

Pancakers' Playhouse Q&A Live Zoom Chat 12 August 2020

- 11:33:25 From Constance Zaytoun: it's all on task but it shifted, per usualy
- 11:33:32 From Constance Zaytoun: usual
- 11:33:41 From Emily Brown: This month's ExCap journaling has really helped
- 11:34:08 From Constance Zaytoun: cement mixer in mouth
- 11:34:08 From Jennii Vo Le: I did it! But it didn't look the way I expected.
- 11:35:29 From Emily Kindred: Hi everyone <3
- 11:36:27 From Jennii Vo Le: Hiiii Emillyyy!! <3
- 11:36:54 From Peter Tarantino: hello ninjas!! :)
- 11:37:58 From kathi carey: Hello Dave! <3
- 11:38:02 From Emily Kindred: hey Peter!
- 11:40:39 From Emily Kindred: Keith for the win!
- 11:43:02 From Laura Dowling Shea: I set pretty achievable goals and I did them only because of this call being on my calendar. I was determined not to come to this call without doing it and I was determined not to miss this call. lol
- 11:43:30 From Gladys Perez: @Laura, awesome! I did my thing but then didn't like it. LOL!
- 11:43:36 From Lenka Silhanova: Same as Laura, haha!
- 11:45:00 From Ayesha Adamo: For me it's just that all the urgent stuff was for my acting career, which to me is the #1 important stuff, so I don't feel super bad that I didn't get to my business stuff yet
- 11:45:14 From Tanya Perez: yes, please
- 11:45:19 From Gladys Perez: yes!!
- 11:45:59 From Charlene Lam: I didn't do my grief-related Instagram posts because 1. I didn't feel ready to share publicly (have been doing some grief work in background) but also 2. I didn't set clear enough desired results (aka, minimum 1 post a week) so it was all fuzzy and vague.
- 11:46:01 From Constance Zaytoun: can we address that -- i think you just had to deal with crazy today
- 11:46:44 From Emily Kindred: BYEEEEEEEE
- 11:47:02 From Emily Kindred: I was happy dancing/clapping about that tweet
- 11:47:30 From Laura Dowling Shea: That made me so confused.
- 11:47:44 From Charlene Lam: Flipping it to a testimonial: "Bonnie's advice is on fire!"
- 11:48:17 From Emily Kindred: like i said on twitter "I guess your book is lit!"
- 11:48:42 From Laura Dowling Shea: One of my best tricks is to set really tactical small goals (once I have the big picture outlined) so that I can feel the accomplishment of it which pushes me to the next thing.
- 11:48:57 From Emily Kindred: I love that Laura
- 11:49:25 From Charlene Lam: yes to small steps forward, Laura!
- 11:50:39 From Tamika Simpkins: Woo Hoo!!! Wii Fit!
- 11:50:43 From kathi carey: Me too — WiFit!! Woo Hoo!

- 11:50:53 From Charlene Lam: Bonnie, do you have a way to think about SMART goals in a more palatable way? i have this shudder / avoidance reaction to SMART goals from corporate days ...
- 11:51:26 From Kristen Girard: I hear you Charlene! SMART goals make my brain hurt.
- 11:53:19 From Gladys Perez: Specific
- 11:53:22 From Gladys Perez: Measurable
- 11:53:22 From Lenka Silhanova: Specific
- 11:53:36 From Laura Dowling Shea: Specific, Measurable, Achievable, Relevant, Time-bound
- 11:53:40 From Gladys Perez: time-oriented
- 11:54:16 From Laura Dowling Shea: maybe replace Relevant with reward!
- 11:54:18 From Gladys Perez: SMARTY - the Y is for YAY
- 11:55:01 From Jennii Vo Le: haha yessss, Gladys! Celebration is important
- 11:57:21 From Laura Dowling Shea: This is great because thinking about my new business in too much of a scaled way is not what I want but I don't have to think about that now BUT I love the idea of making sure that there is some kind of process and I guess documentation for replicating it.
- 11:57:50 From Laura Dowling Shea: That's how I feel about my masks. I am loving designing and making masks but that is not going to really make me lots of money.
- 11:57:56 From Constance Zaytoun: putting it on a calendar; committing to a weekly "audience"
- 11:58:32 From Emily Kindred: that lunch today looked AMAZING Connie!!
- 11:59:03 From Constance Zaytoun: can we go back to talking about the CRAZY audience people? how to manage/ignore crazy?
- 11:59:10 From dana middleton: When having a hard time getting into flow, I set a timer for 6 minutes and repeat that two more times. By 18 minutes, I'm in.
- 11:59:43 From Laura Dowling Shea: @connie you are doing an amazing job of being consistent! Love it.
- 11:59:49 From Gladys Perez: BRB thunder is starting, gotta put Betty's thundershirt on.
- 11:59:55 From dana middleton: LOVE what you're doing Connie!!
- 12:02:50 From Emily Kindred: not in my 1/3 + opinion != I change what I do
- 12:03:01 From Tanya Perez: You have to look at the source of where your feedback comes from.
- 12:03:04 From Charlene Lam: TY, Emily!
- 12:03:10 From Jennii Vo Le: thank yooouu, Emily!
- 12:03:55 From Jennii Vo Le: I had a unique situation that I wanted to share if possible!
- 12:04:13 From Emily Kindred: I read your car post as you have worked hard for decades and value your things and take impeccable care of them
- 12:04:54 From Emily Kindred: I don't post about making kombucha
- 12:04:55 From Ayesha Adamo: Ah - I bet the some of the canning people are preparers, like conspiracy theory types
- 12:05:18 From Constance Zaytoun: TOTALLY!!!!
- 12:05:45 From Emily Kindred: Brunette Ivanka

