

SMFA Summit Judy Kerr Interview Live Chat 25 May 2020

- [May 25, 1:52 PM] Bonnie G: Who's excited for some Judy Kerr goodness?!?
- [May 25, 1:53 PM] PeterMcNamara: ME
- [May 25, 1:53 PM] Alex Ryan: ME ME!
- [May 25, 1:53 PM] PeterMcNamara: Love her book. Read it cover to cover
- [May 25, 1:53 PM] Alex Ryan: (duh, I'm a puppy, excited for EVERYONE)
- [May 25, 1:54 PM] JayeRestivo: Woo hoo!
- [May 25, 1:54 PM] Bonnie G: We love puppies, Alex! ;)
- [May 25, 1:54 PM] AmeliaRico: YAY! So excited! :D
- [May 25, 1:54 PM] Bonnie G: All right, everyone. Let's do this! :)
- [May 25, 1:55 PM] TamikaSimpkins: Woo hoo!!!
- [May 25, 1:55 PM] JayeRestivo: Good Puppy, Alex! Penny the pooch sends some love!!!! :)
- [May 25, 1:55 PM] Alex Ryan: wrote for 45 min!
- [May 25, 1:55 PM] Alex Ryan: HAHA thanks Jaye!
- [May 25, 1:56 PM] AngelicaCadena: OMG I've been on twitch for the last hour just looking around!!! LOL
- [May 25, 1:56 PM] Alex Ryan: Don't know why my gravatar is still not my photo :/
- [May 25, 1:56 PM] Alex Ryan: Gotcha! Ok Keith man and I will chat later. HI KEITH!
- [May 25, 1:56 PM] BethGilvie: Ohhh gotcha. Yeah, I uploaded one and I didn't see it, haha.
- [May 25, 1:57 PM] Alex Ryan: Tapping has been AMAZING
- [May 25, 1:57 PM] JudyKerr: Love you had your youngest ninja at noon and now I'm your oldest ninja. I use your mindset gifts everyday they make life sweeter. Thank you!
- [May 25, 1:57 PM] Alex Ryan: ☺ ☺
- [May 25, 1:57 PM] Alex Ryan: Haha, Judy!
- [May 25, 1:57 PM] Stephanie Bergeron: I feel so energized by today's talks so far, gosh.
- [May 25, 1:57 PM] AmeliaRico: lol, Me too, got on Twitch as soon as we were done and checked out Artificial finally! So awesome!
- [May 25, 1:57 PM] MariaOliveira: Excited to really dig into my "why" and figure out what I'm passionate about! Plus getting a Twitch going! it's been something I've been wanting to try for a bit now
- [May 25, 1:57 PM] OliviaSchaperjohn: Reading up on some finances with Miata!!!
- [May 25, 1:58 PM] BethGilvie: I love the value placed on YOUR *Individual* who and why - I'm really excited to explore, because I have some content ideas that I already want to play with.
- [May 25, 1:59 PM] Emily Kindred: so excited <3
- [May 25, 1:59 PM] Alex Ryan: For me, Jenn, Dana, Miata, and Deb SO FAR ☺ ☺
- [May 25, 1:59 PM] Emily Kindred: Amen!!
- [May 25, 2:00 PM] AngelicaCadena: Great analogy!!
- [May 25, 2:00 PM] BethGilvie: The tapping was magic. I also loved the work with play from Tanya, money mindset with Miata, and Deb's guidance on encouragement and professional connections!!
- [May 25, 2:00 PM] AmeliaRico: Old enough to know that, so yeah. lol #oldmillennial
- [May 25, 2:00 PM] Emily Kindred: OMG It's showUP business!!!

- [May 25, 2:00 PM] BethGilvie: Yes, knowing your niche with Kyle, too!
- [May 25, 2:00 PM] BethGilvie: Emily, that's brilliant!!
- [May 25, 2:00 PM] Alex Ryan: Love that Emily!
- [May 25, 2:01 PM] JayeRestivo: Tapping helped me yesterday about my mindset and enoughness. Felt very anxious and just tapped. Magic!
- [May 25, 2:01 PM] Alex Ryan: Love how much all the speakers are holding space and support, esp during this time
- [May 25, 2:01 PM] BethGilvie: Yessss Alex
- [May 25, 2:01 PM] JudyKerr: I'm in my 80s life is good!
- [May 25, 2:01 PM] JayeRestivo: Amen, Alex Ryan
- [May 25, 2:02 PM] BethGilvie: As someone training in intimacy coordination, I love getting to learn other people's styles of holding space.
- [May 25, 2:02 PM] Alex Ryan: Judy, you're killing it!
- [May 25, 2:02 PM] JayeRestivo: JudyKerr - right behind ya!
- [May 25, 2:02 PM] Emily Kindred: Incredible Beth
- [May 25, 2:03 PM] AngelicaCadena: The guys at Casting About were great too!
- [May 25, 2:03 PM] MariaOliveira: Yes! did the visualization day 1.... definitely found a buried spark, thank you
- [May 25, 2:03 PM] MonicaGilbert: Monica is here
- [May 25, 2:03 PM] Jenney McAfee: Loved Mark and Brianne!!!
- [May 25, 2:03 PM] Laura B.: Love everyone so far
- [May 25, 2:03 PM] JudyKerr: AND still working with I'm enough! In all circumstances!
- [May 25, 2:04 PM] VictoriaBlackburn: I enjoyed Tanya and Marla. Great energy!
- [May 25, 2:04 PM] Alex Ryan: It's daily and as Bon said, HOURLY, right??
- [May 25, 2:05 PM] Jenney McAfee: They were sooo inspiring regarding the series I'm creating.
- [May 25, 2:05 PM] Constance Zaytoun: @Judy -- it's a daily practice! and seems to be a common theme for so many!
- [May 25, 2:05 PM] JudyKerr: right
- [May 25, 2:05 PM] scOttsummitt: Yayyy, it's Judy! :) Her book ACTING IS EVERYTHING was my gateway book into all things acting & my introduction to all things Bonnie & SMFA! :) Thanks, Judy, for sending me back on my creative path~ :) scOtt
- [May 25, 2:06 PM] Stephanie Bergeron: Hi scOtt!
- [May 25, 2:06 PM] VictoriaBlackburn: Yes the Casting About talk was great!
- [May 25, 2:06 PM] scOttsummitt: Hi Stephanie! :) glad to "see" you here :) scOtt
- [May 25, 2:06 PM] Stephanie Bergeron: You too!
- [May 25, 2:06 PM] Laura B.: #iheartalmosteverything!!
- [May 25, 2:07 PM] JudyKerr: thanks love that "gateway"
- [May 25, 2:07 PM] JayeRestivo: Daily practice. As my mom used to say, "if you're resting on your laurels, they are in the wrong place.
- [May 25, 2:07 PM] BiancaFoscht: Hi my fellow ninjas! I'm watching from Austria and I'm so excited!
- [May 25, 2:07 PM] DilaraFoscht: I can't decide which talk I liked the most since EVERY talk has so much amazing content

