

## SMFA Summit Mary Lou Belli Interview Live Chat 26 May 2020

[May 26, 1:35 PM] Bonnie G: Hello early birds! Tell us where you're tuning in from! :)

[May 26, 1:39 PM] AyaOhara: Pasadena, CA

[May 26, 1:40 PM] MartaKotzian: NYC!

[May 26, 1:47 PM] BeckiHayes: Howdy from Texas

[May 26, 1:48 PM] Bonnie G: Welcome, Aya, Marta, Becki! So glad you're here!! :)

[May 26, 1:48 PM] AyaOhara: Hi Bonnie! Glad to be here!

[May 26, 1:49 PM] Bonnie G: Yay!

[May 26, 1:49 PM] Bonnie G: ME TOO!

[May 26, 1:50 PM] Alex Ryan: So happy to be back! Listening on my phone this morning just wasn't the same as being here w you all in the chat!

[May 26, 1:52 PM] Bonnie G: Welcome, Alex! Yayayayayay!

[May 26, 1:52 PM] LeonContavesprie: New Orleans, LA

[May 26, 1:55 PM] Larry Altmayer: hello

[May 26, 1:56 PM] Larry Altmayer: Los Angeles

[May 26, 1:57 PM] AmeliaRico: Back again from Houston, TX.

[May 26, 1:57 PM] Bonnie G: Refresh! We're LIVE!~

[May 26, 1:57 PM] AmeliaRico: Been working on finally creating my website between talks. :D

[May 26, 1:57 PM] AmeliaRico: Yay, there you are. :D

[May 26, 1:58 PM] ElisaAnnette: afternoon lovelies

[May 26, 1:58 PM] TraciCarter: Los Angeles in the house!!!

[May 26, 1:58 PM] TinaKien: NorCal here!

[May 26, 1:58 PM] DilaraFoscht: Hi ninjas. So excited for the talk!

[May 26, 1:58 PM] AaronWilson: Good afternoon everyone! :) Los Angeles

[May 26, 1:58 PM] Alex Ryan: So bummed I missed JFDI but so psyched for the replay!

[May 26, 1:59 PM] Alex Ryan: YAY!!!!

[May 26, 1:59 PM] Laura B.: Yay

[May 26, 1:59 PM] Alex Ryan: birthing baby!

[May 26, 2:00 PM] AmyHarber: Chicago checking in

[May 26, 2:00 PM] Larry Altmayer: Hello, from Los Angeles

[May 26, 2:00 PM] MartaKotzian: Happy to be here!

[May 26, 2:01 PM] BenYemba: Hello again from North Carolina

[May 26, 2:01 PM] TessaMarkle: so impressed with your multi-tasking!

[May 26, 2:01 PM] Nathan Inzerillo: Hello again from Burbank! (I've got so many replays to watch!)

[May 26, 2:02 PM] ShanayFuller: And were back

[May 26, 2:02 PM] Alex Ryan: Bon's brain is a mouse maze of multitasking

[May 26, 2:02 PM] TamikaSimpkins: LOL

[May 26, 2:02 PM] Quincy Cho: Hi Alex, Tamika, and Bon <3

[May 26, 2:02 PM] Quincy Cho: Also Keith (:

[May 26, 2:02 PM] ReginaPerrone: Hi from NY!

[May 26, 2:02 PM] TamikaSimpkins: Hey Quincy!!!

