

JFDI with Bon Module 5 Live Zoom Chat 21 May 2020

- 12:10:24 From Francesca Decker: wow. That's actually a real... relief.
- 12:13:41 From Kristen Girard: That kind of stuff cracks me up with the false specificity.
- 12:13:44 From Constance Zaytoun: yay southerners!
- 12:13:57 From Kristen Girard: I do like the general greetings so much better,
- 12:13:57 From Alex Ryan: right kristen??
- 12:15:30 From Priyanka Krishnan: That is soooooooooo GOOD!!!!
- 12:15:37 From Francesca Decker: seriously
- 12:15:56 From Alex Ryan: LOVE THAT
- 12:18:16 From Thalma de Freitas: Christmas anxiety speaking volumes
- 12:18:26 From Alex Ryan: Right?? End of the year freak out
- 12:18:38 From Charlene Lam: Not my person: Someone who stays stuck in complaining about technology and "being confused" so isn't willing to learn
- 12:19:23 From Lenka Silhanova: Same, Charlene!
- 12:19:51 From Kristen Girard: Just realized that I have blocks and why I am having so many around a certain part of my business. That cannot serve someone who is too far off is super helpful.
- 12:20:18 From Alex Ryan: @kristen ♥
- 12:24:08 From Carolyne A.: I LOVE the Your Business Plan chapter!
- 12:25:04 From Charlene Lam: My person has post-it's ready!
- 12:25:36 From Charlene Lam: she actually has 4 colors of post-it's and coordinating highlighters
- 12:25:54 From Carolyne A.: My person has ALL the tools. She's highly organized and willing to invest in her interests.
- 12:26:34 From Geetika Budhiraja: I got bucked off a horse
- 12:26:41 From Geetika Budhiraja: just before quarantine
- 12:26:51 From Alex Ryan: Geetika!
- 12:26:52 From Geetika Budhiraja: and it was the biggest blessing
- 12:27:01 From Geetika Budhiraja: life changing
- 12:27:02 From Raluca Urea: my biggest fear, Geetika!
- 12:27:15 From Lenka Silhanova: My person is tech-savvy, excited about creativity and tools that help you tell stories (apps, tools, programs).
- 12:27:18 From Geetika Budhiraja: best blessing of my life to slowDOWN
- 12:27:30 From Priyanka Krishnan: Ooh @geetika how did it change your life?
- 12:27:32 From Alex Ryan: Love that!!
- 12:27:50 From Julia Stipsits: Oh, Kristen, that is so good! Not objectifying a horse as it's a living being!
- 12:27:55 From Geetika Budhiraja: it's was the most painful time
- 12:27:56 From Lenka Silhanova: My antiperson has phone with buttons and is afraid to open an account on social media. :D
- 12:28:20 From Priyanka Krishnan: Looove that lenka! I stalked you the other day - I'm so into your vibe!

- 12:28:23 From Julia Stipsits: @Lenka, a phone with buttons? :D hahaha
- 12:28:36 From Raluca Urea: Knowing ur Business, Lenka, I agree!
- 12:28:36 From Vanita Kalra: My person - willing to put in the time and effort to look at their kids records and pursue the data, evaluations, etc. needed to know what's going on with their education. My anti-person - wants someone else to look at all of that and just tell them what to do
- 12:28:40 From Geetika Budhiraja: also I'm your person too
- 12:28:46 From Kristen Girard: @Lenka! Your anti person is Gibbs!
- 12:28:51 From Kristen Girard: From NCIS. ;)
- 12:28:56 From Lenka Silhanova: :D
- 12:29:00 From Geetika Budhiraja: after my horse accident, I'm obsessed with horses!
- 12:29:14 From Vanita Kalra: Yep I'm doing all that
- 12:29:18 From Francesca Decker: @Kristen I feel like a lot of more strict horse owners also may be more Judeo-Christian. My mom raised and showed horses and had some spirituality around them but I think there are a lot of people who don't. So using the spirituality language would definitely draw a line.
- 12:29:20 From Tanya Perez: My anti-person thinks adults shouldn't play
- 12:29:24 From Lenka Silhanova: @Priyanka aw, thank you! :D
- 12:29:47 From Raluca Urea: my anti-Person thinks online communication is not "real" communication.
- 12:29:48 From Kristen Girard: @Geetika - You had a horse accident but ended up loving horses? We might be buddies!
- 12:29:51 From Julia Stipsits: My person is an autodidact and loves to learn. My antiperson is unwilling to learn...
- 12:30:00 From Alex Ryan: my anti person wants me to replace them as "teacher"
- 12:30:03 From Geetika Budhiraja: my Anti person doesn't want to pay as they are my friends.
- 12:31:32 From Charlene Lam: My anti-person wants to be told *exactly* what to do. My person is willing to figure out their own answers with my guidance.
- 12:31:49 From Alex Ryan: Yes Charlene!!
- 12:31:51 From Francesca Decker: @Kristen, not to say all Judeo Christian people wouldn't also be into the spiritual side of their horse, but I think that language would be off-putting to some people with very strict definitions around God/spirit, and you don't want those people.
- 12:31:52 From Julia Stipsits: Isn't there something like a saying in economics "friends, family, fools first" – with a wink in the eye of course
- 12:32:07 From Alex Ryan: haven't heard that Julia. Hmm...
- 12:32:48 From Geetika Budhiraja: it was scary to set the cost
- 12:32:49 From Kristen Girard: @Francesca - you are totally right! Thank you for that insight. It feels like the more strictly Judeo-Christian some groups are the less they see the truth of animals and how much like us they are and how like them we are. There is really no us or them - we are all animals.
- 12:33:19 From Geetika Budhiraja: I just finished the website. it's was an intense process.