[May 25, 2:07 PM] Janet Rembaum: everyone i have heard have enjoyed a lot
[May 25, 2:07 PM] Alex Ryan: (mischief managed. Tee hee! Sorry Bon, it's Harry Potter)
[May 25, 2:07 PM] Stephanie Bergeron: #Potterhead Alex!
[May 25, 2:08 PM] JayeRestivo: Yup! Everyone was fantastic!
[May 25, 2:08 PM] Alex Ryan: Hee hee! Yay Stephanie!
[May 25, 2:08 PM] AmeliaRico: #PotterheadsUnite!!! :D
[May 25, 2:08 PM] VictoriaBlackburn: Oh my gosh Judy's book is what brought me to LA and has been a staple for me ever since.
[May 25, 2:08 PM] Stephanie Bergeron: #Always! #GeekPrideDay ;p
[May 25, 2:09 PM] Laura B.: Such an awesome giveaway
[May 25, 2:09 PM] JudyKerr: Thanks Victoria
[May 25, 2:09 PM] Gladys: OMG I want to win everything!!
[May 25, 2:09 PM] Laura Dowling Shea: Wow! Totally putting my hat in the ring for this!
[May 25, 2:09 PM] scOttsummitt: Judy's book is one of my "Bibles" along with my dog-eared copy of SMFA! scOtt
[May 25, 2:09 PM] TinaKien: I have her book & love it!
[May 25, 2:09 PM] KenzieLange: that is a amazing giveaway!!!
[May 25, 2:09 PM] Gladys: That's crazy amazing.
[May 25, 2:10 PM] Constance Zaytoun: Judy - thank you for encouraging Bon's publication!
[May 25, 2:10 PM] DilaraFoscht: Enoughness is a work out!:)
[May 25, 2:10 PM] Alex Ryan: Judy you look like you're SIXTY!
[May 25, 2:10 PM] TinaKien: HI, JUDY!
[May 25, 2:10 PM] Gladys: Beautiful Judy!
[May 25, 2:11 PM] DebSnyder: Wow wonderful to see-meet you virtually Judy!
[May 25, 2:11 PM] Emily Kindred: A legend!! <3
[May 25, 2:11 PM] Stephanie Bergeron: Can I just say how much I'm enjoying these chat-alongs? So much fun.
[May 25, 2:11 PM] JayeRestivo: Need to get that book!
[May 25, 2:11 PM] JayeRestivo: Can't believe I don't already have it...
[May 25, 2:11 PM] Bonnie G: Me too, Stephanie.
[May 25, 2:11 PM] Bonnie G: Jaye! Get it!
[May 25, 2:11 PM] Alex Ryan: Me 60, Stephanie! Kinesthetics unite!
[May 25, 2:11 PM] JayeRestivo: YUP! Ordering later today!
[May 25, 2:12 PM] JayeRestivo: Amazon!
[May 25, 2:12 PM] Bonnie G: Jaye, also, there's a bonus PDF in the vault (your membership gives you access to it) from Judy!
[May 25, 2:12 PM] scOttsummitt: I agree, Stephanie. These chats are a fantastic opportunity to share with our fellow Ninjas ~ love it
[May 25, 2:12 PM] JudyKerr: 12th edition is an ebook only no longer in print.
[May 25, 2:12 PM] JayeRestivo: Cool, Bonnie
[May 25, 2:12 PM] scOttsummitt: Can we get the 12th edition ebook on Amazon, Judy?
[May 25, 2:13 PM] Alex Ryan: ☺ ☺
[May 25, 2:13 PM] JudyKerr: Yes please!

[May 25, 2:13 PM] Gladys: Wowww!!

[May 25, 2:14 PM] Emily Kindred: Is "getting your colours done" still a thing?

[May 25, 2:14 PM] Alex Ryan: Yawp! ☺

[May 25, 2:14 PM] Bonnie G: Absolutely, Emily!

[May 25, 2:14 PM] Emily Kindred: awesome

[May 25, 2:14 PM] Bonnie G: Emily, there was a guru doing that at the Liz Gilbert retreat I went to in Fiji earlier this year!

[May 25, 2:14 PM] Alex Ryan: I know a few in LA

[May 25, 2:14 PM] Emily Kindred: can you share their name Bonnie?

[May 25, 2:15 PM] Bonnie G: Emily, we have a course in the vault from Jill Kirsch, color coolness expert. ;)

[May 25, 2:15 PM] Gladys: Oh, I'm gonna check that out.

[May 25, 2:15 PM] Gladys: I dunno about my colors but I wanna know.

