

JFDI with Bon Module 5 Live Zoom Chat 19 June 2020

11:02:12 From Emily Kindred: I was just recommending it to a friend over facetime
11:03:46 From Laura Buckles: acuity is great
11:05:27 From Emily Kindred: wardrobe change, the stripes were driving me bonkers
11:05:42 From Laura Buckles: haha Emily
11:06:14 From Emily Kindred: self-tape 101: no stripes! the camera hates them! lol
11:06:18 From Alex Ryan: Hilarious Emily!
11:06:45 From Raluca Urea: I actually thought: Emily has a cute top:)
11:07:32 From Emily Kindred: cute in person, it's my fave crop top! camera no likey
11:07:58 From Raluca Urea: Ok, ok..we have to do what the camera wants
11:08:31 From Emily Kindred: yup
11:08:38 From Millie Warren: Yessss Tamika ^_^!
11:08:54 From Millie Warren: you're so cool
11:08:57 From Alex Ryan: Sounds like you're beta-d out Tamika!
11:09:54 From Carolyne Aubin: Tamika. Trying to figure out Mailchimp this week
LITERALLY triggered a migraine. I would pay A LOT of money for someone to do this for me.
11:09:59 From Alex Ryan: And giving him templates. That's amazing!
11:10:07 From Millie Warren: Dude, above and beyond service
11:10:09 From Constance Zaytoun: totally!
11:10:19 From Thalma de Freitas: Yay, Beta Pancake !!
11:10:43 From Alex Ryan: SO WORTH IT. You're futuring so he doesn't need you anymore
11:10:43 From Constance Zaytoun: holy moly!
11:10:57 From Alex Ryan: But you did that!!
11:10:59 From Emily Kindred: I'm freaking out over here!
11:11:03 From Tanya Perez: DAANNGGGGGG!!!!
11:11:45 From Emily Kindred: wacktor filter
11:12:21 From Emily Kindred: is that carrot cake Dave?
11:12:45 From Constance Zaytoun: correct--boundaries!
11:13:01 From Thalma de Freitas: the "contract" is an issue for me
11:13:05 From Dave Manship: Emily. Lol, no egg on ezekiel
11:13:13 From Emily Kindred: looks tasty
11:13:37 From Thalma de Freitas: Love your photo Jennii Vo Le
11:14:12 From Constance Zaytoun: @tamika -- i see a lot of folks who innumerate in their contract for design how many times they will field issues and then the hourly rater thereafter
11:14:24 From Constance Zaytoun: after the job is complete
11:14:25 From Thalma de Freitas: " I'll be in my vortex if you need me " - that's a t-shirt
11:14:38 From Alex Ryan: THALMA! Love that!
11:14:41 From Emily Kindred: I would buy that shirt
11:15:29 From Tamika RS: @Carolyne I'm here to guide you thru mailchimp girl. hit me up when you're ready tamikars@gmail.com

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

Bonnie Gillespie

11:15:33 From Jennii Vo Le: Ohh thank you Thalma! I only see the letter J on my end, also....yesssss!! Vortex!! haha..Let's Gooooo!

11:16:16 From Emily Kindred: I also only see the letter j

11:16:28 From Emily Kindred: but I love knowing you're on the other side of it

11:16:33 From Emily Kindred: :)

11:16:54 From Tamika RS: @Caroline, Thank you for Monday. I'll be emailing you today, promise! :)

11:17:16 From Jennii Vo Le: Awwwwww Emily!! <3 :)

11:17:16 From Constance Zaytoun: enumerate is the word!

11:17:18 From Carolyne Aubin: Thanks Tamika. I might just take you up on that offer if my campaign test fails. (I'll be testing it next week.)

11:17:26 From Tamika RS: <https://home.kartra.com/home>

11:17:42 From Jennii Vo Le: Thank you Tamika!

11:17:59 From Tanya Perez: OOOOOOOOOO

11:20:13 From Emily Kindred: WOOOOOOOOW

11:20:25 From Thalma de Freitas: perfect

11:20:42 From Constance Zaytoun: what kind of templates are we talking?

11:21:54 From Alex Ryan: Is biz sister a website or just kartra?

