

SMFA Summit Chatlog from the Justin Guarini interview, 25 May 2021, 2pm PDT

[May 25, 1:56 PM] DebSnyder: Hi Peeps! Listening again...

[May 25, 1:56 PM] Stephanie Bergeron: Hi everyone!

[May 25, 1:57 PM] DeborahMadick: Hey Deb! Just listening to your replay! Loving it but not done :-)

[May 25, 1:57 PM] Bonnie G: Hello lovely early birds!

[May 25, 1:57 PM] Stephanie Bergeron: Chirp chirp!

[May 25, 1:58 PM] Bonnie G: Fun fact: In my first pro acting gig (1977), I played Early Rabbit in "The House on Pooh Corner." ;)

[May 25, 1:58 PM] DebSnyder: Thanks Deborah!

[May 25, 1:58 PM] DeborahMadick: adorable

[May 25, 1:58 PM] Stephanie Bergeron: Ha, that is fun!

[May 25, 1:58 PM] ShannonDalton: Hi all!

[May 25, 1:58 PM] DawnnieMercado: Live that fun fact. Super cute. 🙌 😊

[May 25, 1:58 PM] DebSnyder: Bunnie Bonnie!

[May 25, 1:58 PM] DawnnieMercado: Love

[May 25, 1:58 PM] DebSnyder: I played a tree.

[May 25, 1:58 PM] DeborahMadick: I wanted to to see it live ..well anyhoo..so thankful for replay

[May 25, 1:59 PM] DeborahMadick: I was a violet in my first gig

[May 25, 1:59 PM] DebSnyder: Cuuute!

[May 25, 1:59 PM] JohannaFernandez: Hello 😊

[May 25, 1:59 PM] Bonnie G:
<https://spynotebook.org/bonnie/archives/pictures/2005/11/07poohstage.jpg>

[May 25, 2:00 PM] Stephanie Bergeron: Omg, baby bunny Bonnie!

[May 25, 2:00 PM] Amy Rauch: OMG <3 <3 <3

[May 25, 2:00 PM] DebSnyder: I love that you have that picture!!! AWESOME!

[May 25, 2:00 PM] ShannonDalton: Omg! So cute!

[May 25, 2:00 PM] DawnnieMercado: Fun fact back when GATE was a thing I played a reporter but was mad I didn't get to be in a cool cave girl costume like the others. #NowIMakeTheRules

[May 25, 2:00 PM] Bonnie G: REFRESH!

[May 25, 2:00 PM] Bonnie G: We're live!

[May 25, 2:00 PM] DawnnieMercado: Yay I see u.

[May 25, 2:01 PM] DeborahMadick: I NEED to see that pic

[May 25, 2:02 PM] Stephanie Bergeron: Yes! Excited indeed!

[May 25, 2:02 PM] Amy Rauch: So excited!

[May 25, 2:02 PM] Kimberly Logan: Girl #5 in Anne of Green Gables <-- those were the days!

[May 25, 2:03 PM] Stephanie Bergeron: I'm trying to remember what my very first was now... I want to say the narrator in Little Red Riding Hood, maybe? I have to go look.

[May 25, 2:03 PM] DawnnieMercado: Won't woot

[May 25, 2:03 PM] Kevin Alan Roberts: I made it!!

[May 25, 2:03 PM] JohannaFernandez: Houston, TX 🤔

[May 25, 2:03 PM] DawnnieMercado: Woot wooot love u Kevin. U take the best notes.

[May 25, 2:03 PM] Anne-MarieKrytiuk: Woo! Made it just in time!

[May 25, 2:04 PM] Kimberly Logan: She/Her - Chicago (unseated lands of Potawatmi); #2 for today, but caught a couple of replays from Sunday/Monday as well

[May 25, 2:04 PM] Stephanie Bergeron: Yes!! Laura Daniel is awesome with the tweets!

[May 25, 2:05 PM] Kevin Alan Roberts: Feel free to follow me in real life!!! (tee hee) I don't mind!!!

[May 25, 2:05 PM] Amy Rauch: Yes!

[May 25, 2:05 PM] Stephanie Bergeron: I believe she is @LauraMDaniel on Twitter. :)

[May 25, 2:05 PM] Stephanie Bergeron: And @lauralovesny on Insta.

[May 25, 2:06 PM] JohannaFernandez: Yes!! Thank you so much, Bonnie!

[May 25, 2:07 PM] Kimberly Logan: hyphenate to the extreme!