[May 26, 2:03 PM] Janet Rembaum: happy to be back again too  
[May 26, 2:03 PM] ChaerimPark: Woot woot excited!!  
[May 26, 2:03 PM] Laura B.: Community and tribe! Gotta find my people!  
[May 26, 2:03 PM] Alex Ryan: haha! Hey Quincy!  
[May 26, 2:03 PM] AaronWilson: Hey Quincy & Tamika!  
[May 26, 2:03 PM] KatrinaTutschek: Can't wait for Jen to be on. Love her... she is the reason I found you!  
[May 26, 2:03 PM] TamikaSimpkins: Hey Aaron!!!  
[May 26, 2:03 PM] RemyO&#39;Brien: remembering your why. Community. Mindset. The good train  
[May 26, 2:04 PM] MonicaGilbert: All persevered!  
[May 26, 2:04 PM] TamikaSimpkins: My take away JFDI!!!  
[May 26, 2:04 PM] Laura B.: Also upleveling those people...  
[May 26, 2:04 PM] ReynGraves: Enoughness, community, and a culture of service have been my takeaways  
[May 26, 2:04 PM] LeonContavesprie: First timer here from New Orleans!  
[May 26, 2:04 PM] Leah Cevoli: Hi everyone! Really excited to talk to the smfa ninjas reaching out to me about the smfa summit crowdfunding session discount! Love the proactiveness coming from the summit!  
[May 26, 2:04 PM] Alex Ryan: Yaaassss Tamika!  
[May 26, 2:04 PM] Quincy Cho: Aaron!!! Haiiiii!  
[May 26, 2:04 PM] Laura B.: Awesome talk Leah  
[May 26, 2:04 PM] Quincy Cho: Remy!  
[May 26, 2:05 PM] Alex Ryan: Interesting of being in a place of service but NOT being a lifeboat  
[May 26, 2:05 PM] JayeRestivo: Yes, being of service.  
[May 26, 2:05 PM] RemyO&#39;Brien: Quincy!!!  
[May 26, 2:05 PM] TBG\_Amy: Yes Reyn!  
[May 26, 2:05 PM] Nathan Inzerillo: Don't worry about booking the job! Just have a great time in the room!  
[May 26, 2:05 PM] ShanayFuller: I took a pause on the biz to finish my degree and Ive been playing double dutch trying to jump back in. My biggest take away is IT IS TIME!! Everything ive heard has brought me confirmation after confirmation. Ty  
[May 26, 2:05 PM] JudyKerr: Happy to be here and looking forward to Mary Lou. We first worked together in the 80s on a sitcom at Universal Studios.  
[May 26, 2:05 PM] Sarah Thompson: The resilience that comes from being grateful, community, and faith. Serving so others can also live their dreams!  
[May 26, 2:05 PM] JayeRestivo: JudyKerr, you are so supportive!  
[May 26, 2:05 PM] Alex Ryan: Love that Judy!  
[May 26, 2:06 PM] Mary LouBelli: hello, Bonnie  
[May 26, 2:06 PM] Quincy Cho: Leah is amazing!  
[May 26, 2:06 PM] JayeRestivo: I need to JFDI and continue writing on the sit-com.

[May 26, 2:06 PM] BethGilvie: Love that there's such encouragement that you don't need to wait to start, and that if you do, that's okay! It's always the right time to begin.

[May 26, 2:06 PM] Leah Cevoli: ..... TakeAway - everyone's story has similar threads, similar ups and downs, - we're really not alone in this journey, even when it feels like we are!

[May 26, 2:06 PM] BiancaFoscht: Hi everybody!

[May 26, 2:06 PM] Stephanie Bergeron: Hey everyone!!

[May 26, 2:06 PM] Leah Cevoli: Mary Lou is here! :)

[May 26, 2:06 PM] Alex Ryan: oh i love that!!!

[May 26, 2:07 PM] Laura B.: Hi Mary Lou!

[May 26, 2:07 PM] TamaraGallo: Hi Judy Kerr and Bonnie! thanks for your talk! I am in my midlife now officially and shifting gears and the talk you two had was encouraging for me not to give them a 'no'!

[May 26, 2:07 PM] AaronWilson: Hi Mary Lou! :)

[May 26, 2:07 PM] Mary LouBelli: Hi Judy Kerr!!!!

[May 26, 2:07 PM] TamaraGallo: HI Mary lou!

[May 26, 2:07 PM] Alex Ryan: There she is!

[May 26, 2:07 PM] JayeRestivo: Hi, Mary Lou!!!

[May 26, 2:08 PM] MartaKotzian: Hi Mary Lou!

[May 26, 2:08 PM] Quincy Cho: Expansive Capacity is amazeballs!

[May 26, 2:08 PM] Laura B.: Yes Quincy, it's soooo good

[May 26, 2:08 PM] AaronWilson: Love Expansive Capacity!

[May 26, 2:08 PM] JayeRestivo: Fear isolates...

[May 26, 2:08 PM] RemyO&#39;Brien: yes yes expansive capacity

[May 26, 2:09 PM] CarolineJaynes: Fear is a Liar!! What is that saying....False Evidence  
Appearing Real

[May 26, 2:09 PM] Alex Ryan: Right Remy??

[May 26, 2:09 PM] VeannaBlack: @CarolineJaynes, love that!!!!

