

## **SMFA Summit Barry Friedman Interview Live Chat 27 May 2020**

[May 27, 9:51 AM] Keith J: Hey everyone!

[May 27, 9:51 AM] Keith J: Shout out with where you've tuned in from!

[May 27, 9:52 AM] RicFischer: Hey Keith! Here from Madison, Wisconsin

[May 27, 9:52 AM] Alex Ryan: Hiya Keith!

[May 27, 9:52 AM] Stephanie Bergeron: Hello Keith!

[May 27, 9:52 AM] Keith J: Yay Madison! Go Badgers!

[May 27, 9:53 AM] Bonnie G: Woo HOO! Almost showtime!

[May 27, 9:54 AM] Alex Ryan: Yippeeeee. having some delicious movement/breakthrus/opening up of stuff in the in between times...

[May 27, 9:55 AM] Stephanie Bergeron: Awesome, Alex!

[May 27, 9:55 AM] Alex Ryan: Thanks, Stephanie!

[May 27, 9:55 AM] Bonnie G: That's so great, Alex!

[May 27, 9:56 AM] ShanayFuller: Good morning beautiful people

[May 27, 9:56 AM] Stephanie Bergeron: I've been feeling really inspired and energized after these- I was able to knock out a couple auditions yesterday with a surprising ease. Loved it.

[May 27, 9:56 AM] Bonnie G: We're here!!

[May 27, 9:56 AM] Alex Ryan: So glad Stephanie!

[May 27, 9:56 AM] TessaMarkle: awesome stephanie!

[May 27, 9:57 AM] Stephanie Bergeron: Thanks, ninjas!

[May 27, 9:57 AM] Alex Ryan: Morning Shanay!

[May 27, 9:57 AM] JayeRestivo: In LA!!!! Love, Grandma Jaye!

[May 27, 9:57 AM] Stephanie Bergeron: Hi Jaye!

[May 27, 9:57 AM] JayeRestivo: Hi, Stephanie!

[May 27, 9:58 AM] BiancaFoscht: Hi ninjas! The Austrian twins are present. We're ready for some more greatness!!

[May 27, 9:58 AM] JayeRestivo: In between, I'm tapping and meditating!

[May 27, 9:58 AM] Alex Ryan: Aligned hustle!!

[May 27, 9:58 AM] JayeRestivo: I see that I need to truly let go of fear of technology! I AM SMART ENOUGH TO DO THIS!

[May 27, 9:59 AM] BethGilvie: Hey all! Still in Dallas, significantly cooler this week, thank gubness!

[May 27, 9:59 AM] BethGilvie: YAS Grandma Jaye!

[May 27, 9:59 AM] JayeRestivo: Thanks, Beth!

[May 27, 10:00 AM] TinaKien: Repeating themes: Have a good mindset. Tribe. Be of service. Lets find out.

[May 27, 10:00 AM] Stephanie Bergeron: Follow the joy too.

[May 27, 10:00 AM] JayeRestivo: Judy Kerr is so inspiring!

[May 27, 10:01 AM] JayeRestivo: LA is about to be hotter than snot later.

[May 27, 10:02 AM] LynnStallings: Love you Bonnie! You rock!

[May 27, 10:02 AM] JayeRestivo: JOY!

[May 27, 10:02 AM] BethGilvie: Wow! That's a good bond!