[May 25, 2:07 PM] Stephanie Bergeron: #HyphLife!

[May 25, 2:08 PM] Stephanie Bergeron: Aaaaah! What a fab moment!

[May 25, 2:11 PM] DebSnyder: Beautiful! Confide!

[May 25, 2:11 PM] Kimberly Logan: <3

[May 25, 2:11 PM] Stephanie Bergeron: Ooh. Justin's got me at language.

[May 25, 2:12 PM] Amy Rauch: Oh, that's such an insight... telling people they can't trust us...

[May 25, 2:12 PM] Janet Rembaum: So true !

[May 25, 2:13 PM] DawnnieMercado: OMG FB stalking as we listen, his FB leads to a free masterclass in the F.A.M.E just signed up

[May 25, 2:13 PM] Anne-MarieKrytiuk: !!!!! ^

[May 25, 2:13 PM] Amy Rauch: come in looking like a solution!

[May 25, 2:14 PM] Stephanie Bergeron: YES. My university professors ran highlighters over that for 4 years...

[May 25, 2:14 PM] PamTierney: WOW, we ARE taught we are expendable.

[May 25, 2:15 PM] DeborahMadick: yep

[May 25, 2:15 PM] DeborahMadick: so gross

[May 25, 2:17 PM] Kimberly Logan: yes, yes, yes, yes!

[May 25, 2:17 PM] JohannaFernandez: I love that! "The character plays through YOU"

[May 25, 2:17 PM] DawnnieMercado: "Not playing a character, the character is playing through you"

[May 25, 2:17 PM] DawnnieMercado: Yes Johanna!

[May 25, 2:18 PM] Bonnie G: Isn't that great? Character plays through you!

[May 25, 2:18 PM] Amy Rauch: Walking in as an equal. What I bring is utterly unique. SOOOOOO good to remember!

[May 25, 2:20 PM] GlennJohnson: Hello

[May 25, 2:21 PM] jguarini: Yay! I know that guy!!

[May 25, 2:21 PM] Stephanie Bergeron: Ah, hello Justin!

[May 25, 2:21 PM] ShannonDalton: Hi Justin!

[May 25, 2:21 PM] jguarini: Hello, my apologies for the late entrance...I

[May 25, 2:21 PM] Bonnie G: You know I love talking brain science!! Primal brain. YES.
[May 25, 2:21 PM] jguarini: How are you all enjoying the summit?
[May 25, 2:21 PM] Bonnie G: All good, Justin. So glad you're here! :D
[May 25, 2:22 PM] jguarini: Glad to be here!
[May 25, 2:22 PM] Kimberly Logan: amazing - thanks for joining!
[May 25, 2:22 PM] Stephanie Bergeron: Loving it. So loving your interview so far!
[May 25, 2:22 PM] Anne-MarieKrytiuk: Hi Justin! I'm loving it. Soaking as much up as possible!
[May 25, 2:22 PM] jguarini: ah the old "inner critic"
[May 25, 2:22 PM] ShannonDalton: Loving it and so happy to be here!
[May 25, 2:23 PM] Anne-MarieKrytiuk: The parent mirror is HARD
[May 25, 2:23 PM] jguarini: flabillion- trademark, Justin Guarini 2021
[May 25, 2:23 PM] DeborahMadick: LOve flabillion
[May 25, 2:23 PM] jguarini: I have to be so careful of what I say to my kids, @shannon
[May 25, 2:24 PM] jguarini: I mean @anne-<arie
[May 25, 2:24 PM] Amy Rauch: @justin It fits right in with Bonnie's Bajilliondy :)
[May 25, 2:24 PM] jguarini: exactly @amy!
[May 25, 2:24 PM] GlennJohnson: It's been very informative and a pleasure to listen to the speakers and absorb their experiences and insights.
[May 25, 2:24 PM] DeborahMadick: Bravery to sit with this..mm mm mmm
[May 25, 2:24 PM] jguarini: I'm so happy you're here Glenn
[May 25, 2:24 PM] Bonnie G: I noticed that in the transcript, Amy. Flabillion and bajilliondy. ;) LOL
[May 25, 2:25 PM] Stephanie Bergeron: Hey, Shakespeare made up words. So can we. Lol!
[May 25, 2:25 PM] Kimberly Logan: Get curious about it...
[May 25, 2:26 PM] jguarini: Ask better questions!
[May 25, 2:27 PM] jguarini: "Wallow-o-clock" :) one of my favorite Bonnie-isms
[May 25, 2:27 PM] Bonnie G: ;))
[May 25, 2:28 PM] DawnnieMercado: Co-creators
[May 25, 2:28 PM] jguarini: Oil of Olay
[May 25, 2:28 PM] Kimberly Logan: Maybe it's Maybeline?!
[May 25, 2:28 PM] Emily Kindred: yes jack of all trades!
[May 25, 2:28 PM] jguarini: Maybe she's born with it...?
[May 25, 2:29 PM] Kimberly Logan: :-)
[May 25, 2:29 PM] DawnnieMercado: Loving this.. fav quotes, "choose what serves you" grossly misquoting.. I'll get it from the transcript. Stick with your choice.
[May 25, 2:29 PM] jguarini: My connection to myself and my creator opens up the path...where I make the choices...without shame or blame
[May 25, 2:29 PM] Kimberly Logan: I feel this so much - ooooh, shiny!
[May 25, 2:29 PM] Bonnie G: Data never lies.
[May 25, 2:30 PM] JohannaFernandez: Oooo this is a great discussion!
[May 25, 2:30 PM] DawnnieMercado: Loving
[May 25, 2:30 PM] jguarini: being me the data!!

