

SMFA Summit Chatlog from the A. Jay interview, 28 May 2021, 10am PDT

[May 28, 09:56 AM] Stephanie Bergeron: Good morning!

[May 28, 09:56 AM] JudyKerr: Hello Bonnie and all, today all about the tools so eager to hear what's going on with headshots these days and then Blair and Brian then YOU Bonnie - just love all of your planning and execution. Love and hugs

[May 28, 09:57 AM] Amy Rauch: Good morning everyone :)

[May 28, 09:58 AM] DawnnieMercado: Hi Team Ninja! I'm here. I confess I may miss a bit of this first one. Getting It Done. Have two self tapes today and kiddo only in school til 11:30. Hope to catch the end of this one. :)

[May 28, 09:58 AM] Anamaria Maier: Hello everyone! :D

[May 28, 09:58 AM] A.Jay: Hey yaaa'll!!!

[May 28, 09:58 AM] Stephanie Bergeron: Hey A. Jay!!

[May 28, 09:58 AM] JudyKerr: Yippee A.Jay is HERE

[May 28, 09:58 AM] Stephanie Bergeron: Rock on, Dawnnie!

[May 28, 09:59 AM] Bonnie G: Refresh!

[May 28, 09:59 AM] RobLecrone: boop boop

[May 28, 10:00 AM] Stephanie Bergeron: What IS time?!

[May 28, 10:01 AM] Stephanie Bergeron: Applause for naps.

[May 28, 10:02 AM] Amy Rauch: Albuquerque, NM on Pueblos land. she/her/hers

[May 28, 10:02 AM] LizTiede: Good morning! :)

[May 28, 10:02 AM] JudyKerr: I miss you talking before and after when I miss live. I think I just missed three live maybe four but I'm filled with inspiration and watching people who are creating the Hollywood we want.

[May 28, 10:02 AM] Stephanie Bergeron: (she/her) Yes! I learned the native word means "many mouthed river". Very cool.

[May 28, 10:03 AM] A.Jay: Wooohooo

[May 28, 10:03 AM] LenkaSilhanova: Oh hello there!

[May 28, 10:03 AM] deva.jean.philippe: Good morning everybody !

[May 28, 10:03 AM] AmeliaRico: Break a leg, Dawnnie!

[May 28, 10:03 AM] JudyKerr: That is good YES you are tired but you brought it every moment - big hugs and more hugs

[May 28, 10:04 AM] Amy Rauch: Faceplant 100

[May 28, 10:04 AM] Stephanie Bergeron: Oh, yes. Had some rollercoastery astro yesterday.

[May 28, 10:04 AM] Anamaria Maier: Definitely! Dreams, visions and suuuuper sleepy. Though the sleepiness might be due to the covid vaccine.

[May 28, 10:05 AM] Anne-MarieKrytiuk: Can't believe it's already the last day! Ya'll are superstars!

[May 28, 10:05 AM] AmeliaRico: Yay Bon Team!

[May 28, 10:05 AM] Bonnie G: <https://cricketfeet.com/gig/GIGFTNTframeworkMASTER.pdf>

[May 28, 10:05 AM] Anamaria Maier: Thank you Bon Team <3 <3 <3

[May 28, 10:05 AM] Stephanie Bergeron: I found the initial information on Native-Land.ca, then did some additional Googling to narrow it down to exactly where I am. Then that took me to the first nation's own website, where I found translations, history, disputed treaties, all that jazz. :)

[May 28, 10:06 AM] GlennJohnson: Hello! Good morning!

[May 28, 10:06 AM] AmeliaRico: Hi Anamaria! Superstar website creator everyone! Hit. Her. Up! She did both mine! ameliarico.com and ricornel.com

[May 28, 10:08 AM] A.Jay: Absolutely!!!!

[May 28, 10:08 AM] Anamaria Maier: Hi, Amelia! Thank you for the Love!

