

## JFDI with Bon Module 2 Live Zoom Chat 7 April 2020

- 13:01:24 From Kimberly Logan: it was wonderful!
- 13:15:25 From David Manship: 1/3 1/3 1/3
- 13:15:27 From Constance Zaytoun: Questioners vs Obligers
- 13:16:23 From Constance Zaytoun: better than before is a wonderful book -- a lot more background on each habit
- 13:16:49 From Berry Newkirk: good to know it's better. Thank you.
- 13:17:25 From Constance Zaytoun: population of 1/3s changed MY LIFE!
- 13:18:25 From page huyette: @heidilistening on Instagram is THE place to figure out how to use your intake questionnaire to do the work for you to find your dream match client. She does an questionnaire review every Wednesday. Just discovered her, check it out.
- 13:19:01 From Berry Newkirk: thanks page
- 13:19:59 From page huyette: worst feeling ever, trying to convert meh
- 13:20:03 From David Manship: Like in a bad relationship. "BUT I CAN CHANGE THEM"!!!!
- 13:20:27 From Berry Newkirk: lol. Been in that relationship more times than I can count David.
- 13:20:49 From Carolyne Aubin: Actually did that this morning; wrote an Instagram caption for my super fans rather than focusing on pleasing the meh.
- 13:21:10 From Constance Zaytoun: yay, Carolyne!
- 13:21:42 From Tanya Perez: the habitual spending of time on the 2/3 that don't get you seems to directly link to your enoughness
- 13:21:57 From Berry Newkirk: very true Tanya.
- 13:22:12 From Tanya Perez: @David yes, exactly
- 13:24:22 From Kristen Girard: I've started thinking of the nay sayers and distractors as gate keepers who are testing my resolve to do what I am here to do and I can choose to empower them or myself.
- 13:24:27 From Constance Zaytoun: so when we think of our "buyer" is that person also in the 1/3 fan base (even though not all folks in the 1/3 buy)??
- 13:25:43 From page huyette: Mine is "Left-Brain Jenny"
- 13:34:46 From Sandy Reynolds: Does Karen in HR have a budget to spend or does she need to sell her manager?
- 13:35:19 From Sandy Reynolds: Or is this service something she is buying out of her own pocket.
- 13:36:10 From David Manship: When you speak to the ONE you are speaking to everyone
- 13:37:16 From David Manship: When a live singer sings to a specific audience member everyone gets the feels
- 13:38:34 From page huyette: great analogy david m
- 13:42:03 From Kimberly Logan: see, ponies!
- 13:42:15 From Kimberly Logan: (same reaction to puppies!)
- 13:42:17 From Kristen Girard: I want a herd of draft horses does that count? Bigger than ponies! ;)

- 13:42:41 From Tanya Perez: yes for the herd  
13:42:54 From Kristen Girard: :)  
13:44:09 From David Manship: And when you are ready I'll be here for you  
13:44:31 From David Manship: They will be buyers when they are ready  
13:44:55 From Berry Newkirk: love cocktail curiosity  
13:45:08 From Kimberly Logan: lean into the double entendre!  
13:46:10 From Berry Newkirk: That's why I like Denise Duffield Thomas  
13:46:30 From Berry Newkirk: not the double entendre, but her speaking to a specific customer  
13:46:45 From page huyette: not sure my mic is working right now...:(  
13:46:51 From page huyette: aargh  
13:47:04 From Kristen Girard: There are shared experiences our people have, choosing creates a welcome I get you and you are not alone place and the commonalities allow everyone else to connect and feel seen and heard.  
13:47:10 From page huyette: can't get it working...  
13:48:11 From Sandy Reynolds: Or you are going to be hell no anyway  
13:48:13 From Sandy Reynolds: 1/2  
13:48:15 From Sandy Reynolds: 1/3  
13:50:34 From Tanya Perez: Karen is on Houseparty from 6-8pm  
13:50:45 From Tanya Perez: but only on Thursdays  
13:50:54 From Remy OBrien: have to jump off. Catch the rest on replay. Thanks  
13:51:12 From Berry Newkirk: brandprov  
13:51:27 From Sandy Reynolds: What is her favourite brand of clothing?  
13:52:09 From Tanya Perez: Which music app?  
13:54:25 From Kristen Girard: Chocolate chip cookies are the breakfast of champions!  
13:54:38 From Constance Zaytoun: anti-Lent behavior!  
13:55:21 From page huyette: I'm on the phone and can speak now if it's applicable about left-brain jenny  
13:55:22 From Berry Newkirk: she does because she "has to"  
13:56:51 From Berry Newkirk: love that  
13:57:21 From Kathi Carey: She has money to spend on her environment  
13:57:46 From Kathi Carey: And she wants a comfortable, lovely place  
13:58:27 From Tanya Perez: Page, maybe she uses Blue Apron or Hello Fresh?  
13:58:40 From Berry Newkirk: Brooke does  
13:59:34 From David Manship: Start with a smaller space. The coffee table  
13:59:42 From Berry Newkirk: good call David  
14:00:29 From Berry Newkirk: Or a bookshelf  
14:00:31 From David Manship: Then work their way up to this seasons colors  
14:00:50 From David Manship: This years colors and textures  
14:01:02 From David Manship: Even doing a flower arrangement  
14:01:11 From Tanya Perez: I love that, Paige!  
14:01:28 From David Manship: Even organizing photos on the wall like I see behind you  
14:01:37 From Kathi Carey: Desk, side table, coffee table, fireplace mantel...