[May 26, 2:09 PM] Mary LouBelli: HI Laura B, Hi Jaye, Hi Tamara, Hey Marta

[May 26, 2:09 PM] Janet Rembaum: yes it is

[May 26, 2:09 PM] Quincy Cho: Laura hiiii~

[May 26, 2:10 PM] Alex Ryan: Mary Lou you and I spoke on the phone RIGHT before you were about to take off for a vacation a few months ago. ☺ Hello!

[May 26, 2:10 PM] JayeRestivo: And she shares her projects so you can see it! And some behind the scenes of the shoot as well!

[May 26, 2:10 PM] Stephanie Bergeron: Yay!

[May 26, 2:11 PM] JudyKerr: She is fabulous!!!

[May 26, 2:11 PM] TamikaSimpkins: I love that!

[May 26, 2:11 PM] BiancaFoscht: Yay! Hello Mary!

[May 26, 2:12 PM] Stephanie Bergeron: Absolutely.

[May 26, 2:12 PM] BethGilvie: Oooh, I like that

[May 26, 2:12 PM] DebSnyder: Become discriminating about what's important!!

[May 26, 2:12 PM] AmeliaRico: Yes!

[May 26, 2:12 PM] Alex Ryan: That's your Quarantine Keepers and Quarantine Leavers!

[May 26, 2:12 PM] Mary LouBelli: Hy Leah, Hi Bianca  
[May 26, 2:12 PM] Bonnie G: Quarantine Keepers and Quarantine Leavers! Exactly!  
[May 26, 2:12 PM] Laura B.: I have a list of what I'm keeping and what I'm giving back from Safer at H0me, lol  
[May 26, 2:13 PM] Bonnie G: Me too, Laura.  
[May 26, 2:13 PM] Stephanie Bergeron: I started a list too, Laura.  
[May 26, 2:13 PM] Laura B.: Nice Stephanie!  
[May 26, 2:13 PM] Laura B.: Yay B0nnie! So good!  
[May 26, 2:13 PM] AmeliaRico: Yes, so many wonderful women wearing ALL THE HATS!  
lol  
[May 26, 2:13 PM] BethGilvie: YES dance class!  
[May 26, 2:13 PM] Stephanie Bergeron: Yes! Makes my dancer heart sing.  
[May 26, 2:14 PM] TBG\_Erin: So do you have 36 hours in a day, MaryLou? :)  
[May 26, 2:14 PM] CarolineJaynes: Gotta keep moving!!  
[May 26, 2:14 PM] TamikaSimpkins: Wow that's Boss Life!!!  
[May 26, 2:14 PM] Alex Ryan: LOVE THAT  
[May 26, 2:14 PM] Quincy Cho: lulz  
[May 26, 2:14 PM] TBG\_Erin: I love that!! I'm not done yet!!  
[May 26, 2:14 PM] BethGilvie: I want that. I want that so much. I LOVE the go go go and I miss not being so tired all the time.  
[May 26, 2:14 PM] Mary LouBelli: I'm not done yet!  
[May 26, 2:14 PM] BethGilvie: Yaaaaaaas!!!  
[May 26, 2:15 PM] CarolineJaynes: Hahaha Nope, I'm not done yet!  
[May 26, 2:15 PM] Alex Ryan: No you are NOT  
[May 26, 2:15 PM] Leah Cevoli: lol, I'm not done yet... lol  
[May 26, 2:15 PM] JayeRestivo: I'm not done yet! YAY !  
[May 26, 2:15 PM] Mary LouBelli: Create it for yourself, everyone.  
[May 26, 2:16 PM] Laura B.: Never stop learning!  
[May 26, 2:16 PM] Alex Ryan: Oh there was so much history in that laugh  
[May 26, 2:17 PM] Alex Ryan: oh interesting  
[May 26, 2:17 PM] JustineHarrison: Thanks for being here Mary Lou  
[May 26, 2:17 PM] CarolineJaynes: Lots of Wisdom in that!  
[May 26, 2:17 PM] Laura B.: Oh my gosh, Atlanta traffic!  
[May 26, 2:17 PM] DebSnyder: Wow.. great to know!  
[May 26, 2:17 PM] Stephanie Bergeron: Oh, yes. Rule-followers vs. rule-breakers.  
[May 26, 2:17 PM] BethGilvie: Yeah, I definitely hang up on multiple takes if there's clear instruction, but I love that encouragement!  
[May 26, 2:17 PM] Alex Ryan: so send two takes not on the same file?  
[May 26, 2:17 PM] TessaMarkle: so smart, i'm doing that from now on!  
[May 26, 2:17 PM] Bonnie G: As long as you aren't doing two IDENTICAL takes (OMG, so many people do that), we're good!  
[May 26, 2:18 PM] JustineHarrison: Yes Bonnie needs to be different!  
[May 26, 2:18 PM] CarolineJaynes: They might think it's your twin. HA j/k