[May 27, 10:03 AM] BethGilvie: WHAT  
[May 27, 10:03 AM] BethGilvie: BARRY. This is AMAZING.  
[May 27, 10:03 AM] KathleenParker: so excited!  
[May 27, 10:04 AM] KimEstes: God morning, fantastic people! Great to be here!  
[May 27, 10:04 AM] Stephanie Bergeron: Hello, Kim!  
[May 27, 10:04 AM] BethGilvie: Hey Kim! Glad you're here! :)  
[May 27, 10:04 AM] JayeRestivo: Hi, Kim!  
[May 27, 10:04 AM] Alex Ryan: Morning Kim! So bummed I had to listen to you from the car yesterday and couldn't comment on your wonderful chat!  
[May 27, 10:04 AM] KathleenParker: Morning Kim! I got to watch the replay! FANTASTIC!!!  
[May 27, 10:05 AM] KathleenParker: I'm happy to hear this, because I feel like I'm just beginning again after 8 years of doing something else that doesnt serve me anymore! Happy to be back to my true calling!  
[May 27, 10:06 AM] Bonnie G: Wardrobe continuity!! Yay! :)  
[May 27, 10:06 AM] DonzellLewis: Good Morning Ninjas! So happy to be here with everyone!  
[May 27, 10:06 AM] JayeRestivo: Absolutely. Kid's graduation comes first!  
[May 27, 10:06 AM] Stephanie Bergeron: 10 points, Bonnie. Haha.  
[May 27, 10:06 AM] Bonnie G: Hey Donzell! So excited for your talk!  
[May 27, 10:07 AM] Bonnie G: Thanks, Stephanie. ;)  
[May 27, 10:07 AM] DonzellLewis: yes, me too! And I'm excited for this panel with Barry. This is all so exciting!  
[May 27, 10:07 AM] Bonnie G: Barry is the real deal. I adore his POV!  
[May 27, 10:08 AM] JayeRestivo: Hi, Donzell!!!!!!  
[May 27, 10:08 AM] DonzellLewis: Hello Jaye! Sending hugs and love :)  
[May 27, 10:08 AM] TinaKien: omg, he's a potterhead! :D I wonder what house he's in. (haha)  
[May 27, 10:08 AM] Bonnie G: LOL Tina!  
[May 27, 10:08 AM] Stephanie Bergeron: Right, Tina?  
[May 27, 10:08 AM] Alex Ryan: hahah Tina!  
[May 27, 10:08 AM] Stephanie Bergeron: We'll try to guess. ;p  
[May 27, 10:09 AM] JayeRestivo: They were muggles!!!! HA!  
[May 27, 10:10 AM] DonzellLewis: Tina, I'm guessing Hufflepuff, mainly because that's the house I would be in and we know how to have fun! lol  
[May 27, 10:10 AM] Stephanie Bergeron: I had a gut Hufflepuff reaction too, Donzell.  
[May 27, 10:10 AM] Kimberly Logan: I've attended several conferences as a muggle and I love the wide range of 'acts' and presenters they get; sometimes you can see the love & sometimes you know they are there for a paycheck.  
[May 27, 10:10 AM] TinaKien: YES! I was thinking the same! I'm a hufflepuff too! a gryfinpuff to be exact  
[May 27, 10:11 AM] Stephanie Bergeron: Nice, Tina.  
[May 27, 10:11 AM] Bonnie G: So true, Kimberly!  
[May 27, 10:11 AM] Stephanie Bergeron: I'm a Ravenclaw, but if hybrids are a thing, Slytherclaw.

[May 27, 10:11 AM] Emily Kindred: Hi everyone! So excited to be here once again!

[May 27, 10:11 AM] Bonnie G: Welcome back, Emily!

[May 27, 10:12 AM] Stephanie Bergeron: Look like the people you want to sell to...

[May 27, 10:13 AM] JayeRestivo: Look, Feel. Smeel.

[May 27, 10:13 AM] JayeRestivo: \*Smell.....

[May 27, 10:13 AM] Kimberly Logan: money mindset!

[May 27, 10:14 AM] Bonnie G: Always a favorite convo!

[May 27, 10:14 AM] TBG\_Erin: haaa we brought that back for GIGFTNT!

[May 27, 10:14 AM] Bonnie G: You know we did, Erin! Ha ha!

[May 27, 10:14 AM] Constance Zaytoun: OMG -- i forgot the number of visitors listed on a website!!

[May 27, 10:15 AM] BiancaFoscht: Wow! That's genius!

[May 27, 10:16 AM] JayeRestivo: Friend of Lois's

[May 27, 10:16 AM] Emily Kindred: I'm loving the creating and sharing for the sake of it that's going on right now. artists are so generous

[May 27, 10:16 AM] Bonnie G: It's a big part of why we do the art, right Emily? For the love of the give.

[May 27, 10:17 AM] JayeRestivo: For the love of the give! Yes, Bonnie!