[May 28, 10:08 AM] AmeliaRico: ❤️❤️❤️

[May 28, 10:08 AM] A.Jay: 💙💙💙

[May 28, 10:09 AM] Stephanie Bergeron: The thing with Native-Land.ca is that it'll tell you the overarching collective nation, as well as all the tribes in the area. So, you have to do more digging to get specific in some cases. For me, it listed 4 or 5 different names, so I had to learn more. :)

[May 28, 10:10 AM] G. Smokey Campbell: Smokey He/HIm: L.A. / Antelope Valley--- Lands of the Paiute Indians. (Pie-oot).

[May 28, 10:11 AM] Stephanie Bergeron: Ah, there's that being present again...

[May 28, 10:11 AM] AmeliaRico: That's great Stephanie, I did some digging as well because of Bonnie's prompt and narrowed my own tribe to possibly being Guachichili. ❤️

[May 28, 10:11 AM] Stephanie Bergeron: Cool, Amelia!

[May 28, 10:14 AM] Stephanie Bergeron: Last time I shot, I brought a suitcase with enough room so nothing got wrinkled (and a small steamer in case). It was perfect. Options are key!

[May 28, 10:14 AM] A.Jay: It's so important to have options

[May 28, 10:15 AM] ChristinaNaguib: Hey Ash!!

[May 28, 10:15 AM] Amy Rauch: I love the reinforcement that getting headshots is also a relationship. You're not just hiring a photographer.

[May 28, 10:15 AM] Amy Rauch: You're adding a teammate.

[May 28, 10:15 AM] Stephanie Bergeron: Yes, Amy! I totally agree with that.

[May 28, 10:16 AM] Bonnie G: All about relationships!

[May 28, 10:16 AM] AmeliaRico: Yes, I've literally dressed like 4 different actors in my or my husband's real life clothes because they didn't have the right options. Lol

[May 28, 10:16 AM] Bonnie G: LOL

[May 28, 10:16 AM] AmeliaRico: Then they're like, can I keep this? Uh, no, that's mine! 😂

[May 28, 10:16 AM] Stephanie Bergeron: Ha!

[May 28, 10:17 AM] Amy Rauch: OMG Amelia!

[May 28, 10:17 AM] A.Jay: Right Amelia!!

[May 28, 10:17 AM] Anamaria Maier: I adore learning about the photographer's perspective, they find ways to bring out so many layers of beauty people often don't notice about themselves.

[May 28, 10:17 AM] AmeliaRico: But they do look good in it so I almost want to say yes. 😂

[May 28, 10:17 AM] Anamaria Maier: Amelia, you should add stylist to your resume!

[May 28, 10:17 AM] AmeliaRico: 😊

[May 28, 10:18 AM] AmeliaRico: We all borrow from Bonnie. 😊

[May 28, 10:18 AM] Bonnie G: Yes! ACT during that shoot! Come on! Come through!!

[May 28, 10:19 AM] Stephanie Bergeron: You're literally on the same page, then. :)

[May 28, 10:19 AM] AmeliaRico: 🙌

[May 28, 10:19 AM] JudyKerr: Yes act, say a line - yes it reads all over your face.

[May 28, 10:19 AM] BlairLockett: A Jay is my fav photographer by far

[May 28, 10:19 AM] AmeliaRico: Yeah, and if you're thinking "I hope I look okay", that comes through.

[May 28, 10:19 AM] Bonnie G: Mine too, Blair.

[May 28, 10:20 AM] A.Jay: 😊💙💙💙

[May 28, 10:20 AM] Bonnie G: Totally, Amelia. That fear/uncertainty/low enoughness always shows up. In headshots, reels, self-tapes, all of it.

[May 28, 10:21 AM] AmeliaRico: It took me a while to realize headshots were not vanity shots, not model shots. Looking good is not the goal.

[May 28, 10:22 AM] A.Jay: Exactly! Sometimes the face you hate making is the one they'll use for everything!! Lol

[May 28, 10:22 AM] AmeliaRico: 😊

[May 28, 10:22 AM] JudyKerr: Yes it's hard but you have to know what you're looking like in the mirror, so glad you talked about the mirror.