[May 25, 2:30 PM] Amy Rauch: Just like performing- you have to commit to the choice. You can't be half in on the choice or the choice won't land.

[May 25, 2:30 PM] jguarini: amen, @amy

[May 25, 2:30 PM] Kimberly Logan: so true, Amy!

[May 25, 2:30 PM] Stephanie Bergeron: Etymology ftw!!

[May 25, 2:30 PM] jguarini: LOL!

[May 25, 2:31 PM] jguarini: Bonnie and I are Words With Friends Co-Champions

[May 25, 2:31 PM] Bonnie G: ;) You know it!

[May 25, 2:31 PM] DawnnieMercado: "Gotta Go All in"

[May 25, 2:31 PM] Stephanie Bergeron: Ha! So if we challenge either of you, we know what we're getting into. ;)

[May 25, 2:31 PM] jguarini: Clarity, Commitment, Creativity, Certainty

[May 25, 2:32 PM] Kimberly Logan: so true! gimme gimme gimme!

[May 25, 2:32 PM] Bonnie G: Love those 4 C's, Justin. So good.

[May 25, 2:32 PM] Emily Kindred: Gotta tap on this, off lots of truths being shared

[May 25, 2:32 PM] DawnnieMercado: Yep

[May 25, 2:32 PM] jguarini: :)

[May 25, 2:32 PM] Emily Kindred: *oooooof

[May 25, 2:32 PM] Stephanie Bergeron: Oh, that speaks to me.

[May 25, 2:33 PM] DawnnieMercado: Awwww feelin my feels

[May 25, 2:33 PM] Janet Rembaum: Really relate to all of this about choice and commitment

[May 25, 2:33 PM] DawnnieMercado: theme..theme...consistently showing up

[May 25, 2:33 PM] DawnnieMercado: ding ding

[May 25, 2:33 PM] Emily Kindred: "getting creative INSIDE of your commitment" wow

[May 25, 2:34 PM] DeborahMadick: Cycles...Life...Career...

[May 25, 2:34 PM] Amy Rauch: Oh seasons, being a farmer, you are committed to the harvest, even on the days when there's nothing to plant because now it's the time for the seeds to grow.

[May 25, 2:34 PM] jguarini: Consistency in commitment....

[May 25, 2:35 PM] Stephanie Bergeron: Or as Rhianna explained it: rest is the inhale for the exhale of the work.

[May 25, 2:35 PM] Kimberly Logan: but wait, there's more!

[May 25, 2:35 PM] Amy Rauch: Yes @Stephanie

[May 25, 2:35 PM] jguarini: oooo, yes @Stephanie...you betta' quote Rhianna

[May 25, 2:36 PM] ClarenceKenner: Rooted for you! Philly area represent!

[May 25, 2:36 PM] ClarenceKenner: Not to mention, I have family in the Columbus-Phenix City area

[May 25, 2:36 PM] jguarini: Go. Birds.

[May 25, 2:36 PM] Bonnie G: Are you seeing a theme on the morning routine, y'all?

[May 25, 2:36 PM] DawnnieMercado: Protection and certainty yes.