[May 27, 10:17 AM] Emily Kindred: Exactly. The love of the give.

[May 27, 10:17 AM] BiancaFoscht: YES Emily!!

[May 27, 10:18 AM] Kimberly Logan: there's that passive income generator!

[May 27, 10:18 AM] Bonnie G: YES!

[May 27, 10:19 AM] Stephanie Bergeron: Share all the toys!! Haha.

[May 27, 10:19 AM] JayeRestivo: Redirected energy. No road blocks, only detours.

[May 27, 10:19 AM] KathleenParker: Yes! NOW is the time! That energy and time!

[May 27, 10:19 AM] Bonnie G: Yes, Jaye!!

[May 27, 10:19 AM] Kimberly Logan: all that text!!

[May 27, 10:20 AM] Emily Kindred: the power of the pause

[May 27, 10:21 AM] Stephanie Bergeron: That's good... who are you to hand them your no?

[May 27, 10:22 AM] Bonnie G: Yes, Stephanie!! Exactly.

[May 27, 10:22 AM] JayeRestivo: Funnel analogy.

[May 27, 10:23 AM] KathleenParker: wow so true.

[May 27, 10:23 AM] Stephanie Bergeron: But that's celebrating the win, no matter how small. Cue Self-Promo Saturday, right?

[May 27, 10:24 AM] JayeRestivo: Feel the feelings and do it anyway.

[May 27, 10:24 AM] DonzellLewis: Such a great point about the magic of performers! We have such a powerful tenacity and drive, when we lean into the passion of our art!

[May 27, 10:25 AM] JayeRestivo: Donzell, we ARE magically!

[May 27, 10:25 AM] NaomiWarner: YES!

[May 27, 10:25 AM] BethGilvie: Love that, Donzell!

[May 27, 10:26 AM] Bonnie G: We can feel like crap in the wings, but be ON on the stage a moment later. YES!

[May 27, 10:28 AM] NaomiWarner: I once performed as a Kit Kat Girl in Cabaret with a 104 degree fever. Off stage I was a mess, but as soon as I stepped on that stage, I felt like a million bucks. LOL

[May 27, 10:28 AM] Kimberly Logan: like the sports caster who described the 'marble racing' - use your skillz!

[May 27, 10:28 AM] Bonnie G: Jeez, Naomi, that's intense!

[May 27, 10:29 AM] BethGilvie: Which one, Naomi? Cabaret has a deep place in my heart. Rosie helped me heal back into theatre again after school.

[May 27, 10:29 AM] Stephanie Bergeron: Totally intense, Naomi. But that totally resonates.

[May 27, 10:29 AM] Bonnie G: Network of NINJAS! We know the power!! For sure!

[May 27, 10:30 AM] ShanayFuller: I love this schedule!!!

[May 27, 10:30 AM] KathleenParker: I NEED IT!

[May 27, 10:30 AM] Alex Ryan: This is the lesson I learned from Mary Lou

[May 27, 10:30 AM] Bonnie G: That PDF will be on the replay page so you can adapt it for yourself!! :)

[May 27, 10:30 AM] BethGilvie: Oh I WISH I could jive on 6 hours of sleep again! And I love this structure. Structured unstructured time is a lifeline for me.

[May 27, 10:30 AM] BethGilvie: Thank you, Bonnie! I was wondering.

[May 27, 10:30 AM] Stephanie Bergeron: The schedule is great- I love that he left "flex time". That really feels good to me.

[May 27, 10:30 AM] Bonnie G: Gotcha covered, Beth!

[May 27, 10:30 AM] ShanayFuller:

[May 27, 10:31 AM] Kimberly Logan: celebrate the "nos"!

[May 27, 10:31 AM] BethGilvie: Oh dang, YES! "All the yesses live inside those no's"

[May 27, 10:31 AM] Alex Ryan: My writer friend EMBRACES her no's!

[May 27, 10:31 AM] ShanayFuller: lol I live that!!!

[May 27, 10:31 AM] BethGilvie: Grandiose no's!