[May 28, 10:22 AM] AmeliaRico: Every. Time. A. Jay

[May 28, 10:23 AM] ChristinaNaguib: Agree! Surrounding yourself with creatives is essential!

[May 28, 10:24 AM] A.Jay: Support, business knowledge, expertise! He put me in the hands of pro he knew would help me go far! He has been integral in my success!

[May 28, 10:24 AM] A.Jay: People*

[May 28, 10:24 AM] Anamaria Maier: Wow.

[May 28, 10:25 AM] AmeliaRico: Amazing A.Jay. Support and partnership is everything. 🙌

[May 28, 10:26 AM] Amy Rauch: I always, always forget I don't have to do this alone. Thank you so much for this beautiful reminder.

[May 28, 10:26 AM] Anne-MarieKrytiuk: Having a person that knows when you need the pep talk versus when you need the stern talk. OOOH. This.

[May 28, 10:26 AM] deva.jean.philippe: @AmeliaRico That's so interesting. I'm very happy for you.

[May 28, 10:26 AM] A.Jay: Anne-Marie it's so important!!

[May 28, 10:26 AM] Stephanie Bergeron: Ah, I love that.

[May 28, 10:26 AM] Anamaria Maier: Having someone empower your energy in though moments is crucial indeed. It's powerful to have someone to mastermind with.

[May 28, 10:27 AM] A.Jay: Yeeessss

[May 28, 10:27 AM] Anamaria Maier: <3

[May 28, 10:27 AM] AmeliaRico: Love the self love affirmations! ❤️

[May 28, 10:27 AM] Amy Rauch: I'm setting my alarm right now. <3
[May 28, 10:27 AM] Anne-MarieKrytiuk: *opens transcript to see the alarm message over and over again*
[May 28, 10:27 AM] Amy Rauch: same Anee-Marie!
[May 28, 10:28 AM] Amy Rauch: Anne-Marie
[May 28, 10:28 AM] AmeliaRico: Strengthen that self love muscle!
[May 28, 10:28 AM] Bonnie G: I have so many self-love alarms. MULTIPLE per day.
[May 28, 10:28 AM] Amy Rauch: Is that an app that pops up a message?
[May 28, 10:29 AM] A.Jay: Yeeessss
[May 28, 10:29 AM] A.Jay: Amy you can use an alarm on your phone and give it a title
[May 28, 10:29 AM] A.Jay: Or use your phones calendar
[May 28, 10:29 AM] Bonnie G: Amy, I use Hi Future Self for hourly and 4x day and 2x day alarms for self-love. I use the Balanced app for check-ins that are not "push" notification based.
[May 28, 10:30 AM] Amy Rauch: Thank you @bon and @A.Jay :)
[May 28, 10:30 AM] Anamaria Maier: I use my alarm as well, I put in focused affirmations depending on what my goals are. Like a mantra that tunes me in to the desired vibration.
[May 28, 10:30 AM] AmeliaRico: Yes, I always label my alarms or I'll forget what they're for, especially if it's a wake up alarm. 🤪
[May 28, 10:30 AM] Anamaria Maier: Ahahahahah
[May 28, 10:30 AM] TamikaSimpkins: Exactly!!!
[May 28, 10:30 AM] Amy Rauch: Your team should encourage and also inspire... <3
[May 28, 10:31 AM] Bonnie G: Echos of Jonté's talk.
[May 28, 10:32 AM] Bonnie G: Do nothing/be stressed.
[May 28, 10:32 AM] Stephanie Bergeron: Totally.
[May 28, 10:32 AM] Amy Rauch: Purpose only shows up when you're ready.... so many gems!
[May 28, 10:32 AM] Bonnie G: That distinction of the RESULTS of purpose. Felt that in my soul.
[May 28, 10:32 AM] Amy Rauch: Yes @bonnie!
[May 28, 10:33 AM] AmeliaRico: Fight for it! 🙌
[May 28, 10:33 AM] A.Jay: And who are doing different things
[May 28, 10:36 AM] TamikaSimpkins: Beautiful!!!
[May 28, 10:36 AM] ChristinaNaguib: Love that Ash <3
[May 28, 10:36 AM] Anne-MarieKrytiuk: That's so beautiful!!!
[May 28, 10:36 AM] Amy Rauch: <3 <3 <3 <3
[May 28, 10:36 AM] Anamaria Maier: You made her feel worthy and inspired her. That is incredibly beautiful!
[May 28, 10:36 AM] AmeliaRico: Be the light you need in your life! Love it!
[May 28, 10:36 AM] Stephanie Bergeron: That's just so lovely. What a power we have as humans connecting with other humans.
[May 28, 10:36 AM] JudyKerr: That's what's been so great about the summit - it's been eye and heart opening - information from people I wouldn't be usually talking to and it's making my life better.