[May 25, 2:36 PM] Anne-MarieKrytiuk: I have a morning routine too! It's saved me during this pandemic 100%

[May 25, 2:37 PM] DeborahMadick: Yes ma'am

[May 25, 2:37 PM] Bonnie G: Enoughness is an inside job!

[May 25, 2:37 PM] Emily Kindred: MORE baby steps

[May 25, 2:37 PM] DebSnyder: nice... get the victory before you step out the door!

[May 25, 2:37 PM] Amy Rauch: Get the victory before you step out the door...

[May 25, 2:37 PM] jguarini: Morning routines create the victory BEFORE you go to work so you don't have to chase your victory all day long

[May 25, 2:37 PM] Emily Kindred: oh I like that

[May 25, 2:38 PM] Emily Kindred: I really really REALLY like that <3

[May 25, 2:38 PM] Stephanie Bergeron: Yes... giving yourself that victory!!!

[May 25, 2:38 PM] Bonnie G: Blue hue screen... still addictive.

[May 25, 2:38 PM] Emily Kindred: No screens in the bedroom has been a GAMECHANGER this past year. I don't even have a clock in there anymore

[May 25, 2:38 PM] Bonnie G: I'm so glad, Emily.

[May 25, 2:39 PM] Bonnie G: Makes such a difference for me.

[May 25, 2:39 PM] Emily Kindred: That tip of yours was a game changer Bonnie, seriously

[May 25, 2:39 PM] jguarini: yes!

[May 25, 2:40 PM] Emily Kindred: probably the smallest thing I have done for my self care that has had the largest impact on my sleep and overall mental health

[May 25, 2:40 PM] Stephanie Bergeron: I really appreciate that you're walking us through your routine, Justin.

[May 25, 2:40 PM] RebeccaGilmore: Yes! Love this

[May 25, 2:40 PM] JohannaFernandez: That's awesome, Justin! 🙏😊

[May 25, 2:40 PM] Emily Kindred: Start the day with love! What a great vibe to put out

[May 25, 2:40 PM] Kevin Alan Roberts: Morning routine gets you grounded!

[May 25, 2:41 PM] jguarini: my pleasure!

[May 25, 2:41 PM] RebeccaGilmore: Absolutely!

[May 25, 2:41 PM] Kevin Alan Roberts: Super!!!

[May 25, 2:41 PM] GlennJohnson: When is a good time to start a morning routine generally?

[May 25, 2:41 PM] Amy Rauch: Really eye opening all around!

[May 25, 2:42 PM] jguarini: I love a good 5am @glenn, up before the family and dogs

[May 25, 2:42 PM] Stephanie Bergeron: Ah, I love that framework! I've been trying to figure out what works for me, and that's is a great tool to help!

[May 25, 2:42 PM] DawnnieMercado: Second Artists Way mention during Summit. Second vote from me for an SMFA Artists Way group

[May 25, 2:42 PM] Anne-MarieKrytiuk: The time flew by! What an incredible conversation! Thank you so much Justin and Bonnie!

[May 25, 2:42 PM] jguarini: this was so much fun! thank you all for joining and watching

[May 25, 2:42 PM] DebSnyder: THANK YOU Justin!

[May 25, 2:42 PM] JohannaFernandez: Yaaaay!

[May 25, 2:42 PM] Emily Kindred: Thank you for all of the lovely reframes and tips Justin, this has been wonderful

[May 25, 2:42 PM] Kimberly Logan: I love the idea of being able to spark those 4 aspects as a 'definition' of a morning routine.

[May 25, 2:42 PM] jguarini: Thank you!!

[May 25, 2:42 PM] RebeccaGilmore: Yes!

[May 25, 2:42 PM] Stephanie Bergeron: Huge applause!!!!

[May 25, 2:42 PM] Kevin Alan Roberts: CREATE SELF TRUST - COME IN LIKE A SOLUTION - THERE'S ONLY ONE YOU - DO THE WORK - ACTORS ARE POWER - BOOK THE ROOM - AWARENESS OF SELF - COMMIT TO YOUR CHOICES - GO ALL IN - REST & RECOVER

[May 25, 2:42 PM] DebSnyder: Enoughness!

[May 25, 2:42 PM] JohannaFernandez: Wooooo

[May 25, 2:42 PM] jguarini: That you're a great interviewer

[May 25, 2:42 PM] DebSnyder: Morning Routine!

[May 25, 2:42 PM] Kevin Alan Roberts: Bravo Justin!!