[May 27, 10:31 AM] ShanayFuller: \*Love

[May 27, 10:31 AM] JayeRestivo: YUP! All the yesses live inside the nos.

[May 27, 10:31 AM] KathleenParker: Yes, I'm already seeing the freedom in a structure! Lots more energy as well:)

[May 27, 10:32 AM] Alex Ryan: It's like Bonnie has said, (I think it was you?) that you can create more when you give yourself a limited amount of time, not ALL the time

[May 27, 10:32 AM] Alex Ryan: I've gotten a NO!!! ☺ ☺

[May 27, 10:32 AM] Bonnie G: For sure, that boundlessness is impossible to navigate. We have to have structure.

[May 27, 10:32 AM] NaomiWarner: It was a crazy time. haha I think I played Frenchie or Fritzie? I was one of the girls in Two Ladies. So much fun.

[May 27, 10:33 AM] Stephanie Bergeron: No is just not now.

[May 27, 10:33 AM] ShanayFuller: "No's are great" lolol

[May 27, 10:33 AM] Bonnie G: NO = NOT NOW

[May 27, 10:33 AM] Alex Ryan: Someone also told me to look at the no's as "not with you"

[May 27, 10:33 AM] BethGilvie: Yaaaaaaaasssss no = not now!

[May 27, 10:33 AM] ShanayFuller: Love it  
[May 27, 10:33 AM] BethGilvie: Naomi, both of them are GREAT! Such fun personalities to live in.  
[May 27, 10:34 AM] BiancaFoscht: Yeah that's sooo true!  
[May 27, 10:34 AM] NaomiWarner: YES! It was a wonderful show to be a part of. I'm so glad playing Rosie was so healing for you. That's wonderful  
[May 27, 10:35 AM] KathleenParker: that ego needs to be smashed.  
[May 27, 10:35 AM] JayeRestivo: Scheduling inner critic time - so if it comes up before then: office is closed.  
[May 27, 10:36 AM] Bonnie G: Worry o'clock!  
[May 27, 10:36 AM] KathleenParker: Yes! Zoning in on what really needs to be focused on. Zeroing in!  
[May 27, 10:37 AM] PatriciaBecker-Spellman: Exactly like Bonnie's resume feng shui... so important to do.  
[May 27, 10:38 AM] BethGilvie: OHHHHHHH  
[May 27, 10:38 AM] BethGilvie: "Happiness ends where comparison begins"  
[May 27, 10:38 AM] Alex Ryan: Right Beth??  
[May 27, 10:38 AM] Stephanie Bergeron: Scribbled that one down...  
[May 27, 10:38 AM] NaomiWarner: HUGE aha moment right there!  
[May 27, 10:38 AM] BethGilvie: \*Literally\* I screamed  
[May 27, 10:38 AM] JayeRestivo: Happiness end where comparison begins! YASSSSSSSS  
[May 27, 10:39 AM] Stephanie Bergeron: NICE!  
[May 27, 10:39 AM] BethGilvie: YES, my dude!!  
[May 27, 10:40 AM] Alex Ryan: YAWP  
[May 27, 10:40 AM] PatriciaBecker-Spellman: Amazing energy! Thank you!  
[May 27, 10:40 AM] BethGilvie: (What is that, Alex? My brain's blanking)  
[May 27, 10:40 AM] KathleenParker: LOVE HIS ENERGY!  
[May 27, 10:40 AM] Alex Ryan: What is which Beth?  
[May 27, 10:40 AM] BethGilvie: "YAWP"  
[May 27, 10:41 AM] JayeRestivo: Nos = not nows  
[May 27, 10:41 AM] Alex Ryan: Oh that was just me saying yes to your comment hahahahaha  
[May 27, 10:41 AM] Kimberly Logan: Think of your future as your 'audience' - what are you giving them (ie yourself)?  
[May 27, 10:41 AM] Stephanie Bergeron: "No = not right now".  
[May 27, 10:41 AM] ClareLopez: I love: "take any 'I' statement and making it about the CLIENT  
[May 27, 10:41 AM] Alex Ryan: think of future you/career as your audience  
[May 27, 10:41 AM] NaomiWarner: Clare-- YES!! That hit home for sure!  
[May 27, 10:41 AM] BethGilvie: Ohhhhh hahahaha! My brain only had "A mighty YAWP" from...Walt Whitman? I'm so glad I was close, lol.  
[May 27, 10:41 AM] Laura Dowling Shea: Create create create  
[May 27, 10:41 AM] Alex Ryan: Yes Kimberly!  
[May 27, 10:41 AM] JayeRestivo: YES, @Clare Lopez!