[May 28, 10:36 AM] LizTiede: That's so beautiful! You were in the right place at the right time for her. So amazing.

[May 28, 10:37 AM] TamikaSimpkins: That was destined

[May 28, 10:37 AM] Bonnie G: Mine too, Judy.

[May 28, 10:37 AM] A.Jay: Absolutely!! I haven't seen her since! It was kismet!

[May 28, 10:38 AM] AmeliaRico: Morning ritual again! 🙌

[May 28, 10:39 AM] Stephanie Bergeron: She's got a playful streak. ;)

[May 28, 10:39 AM] A.Jay: Universe is bae!

[May 28, 10:39 AM] A.Jay: But she loves to play hahaa

[May 28, 10:39 AM] Anamaria Maier: <3 <3 <3

[May 28, 10:39 AM] AmeliaRico: Abundance is calling baby! 🙌

[May 28, 10:39 AM] TamikaSimpkins: Yes!!! 🙌

[May 28, 10:39 AM] A.Jay: Yaaaassss

[May 28, 10:39 AM] A.Jay: This was great Bonnie!

[May 28, 10:40 AM] A.Jay: @ajaysphotos310 on ig

[May 28, 10:40 AM] Anne-MarieKrytiuk: I didn't want this conversation to end!! I'm living for these vibes. Thank you!!

[May 28, 10:40 AM] A.Jay: Onaphotography.com

[May 28, 10:40 AM] Amy Rauch: A. Jay you are so right that energy is contagious- I feel so empowered and inspired by what you've shared today

[May 28, 10:41 AM] Anamaria Maier: Amazing energy indeed!

[May 28, 10:41 AM] AmeliaRico: Haha #BonSquad has to be our new hashtag! 🙌

[May 28, 10:41 AM] ChristinaNaguib: Loved this!

[May 28, 10:41 AM] Stephanie Bergeron: That was fab!!!

[May 28, 10:41 AM] A.Jay: Thank you guys sooooo much!!!

[May 28, 10:41 AM] JudyKerr: Just wonderful thank you A.Jay!

[May 28, 10:41 AM] A.Jay: 💙💙💙

[May 28, 10:41 AM] AmeliaRico: Thank you, A.Jay!

[May 28, 10:41 AM] LizTiede: Thank you A.Jay!

[May 28, 10:41 AM] LenkaSilhanova: Loved this interview!!! Thank you A.Jay!

[May 28, 10:41 AM] NicoleRycroft: Thank you A. Jay! This was fabulous! I love your positivity!

[May 28, 10:41 AM] Anamaria Maier: Thank you, A.Jay! <3

[May 28, 10:42 AM] Stephanie Bergeron: Thank god I avoided it thanks to a lot of research. Nope, nope, nope.

[May 28, 10:42 AM] G. Smokey Campbell: Smile more and let the Universe helpYou.

[May 28, 10:42 AM] JudyKerr: Yes I've shot with that guy - so awful - takes forever to get over.

[May 28, 10:42 AM] A.Jay: This was such an important conversation! I'm grateful!

[May 28, 10:42 AM] LizTiede: That the universe tries to convince you that you don't have a purpose when you're not following it. So always be working on it.