11:21:58 From Thalma de Freitas: <https://www.bizsister.com/sales-page>

11:22:08 From Millie Warren: Thank you! ^_^

11:22:22 From Thalma de Freitas: She shows everything she does in the sales page, buyer friendly

11:23:09 From Jennii Vo Le: Thank you Thalma! Also please make that Vortex shirt! especially since you saw the Prince photo ;)

11:23:16 From Jennii Vo Le: I waaant one! :D

11:24:02 From Thalma de Freitas: I need Laura Buckles permission for the t-shirt

11:24:22 From Laura Buckles: Do it!!!

11:24:23 From Thalma de Freitas: I LOVE t-shirt DESIGN

11:24:40 From Jennii Vo Le: yaaayy!! <3

11:24:42 From Thalma de Freitas: Goops, sorry the caps

11:24:48 From Laura Buckles: haha

11:26:38 From Laura Buckles: but if you do make them, can I have one? I'll be your first order!

11:26:53 From Thalma de Freitas: of course!!

11:30:15 From Thalma de Freitas: oh, I love you're brave to share your vulnerabilities
Bonnie <3

11:31:11 From Thalma de Freitas: Frustrated too Satisfied ?

11:31:21 From Thalma de Freitas: to

11:33:02 From Millie Warren: controlling and inseucre

11:33:05 From Millie Warren: :(

11:34:01 From Constance Zaytoun: #alittlebitofVeniceeveryday, Bon!

11:34:13 From Tanya Perez: Bliss Island vs Twinge Island. In improv brain at the moment

- 11:44:26 From Millie Warren: Take it at your own pace. There's no failing, even when your journey is slow, @Thalma. :)
- 11:44:29 From Emily Kindred: from throbbing to thriving :)
- 11:44:34 From Thalma de Freitas: Yes! I wasn't mature enough to do the whole work in one year, I'm growing into it
- 11:45:34 From Laura Buckles: Price it, so you can say it without throwing up...
- 11:45:48 From Thalma de Freitas: hahah Laura
- 11:46:35 From Emily Kindred: what is blue ocean strategy?
- 11:47:17 From Laura Buckles: Book
- 11:47:25 From Kristen Girard: Sometimes it surprises me how well Bonnie KNOWS us! ;)
- 11:47:35 From Thalma de Freitas: Right?!
- 11:47:49 From Kristen Girard: I see it, but it it feels good.
- 11:50:20 From Emily Kindred: so it's almost facts vs. feelings?
- 11:50:34 From Laura Buckles: what it is vs. what you get from it
- 11:50:43 From Alex Ryan: Thank you laura
- 11:52:16 From Millie Warren: Features sound like the nuts and bolts of what it is.
- 11:53:25 From Raluca Urea: Jeez, that's the conversation Happening in my mind every time I want to do something
- 11:55:23 From Raluca Urea: Great Question Emily!
- 11:55:43 From Kristen Girard: That's amazing!
- 11:55:45 From Kristen Girard: :)
- 11:55:48 From Alex Ryan: I love hearing it
- 11:56:02 From Thalma de Freitas: Notes notes notes
- 11:57:15 From Millie Warren: haha right. Scribbling furiously haha
- 11:58:05 From Thalma de Freitas: 6 weeks and all the previous many years os research, interviews and great journalism
- 11:58:16 From Alex Ryan: Right Thalma ☺
- 11:58:31 From Desiree Mee Jung: Yes Thalma!!
- 11:58:46 From Constance Zaytoun: correct! we're paid for all of the work prior to standing on set
- 11:59:02 From Laura Buckles: Alex your body language is killing me lol
- 11:59:02 From Constance Zaytoun: prior to creating the product
- 11:59:41 From Millie Warren: It might help to think, "Does Chris Evans feel bad for receiving residuals every time Cap America plays on tv? And for toy sales?" etc
- 11:59:47 From Raluca Urea: I want Bonnie as my date for the Gold and shiny
- 11:59:52 From Alex Ryan: Thanks Laura! Very physical ☺
- 11:59:52 From Charlene Lam: I think of it like having put in the work to nurture and grow trees that continue to bear fruit
- 11:59:56 From Raluca Urea: Oh Millie yes!
- 12:00:37 From Thalma de Freitas: Thank you academy, I would like to thank my mom and Bonnie Bonnie Gillespie, my fellow pancakes ta da da... ta dadaaa ... tears...
- 12:00:44 From Carolyne Aubin: Millie. Apparently Christ Evans nearly refused Capt. America role because it made him anxious! He clearly and thankfully worked through his blocks.