- 12:33:34 From Francesca Decker: There's a lot of variety as I know some of my mom's friends are very spiritual about their horses, but some of her competitors were not.
- 12:34:03 From Raluca Urea: Setting the Price is the toughest for me.
- 12:36:02 From Francesca Decker: @Kristen, I know some of my mom's Judeo-Christian friends do treasure the spirituality of their horses, but some of her competitors did not.
- 12:36:05 From Francesca Decker: My anti-person thinks doctors should only be doctors and be 100% perfect in their practice. They also feel comfortable insulting and putting down people with different beliefs, they have a strong relationship with their sense of righteousness.
- 12:36:06 From Jessie Brown: I've switched gears a little bit and am making a personal finance program to start. My person is artists, young people, college, young married, basically anyone who has never really done a budget before. Basically if they are like "I just got paid but I don't know if I'm gonna be able to pay for that acting class in two weeks" that's my person. If they have resistance to finance because it's not creative, that's my person! My anti person is someone who is capable of doing their own taxes, can make spreadsheets, they took finance classes in college etc. If they have a calendar that is detailed with labels, they are not for me
- 12:36:12 From Kristen Girard: @Francesca - Yes. There are a lot of factors, it's all individual. I think my person is inclusive and loving in their beliefs no matter what official religion, and my anti-person tends to be attracted to whatever religious sect for ego-centric reasons.
- 12:36:12 From Priyanka Krishnan: @geetika, we should talk!
- 12:37:35 From Francesca Decker: @Kristen. Yes. That.
- 12:37:35 From Geetika Budhiraja: <https://theselfheal.com>
- 12:37:40 From Geetika Budhiraja:
- 12:44:13 From Tanya Perez: It's like having bad sex on Pleasure island
- 12:44:24 From Thalma de Freitas: hhaha
- 12:44:30 From Raluca Urea: Like a bad ...Love ISland:))
- 12:45:07 From Kristen Girard: @Bon Maybe Bummer Island, then the Adventure canoe to Wohoo Island?
- 12:45:16 From Vanita Kalra: I had already done before and after, hadn't thought about the journey piece!
- 12:46:04 From Francesca Decker: @Alex I LOVE that Whiskey in a teacup sign. That seems like your tagline.
- 12:47:02 From Geetika Budhiraja: I actually launched the video like that from an authentic place without knowing this ...
- 12:49:58 From Julia Stipsits: Beautiful, Geetika! And yes, please, share the video <3
- 12:50:20 From Tanya Perez: Connie- it's baller!!
- 12:50:24 From Alex Ryan: YAY!!!!
- 12:50:29 From Lenka Silhanova: Guys, we have a FB group where you can share and connect <https://www.facebook.com/groups/jfdipancakers>
- 12:50:59 From Geetika Budhiraja: <https://theselfheal.com/our-classes/#>
- 12:51:21 From Geetika Budhiraja: Check the YONI yoniVERSE GODDESS CIRCLE
- 12:51:35 From Geetika Budhiraja: Video.
- 12:51:52 From Raluca Urea: Such a good word, facilitator! I don't have to be perfect! YEY!