- 14:02:08 From Sandy Reynolds: Entrance
- 14:02:08 From Berry Newkirk: dresser
- 14:02:21 From Berry Newkirk: dining table for party
- 14:03:06 From David Manship: You buyer that wants to stay current will pay you to keep them updated on colors/trends/textures
- 14:03:29 From page huyette: nice ideas, thanks guys!
- 14:06:52 From Berry Newkirk: Calm App, Waking up App, Look at free meditation apps and see who dives into the community comments so you can dive in there.
- 14:07:34 From Sandy Reynolds: So do we have our 'thing' and then find our 'person' or do we find our 'person' and then create our 'thing' or is it chicken/egg?
- 14:07:52 From Berry Newkirk: your thing and then figure out your ideal customer
- 14:07:57 From Constance Zaytoun: you're a fan!
- 14:08:09 From Kristen Girard: Thalma - who do you want to help the most? Is there someone or a kind of person that makes you want to protect or help them and it's automatic?
- 14:08:18 From David Manship: Sandy, Begin from your undervalued superpower
- 14:08:40 From Berry Newkirk: I'm struggling with that right there a little bit.
- 14:08:58 From Berry Newkirk: the having to consistently put stuff out there
- 14:09:06 From page huyette: thalma, build down time and recovery from projects into your schedule
- 14:09:15 From Berry Newkirk: good call Page
- 14:09:17 From Kimberly Logan: me, too Berry
- 14:09:23 From Kristen Girard: Yes, Page!
- 14:09:36 From Constance Zaytoun: YAAAAAAS! i hear that!
- 14:09:40 From Kimberly Logan: fear of success being the same as fear of failure!
- 14:09:59 From Constance Zaytoun: especially difficult for someone like me who is NOT an upholder!
- 14:10:06 From Berry Newkirk: ditto Constance
- 14:10:14 From Constance Zaytoun: habits suck! haha!
- 14:11:41 From Constance Zaytoun: Thalma -- i'm just thinking -- maybe do you meditations quarterly or bi-monthly or something in a bigger chunk?
- 14:12:24 From Kathi Carey: You pick the consistency — once per week/every other week/per month?
- 14:12:25 From Constance Zaytoun: so you don't have to put it out as often at the start of your business?
- 14:12:42 From page huyette: Thalma check out this podcast episode with Elsie Escobar who sets her schedule to allow for personal time and recovery FIRST, then plugs in the time for work: <https://explorewhatworks.com/taking-stock-setting-new-intentions-elsie-escobar>
- 14:12:53 From Berry Newkirk: I've gone longer than that Thalma
- 14:13:03 From Constance Zaytoun: nice, Page!
- 14:13:06 From page huyette: or your thing can be "I'm not consistent, deal with it."
- 14:13:51 From David Manship: Thalma, How long does it take to to create a new composition?

- 14:15:52 From David Manship: Could you create a composition live from inspiration from single person's life. Can you create something in an hour, LIVE.
- 14:16:30 From Berry Newkirk: I'm right there with you Thalma
- 14:16:39 From page huyette: I think it's because the pressure and need for it to be "good enough" is paralyzing sometimes
- 14:16:55 From Kathi Carey: Just do the work
- 14:17:05 From Constance Zaytoun: gotta see it and say, oh hello!
- 14:17:17 From page huyette: This is the best time to be imperfect, it's expected don't you think?
- 14:17:26 From Constance Zaytoun: it takes a lifetime; you'll never get the work done!
- 14:17:31 From page huyette: Go Thalma!
- 14:18:51 From Bonnie Gillespie: YES, Page. The best time for imperfection!!
- 14:19:11 From Sandy Reynolds: that is a superpower!
- 14:19:16 From Berry Newkirk: Truth!
- 14:19:18 From Constance Zaytoun: no shit!!!
- 14:19:29 From Constance Zaytoun: yaaaaaas!!!!
- 14:19:30 From Tanya Perez: word
- 14:19:32 From Bonnie Gillespie: GREAT concept!
- 14:20:23 From Kathi Carey: And all the people will pay to be on the zoom
- 14:20:24 From Sandy Reynolds: David your superpower is ideas...
- 14:20:28 From Berry Newkirk: This is absolutely doable!
- 14:20:29 From Tanya Perez: all the snaps
- 14:20:35 From Kathi Carey: That IS Dave's superpower
- 14:21:36 From Kristen Girard: Thalma - You could sell tickets to a concert you could give even this week or next week!
- 14:21:59 From Bonnie Gillespie: YES, Kristen!
- 14:22:03 From Kristen Girard: If people unsubscribe from your email list, that's just data, too.
- 14:22:12 From Berry Newkirk: And then use Patreon to help it along as well with lessons or behind the scenes stuff
- 14:22:34 From Berry Newkirk: That's just self trust
- 14:22:35 From Charlene Lam: Love that: "the muse is here today" - tune in!
- 14:22:35 From Sandy Reynolds: I would suggest that you put a little commitment there...you will here from me at least twice a year...maybe because I'm pressure prompted.
- 14:22:57 From Kathi Carey: Exactly Berry — she should use Patreon to have people contribute to be a part of it
- 14:23:15 From Charlene Lam: And it's up to you what motivates on
- 14:23:49 From Kristen Girard: Yes Dave! How can what you do Thalma "grow legs" in ways that bring delight and joy to you.
- 14:23:50 From Charlene Lam: oops.. what motivates you: showing up for them, or showing up for you, or the muse. and being ok if some days showing up is not in the cards
- 14:24:33 From Berry Newkirk: invite us! I'll be there