[May 26, 2:18 PM] Stephanie Bergeron: I loved hearing that hard no about being talked out from sending a second take.

[May 26, 2:19 PM] TessaMarkle: hahah i can't believe people do that so often!

[May 26, 2:19 PM] BethGilvie: Oh NOOOO!

[May 26, 2:19 PM] Leah Cevoli: oh mannnn

[May 26, 2:19 PM] BethGilvie: I love that, Bon - it makes that sort of thing less stinging

[May 26, 2:19 PM] Bonnie G: It was HIS, Leah. His name was IN the breakdown.

[May 26, 2:20 PM] CarolineJaynes: I feel if you did all you could and it's meant to be, it'll work out.

[May 26, 2:20 PM] Bonnie G: Good, Beth. That's why I always say "book the room"!

[May 26, 2:21 PM] Mary LouBelli: Happy to be here, Justine. Hope everyone is getting through this and finding positive things to do.

[May 26, 2:21 PM] AmeliaRico: AlexRyan, I've always sent them in two separate files and Mary Lou said "The CD doesn't have to open the second one" so I'm guessing that also means, two separate files.

[May 26, 2:22 PM] Laura B.: Yes! Meditation tape and music, big helps

[May 26, 2:22 PM] Stephanie: :)

[May 26, 2:22 PM] TamikaSimpkins: Hahaha Just breathe!

[May 26, 2:23 PM] Alex Ryan: Oh Thank you Amelia!

[May 26, 2:23 PM] Alex Ryan: Love picking a song

[May 26, 2:23 PM] JustineHarrison: Trying Mary Lou we are all trying!

[May 26, 2:23 PM] Mary LouBelli: Yes I suggest two separate files for multiple takes.

[May 26, 2:24 PM] DebSnyder: OMG Love me some Heinlein....

[May 26, 2:24 PM] Mary LouBelli: Read this book. Stranger in a Strange Land!

[May 26, 2:25 PM] Alex Ryan: Ordering now. And thanks re two separate files

[May 26, 2:25 PM] KatrinaTutschek: Already putting it on my list. Right up my alley!

[May 26, 2:25 PM] CarolineJaynes: Thank you Mary Lou, for the book suggestion. :)

[May 26, 2:25 PM] Mary LouBelli: New book proposal is with that publisher now...Keep a good thought everyone.

[May 26, 2:26 PM] Alex Ryan: Yes to positive thoughts. Very exciting!

[May 26, 2:26 PM] Stephanie Bergeron: That's exciting Mary Lou... positive thoughts.

[May 26, 2:26 PM] RemyO'Brien: sending positive energetic thoughts.

[May 26, 2:26 PM] Bonnie G: } } } } }vibes{ { { { {

[May 26, 2:26 PM] TBG\_Erin:

[May 26, 2:26 PM] AaronWilson: Sending positive thoughts!

[May 26, 2:26 PM] TamikaSimpkins: Definitely good vibes sending!!!

[May 26, 2:26 PM] Alex Ryan: Are they always your own projects that you develop?

[May 26, 2:26 PM] TBG\_Amy: All the good vibes!

[May 26, 2:27 PM] Alex Ryan: And of course you just answered it! ☺

[May 26, 2:27 PM] Bonnie G: ;)

[May 26, 2:27 PM] BethGilvie: Yesssssss to the publisher! Make it a yes!

[May 26, 2:28 PM] Stephanie Bergeron: There's one of those meta-themes... following the ease and joy.