- 12:51:58 From Jessie Brown: OMG! Thank you! I feel that all the time, that I am not the EXPERT!
- 12:51:59 From Lenka Silhanova: That's epic!
- 12:52:08 From Alex Ryan: YAY!!!!
- 12:52:11 From Francesca Decker: Yeah, super helpful!
- 12:52:14 From Jessie Brown: I'm going to write that down ")
- 12:52:59 From Charlene Lam: so liberating, not feeling like you have to know all the things!
- 12:53:20 From Emily Brown: YUP. Huge for me too, from an academic family. Expertise is valued soooo highly... experience, not so much. But *I* believe in the value of experience. And being able to guid from there. Thanks for this reminder <3
- 12:53:28 From Alex Ryan: Agree Emily!
- 12:54:13 From Priyanka Krishnan: Yes Emily!
- 12:54:22 From Kristen Girard: Applied experience is often much valuable than straight up expertise with very little experience.
- 12:55:14 From Kristen Girard: Much more valuable. Because knowing something and knowing how to apply it are often very different things.
- 12:55:56 From Charlene Lam: for sure, Kristen! well said
- 12:55:58 From Kristen Girard: @Emily Follow your knowing and belief.
- 12:56:44 From Alex Ryan: YET!
- 12:56:54 From Tanya Perez: WHAT!!!!
- 12:57:49 From Vanita Kalra: Oh dear god
- 12:58:25 From Alex Ryan: right??
- 13:02:43 From Lenka Silhanova: How to know when is the right time to do a group offer?
- 13:02:58 From Tanya Perez: yeah A LOT!
- 13:03:29 From Francesca Decker: Connie, ask your buyer if they'd be willing to write you a quote for your promo materials!
- 13:03:33 From Geetika Budhiraja: I did the survey too. <3 not of cost though.
- 13:03:34 From Lenka Silhanova: Well done, Connie!
- 13:05:38 From Francesca Decker: This is super helpful. I have posted 3 videos so far about COVID ed and people have made a lot of comments, so I can look through those.
- 13:06:29 From Francesca Decker: That's perfect
- 13:08:19 From Constance Zaytoun: thank you @Tanya & @Lenka! @Lenka, i don't do FB, but thank you so much for setting that up for the group! y'all (everyone that is) ROCK!!
- 13:08:28 From Constance Zaytoun: your feet are so there!!
- 13:08:41 From Geetika Budhiraja: pole class <3
- 13:08:41 From Constance Zaytoun: i'm there, too. so creepy!
- 13:08:50 From Alex Ryan: WHAT???
- 13:08:54 From Tanya Perez: OMG! I'm on Wikifeet!
- 13:09:04 From Constance Zaytoun: wikifeet peeps!
- 13:09:07 From Francesca Decker: Lol
- 13:09:11 From Constance Zaytoun: i'm totally there!
- 13:09:18 From Constance Zaytoun: good feet, Bon!

13:09:28 From Emily Brown: high art
13:09:32 From Kristen Girard: I learn something new everyday! ;)
13:09:39 From Raluca Urea: I mean I have been told I have perfect feet...so I accept it
13:09:44 From Constance Zaytoun: @emilty!
13:09:47 From Constance Zaytoun: high art!!
13:10:45 From Emily Brown: :P
13:10:47 From Constance Zaytoun: or buyers you don't know you have yet
13:10:53 From Francesca Decker: Why would you hide it from IG?
13:11:05 From Francesca Decker: Ah I see
13:11:14 From Constance Zaytoun: do you play bimbos?
13:11:53 From Constance Zaytoun: that may not match -- serial killers and kids
13:12:32 From Kristen Girard: Apparently there is an animator wall by Disney artists that would make anyone blush.
13:12:39 From Constance Zaytoun: feet, serial killers, watch the video!!
13:12:39 From Francesca Decker: lol
13:12:46 From Thalma de Freitas: Omg I have so much fun with y'all <3
13:13:11 From Alex Ryan: Right? SO FUN! Even when I'm deliciously behind ;) (slash right where I'm supposed to be)
13:13:24 From Charlene Lam: yes, Thalma, I got the time wrong for Sunday's call and was SO sad
13:13:28 From Constance Zaytoun: white room, Alex!!
13:14:10 From Thalma de Freitas: Yes @charlene , I missed two meetings and ugh! jfdi fomo is a real thing
13:14:22 From Alex Ryan: haha! Thanks Constance!
13:14:34 From Raluca Urea: I was stuck in pay pal hell so couldn't join earlier:) So sorry to have missed all the fun!
13:16:04 From Charlene Lam: Batch content! makeup and des
13:16:29 From Charlene Lam: oops ... wanted to recommend otter.ai for transcripts too!
13:16:41 From Thalma de Freitas: But Marie's hair does so much of the , just wow
13:16:49 From Lenka Silhanova: Yeah, I lot of content creators do this on a monthly or quarterly basis
13:16:58 From Raluca Urea: I am so jealous at that hair!
13:17:02 From Lenka Silhanova: @Thalma riiiiight?
13:17:26 From Tanya Perez: Doctors are lofi
13:17:30 From Thalma de Freitas: Lo-fi makes me feel more comfortable watching, like I'm part of the conversation, not a 'audience'
13:17:43 From Constance Zaytoun: @tanya, i agree re: docs
13:17:47 From Alex Ryan: Like just having coffee w a pal
13:17:52 From Charlene Lam: Be inspired by New Zealand's prime minister who went live from home in a sweatshirt — people loved it, how human it was
13:18:01 From Alex Ryan: YAS!
13:18:07 From Thalma de Freitas: yes!!