[May 27, 10:41 AM] KathleenParker: Creating outside the box, the resilience!

[May 27, 10:42 AM] Sarah Thompson: I love the metaphor of not getting on your sketchy ladder to see what he or she's doing!

[May 27, 10:42 AM] KaitlinLarge: Remove the fear from your buyers. Make it really clear why you are the answer to their problems! Make it a guarantee.

[May 27, 10:42 AM] BethGilvie: I have some replay because I got interrupted, but "No" is just "not now!!!"

[May 27, 10:42 AM] TinaKien: My laptop froze and restarted. It's overheating. It's already 90 here in NorCal. Going to have to shut it off, but I'll be watching over at youtube for the rest of the day now! takeaway: create! create! create! Just create & do what you love. Get ahead of the game... the work!

[May 27, 10:42 AM] NicoleRycroft: Thank you Barry & Bonnie! I especially loved no = not now and happiness ends where comparison begins.

[May 27, 10:42 AM] Paola Angarita: Create a life structure

[May 27, 10:42 AM] ShanayFuller: Dont lowball your product (self), and reward yourself for the no's.

[May 27, 10:42 AM] Kimberly Logan: 24 hour plan

[May 27, 10:43 AM] DonzellLewis: This was amazing! Yes, yes, yes, makes I need to review my website and make sure it's as clear as Barry described

[May 27, 10:43 AM] JayeRestivo: Got ideas about Twitch! Learning that app!

[May 27, 10:43 AM] Alex Ryan: Oh! @Beth were you thinking "I sound my barbaric "Yawp""? Which is probably where I got it from...

[May 27, 10:43 AM] DonzellLewis: Knock down that little devil that sits on my shoulder!

[May 27, 10:43 AM] Alex Ryan: Yes Donzell!

[May 27, 10:43 AM] Paola Angarita: Go to classes, Master Mind classes, get notes. Notes are powerful.

[May 27, 10:44 AM] JayeRestivo: MasterMind! YES!

[May 27, 10:44 AM] TBG\_Erin: That coaching deal is no joke, folks.

[May 27, 10:44 AM] Paola Angarita: Thank you! I'm super excited.

[May 27, 10:44 AM] JayeRestivo: Folks, GIGFNT is miraculous!

[May 27, 10:44 AM] BethGilvie: @Alex that's the one! I don't know much Whitman - is that clear? haha

[May 27, 10:44 AM] JayeRestivo: Yay Paola!

[May 27, 10:44 AM] Constance Zaytoun: i adore Barry's 6 hours of "whatever time" (or what it was that he called it.) i'd take 2 of those for sleep, but still, that's 4 hours of "whatever leads me." so delicious!

[May 27, 10:44 AM] Alex Ryan: haha! Me either!

[May 27, 10:45 AM] TBG\_Erin: Pro tip: PayPal Credit offers six months interest-free (so if the installments are still feeling out of your reach, you can spread out your payments over six months with PayPal Credit). <3

[May 27, 10:45 AM] BethGilvie: Love that yesses living in the no's, too! That ties right into the "when you have a roadblock, you have a detour!"

[May 27, 10:45 AM] Alex Ryan: Flex time, @constance?

[May 27, 10:45 AM] Constance Zaytoun: probably Alex! call it anything wonderful -- "me time"

[May 27, 10:46 AM] Alex Ryan: Yes!

[May 27, 10:46 AM] Alex Ryan: I'm going to re-write the whole thing so it inspires me

[May 27, 10:46 AM] BethGilvie: Steph is wonderful!!

[May 27, 10:46 AM] MonicaGilbert: Find out your network. Grow it.