[May 25, 2:15 PM] Gladys: Thanks, Bon.

[May 25, 2:15 PM] BethGilvie: ^^Yep, I don't know what it means yet!

[May 25, 2:15 PM] BethGilvie: But I will.

[May 25, 2:16 PM] Emily Kindred: That vault is truly a wealth of info. Couldn't have picked a better name for it. I've heard of Jill!

[May 25, 2:16 PM] JudyKerr: Acting Is Everything is in the vault - check it out!

[May 25, 2:16 PM] scOttsmitt: Judy was a major content creator before "content creation" was a thing! Always the pioneer ;)

[May 25, 2:16 PM] Emily Kindred: I'm going to get so lost in that vault, LOL

[May 25, 2:17 PM] Bonnie G: That's easy to do, Emily. ;)

[May 25, 2:17 PM] Bonnie G: Anna (who is also here today in the chat) does something called "Vault Roulette" and she lets a randomizer choose what she goes in on, each day.

[May 25, 2:17 PM] Bonnie G: That helps her not get overwhelmed with where to start.

[May 25, 2:17 PM] Emily Kindred: that's soooooo smart

[May 25, 2:17 PM] BethGilvie: Oh, I love that. Option paralysis is a thang.

[May 25, 2:17 PM] Gladys: That's a good idea!

[May 25, 2:17 PM] Emily Kindred: I could see getting info overload

[May 25, 2:17 PM] Bonnie G: TOTALLY is, Beth!

[May 25, 2:18 PM] scOttsmitt: You & Keith are such great examples to us "mature" actors that we can start now, no matter what age we are! :) Thank you for that, Judy!

[May 25, 2:18 PM] Anna Tran: Thanks for the shoutout, Bon! Yes, I pick a random day to get started in the vault or GIGFTNT.

[May 25, 2:18 PM] Laura Dowling Shea: I am so inspired.

[May 25, 2:19 PM] Alex Ryan: Anna, I do an online wheel and let it pick a number between 1 and 100

[May 25, 2:19 PM] Anna Tran: Awesome, Alex! I LOVE that.

[May 25, 2:19 PM] Alex Ryan: ☺ ☺

[May 25, 2:19 PM] Alex Ryan: I'm sure you were the inspiration for it

[May 25, 2:20 PM] Emily Kindred: Love that Anna and Alex!

[May 25, 2:20 PM] Anna Tran: You're sweet, thanks Alex!

[May 25, 2:20 PM] Gladys: Such a good question, Bon.
[May 25, 2:20 PM] Anna Tran: Try it, Emily :)
[May 25, 2:21 PM] JayeRestivo: So driven to act - love that!
[May 25, 2:21 PM] Gladys: yeah, so resonant.
[May 25, 2:22 PM] BethGilvie: Hey, there's that being of service with what you have!
[May 25, 2:22 PM] Bonnie G: Look at that. 34, mother of 3, and she started taking acting classes for the first time. WOW.
[May 25, 2:22 PM] Emily Kindred: She used her hidden superpowers!
[May 25, 2:22 PM] Bonnie G: EXACTLY
[May 25, 2:22 PM] Gladys: That's mind-boggling.
[May 25, 2:22 PM] BethGilvie: Yes!!!!
[May 25, 2:22 PM] Bonnie G: JFDI with Bon stuff right there, Emily!
[May 25, 2:23 PM] Bonnie G: WOW!!!
[May 25, 2:23 PM] Stephanie Bergeron: It's awesome. Start where you are, whenever you are and #JFDI.
[May 25, 2:23 PM] Laura B.: Love it, from that to a LEGEND! Never say you can't start!
[May 25, 2:23 PM] Bonnie G: There's that relationships theme again. Whoa!
[May 25, 2:23 PM] Laura B.: Joan Darling!
[May 25, 2:24 PM] JayeRestivo: Never too old! YASSSS!
[May 25, 2:24 PM] Gladys: Tribe!!
[May 25, 2:24 PM] TBG_Amy: There is truly a path for everyone if you have the drive and you nurture your enoughness.
[May 25, 2:24 PM] Alex Ryan: Always relationships!
[May 25, 2:24 PM] Emily Kindred: well said Amy
[May 25, 2:24 PM] JayeRestivo: Relationships - so important and a THEME of SMFA Summit AND all things SMFA
[May 25, 2:24 PM] Stephanie Bergeron: Look for the sparks!
[May 25, 2:25 PM] Laura Dowling Shea: Relationship management supreme. Be of service. Be interested. Willing to work. See the sparks. Gold.
[May 25, 2:25 PM] Bonnie G: Laura, yes. YES!!
[May 25, 2:25 PM] EsterFerman: Networking! Make it happen. I love that advice.
[May 25, 2:25 PM] TBG_Amy: Laura <3
[May 25, 2:25 PM] JudyKerr: I forgot to watch the chat I got caught up with watch myself - this is so much fun! Bonnie does it all so well!
[May 25, 2:25 PM] Bonnie G: Heeeeeee! Judy, you are so glorious and gorgeous and wonderful!
[May 25, 2:25 PM] Yolanda Porter: I think drive+enoughness=success
[May 25, 2:25 PM] Gladys: Yes, and you're nothing to sneeze at, Judy! :)
[May 25, 2:25 PM] Emily Kindred: This is so fantastic Judy
[May 25, 2:25 PM] Bonnie G: Yolie, that might be the formula!
[May 25, 2:25 PM] Gladys: Love that, Yolie!
[May 25, 2:25 PM] Elizabeth A.Zimmerman: Here's to us late bloomers!
[May 25, 2:26 PM] scOttsummitt: Hi Elizabeth! :) glad to "see" you ~scOtt
[May 25, 2:26 PM] JayeRestivo: I miss being able to go Upright Citizens Brigade and jam...