[May 28, 10:42 AM] AmeliaRico: Coming for joy and alignment!

[May 28, 10:42 AM] ChristinaNaguib: Surrounding yourself with creatives! Such a great takeaway

[May 28, 10:43 AM] A.Jay: You guys!!! 🥹🥹

[May 28, 10:43 AM] Stephanie Bergeron: I'm all over the self-love alarm.

[May 28, 10:43 AM] NicoleRycroft: Loved the idea of setting self-love reminders throughout the day and trusting the universe.

[May 28, 10:43 AM] Anne-MarieKrytiuk: Thinking of the line you want to be cast saying during the shoot!!

[May 28, 10:43 AM] deva.jean.philippe: "In house support" so true.

[May 28, 10:43 AM] TamikaSimpkins: So much good positive stories!

[May 28, 10:43 AM] AmeliaRico: Open yourself up and the universe will provide!

[May 28, 10:43 AM] Anamaria Maier: I love the hashtag #BonSquad, Amelia!

[May 28, 10:44 AM] Anne-MarieKrytiuk: Also having multiple self-love alarms! Setting those up after this!

[May 28, 10:44 AM] FatuSheriff: Surround yourself with creatives that will uplift and support you, and self-love alarms.

[May 28, 10:44 AM] Anamaria Maier: Find someone who can remind me of my power when I forget, That is my favorite takeaway from the gems shared in during this talk.

[May 28, 10:44 AM] A.Jay: Yeeessas the alarms!!! 🔑

[May 28, 10:45 AM] Anamaria Maier: *finding

[May 28, 10:46 AM] A.Jay: Viiiiibes

[May 28, 10:47 AM] A.Jay: Exactly Bonnie!!!

[May 28, 10:48 AM] A.Jay: When I made the decision I was open

[May 28, 10:48 AM] A.Jay: And what I needed found me

[May 28, 10:48 AM] A.Jay: \$75 off a headshot session

[May 28, 10:49 AM] A.Jay: You guys are the goat

[May 28, 10:49 AM] A.Jay: Girl!!!

[May 28, 10:49 AM] A.Jay: Goooooals

[May 28, 10:49 AM] NicoleRycroft: Thank you Bonnie and Team for another inspiring interview!

[May 28, 10:49 AM] Anne-MarieKrytiuk: Thank you again!!

[May 28, 10:49 AM] Anamaria Maier: Thank, A.Jay! Thank you, Bonnie!

[May 28, 10:49 AM] A.Jay: Thank you all!!! Hope to meet you soon!! 🥹🥹

[May 28, 10:49 AM] Stephanie Bergeron: Thank you A.Jay for a great talk!!

[May 28, 10:49 AM] ShannonDalton: Thank you A. Jay!!!

[May 28, 10:49 AM] Anamaria Maier: Big hug <3

[May 28, 10:50 AM] Amy Rauch: Thank you again, A. Jay. This truly felt life changing!

[May 28, 10:50 AM] TamikaSimpkins: 🍌🍌🍌🍌

[May 28, 10:50 AM] TinaKien: Thank you, A. Jay!

[May 28, 10:50 AM] JudyKerr: this was great Bon

[May 28, 10:50 AM] NicoleRycroft: Thanks again AJay!

[May 28, 10:50 AM] A.Jay: Love you Bonnie

[May 28, 10:50 AM] DawnnieMercado: Just missed it. Can't wait to catch the replay Dawnnie

[May 28, 10:51 AM] LizTiede: Thanks again, A.Jay!

[May 28, 10:51 AM] A.Jay: You guys are most welcome!! The energy was beautiful!!!

[May 28, 10:54 AM] Amy Rauch: This premiere is now over and continued discussion will be taking place in the Comments section at the A. Jay replay page! If you're still seeing this chatbox on the mainstage, refresh the page so you get the NEW chatroll for our next premiere.

[May 28, 11:53 AM] VanessaBradchulis: A. Jay is so brilliant, open, honest, and really connected. Wow! You just want to be around her, eh?