12:00:59 From Raluca Urea: ha ha Carlyne! Yes
12:01:04 From Millie Warren: Oh wow! I wonder why? Good for him for embracing his ability to play it!
12:01:37 From Carlyne Aubin: Millie. He said it was too big of a role. He didn't know if he could live up to it.
12:01:40 From Alex Ryan: True for successful writers too
12:02:28 From Millie Warren: Wooow. It feels so relatable for a major celebrity to experience that anxiety and enoughness troubles that *we* go through . . . Bonnie's right. It's great we're working through it now. :)
12:03:01 From Raluca Urea: YEs, the Chris Evans Story really worked for me tonight
12:03:07 From Millie Warren: ^_6
12:03:10 From Millie Warren: ^_^*
12:03:59 From Constance Zaytoun: also, it's your perogative, right? you COULD sit back & collect \$. you did the work!
12:04:11 From Millie Warren: Do you feel like you're being greedy? That might be a money block.
12:04:21 From Laura Buckles: It's safe to have fuck you money
12:04:33 From Constance Zaytoun: Dana, Dana, Dana -- so helpful!
12:04:36 From Tamika RS: Love that Laura!!!
12:04:50 From Constance Zaytoun: sneaky suits!
12:04:54 From Millie Warren: 100%
12:05:10 From Thalma de Freitas: or morgage
12:05:19 From Millie Warren: You're hella cute @ALex hahaha
12:05:19 From Alex Ryan: Love it!
12:05:22 From Raluca Urea: so good Alex! I had the same problem
12:05:42 From Alex Ryan: Oh good, thanks Raluca!
12:06:00 From Alex Ryan: Thanks @millie!!!!!!
12:07:17 From Alex Ryan: That's a podcast: two hot chicks laughing
12:07:22 From Millie Warren: omg right haha
12:07:28 From Thalma de Freitas: yeesss
12:07:28 From Constance Zaytoun: oooo! i finally looked into hashtag creator app, y'all to find more bangin' hashtags. so helpful and NOT what i thought!
12:07:42 From Alex Ryan: What's that one constance?
12:07:45 From Constance Zaytoun: recommended to me by Leah
12:08:32 From Bonnie Gillespie: Kat Coroy has a great Instagram class.
12:08:37 From Millie Warren: oooo so it's an app?
12:08:45 From Millie Warren: Nice!
12:09:04 From Emily Kindred: I know of an app called RiteTag
12:09:14 From Emily Kindred: it's supposed to be good
12:09:19 From Alex Ryan: Nice Emily
12:11:24 From Raluca Urea: I was About to say, that everything we put out there is in alignment with our brand...
12:13:40 From Alex Ryan: Yes raluca

12:15:27 From Raluca Urea: The Suits would say: no one Needs you..b!
12:15:40 From Millie Warren: Bruh, think of your first hater as your first success story
haha
12:15:59 From Millie Warren: Haters hate successful people lol
12:16:06 From Thalma de Freitas: amen
12:16:35 From Constance Zaytoun: "too much" -- what a phrase aka story!!
12:17:31 From Raluca Urea: I mean "dirty mouth" is Always a compliment for me:)
12:17:35 From Millie Warren: OH MY GOSH lol
12:17:40 From Dana Middleton: Well, there is the dirty mouth bit. :-)
12:17:58 From Tamika RS: That was more about 'her' than you.
12:18:03 From Emily Kindred: It's beautiful when the trolls escort themselves out
12:18:04 From Millie Warren: Nice hack >:)
12:18:08 From Raluca Urea: she was a dirty mouth
12:18:11 From Constance Zaytoun: what is it with people who think they have the need to
tell folks that kind of crap?
12:18:31 From Thalma de Freitas: She always do this, so on brand
12:18:45 From Millie Warren: Not everyone meshes with everyone lol
12:18:51 From Alex Ryan: Thirds baby
12:19:15 From Millie Warren: Feel your feelings, girl <3
12:19:21 From Raluca Urea: go ahead and brag, Tamika!
12:19:31 From Alex Ryan: YOU'RE AMAZING T!!!!!!
12:19:35 From Laura Buckles: There's a "hater" who jumps on everyone of my branding
surveys, but when they don't show up I go OH NO, where did they go lol.
12:19:46 From Tanya Perez: I can brag for you, Tamika!!!
12:19:46 From Millie Warren: Acknowledge those accomplishments, girl! :D
12:19:55 From Millie Warren: Yes TANYA!
12:20:24 From Millie Warren: LOVE THAT SHOW. HOW COOL IS THAT?!
12:20:28 From Ayesha Adamo: So cool!
12:20:37 From Raluca Urea: Beyonce!!!
12:20:56 From Emily Kindred: FUCK YAAAAASSSSSSS KWEEENNNN!!!
12:21:02 From Thalma de Freitas: Can you ask then for testimony about your work?
12:21:04 From Millie Warren: YES MAAM
12:21:06 From Emily Kindred: PEW PEW PEW PEWWWWWWWWW!!!!
12:21:07 From Alex Ryan: Tough love good for her!
12:21:07 From Thalma de Freitas: OMFG
12:21:40 From Dave Manship: But Tamika, You deliver the same awesome service for
people who aspire to that level.
12:22:00 From Kathi Carey: Yes Dave, but you need to market with all the famous people
you do work for, too!
12:22:20 From Thalma de Freitas: Not 'yet' Tamika
12:22:23 From Kristen Girard: @Tamika - Those are credibility markers. You are not
bragging you are saying where you have "appeared". It's no different than saying you were
interviewed on a podcast.