[May 25, 2:26 PM] Laura Dowling Shea: Yes Elizabeth! Here's to
[May 25, 2:26 PM] TBG_Amy: Cheers, Elizabeth!
[May 25, 2:26 PM] Stephanie Bergeron: "Late" is relative... more like "on YOUR time" blooming. ;p
[May 25, 2:26 PM] JayeRestivo: Elizabeth - blooming right along with ya!
[May 25, 2:26 PM] Bonnie G: Great reframe, Stephanie.
[May 25, 2:26 PM] DebSnyder: Adapt-ability! Fab word Judy...
[May 25, 2:26 PM] Yolanda Porter: Cheers! So true Stephanie!
[May 25, 2:26 PM] Gladys: OMG
[May 25, 2:27 PM] Bonnie G: Oooooooh!!!
[May 25, 2:27 PM] Gladys: LMAO
[May 25, 2:27 PM] TBG_Amy: YES! LOL!
[May 25, 2:27 PM] Emily Kindred: Amazing!!
[May 25, 2:27 PM] Laura Dowling Shea: Omg. Too good.
[May 25, 2:27 PM] Laura B.: That's great. Say yes and then figure it out!
[May 25, 2:27 PM] DebSnyder: WOW great story!
[May 25, 2:28 PM] Bonnie G: LauraB... that's that "lets' find out" strategy I use!
[May 25, 2:28 PM] Laura B.: YESSSS!
[May 25, 2:28 PM] KaitlinLarge: This story is giving me chills!!
[May 25, 2:28 PM] Laura Dowling Shea: Amazing.
[May 25, 2:28 PM] KaitlinLarge: Amazing.
[May 25, 2:28 PM] DebSnyder: I belong here!!!
[May 25, 2:28 PM] Bonnie G: AMAZING.
[May 25, 2:28 PM] Gladys: Jesus!
[May 25, 2:28 PM] scOttsummitt: I love listening to the synchronistic path Judy's career has taken ~ so inspiring :)
[May 25, 2:28 PM] Yolanda Porter: Yaaas!!!
[May 25, 2:28 PM] Laura B.: hahahaha
[May 25, 2:28 PM] TBG_Erin: AHHAH LOL
[May 25, 2:28 PM] Alex Ryan: Ok, my loves, my ninjas, my body has suddenly broken out in hives and I must to the drug store. So BUMMED to be missing this but I'll DEF watch the replay!
[May 25, 2:28 PM] AngelicaCadena: WOW
[May 25, 2:29 PM] Stephanie Bergeron: Kismet.
[May 25, 2:29 PM] DebSnyder: I just burst out laughing!
[May 25, 2:29 PM] Gladys: WOWWWW!
[May 25, 2:29 PM] Laura Dowling Shea: Hahaha. This is amazing.
[May 25, 2:29 PM] scOttsummitt: Always always ALWAYS CALL BACK!! LOL
[May 25, 2:29 PM] Stephanie Bergeron: Accio Benadryl, Alex! See you later.
[May 25, 2:29 PM] SonyaHenning: Feel better Alex!
[May 25, 2:29 PM] Alex Ryan: Yes Stephanie! Thanks Sonya!
[May 25, 2:29 PM] Yolanda Porter: Feel better Alex!!!
[May 25, 2:29 PM] DebSnyder: On it ! Yes!

[May 25, 2:29 PM] NicoleRycroft: Hope you feel better Alex!
[May 25, 2:29 PM] Emily Kindred: Be the first one to answer the call. Yes.
[May 25, 2:29 PM] Gladys: Feel better, Alex!
[May 25, 2:29 PM] Anna Tran: Take good care, Alex
[May 25, 2:30 PM] JayeRestivo: Alex - sending healing vibes, dear one!
[May 25, 2:30 PM] JudyKerr: Alex love and light.
[May 25, 2:30 PM] Emily Kindred: Feel better Alex!
[May 25, 2:30 PM] KaitlinLarge: Right! Lay the groundwork for the opportunity.
[May 25, 2:30 PM] JayeRestivo: Preparation....
[May 25, 2:30 PM] DebSnyder: Alex - take care Ninja Girl!
[May 25, 2:30 PM] Constance Zaytoun: how did you parlay & really sit in your belonging given that you weren't sure what the job was as a dialogue coach? (apart from breathing in that chair -- or was that it?)
[May 25, 2:30 PM] DebSnyder: I
[May 25, 2:31 PM] Alex Ryan: You all are AWESOME! I don't want to tear myself away but here I go!
[May 25, 2:31 PM] DebSnyder: I'm not a realist. I need to create my own life. Wonderful... Heard that now.
[May 25, 2:31 PM] RemyO'Brien: Alex feel better
[May 25, 2:31 PM] DilaraFoscht: The balance between hustle and fun is sooo o important
[May 25, 2:31 PM] Gladys: Yeah, I needed to hear that.
[May 25, 2:31 PM] JayeRestivo: Alex - take excellent self-care.
[May 25, 2:31 PM] JudyKerr: Well my job was to be helpful to the actors so I had to figure out what each actor needed. Luckily I was pretty good at figuring that out.
[May 25, 2:32 PM] Constance Zaytoun: that's amazing!
[May 25, 2:32 PM] Gladys: Oh my
[May 25, 2:32 PM] BethGilvie: Okay, I'm back, and holy shit
[May 25, 2:32 PM] Bonnie G: I love that, Judy.
[May 25, 2:32 PM] BethGilvie: That's UH-mazing.
[May 25, 2:32 PM] TamikaSimpkins: Wow!!!
[May 25, 2:32 PM] JayeRestivo: JudyKerr I hear you about a divorce. Early 70's were not kind to women
[May 25, 2:32 PM] PatriciaBecker-Spellman: Great neighborhood!
[May 25, 2:32 PM] Bonnie G: Isn't it, Patricia?
[May 25, 2:34 PM] Laura Dowling Shea: Oh how wonderful.
[May 25, 2:34 PM] KaitlinLarge: lurking lol
[May 25, 2:34 PM] Stephanie Bergeron: Lurk, then lead.
[May 25, 2:34 PM] SonyaHenning: "Lurking"--Very ninja!
[May 25, 2:34 PM] Bonnie G: That's it, Stephanie.
[May 25, 2:34 PM] Gladys: I am so inspired.
[May 25, 2:35 PM] KenzieLange: some much good stuff! I cant keep up writing all this good stuff down. :)
[May 25, 2:35 PM] Laura Dowling Shea: Me too Gladys.