14:24:36 From Tanya Perez: The Muse Strikes...The Muse Strikes Back...The Muse: A Song Force Awakens  
14:24:47 From Kimberly Logan: I volunteer to be a tribute!  
14:25:39 From page huyette: !  
14:25:59 From Constance Zaytoun: QUESTION TO THE GROUP: would you be more inclined to click on a web site that is titled hostboxx.com or doczhostbox.com?? myhostbox and hostbox and all that jazz are unavailable or too expensive. thank you!  
14:26:12 From Berry Newkirk: hostboxx.com  
14:26:23 From Berry Newkirk: doczhostbox seems too spammy to me.  
14:26:31 From Kimberly Logan: hostboxx.com  
14:26:33 From Bradley Nikoal Williams: hostboxx.com  
14:26:34 From page huyette: yes, data flowing in so we can use it!  
14:26:40 From Constance Zaytoun: thank you, barry!  
14:26:41 From Kimberly Logan: I know how to 'say' it, which is good  
14:26:44 From Kathi Carey: hostboxx.com here too  
14:26:45 From Carolyne Aubin: hostboxx.com  
14:26:59 From Berry Newkirk: just don't make it hostboxxx.com  
14:27:00 From Constance Zaytoun: thank you, y'all! gorgeous!  
14:27:02 From Berry Newkirk: :P  
14:27:10 From Berry Newkirk: Constance  
14:27:13 From Kathi Carey: It's for Connie  
14:27:23 From Charlene Lam: @Constance Ask other people who don't know what it is .. anything that's xx may think porn  
14:27:39 From Tanya Perez: porn  
14:27:48 From Kimberly Logan: not unless it's triple xxx  
14:28:30 From Kristen Girard: @Constance Look for synonyms for what you want or something that speaks to the result of what you do.  
14:28:31 From Berry Newkirk: still like Cocktail Curious, or cocktail curiosity.  
14:28:51 From Berry Newkirk: which you can play that up  
14:30:04 From page huyette: party for one sounds like sex toys  
14:30:40 From Bradley Nikoal Williams: Connie you need a youtube channel lol  
14:30:49 From Bradley Nikoal Williams: I would watch you do cocktails  
14:30:59 From Kristen Girard: @Constance look at the hashtags your people are using for name inspirations.  
14:31:13 From Kimberly Logan: gotta run - thanks everyone!  
14:32:24 From Kristen Girard: Bonnie is there a way we can get a contact list going so we can see what each other is doing or send inspiration?  
14:32:56 From Berry Newkirk: There's a fb group. Let me see if I can find the link. It was in Module 1  
14:33:05 From Thalma de Freitas: We have a Pancake group, yes!  
14:33:30 From Constance Zaytoun: i'll offer up a ricotta pancake recipe!  
14:33:32 From Lenka Silhanova: <https://www.facebook.com/groups/157303192182859> this is the group :)

14:33:49 From Thalma de Freitas: Thank you for this Lenka! <3  
14:33:59 From Kristen Girard: THanks!  
14:34:04 From Constance Zaytoun: y'all, i don't do FB, but will support in any other way  
14:34:19 From Sandy Reynolds: just followed you on IG Connie.  
14:34:30 From Constance Zaytoun: thank you, sugar!  
14:35:16 From Carlyne Aubin: Just requested to join the FB group as "Nyne" same last  
name.  
14:36:50 From Berry Newkirk: the public defenders have to be in court right now  
14:37:26 From Sandy Reynolds: Thanks!  
14:37:28 From Constance Zaytoun: y'all freakin ROCK!!!