- 12:06:07 From Emily Kindred: (I said it)
- 12:06:27 From Constance Zaytoun: & @Laura & @Dana -- THANK YOU, darlings!
- 12:06:35 From Charlene Lam: Kristen, love your kitty!
- 12:07:28 From Kristen Girard: He loves attending Zoom meetings. He's almost always on my feet or hanging out on the keyboard!
- 12:08:34 From Emily Kindred: the pop up at the bottom is genius saying who is buying
- 12:08:43 From Emily Kindred: it creates a sense of urgency
- 12:09:05 From Emily Kindred: otherwise it looks fake
- 12:09:24 From Charlene Lam: ,
- 12:09:46 From Charlene Lam: oops.. I wasn't sure if those "just bought" pop-ups were real
- ...
- 12:09:53 From Emily Kindred: same
- 12:10:45 From Gladys Perez: Sorry - I have to take my girl to the bathroom. She's trembling violently.
- 12:11:00 From Constance Zaytoun: i've cut poo-poo friends out!
- 12:12:04 From Laura Dowling Shea: The Aligned Advantage calendar has really helped me with that - I just could not shoot video until Leo came into the picture. everything I shot before that sucked and I hated it.
- 12:12:43 From Jennii Vo Le: <https://bonniegillespie.com/dipkit>
- 12:14:09 From Constance Zaytoun: @jenni, also -- you'll build the muscle and may be able to work with more folks at a later date
- 12:14:21 From Constance Zaytoun: it takes time
- 12:15:01 From Constance Zaytoun: that's what i've found
- 12:15:41 From Jennii Vo Le: thank you @constance! :) yes, i've definitely felt that! I think I need to make more time to be alone with jennii :D
- 12:15:49 From Emily Kindred: saying no to social invites I don't want to go to
- 12:15:50 From Lenka Silhanova: If I'm rested (sleep, good food, gentle exercise)
- 12:16:01 From Constance Zaytoun: @jenni -- i hear that!!!
- 12:16:01 From remy obrien: meditate, not drinking, no sugar
- 12:16:14 From Laura Dowling Shea: And only film in Leo!
- 12:16:20 From Jennii Vo Le: thank you, Bonnie for the goodies!! <3
- 12:16:32 From Peter Tarantino: tapping saved my life the other day. literally the greatest tool.
- 12:16:34 From Constance Zaytoun: you can always say NO! even after a yes!
- 12:16:37 From Ayesha Adamo: Jenni - I'm sure you know this and it's a part of your process, but working energetically with people, it's so important to not take on the clients' energy stuff, doing aura protection before the sessions, washing after, doing the working outside of your field, etc
- 12:16:46 From Tanya Perez: Yoga, no news, tending to the garden every day, walking in the grass, lazy time, long talks with friends
- 12:16:53 From Emily Kindred: covid has made me realized I'm far more of an introvert than I realized
- 12:16:53 From Laura Dowling Shea: Self Reiki. Every single night before sleep.