- [May 25, 2:35 PM] Laura Dowling Shea: Judy you are amazing. I love your insights so much.
- [May 25, 2:35 PM] Bonnie G: Read, meditate, write. What a wonderful morning ritual. Love that our 100-day course is a part of that, Judy.
- [May 25, 2:35 PM] Emily Kindred: What a beautiful full circle feeling to teach your mentor
- [May 25, 2:36 PM] Bonnie G: Emily, it's pinch-myself awesome.
- [May 25, 2:36 PM] JayeRestivo: For me, a spiritual life is very important. Chaplain in the house!!
- [May 25, 2:36 PM] scOttsummitt: So glad to hear Judy talk about the spiritual work we have to do. :) it's the spiritual "inside" work that helps me to stay centered & grounded in the craziness of our business
- [May 25, 2:36 PM] Bonnie G: YES
- [May 25, 2:36 PM] JudyKerr: Thanks Laura
- [May 25, 2:37 PM] scOttsummitt: Discernment....YES!!!!
- [May 25, 2:38 PM] Jenney McAfee: Protecting your inner Light, always!
- [May 25, 2:38 PM] MariaOliveira: Yes! picking and choosing what you bring close to you and interact with
- [May 25, 2:38 PM] Laura Dowling Shea: How lovely to think of your "creative being" and figuring out how to take good care of her.
- [May 25, 2:38 PM] JayeRestivo: Yes, MariaOliveira
- [May 25, 2:38 PM] scOttsummitt: I totally understand the "introvert" thing ~ sooo important to choose what you pick & choose to invite into your space :)
- [May 25, 2:38 PM] Emily Kindred: Healthy boundaries, yes
- [May 25, 2:39 PM] BethGilvie: I really appreciate that discernment and enoughness to be okay with only picking certain parts of that social media to enter your life.
- [May 25, 2:39 PM] JayeRestivo: Sometimes I feel I'm on FB so much that Mark Z seems like my BFF.....
- [May 25, 2:40 PM] Paola Angarita: Hahaha. I guess that make two of us.
- [May 25, 2:40 PM] JayeRestivo: Love this talk!
- [May 25, 2:40 PM] BethGilvie: There's so much pressure from people I know to be on the lookout on social media soooooo much. But then you rephrase that and wonder if those businesses only positing on FB or IG are the ones you want to work with...
- [May 25, 2:40 PM] JayeRestivo: Paola, right!?
- [May 25, 2:41 PM] Gladys: You seem tech savvy to me!
- [May 25, 2:41 PM] Emily Kindred: That's such a great point Beth
- [May 25, 2:41 PM] scOttsummitt: You ARE tech-savvy, Judy! I think you've just decided which technologies serve your needs best right now ;) scOtt
- [May 25, 2:41 PM] PatriciaBecker-Spellman: Your set up is wonderful, I noticed it right away!
- [May 25, 2:41 PM] Bonnie G: True!
- [May 25, 2:41 PM] TBG_Amy: I love everything about this interview.
- [May 25, 2:41 PM] BethGilvie: Thanks, Emily! I got it from Bon. ;)
- [May 25, 2:41 PM] Bonnie G: ;)
- [May 25, 2:42 PM] JayeRestivo: Who ya gonna all? Tech busters!
- [May 25, 2:42 PM] Emily Kindred: not my third! ;)

[May 25, 2:42 PM] scOttsummitt: I'm loving the joy & laughter between you ladies here, Judy & Miss Bonnie ~ such a wonderful friendship :) scOtt

[May 25, 2:42 PM] BiancaFoscht: Not afraid of saying "I don't know" - This is brilliant!

[May 25, 2:42 PM] Bonnie G: :)

[May 25, 2:42 PM] JudyKerr: Love your responses, I'm not watching them enough I'll go back and read. Bonnie what a great interviewer! Thank you

[May 25, 2:42 PM] Bonnie G: Not turning those "I don't know"s into a block.

[May 25, 2:43 PM] Laura B.: Love the I'll just figure it out mindset

[May 25, 2:43 PM] Bonnie G: Judy, I could talk with you ALL DAY (and often do).

[May 25, 2:43 PM] BiancaFoscht: Yes exactly, Bonnie!

[May 25, 2:43 PM] TBG_Amy: I need to find my "I Don't Know" block chisel. I'm sure it's in the vault.

[May 25, 2:43 PM] Bonnie G: I'll help you find it, Amy.

[May 25, 2:43 PM] Emily Kindred: You two could start a twitch! ;)

[May 25, 2:43 PM] BethGilvie: We're lucky to have you any which way, Judy!!

[May 25, 2:44 PM] JayeRestivo: I hear you, Amy Rauch!

[May 25, 2:44 PM] Paola Angarita: Yes! Jaye. I had to set an amount of daily use time for facebook and Instagram in my phone. After I reach that time my phone blocks those apps.

[May 25, 2:44 PM] DianaLansleen: Judy is the person who coached me when I auditioned for "The Young & The Restless" ~ I ended up doing over 30+ episodes once they booked me. I had met her when she was dialogue coaching on "Listen Up". To this day I'm grateful for her coaching!