- 13:18:08 From Emily Brown: Does your buyer need a high-polish doctor? Or does your buyer believe that doctors look however they look! And love seeing doctors who feel human
- 13:18:09 From Raluca Urea: Loving that! Such a relief!
- 13:18:11 From Lenka Silhanova: Yeah!
- 13:18:24 From Constance Zaytoun: @charlene - her leadership is so inspirational, right?
- 13:18:24 From Priyanka Krishnan: @Thalma I love how the lo-fi earthiness works for your offering! It's congruent and inviting.
- 13:18:33 From Tanya Perez: I just did a telehealth with my doctor and he was in a tshirt
- 13:18:34 From Alex Ryan: totally!
- 13:18:48 From Kristen Girard: @Francesca - Be human.
- 13:19:13 From Charlene Lam: @Constance so inspiring! She models another kind of leadership so well
- 13:19:45 From Constance Zaytoun: @charlene - right!? lord, we need that!
- 13:20:01 From Tanya Perez: From my Mom (not a doctor but a former professional): she loves that all the stars on these talk shows are lo fi because they are "just like me"
- 13:20:17 From Constance Zaytoun: it's close! personally, i think Priyanka's hair beats Marie ...!
- 13:20:17 From Jessie Brown: @francesca I love your look right now honestly! You're beautiful, relatable, engaging You have a warmth and gentleness complete opposite to the cold lab coat doctor I'm used to
- 13:20:33 From Tanya Perez: And she would be your buyer Francesca
- 13:20:34 From Emily Brown: Yes Jessie! Agreed!
- 13:20:39 From Constance Zaytoun: ditto that!
- 13:20:39 From Heather Nguyen: ^I second this @Jessie!
- 13:20:41 From Kristen Girard: Agreed!
- 13:20:54 From Constance Zaytoun: & then add naked hubbie!
- 13:21:02 From Alex Ryan: great branding!
- 13:21:04 From Thalma de Freitas: sweeeetttt
- 13:21:07 From Raluca Urea: We want to see that!
- 13:21:12 From Julia Stipsits: Very human!!
- 13:21:16 From Constance Zaytoun: feet, serial killers, and naked hubbies
- 13:21:51 From Alex Ryan: @constance hahahah!
- 13:23:29 From Alex Ryan: @Geetika, check out S Factor LA's marketing. It's pole but its marketing is spiritual feminine
- 13:24:11 From Francesca Decker: Just read through everything. Thank you guys so much!!
- 13:25:10 From Francesca Decker: Lol. "What a clever suit!" Like to a dog.
- 13:30:31 From Geetika Budhiraja: @Alex yes you are right. Thats why I follow and live the work as my journey for life..
- 13:30:39 From Alex Ryan: love that @geetika!
- 13:32:04 From Tanya Perez: oooooooooooooo
- 13:36:53 From Heather Nguyen: when was Module 3?
- 13:37:02 From Francesca Decker: 6/12
- 13:37:03 From Raluca Urea: june 12th

13:37:07 From Heather Nguyen: thank you!

13:37:07 From Geetika Budhiraja: I actually launched!!!! <3 kind of
<https://theselfheal.com/our-classes/#>

13:37:11 From Raluca Urea: 12:30

13:37:14 From Heather Nguyen: <3