



- 12:44:39 From Tracy Hess: Instead of this is how many different workouts, it's the fact that they won't feel bored
- 12:47:02 From Tracy Hess: I was thinking of the JFDI page actually too
- 12:47:47 From Charlene Lam: yes
- 12:52:19 From page huyette: How do you set up your daily average option, I love that!
- 12:53:14 From Tracy Hess: That is my website now! lol
- 12:53:20 From Tanya Perez: I love that photo and it looks like you are affirming the content above
- 12:53:44 From Kristen Girard: @Tracy Same!
- 12:56:05 From Kristen Girard: I don't know if this is normal or not, but I find hearing someone speak about what they are offering to be much more compelling than the sales page itself.
- 12:57:26 From Sandy Reynolds: I think having a video like Bonnie has helps..and you could do both Kristen.
- 12:57:37 From Sandy Reynolds: You could..hahaha - not getting me on video.
- 12:58:12 From Kristen Girard: I like Bonnies page because the video does have Bonnie talking about what it is all about.
- 12:58:21 From Charlene Lam: @Sandy what about a recording of your voice, accompanied by a headshot?
- 12:58:45 From Sandy Reynolds: Yes. I've done that or done a voice over on a PPT showing courses.
- 12:59:29 From Kristen Girard: Smart.
- 12:59:53 From Sandy Reynolds: And you have such great energy and a lot of us need to be around energy right now.
- 13:00:04 From Sandy Reynolds: (speaking to Bonnie)
- 13:00:11 From Tracy Hess: awesome
- 13:00:45 From Tanya Perez: We in the playground
- 13:01:24 From Thalma de Freitas: I can't work if I'm not having fun, like at all.
- 13:03:02 From page huyette: I recently spent BANK on someone I cannot even watch anymore.
- 13:03:40 From Lenka Silhanova: This is brilliant, I really want to differentiate myself from Heidi Dean and my ideal customer is actually someone who is not in her population of thirds! This really helps
- 13:04:10 From Kristen Girard: Ouch Paige! I've done that before, too. It's annoying because it looks good when you buy and then stings like a hornet.
- 13:05:53 From Charlene Lam: I say I'm a social media guide, not a guru, because I don't believe there's such a thing as a social media guru. We're all constantly adjusting and learning, it changes so much. I want people who want me by their side, or just a bit ahead, not telling them things on top of the mountain! "GURU SEEKERS, THIS IS NOT FOR YOU"
- 13:06:01 From Remy OBrien: OH I'm so glad there's a name for that. I thought I was turning into a murderer
- 13:06:37 From Bradley Nikoal Williams: it's SO a thing Remy

13:06:41 From Charlene Lam: Misophonia is real! @Remy, ha! Whistling, chewing and sniffing sounds make me want to punch things

13:07:14 From Bradley Nikoal Williams: same Charlene

13:07:28 From Lenka Silhanova: @Charlene AGREED! I see the word guru and I associate it with cheater, someone who pretends something they are not, a persona not a person, etc.

13:09:01 From Charlene Lam: @Lenka that's great language right there! I'm a real person, not just a persona

13:11:19 From Charlene Lam: So interesting how my brain wants to argue that my fans are a fluke ... they've been fooled ... hello,

13:11:26 From Charlene Lam: imposter syndrome!

13:11:33 From Gail Franklin: And don't make up your avatar. Make it a REAL person that you know.

13:12:49 From Thalma de Freitas: Tracy and Tanya can have an affiliation, yay! It's a Match <3

13:13:03 From Tanya Perez: YAASSSS

13:13:24 From Tanya Perez: Tracy, we can role play

13:15:04 From Kristen Girard: Jeans are awful.

13:15:53 From Charlene Lam: Does she wear slacks and cardigans to work usually? or is she more of a jacket lady

13:16:58 From Sandy Reynolds: I find following hashtag on IG is helpful in doing this research. Check out the people using #HR

13:17:32 From Sandy Reynolds: I learn a lot following #peoplepleasing

13:18:11 From Deb Snyder: Hi Remy!

13:19:16 From Tracy Hess: Yes please

13:19:17 From Lenka Silhanova: <https://www.facebook.com/groups/157303192182859>

13:19:28 From Remy OBrien: Hi DEb

13:21:08 From Dana Middleton: What time on Thursday, April 23?

13:21:28 From Thalma de Freitas: 12:30

13:21:51 From Thalma de Freitas: Are we doing Bon a Thon again? I'm ready now

13:23:00 From Tracy Hess: What time wed 6th?

13:23:37 From Sandy Reynolds: May 1 10:30 am

13:23:41 From Sandy Reynolds: May 6 11 am

13:23:44 From Sandy Reynolds: May 12 1 pm

13:23:52 From Sandy Reynolds: May 17 11:30

13:24:02 From Sandy Reynolds: May 26 12:00

13:24:09 From Tracy Hess: Thank you!!

13:24:10 From Sandy Reynolds: May 29 10:30

13:24:15 From Sandy Reynolds: May have misse done

13:24:29 From Tracy Hess: I think the 21st

13:24:33 From Remy OBrien: 21st at noon

13:25:37 From Kristen Girard: Charlene, what kind of question would they ask that you can't answer?

- 13:27:04 From Kristen Girard: Not knowing all the answers is okay. The people we really want to be our people will not get angry if we admit that we don't know all the things under the sun and moon.
- 13:27:27 From Lenka Silhanova: @Charlene we should collaborate, you like to focus on beginners, I like to focus on more experienced actors (when it comes to social media). :)
- 13:27:38 From Kristen Girard: Sometimes us working through the question and allowing them to see our process for finding the solution can actually be a wonderful learning moment.
- 13:28:15 From Thalma de Freitas: and I mean it big time
- 13:28:40 From page huyette: but can you dance like she can?
- 13:28:44 From Sandy Reynolds: And you can always say you want to need to process the question and you will send the group a response.
- 13:29:01 From Thalma de Freitas: Bon can Pole!! I love it
- 13:29:11 From Tanya Perez: YASSSSS!!
- 13:29:22 From Kristen Girard: Adundance minset.
- 13:29:42 From Lenka Silhanova: Also, @Charlene, if you are too much of an expert, you can't explain it to beginners from a place of understanding where they are at.
- 13:30:07 From Kristen Girard: Yes Charlene!
- 13:30:15 From Thalma de Freitas: I love I feel home here, I feel among friends, this is important to face all the resistance I have, I feel safe here
- 13:31:02 From Kristen Girard: Hugs Thalma! Same!
- 13:33:16 From Sandy Reynolds: Me too Thalma
- 13:33:53 From Gail Franklin: Very helpful...thanks!
- 13:34:10 From Charlene Lam: @Lenka, yes! will follow up in FB group
- 13:34:47 From Thalma de Freitas: Plan a Thon again?
- 13:35:36 From Carolyne Aubin: Yeeeeesssssss!!!!
- 13:36:19 From Deb Snyder: THANK YOU!
- 13:36:20 From Carolyne Aubin: SMFA Summit sounds awesome.
- 13:36:25 From Thalma de Freitas: Obrigada!!!
- 13:36:29 From Kristen Girard: Thank you!