[May 25, 2:44 PM] Laura Dowling Shea: Leadership

[May 25, 2:44 PM] BethGilvie: Paola, do you use a certain app to limit that interaction? I'm interested!

[May 25, 2:44 PM] Bonnie G: WOW, Diana!!

[May 25, 2:44 PM] Bonnie G: Paola, that's so good.

[May 25, 2:44 PM] BethGilvie: Yes Dianaaaa

[May 25, 2:45 PM] Yolanda Porter: That's so awesome, Diana!!!

[May 25, 2:45 PM] DianaLansleen: Her advice has always stuck with me! So grateful!

[May 25, 2:45 PM] Stephanie Bergeron: Beth, I have it native in my Android... it's under Settings. Not sure about iPhones.

[May 25, 2:45 PM] JayeRestivo: Judy Kerr - beautiful, sharing soul!

[May 25, 2:45 PM] OliviaSchaperjohn: You've got the Power CUE SNAP :)

[May 25, 2:46 PM] BethGilvie: Thank you, Stephanie!

[May 25, 2:46 PM] KenzieLange: That's amazing Diana!

[May 25, 2:46 PM] Laura Dowling Shea: Diana that's so wonderful and inspiring.

[May 25, 2:47 PM] KaitlinLarge: Yes. The joy and fun radiates off of you, Judy!

[May 25, 2:47 PM] Gladys: I gotta listen to this convo again.

[May 25, 2:47 PM] Laura Dowling Shea: I will be replaying this but of joy often.

[May 25, 2:47 PM] Stephanie Bergeron: No problem, Beth. I believe mine is somewhere near parental settings/screen time. I don't have my phone in front of me, but it's not too tough to find. :)

[May 25, 2:48 PM] DebSnyder: Thank you Judy Kerr!!!
[May 25, 2:48 PM] Laura B.: Thank you Judy!!
[May 25, 2:48 PM] scOttsummitt: Joy should always be at the center for everything we create~ :)
[May 25, 2:48 PM] PatriciaBecker-Spellman: Thank you!
[May 25, 2:48 PM] RemyO'Brien: thank you Judy
[May 25, 2:48 PM] Gladys: Thank you!
[May 25, 2:48 PM] Laura Dowling Shea: Thank you!
[May 25, 2:48 PM] BethGilvie: Awesome, thank you, Stephanie! And thank you, JUDY!!
[May 25, 2:48 PM] Stephanie Bergeron: Thank you Judy.
[May 25, 2:48 PM] Gladys: Holy shit, Bon!
[May 25, 2:48 PM] Stephanie Bergeron: You're welcome, Beth!
[May 25, 2:48 PM] Anna Tran: Thanks for inspiring us, Judy!
[May 25, 2:48 PM] DianaLansleen: Thank you, Judy & Bonnie!
[May 25, 2:48 PM] Janet Rembaum: THANK you Judy
[May 25, 2:48 PM] TBG_Amy: That was epic. Thank you so much Judy!
[May 25, 2:48 PM] JayeRestivo: Thank you, Judy!
[May 25, 2:48 PM] OliviaSchaperjohn: Thanks so much Judy!!!
[May 25, 2:48 PM] scOttsummitt: Thank you, Judy! You're a LIGHT & an INSPIRATION :)
scOtt
[May 25, 2:48 PM] AmeliaRico: Thank you so much Judy and Bon, you both are amazing!
[May 25, 2:48 PM] PeterTarantino: Thank you sooo much Judy!!
[May 25, 2:48 PM] Gladys: Enoughness is a lifelong processssssss
[May 25, 2:48 PM] JudyKerr: Wow that was so emotional for me.
[May 25, 2:48 PM] BethGilvie: Ohhhhhh my gosh, JFDI. Jump in. If you do it and open yourself up, the bravery will come. The belonging will come.
[May 25, 2:48 PM] Yolanda Porter: Her energy is so sweet, calm and inspiring!
[May 25, 2:48 PM] Laura Dowling Shea: Omg. Joy, interest, leadership, create it.
[May 25, 2:49 PM] Paola Angarita: Beth, I have the App Stay Focused and the one native in my phone (Samsung)
[May 25, 2:49 PM] JayeRestivo: Spiritual work at the beginning of the day
[May 25, 2:49 PM] TinaKien: SHE'S A LEGEND!
[May 25, 2:49 PM] Janet Rembaum: you have to keep demanding form the world that you need more
[May 25, 2:49 PM] Constance Zaytoun: i'm stunned that she was able to breathe into that first "dialog coach" situation and rise to the occasion! trememdous!
[May 25, 2:49 PM] RemyO'Brien: Enoughness life long
[May 25, 2:49 PM] TamikaSimpkins: All of us have an abundance of enoughness!
[May 25, 2:49 PM] PeterMcNamara: This was great!
[May 25, 2:49 PM] EsterFerman: Take away is: you're never too old to use your imagination and keep creating!
[May 25, 2:49 PM] Janet Rembaum: yes!
[May 25, 2:49 PM] TBG_Amy: Look for where you can fit- be prepared and be of service.
[May 25, 2:49 PM] MelodieGorow: You are enough