[May 27, 10:46 AM] Alex Ryan: Say it again?

[May 27, 10:46 AM] Emily Kindred: Just loving all the positivity

[May 27, 10:46 AM] KathleenParker: Yes yall it was Sooooo good! Give it a listen! I was wonderful to hear you Bonnie!

[May 27, 10:47 AM] JayeRestivo: I just reframed health challenge to health hiccup. MINDSET

[May 27, 10:47 AM] KathleenParker: Freedom is in the structure!

[May 27, 10:48 AM] BethGilvie: Oh, I love that, Jaye!

[May 27, 10:49 AM] JayeRestivo: Thanks, Beth!

[May 27, 10:50 AM] Alex Ryan: OMG our brains are so similar!!

[May 27, 10:50 AM] Alex Ryan: kinesthetic baby!

[May 27, 10:50 AM] Emily Kindred: OMG SAME!!

[May 27, 10:50 AM] Alex Ryan: Yay Emily!

[May 27, 10:50 AM] Emily Kindred: Ditto Alex

[May 27, 10:51 AM] Stephanie Bergeron: Ha, always listen back to your work!

[May 27, 10:51 AM] KathleenParker: LOL!!! yes I understand the podcast listening! IT WAS GOOD SHIT!

[May 27, 10:51 AM] Emily Kindred: loving the positive pause

[May 27, 10:51 AM] Stephanie Bergeron: Oh, yes, totally.

[May 27, 10:52 AM] KaitlinLarge: Had to miss yesterday

[May 27, 10:53 AM] JayeRestivo: xoxoxo Thanks, Barry and Bonnie!

[May 27, 10:53 AM] KaitlinLarge: so I'm happy to be here live again all day, babyyyy

[May 27, 10:53 AM] Stephanie Bergeron: Thank you, Bonnie!

[May 27, 10:53 AM] KaitlinLarge: Missed y'all : )

[May 27, 10:53 AM] JayeRestivo: YAY for 1 pm. I have a self-care call from my social worker at 2 pm!

[May 27, 10:53 AM] Alex Ryan: Thanks all! Gonna get to some creatin'

[May 27, 10:53 AM] Emily Kindred: Thank you Barry, Bonnie and team!!

[May 27, 10:54 AM] JayeRestivo: I am not a baby boomer. I am a baby Zoomer!!

[May 27, 10:54 AM] KathleenParker: I need to look at the membership again, the 6 months is very helpful for spacing out the payments!

[May 27, 10:54 AM] NaomiWarner: Thank you Barry and Bonnie!! These summit interviews are such a bright light during this weird, really difficult time.

[May 27, 10:54 AM] JayeRestivo: Yes. The love of the give!

[May 27, 10:54 AM] TBG\_Erin: Kathleen, you can hit us up at [help@bonniegillespie.com](mailto:help@bonniegillespie.com) if you have any questions! <3

[May 27, 10:55 AM] Emily Kindred: yesssss

[May 27, 10:55 AM] Sarah Thompson: Jaye ,I love that "Baby Zoomer"!

[May 27, 10:55 AM] TBG\_Erin: Woo hoo!

[May 27, 10:56 AM] BethGilvie: Thank you again, Bonnie!! This is so fantastic, and Barry is so wonderful! I'm so looking forward to the AMA.

[May 27, 10:56 AM] KathleenParker: Thank you! BIG HUGS!

[May 27, 10:56 AM] Bonnie G: Y'all rock! Great chat!! Thank you!

[May 27, 10:58 AM] Tracy Weisert: Barry was tremendous! I can't listen as fast as he speaks, so my notes are wild!

[May 27, 10:58 AM] Bonnie G: Ha ha! Tracy, that's awesome.

[May 28, 3:13 PM] BarryFriedman: I've heard that I talk fast! Sorry. And I don't do caffeine or sugar, maybe that's a good thing! See y'all on the AMA bonus call.

[May 31, 3:56 PM] BlaineSaunders: I have to admit, I started this video going "what am I going to learn about acting from a Ted talk juggler." 5 minutes in, I have to keep pausing because I have so many notes I can't keep up! Thank you so much Barry!