- 12:22:24 From Dana Middleton: What is your website Tamika?
12:22:43 From Emily Kindred: No throwing up
12:22:43 From Alex Ryan: So proud of you for saying it to us!
12:23:17 From Caroline Gasc: stop playing small Tamika!
12:23:28 From Thalma de Freitas: It is safe to be enough
12:23:32 From Caroline Gasc: you're far more than a troubleshooter!!!!
12:23:40 From Emily Kindred: yes Thalma
12:23:59 From Dave Manship: WEB OF TRUST !!!!!!!
12:25:00 From Kristen Girard: @Tamika Hugs for working through all that.
12:25:09 From Constance Zaytoun: if you were ONLY a web designer, i wonder if you would have the same reaction? and yes -- BIG HUGS!
12:25:45 From Thalma de Freitas: Till you reach your Enoughness Tamika, we got you!!
You got this <3
12:25:57 From Constance Zaytoun: ditto!
12:26:04 From Raluca Urea: I can offer enoughness for anyone, just not for me:)))
12:26:59 From Raluca Urea: THat's a new thsirt
12:27:01 From Desiree Mee Jung: Yes Tamika! We're here for you!
12:27:08 From Raluca Urea: When Oprah calls me I'm ready
12:27:13 From Alex Ryan: YASSSSSS
12:27:31 From Vanessa McMahan Franzén: Oh that is making me tear up about your mom Bonnie!
12:27:46 From Thalma de Freitas: Luck is when opportunity find us prepared
12:27:50 From Laura Buckles: It's got to feel "familiar" or your brain will reject it
12:27:53 From Caroline Gasc: Tamika - be bold, be brilliant, be your best self ;-)))
12:28:46 From Alex Ryan: WHEN she does!
12:28:57 From Raluca Urea: YEs, Laura!
12:29:21 From Jennii Vo Le: Yesss Tamika!!! We got you!!! <3
12:29:26 From Alex Ryan: Cry baby!!!
12:29:27 From Millie Warren: Feel your feels, girl. Crying is normal. :)
12:29:28 From Raluca Urea: Love to Tamika! Cry Baby cry!
12:29:32 From Alex Ryan: I already started
12:29:40 From Laura Buckles: Tamika if you wanna trade some work for some hypnosis on this I'm here for it
12:29:56 From Charlene Lam: Love that idea of pairing working on stronger and less developed muscles together. Like adding in some bicep curls when you do squats You've got this, Tamika!
12:30:14 From Nicole Rycroft: Thank you for being so brave and sharing Tamika!
12:30:21 From Alex Ryan: ^^^^^
12:30:24 From Raluca Urea: Jennii_ I don't want to be seen is the fear I discovered in a recent Coaching session, it's great insight.
12:30:40 From Desiree Mee Jung: Oh Jennii I SO FEEL this!
12:31:04 From Millie Warren: You're safe <3

12:31:57 From Charlene Lam: Zoom webinar format! \$40 monthly add-on to the Zoom pro account (\$15/mo)

12:33:06 From Alex Ryan: Thirds again

12:33:15 From Millie Warren: And people want your gifts.

12:33:21 From Alex Ryan: Yes millie

12:33:30 From Millie Warren: And your fans will come to your aid!