- 12:16:56 From Charlene Lam: yes, Connie. We build strength and capacity to do more over time. I'm thinking of it as stretching gently over time (vs pushing myself), so I have more capacity down the line.
- 12:17:05 From Tamika Simpkins: Pomodoro and exercise, saying no and meditating
- 12:17:28 From Jennii Vo Le: yess! thank you @Ayesha for the reminder, I need to integrate that to my session time. <3
- 12:17:48 From Kristen Girard: @Jennii - Having dealt with exhaustion and bad injuries showing up a lot, I've found that when I get to the root of where that is coming from, it's actually your body's way of attempting to protect you from change. Ask your inner self why doing something you love is bringing up that body reaction and how you can help dissolve/release it. This practice has been super helpful.
- 12:17:53 From Ayesha Adamo: totally :)
- 12:18:08 From Constance Zaytoun: @charlene -- totally! i even felt it when i bartended. my stamina changed over time.
- 12:18:09 From Tanya Perez: Getting to say it's ok if I am wrong and will do better
- 12:18:23 From Constance Zaytoun: @tanya - yes!
- 12:18:39 From Tamika Simpkins: yep
- 12:18:48 From Emily Kindred: YES Tanya
- 12:18:56 From Jennii Vo Le: wow, thank you, @kristen I am definitely going to try that!!
- 12:21:48 From Bonnie Gillespie: What are you resisting?
- 12:21:54 From Bonnie Gillespie: ~ being seen
- 12:21:56 From Bonnie Gillespie: ~ tech
- 12:21:57 From Tamika Simpkins: growth
- 12:21:59 From Laura Dowling Shea: creating written content for a course on sleep.
- 12:22:02 From Tamika Simpkins: overwhelm
- 12:22:03 From Bonnie Gillespie: ~ fear of the unknown
- 12:22:13 From Ayesha Adamo: adding more tech to my life than is already there
- 12:22:18 From Desiree Mee Jung: Not being smart enough
- 12:22:20 From Tamika Simpkins: doing good...perfectionism
- 12:22:26 From Constance Zaytoun: maybe this won't work out...
- 12:22:26 From Lenka Silhanova: Being visible and laughed at
- 12:22:28 From Emily Kindred: investing time when money isn't certain... is the input going to be worth the output
- 12:22:30 From Charlene Lam: risking rejection
- 12:22:32 From Jennii Vo Le: staying authentic to ourselves in the face of conflict
- 12:22:37 From remy obrien: I hate to miss this but I have a 1230. I'll see the replay.
- 12:22:49 From Bonnie Gillespie: Bye Remy!! XO
- 12:23:18 From Tanya Perez: failing, not be good enough, going broke
- 12:23:33 From Constance Zaytoun: oh fuck yes!!
- 12:23:40 From Charlene Lam: Name of @Constance's band ...
- 12:23:46 From Anastasia Wilson: money! presenting a good product/ my product being worth it to people
- 12:24:03 From Constance Zaytoun: @constancecooks, sugar. thank you!

- 12:24:19 From Bonnie Gillespie: The goal here is to "reduce the charge" this stuff has on us. It may not fully go away.
- 12:31:41 From Constance Zaytoun: GORGEOUS! you're so amazing at this practice!
- 12:31:45 From Jennii Vo Le: Thank you, Dana!! I felt so much more relaxed.
- 12:31:51 From Charlene Lam: loved all the resulting yawns! release!
- 12:32:00 From Laura Dowling Shea: So good. Thank you so much.
- 12:32:09 From Tanya Perez: RELEASED!
- 12:32:31 From Nicole Rycroft: Thanks Dana! That was really cool. Definitely yawning.
- 12:32:39 From Constance Zaytoun: tearing up
- 12:32:39 From Lenka Silhanova: I wrote the „It's time for me to be my greatest aly." and put it on my board to see it every day.
- 12:32:40 From Emily Kindred: my eyes are tearing up
- 12:32:43 From Peter Tarantino: it really helps to keep things in a healthy perspective
- 12:32:50 From Constance Zaytoun: me, too, @ emily
- 12:32:51 From Bonnie Gillespie: That's beautiful , Lenka!!
- 12:32:53 From Jennii Vo Le: Oh goodness awesome to hear because I am so sleepy suddenly
- 12:33:37 From Desiree Mee Jung: @Emily me too!
- 12:33:43 From Charlene Lam: Drink lots of water afterward!
- 12:33:46 From Jennii Vo Le: my chest/lungs also feels cleared up and less heaviness
- 12:34:56 From Emily Kindred: i feel shaky/weak
- 12:35:31 From Jennii Vo Le: thank you for mentioning that, Bonnie, because I've definitely been feeling fight or flight every week. I thought something was majorly off.
- 12:35:47 From Laura Dowling Shea: @Dana your tapping is so wonderful, live and also on replay. LOVE.
- 12:36:01 From Jennii Vo Le: @dana, do we have to tap in that order?
- 12:37:03 From Jennii Vo Le: is there a link to access the Monday class, Dana?
- 12:37:14 From Emily Kindred: thank you Dana <3
- 12:37:33 From dana middleton: That's the taught order but you can do whatever feels right to you. Make it your own, Jenni
- 12:38:00 From Jennii Vo Le: awesome! thank you, Dana! <3
- 12:38:21 From dana middleton: <https://www.facebook.com/groups/TheAlignedArtist>
- 12:38:31 From David Manship: Thanks Dana
- 12:38:32 From Jennii Vo Le: thank you!!!
- 12:38:34 From Charlene Lam: Tapping was my "aha! so that's what I can do" answer after I learned about the Upper Limit Problem ... ULP is a useful concept, but I didn't get what I was supposed to DO to help go beyond it until I learned about tapping from DeniseDT
- 12:38:43 From dana middleton: Facebook Live at 9:30am PT on Mondays. xo
- 12:38:46 From Desiree Mee Jung: @dana Thank you!!!
- 12:39:09 From dana middleton: Great, Charlene!
- 12:39:29 From Lenka Silhanova: Yes, I'm just reading the ULP book, mind-blowing!
- 12:42:36 From Emily Kindred: Lenka what is the ULP book?
- 12:42:51 From Lenka Silhanova: The Big Leap by Gay Hendricks