[May 25, 2:43 PM] RebeccaGilmore: Morning routine absolutely!

[May 25, 2:43 PM] DeborahMadick: thank you. beautiful vibe, nice

[May 25, 2:43 PM] Amy Rauch: Commitment, and consistency in commitment.

[May 25, 2:43 PM] DawnnieMercado: Loving you Justin! I already signed up for your F.A.M.E. formula masterclass. gonna check out the rest.

[May 25, 2:43 PM] NicoleRycroft: Thank you Justin! This was very inspiring!

[May 25, 2:43 PM] DebSnyder: No screens in the bedroom!!!!

[May 25, 2:43 PM] RebeccaGilmore: Consistency

[May 25, 2:43 PM] jguarini: Thank you Dawnnie, can't wait!

[May 25, 2:43 PM] Janet Rembaum: Thank you . Morning routine, consistency in commitment . Choice and commitment . Confide.

[May 25, 2:43 PM] Stephanie Bergeron: The character plays through you. The framework for morning routine. And that etymology is indeed fun for others. ;)

[May 25, 2:43 PM] jguarini: BOOM!

[May 25, 2:43 PM] GlennJohnson: Wow, that is early. That is before sunrise! That's great!

[May 25, 2:44 PM] ShannonDalton: Thank you, Justin! Be the solution to the problem. Commit. Morning routine.

[May 25, 2:44 PM] Stephanie Bergeron: Lots of air, Bon!

[May 25, 2:44 PM] NicoleRycroft: Loved "confidence equals self trust" and to " walk in as an equal"

[May 25, 2:45 PM] GlennJohnson: Great and recovery

[May 25, 2:45 PM] Anne-MarieKrytiuk: Those four C's! Clarity, Commitment, Creativity and Certainty

[May 25, 2:45 PM] GlennJohnson: Rest and recovery

[May 25, 2:45 PM] Stephanie Bergeron: I'll agree with Justin on the interviewing... aside from all the Summit goodness, these are masterclasses in interviewing!

[May 25, 2:45 PM] jguarini: awww, you're so sweet, thank you....yes...energy walks in the door with you!

[May 25, 2:45 PM] JohannaFernandez: Definitely checking out his site

[May 25, 2:45 PM] RebeccaGilmore: Love your energy, Bonnie
[May 25, 2:46 PM] jguarini: Clarity, Commitment, Creativity, Certainty
[May 25, 2:46 PM] Kimberly Logan: Good Mars-day activity!
[May 25, 2:47 PM] Stephanie Bergeron: True, Kimberly!
[May 25, 2:47 PM] RebeccaGilmore: Walk in as an equal!
[May 25, 2:47 PM] Emily Kindred: loooove!
[May 25, 2:48 PM] jguarini: xoxoxo!!
[May 25, 2:49 PM] JohannaFernandez: Awesome, looking forward to it. Still at my day job
[May 25, 2:49 PM] Emily Kindred: thank you so much!!
[May 25, 2:49 PM] Anne-MarieKrytiuk: Thank you so much!!
[May 25, 2:49 PM] Amy Rauch: Thank you so much for your time and wisdom @justin!
[May 25, 2:49 PM] Kevin Alan Roberts: Thanks so much, Bravo Justin!!! Hugs & Love to All!!!!
[May 25, 2:49 PM] Kimberly Logan: Yay!!!!!!!!!!!!
[May 25, 2:49 PM] Stephanie Bergeron: Thank you, Justin!!!
[May 25, 2:49 PM] JohannaFernandez: Thank youuuu!
[May 25, 2:49 PM] NicoleRycroft: Thank you for another amazing interview!
[May 25, 2:49 PM] DeborahMadick: thank you!!
[May 25, 2:49 PM] jguarini: Thanks so much everyone!! I had blast...and thanks Bonnie!!
[May 25, 2:49 PM] vickiblackburnisfunny: Thanks Bonnie and Justin!
[May 25, 2:50 PM] DawnnieMercado: Hugs
[May 25, 2:50 PM] RebeccaGilmore: Beautiful summitt
[May 25, 2:50 PM] Janet Rembaum: Thanks Bonnie. Yes master interviewer
[May 25, 2:50 PM] jguarini: Stay Ninja!!!
[May 25, 2:53 PM] Amy Rauch: This premiere is now over and continued discussion will be taking place in the Comments section at the Justin Guarini 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.