12:33:33 From Tamika RS: I love y'all all so much. Yes to everything said and yes @Laura!!! @Dana what's your email I'll send my past work. xoxo

12:33:47 From Alex Ryan: @tamika ♥ ♥ ♥

12:34:18 From Emily Kindred: @Tamika <3 <3 xoxo

12:34:45 From Alex Ryan: I learned it as "then what happens?"

12:35:10 From Thalma de Freitas: This is a Thetahealing digging deep process as well

12:35:24 From Laura Buckles: Shine the light and it witheres

12:35:32 From Laura Buckles: nice spelling

12:35:37 From Alex Ryan: Then you actually bring yourself out of it like tapping bc after the worst you're tired, you take a nap, you eat ice cream

12:35:41 From Millie Warren: Everything is temporary. :)

12:35:47 From Raluca Urea: I also try to find the worst case Scenario and then find Solutions to it...

12:35:49 From Kristen Girard: These are always such a great experience, but wow - powerful questions and insightful answers. <3

12:36:02 From Alex Ryan: And also no matter what YOU"LL BE OK

12:36:13 From Raluca Urea: Oh that's the most difficult for me, Alex...

12:36:30 From Alex Ryan: The you'll be ok Raluca?

12:36:35 From Raluca Urea: yes

12:36:50 From Emily Kindred: game changer

12:36:52 From Raluca Urea: Cause like....what if I die?:)

12:36:54 From Millie Warren: If it helps, my therapist encourages "Opposite action." In a nutshell, it's when you have anxiety and fear, run toward what scares you.

12:37:14 From Raluca Urea: Thank you, Millie, yes, very useful too

12:37:45 From Alex Ryan: When I did the process I took it ALL THE WAY to the super painful stuff and then thru it because you actually get to something else. Like if it's that everyone will hate me. Then what? I'll cry. Then what? I'll go to sleep. Then what I'll eat crap. I'll call a friend. Do it PAST the point of pain.

12:37:57 From Constance Zaytoun: that's what Anne Rice did!

12:38:04 From Charlene Lam: "it will all be ok in the end. if it's not ok, it's not the end." Not sure where I heard it first.

12:38:17 From Raluca Urea: Heard it too, Charlene

12:38:22 From Alex Ryan: Oh yes Charlene! I forget but I love that quote!

12:38:28 From Laura Buckles: Charlene, "Say Anything"

12:38:32 From Emily Kindred: Even Sia is being seen now

12:38:52 From Alex Ryan: Polarizing. Means there's SOMETHING THERE

12:39:10 From Charlene Lam: @Laura the most highbrow of sources, then

- 12:39:24 From Laura Buckles: hahaha therapy by pop culture is my JAM
- 12:39:24 From Caroline Gasc: that's exactly the work I do !!
- 12:39:27 From Millie Warren: And so many people love you. And your vulnerability.
Don't erase yourself, you deserve to be seen. 100%
- 12:39:28 From Dave Manship: Find your people Jennii, They won't judge.
- 12:39:30 From Tamika RS: Woo Hoo!!!!
- 12:39:51 From Caroline Gasc: I help people liberate from their suits and saboteurs
- 12:39:52 From Alex Ryan: You guys are amazing w SUCH GIFTS!!!
- 12:40:08 From Caroline Gasc: 20 years of finding the fastest ways to do that!
- 12:40:09 From Emily Kindred: Love that Caroline!
- 12:40:09 From Charlene Lam: Be Cilantro. Some people love it, some people hate it.
Cilantro loves back the people who love it.
- 12:40:15 From Millie Warren: haha
- 12:40:17 From Tamika RS: Yes Caroline you do!
- 12:40:18 From Jennii Vo Le: awww thank you y'all!! <3
- 12:40:25 From Caroline Gasc: thanks for reminding me it is good enough as a job!
- 12:40:26 From Millie Warren: *heart!*
- 12:40:27 From Laura Buckles: Haha, cilantro puts my sister in the hospital
- 12:40:32 From Alex Ryan: Today yes?
- 12:40:33 From Constance Zaytoun: @charlene! cilantro!
- 12:41:24 From Thalma de Freitas: Bonnie, would you like our notes to build the program?
- 12:41:28 From Raluca Urea: Thank you all and BONnie!
- 12:41:55 From Bradley Nikoal Williams: thank you all