- [May 25, 2:49 PM] Gladys: I think that's a great idea.
- [May 25, 2:49 PM] SonyaHenning: I love her willingness to just dive in and be open enough to find the joy in whatever it is!
- [May 25, 2:49 PM] BethGilvie: Thank you, Paola!
- [May 25, 2:49 PM] JudyKerr: Well I just heard about Twitch - let's get going!
- [May 25, 2:49 PM] JayeRestivo: Social media is too much
- [May 25, 2:49 PM] Stephanie Bergeron: See the sparks!
- [May 25, 2:49 PM] scOttsummitt: Thank you sooooo much for creating these talks, Miss Bonnie! They are so incredibly inspiring~ :) scOtt
- [May 25, 2:49 PM] ShanayFuller: Create the Hollywood you want to see
- [May 25, 2:49 PM] DilaraFoscht: Find love and joy by living the story beside the hustle.
- [May 25, 2:49 PM] BethGilvie: Yeeeeeeesss Judy and Bon on Twitch!
- [May 25, 2:49 PM] Janet Rembaum: i need shelter. I need to poick and choose what i bring in to me
- [May 25, 2:50 PM] ReynGraves: Thank you! I love the stories about not letting something you don't know be a block. It's definitely a reminder that I need!
- [May 25, 2:50 PM] Emily Kindred: I love how when Judy doesn't know something she is fearless in finding it out
- [May 25, 2:50 PM] NicoleRycroft: Thank you! I'm so honored! This was so inspiring.
- [May 25, 2:50 PM] ShanayFuller: So true
- [May 25, 2:50 PM] MichaelHarris: Hope for us seniors
- [May 25, 2:50 PM] JayeRestivo: I love that she is not embarrassed to say she doesn't know
- [May 25, 2:50 PM] Janet Rembaum: it was so moving her talking about Jerry Seinfeld
- [May 25, 2:50 PM] Paola Angarita: You're welcome
- [May 25, 2:50 PM] Janet Rembaum: we set the tone
- [May 25, 2:50 PM] Emily Kindred: I took all tech out of my bedroom a week ago after doing that day of GIG and haven't looked back!
- [May 25, 2:51 PM] JayeRestivo: Let's find out
- [May 25, 2:51 PM] DilaraFoscht: Thanks so much for this stunning talk
- [May 25, 2:51 PM] AngelicaCadena: Love that thought. Enoughness work should come first. Fill your cup before filling everyone else's.
- [May 25, 2:51 PM] GemTorres: I loved make yourself available and ask-able - be prepared and ready to go when those opportunities arise to serve.
- [May 25, 2:51 PM] PeterTarantino: Just from a short convo I can see that Judy is such a sweet and beautiful soul. I loved her comment on daily spiritual work. You can see the work she has put in from watching her and the seeing the energy that she radiates.
- [May 25, 2:51 PM] DianaLansleen: I love that Judy recognizes what she invites into her life ~ that is beautiful! And Bonnie, I love that you are giving the day a chance to unfold from the moment of waking up. Way to set the tone!!! :)
- [May 25, 2:51 PM] PatriciaBecker-Spellman: Best time to check in with self, first hour in the morning...
- [May 25, 2:51 PM] Yolanda Porter: Starting your day mindfully sets the tone of your entire day.
- [May 25, 2:51 PM] ElisaAnnette: always be curious - never not learning

- [May 25, 2:51 PM] LavelleRoby: Adaptability, to be able to shift and change.
- [May 25, 2:52 PM] PatriciaBecker-Spellman: Judy has such beautiful pay-it-forward...
- [May 25, 2:52 PM] scOttsummitt: Always keep your Heart open & your Mind curious :)
- [May 25, 2:52 PM] ShanayFuller: No screens in the bedroom! Win the morning win the day - Mel Robbins
- [May 25, 2:52 PM] Constance Zaytoun: correct! don't hand them the "no" and also handing that "no/i'm clueless" to yourself. so HUGE for me -- one who always thinks i need to be an expert first!
- [May 25, 2:52 PM] Emily Kindred: Don't forget, Seniors were always the coolest kids in high school. ;)
- [May 25, 2:52 PM] AyaOhara: yes judy! lol
- [May 25, 2:52 PM] TBG_Amy: YES!!
- [May 25, 2:52 PM] Janet Rembaum: haha
- [May 25, 2:52 PM] JayeRestivo: Twitch! YAY Judy!
- [May 25, 2:52 PM] TamikaSimpkins: LOL
- [May 25, 2:52 PM] Laura Dowling Shea: Yeah!!!
- [May 25, 2:52 PM] TinaKien: YES!! IT'S HAPPENING!
- [May 25, 2:52 PM] Paola Angarita: Pick and choose what I bring into my space.
- [May 25, 2:52 PM] JudyKerr: Okay later we'll talk!
- [May 25, 2:52 PM] Yolanda Porter: It's happening!!!
- [May 25, 2:52 PM] Emily Kindred: I will not apologize for suggesting that! hahaha
- [May 25, 2:52 PM] scOttsummitt: I think Judy just threw down the Twitch gauntlet, Miss Bonnie! LOL ;)
- [May 25, 2:52 PM] ElisaAnnette: "Ladies who Twtich"
- [May 25, 2:53 PM] ElisaAnnette: "Twitch*"
- [May 25, 2:53 PM] Janet Rembaum: i need it . will
- [May 25, 2:53 PM] Paola Angarita: Preparation and ready to go
- [May 25, 2:53 PM] MariaOliveira: How different is the 12th edition from the 11th? I like writing in books haha
- [May 25, 2:53 PM] SonyaHenning: Yes Elisa, great!
- [May 25, 2:53 PM] Krystal Fields: I love Twitch. It's a lot of fun. My husband is a streamer and I moderate for him.
- [May 25, 2:53 PM] KaitlinLarge: Relationship management!
- [May 25, 2:53 PM] Krystal Fields: There is so much potential on Twitch and Mixer for creatives
- [May 25, 2:54 PM] JayeRestivo: The 5 fire signs in my chart are burning up!
- [May 25, 2:54 PM] Paola Angarita: No worries, You pronounced my name right.
- [May 25, 2:54 PM] MariaOliveira: okay great! thank you, awesome
- [May 25, 2:55 PM] scOttsummitt: Like Tina Fey has said - Just SAY YES & figure out the rest along the way! #YesAND :) scOtt
- [May 25, 2:55 PM] MonicaGilbert: I find more and more that discernment with all the overwhelm on social media is vital and it must be beneficial for you.
- [May 25, 2:55 PM] TinaKien: I say something I