12:43:00 From dana middleton: The best book!!
12:43:06 From Desiree Mee Jung: 100%!!!
12:43:14 From Emily Kindred: Oh I have that!
12:43:18 From Lenka Silhanova: Denise DT recommends it in her Lucky Bitch Book and I think Bonnie talked about it many times as well in GIGFTNT
12:43:21 From Emily Kindred: thanks!
12:43:22 From Kristen Girard: @Peter - why not do everything through Squarespace? They have great shopping cart and all kinds of booking and payment options via Acuity if you prefer that route?
12:43:38 From Kristen Girard: Acuity and Squarespace are linked.
12:43:51 From Constance Zaytoun: do you mind giving future dates again? is it in the DOJO?
12:43:56 From Kristen Girard: Keep it super simple.
12:44:35 From Lenka Silhanova: Is Fiverr still best for cheap services or has it upgraded to just regular market place?
12:45:15 From Anastasia Wilson: 10/14
12:46:29 From Peter Tarantino: one of the reason for linking Fiverr is because the platform attracts many buyers via search optimization for specific gigs to get future client's that are outside of the pool of buyers you know personally
12:51:20 From Jennii Vo Le: yesssss TANYA!
12:51:29 From Constance Zaytoun: sly & sexy!!
12:53:55 From Emily Brown: I hopped in bed cause a headache came for a visit (the tapping helped, thanks Dana!) so I'll stay mute and off-camera...
When you think of me, I want you to think of someone who is extraordinary, and sees nuance and has all sorts of wealth and redistributes it constantly without worry, because more is always flowing in !!!!
12:54:36 From Emily Brown: xxx thankyou for reading it <3
12:54:47 From dana middleton: Feel better Emily. xo
12:55:03 From Jennii Vo Le: Get well soon, Emily!! <3
12:55:39 From Nicole Rycroft: Hope you feel better soon Emily!♥
12:55:47 From Jennii Vo Le: Yesss, Kathi! I'm in alignment with you! <3
12:56:36 From Jennii Vo Le: yesss, Kristen!!! <3 <3 <3
12:57:04 From Charlene Lam: was there a Slack group as well?
12:57:14 From Lenka Silhanova: <https://www.facebook.com/groups/jfdipancakers>
12:57:16 From Emily Kindred: yes!! slack is awesome!
12:57:19 From Lenka Silhanova: Yes there is Slack too
12:57:35 From Lenka Silhanova: I think Gladys is the boss of it
12:57:38 From Tamika Simpkins: Yes we're quite active in the slack group
12:58:02 From Kristen Girard: @ Jennii Hugs!!! <3
12:58:08 From Constance Zaytoun: ooooo! i gotta tap out that declaration!!
12:58:16 From Tamika Simpkins:
https://join.slack.com/t/pancakersworkspace/shared_invite/zt-gpva4hcx-MHKmiX3wHmFNcI4PjdnJ4Q

12:58:35 From Charlene Lam: TY re: Slack info!
13:00:03 From Gladys Perez: Have to get on a class at 4 now. love to all of you...
13:00:40 From Emily Kindred: bye Gladys!! <3
13:02:12 From Nicole Rycroft: Thanks Dana!!!