes in the first part of the meeting. Be sure to watch the replay. 😊

12:18:34 From Dana Middleton: I will!

12:18:37 From Jaki S (They/She): thank you!

12:20:32 From Kristen Girard: Thank you everyone for all the loving help with this stuff.

12:20:42 From Bonnie Gillespie (she | her): You are safe, Kristen. We love you. <3

12:20:53 From Stephanie Bergeron: We're here for you, Kristen! <3 You're awesome.

12:22:05 From Dana Middleton: Looks amazing!

12:22:33 From Kristen Girard: Who is the illustrator? They did a nice job.

12:22:42 From L T: BEAUTIFUL!!!

12:24:42 From Dana Middleton: The bat cave?

12:25:11 From Bonnie Gillespie (she | her):  
<https://www.youtube.com/watch?v=ifCWN5pJGIE>

12:25:21 From Bonnie Gillespie (she | her): That's the video ^^

12:26:28 From Stephanie Bergeron: Great for Sunday School activities, or just to keep the kids busy during the more adult functions, too.

12:30:52 From Stephanie Bergeron: But if you document it well, you have so much marketing material...

12:33:12 From David Manship: Kristen — the illustrator is Kayla Phan, children's book illustrator found on ETSY.

12:33:48 From David Manship: Dana, Yes the Bat Cave. Pentatonix recorded a music video for Mary Did You Know about 10 years ago.

12:34:05 From Sarah McLean: it gets done when it gets done, LaTrice.

12:34:17 From Dana Middleton: I live close by but have never seen it in person

12:34:34 From David Manship: Dana, So cool.

12:34:40 From Dana Middleton: That was for Dave :-)

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Bonnie Gillespie

12:37:58 From Stephanie Bergeron: The Lounge is a pretty casual vibe, imo... maybe it can be a little less super-polished for now, too?

12:38:02 From Dana Middleton: LaTrice, it's a lot. Try not to be hard on yourself about not doing more. Everything you do adds up.

12:38:46 From L T: Thanks so much y'all!! <3

12:38:47 From Dana Middleton: Congrats, Bonnie!

12:40:31 From Stephanie Bergeron: The old bots are showing the AI whipper-snapper... lol.

12:40:40 From L T: LOL

12:40:49 From David Manship: It is very easy to let the "controlled process" get in the way of moving forward. You will be surprised when 85% still gets the job done. Needing to control everything so it is perfect is just a way to slow down your success journey. Take the step. Improve it as you go. (Talking to myself here.)

12:41:19 From Kathi Carey: Very true, Dave

12:41:34 From Dana Middleton: What Dave said

12:41:49 From L T: Thanks, Dave, so true!

12:43:22 From David Manship: Thanks Bon. Reuse your leftovers to "feed" everyone.

12:44:54 From Kristen Girard: I've started creating social media folders so that it's easy to source and reuse my content so that in theory over time there is a larger and larger body of work to pull from so that I don't always need to make assets. Might help.

12:44:57 From Dana Middleton: What does creating a playlist do?

12:45:23 From Stephanie Bergeron: Great idea, Kristen. I have something smaller but similar on my phone... the folder is called "Green Room". ;)

12:45:33 From L T: Great idea, Kristen! Thank you!

12:47:20 From Dana Middleton: The life car is the great aha machine!!!!

12:47:43 From Stephanie Bergeron: Acts of Servicing yourself! ;)

12:49:50 From David Manship: They can also become part of a 5x5 promo

12:49:58 From Stephanie Bergeron: ^Yes!

12:50:00 From Kathi Carey: I just got gold in the form of a letter of recommendation for a directing fellowship

12:53:39 From Bonnie Gillespie (she | her): <https://thealignedartist.thrivecart.com/1/30-days-to-a-high-vibe-you>

12:53:56 From Dana Middleton: <https://thealignedartist.thrivecart.com/30-days-to-a-high-vibe-you>

12:54:33 From Kathi Carey: No "L" link works here

12:54:54 From Jaki S (They/She): the sales page looks great though at least

12:54:59 From Bonnie Gillespie (she | her): ^^ agree!

12:55:33 From Kathi Carey: Are you going to keep it evergreen?

12:55:40 From Jaki S (They/She): I am glad to be here absorbing the business energy and using it to plan, but I am in recovery mode today. Showing up is using my stretch muscle. <3 Next month I should have all my IG reels out, I should have my grant calendar offer out, and I will want to bring my "cold-call" template to class (or the forum if I've got it earlier) because I have two lukewarm leads to reach out to.

12:55:55 From Dana Middleton: Yes, Kathi.

12:56:07 From Dana Middleton: Thanks, Jackie!

12:56:39 From Kristen Girard: Just glAd you are here Jaki!

12:57:40 From Stephanie Bergeron: Looking forward to it, Jaki! Always great to have your energy in the mix, here. :)

12:58:13 From Jaki S (They/She): <3 <3 <3

12:59:42 From Kristen Girard: Or first 30 days of the calendar year. And/or astrology new year in March.

13:00:08 From Stephanie Bergeron: Live Round with a pop up community somewhere...?

13:00:46 From Jaki S (They/She): ooh i like pop-up community stephanie

13:00:56 From Jaki S (They/She): congratulations Dana!

13:01:02 From Kristen Girard: Maybe just speaking for my overwhelmed self, but I need reminders about good things I forgot to buy or couldn't buy before. So mention it often!

13:01:37 From Dana Middleton: You've been putting up good stuff, Jackie! Definitely noticing

13:05:41 From L T: It feels so freeing just to here from y'all that it's okay to just chill, work when/how you can, and let it happen. Thank you!

13:05:59 From Kristen Girard: Agreed! Love you all!

13:05:59 From Dana Middleton: It's a marathon, not a spring

13:06:06 From Dana Middleton: Sprint!