[May 25, 2:56 PM] JayeRestivo: Creator not consumer. Like that!
[May 25, 2:56 PM] scOttsummitt: Creator NOT consumer! I LOVE this MANTRA!!
[May 25, 2:56 PM] SonyaHenning: Thank you so much Judy!!!!
[May 25, 2:56 PM] MariaOliveira: thank you Judy!
[May 25, 2:56 PM] KaitlinLarge: Thank you, Judy! Your light shines so bright.
[May 25, 2:56 PM] ReynGraves: Thank you!
[May 25, 2:56 PM] Gladys: Judy!!!!
[May 25, 2:56 PM] JayeRestivo: xoxoxoxoxo Judy Kerr and Bonnie!
[May 25, 2:56 PM] Laura Dowling Shea: Thank you!
[May 25, 2:56 PM] AmeliaRico: Thank you, Judy! You are so amazing and beautiful!
[May 25, 2:56 PM] BethGilvie: *LOUD clapping!* Thank you, Judy!!! Legend...
[May 25, 2:56 PM] TamikaSimpkins: Thanks Judy!!!
[May 25, 2:56 PM] Yolanda Porter: Thank you, Judy!!!
[May 25, 2:56 PM] EsterFerman: Thanks!!
[May 25, 2:56 PM] JudyKerr: Love you back I enjoy it so much!
[May 25, 2:56 PM] PeterMcNamara: Thank you!
[May 25, 2:56 PM] Gladys: So grateful, thank you!
[May 25, 2:56 PM] TinaKien: thank you judy!
[May 25, 2:56 PM] Janet Rembaum: thank you
[May 25, 2:56 PM] BiancaFoscht: YEAH!! loved it! Thank you so much!
[May 25, 2:56 PM] Emily Kindred: JUDY!!!!!! xoxoxoxoxoxoxox <3
[May 25, 2:56 PM] Krystal Fields: Thank you !!!!
[May 25, 2:56 PM] JayeRestivo: Take a bow, Judy Kerr!!!
[May 25, 2:56 PM] GinaDeCesare: Thank you Judy! Inspiration.
[May 25, 2:56 PM] GemTorres: Thank you so much for sharing your story!
[May 25, 2:56 PM] TBG_Amy: What a delight- thank you Judy!
[May 25, 2:56 PM] ShanayFuller: Thank you!!!
[May 25, 2:56 PM] scOttsummitt: THANK YOU, JUDY!! :) scOtt
[May 25, 2:56 PM] KiaraWolfe: Thank you!
[May 25, 2:56 PM] NicoleRycroft: Thank you Judy!! xoxo
[May 25, 2:56 PM] KenzieLange: Thank you Judy!
[May 25, 2:56 PM] AmeliaRico: HUGS!
[May 25, 2:57 PM] AyaOhara: oh it's not on the schedule below
[May 25, 2:57 PM] Bonnie G: Aya, what are you looking for?
[May 25, 2:57 PM] Bonnie G: The full summit schedule is below.
[May 25, 2:57 PM] AyaOhara: the schedule today. I think it says Monday, May 25th; 10am and 2pm T
[May 25, 2:57 PM] LavelleRoby: Thank you Judy! As a senior performer, I was greatly inspired by you!
[May 25, 2:57 PM] AyaOhara: so it's 4pm pst?
[May 25, 2:57 PM] Bonnie G: Aya, the whole schedule is below. :)
[May 25, 2:57 PM] AyaOhara: with tamika?

[May 25, 2:57 PM] Emily Kindred: Thanks again!! What a powerful and empowering day this has already been!

[May 25, 2:58 PM] Alex Ryan: can't wait to watch the rest!!

[May 25, 2:58 PM] Bonnie G: Our next premiere is listed there as 4pm PDT Monday May 25th (you can also check my Instagram for each day's lineup). :)

[May 25, 2:58 PM] AyaOhara: Hi Bonnie,, yes I know. But I'm saying it says " Monday, May 25th; 10am and 2pm Tuesday".

[May 25, 2:58 PM] AyaOhara: great. thanks!

[May 25, 2:58 PM] Bonnie G: Aya, keep reading beyond that...

[May 25, 2:58 PM] Bonnie G: It's all there. All the way through the end of May. All the times.

[May 25, 2:58 PM] Gladys: OMG I have to catch up on yesterday's and am not sure if I can do rest of today's live, but holy ish! Bon, this is the first summit I've ever attended live...

[May 25, 2:59 PM] Bonnie G: Fun, right, Gladys?

[May 25, 2:59 PM] Gladys: Yeah, really awesome.

[May 25, 2:59 PM] Bonnie G: Glad you're getting fired up! We have JFDI tomorrow too!!

[May 25, 2:59 PM] Gladys: Yes! My internet was down and work got crazy but I've been working on my freebie!

[May 25, 2:59 PM] Bonnie G: YAY! Can't wait to hear about it!

[May 25, 3:00 PM] Gladys: So planning to be on!

[May 25, 3:02 PM] Bonnie G: Okay, everyone. RELOAD the page if you're still seeing Judy's chat on the mainstage. We're heading on into Tamika's session in a little less than an hour. :)

Take a break and let's get ready for more greatness!

[May 30, 5:49 PM] JustineHarrison: Interested in zoom/facetime

[May 31, 12:01 PM] CharlotteWhite: Thank you so much for sharing your experiences and joy for living. Watch the reply of the SpaceX Launch. They followed your notes of setting the tone. Politeness is important.

[Jun 1, 1:13 AM] ZdenkaGoricev Hrdlickova: Such an amazing and inspiring interview :-)

Judy's book is really a Bible for me, too.