- [May 26, 2:28 PM] Bonnie G: Right, Stephanie?
- [May 26, 2:28 PM] KatrinaTutschek: I admire the hustle!
- [May 26, 2:28 PM] Alex Ryan: Oh that's fantastic!
- [May 26, 2:29 PM] JustineHarrison: So this is already a popular book series
- [May 26, 2:29 PM] JayeRestivo: Mary Lou, Loved seeing your work with Marsha Merchant's project. You direct all over the place!
- [May 26, 2:29 PM] Emily Kindred: I made it!
- [May 26, 2:29 PM] Alex Ryan: Hi Emily!
- [May 26, 2:30 PM] Stephanie Bergeron: Hi, Emily!
- [May 26, 2:30 PM] Alex Ryan: Yup
- [May 26, 2:30 PM] Tracy Weisert: It is such a JOY to "see" you again Mary Lou and to hear your wisdom again.
- [May 26, 2:30 PM] TinaKien: wheewww :o
- [May 26, 2:31 PM] Emily Kindred: Hey Alex! Hey Stephanie!
- [May 26, 2:31 PM] Alex Ryan: I agree
- [May 26, 2:31 PM] CarlyneAubin: I'm all for cheerier things on tv.
- [May 26, 2:31 PM] Stephanie Bergeron: I'd agree with that.
- [May 26, 2:31 PM] CarolineJaynes: Interesting story about Chris Rock. Smart Business strategy.
- [May 26, 2:31 PM] Laura B.: Yes, I think so too. For what that's worth
- [May 26, 2:31 PM] BeckiHayes: Frozen!!! Oh, the humanity!!!!
- [May 26, 2:31 PM] BethGilvie: I feel that, Mary Lou. I wonder if we're going to see a little more fantasy, too. Getting away from the real world.
- [May 26, 2:32 PM] TamikaSimpkins: I love your response MaryLou. Yeah that is crazy.
- [May 26, 2:32 PM] DebSnyder: yes indie film!
- [May 26, 2:32 PM] CarlyneAubin: The return of the 90's 2000's style indie movie!!!
- [May 26, 2:33 PM] Laura B.: Yes! I'm heading out to shoot one of those this summer!
- [May 26, 2:33 PM] BeckiHayes: Come back to me, inspiring ladies!!!!
- [May 26, 2:33 PM] AmyHarber: oh that's bull. Jamie Castro even speaks of this in her co-star zooms & how she's going to do it with the shows she works on
- [May 26, 2:33 PM] Stephanie Bergeron: Congrats, Laura!
- [May 26, 2:33 PM] Alex Ryan: great Laura!
- [May 26, 2:33 PM] BethGilvie: Congratulations!
- [May 26, 2:33 PM] Bonnie G: Becki, are you having tech issues?
- [May 26, 2:34 PM] Mary LouBelli: Go Laura....can't wait to see it! Projects can be created from many sources.
- [May 26, 2:34 PM] Bonnie G: Congrats, Laura!
- [May 26, 2:34 PM] Laura B.: thanks Stephanie and Alex. It's the first things that are coming back, one location, indy film, small crew doubling up.
- [May 26, 2:34 PM] TBG\_Amy: Oh I like the idea that the workaround is often better. It's the limitations that free our creativity.
- [May 26, 2:34 PM] TBG\_Erin: Becki have you tried reloading or a different browser?

[May 26, 2:35 PM] Laura B.: Thanks, Mary Lou, it's exactly what you were saying so independent it's dependent...

[May 26, 2:35 PM] Alex Ryan: detours not roadblocks. nice!

[May 26, 2:35 PM] Bonnie G: Isn't that great, Alex?

[May 26, 2:35 PM] DebSnyder: no roadblocks!!! Detours....

[May 26, 2:35 PM] Mary LouBelli: Hi Emily!

[May 26, 2:35 PM] Laura B.: Yes, mistakes are just lessons

[May 26, 2:35 PM] TamikaSimpkins: Yes!!!

[May 26, 2:35 PM] CarolineJaynes: That's Right! Don't give up on yourself. Find a way.

[May 26, 2:35 PM] Mary LouBelli: Acting for the Screen. part of the PERFORM series. Focal Press.

[May 26, 2:36 PM] Emily Kindred: Hi Mary Lou!! This is absolutely brilliant! So glad I was able to join live

[May 26, 2:36 PM] Mary LouBelli: Joy Craft Network Repeat

[May 26, 2:36 PM] Bonnie G: Love that rubric!

[May 26, 2:36 PM] Alex Ryan: LOVE!

[May 26, 2:36 PM] Emily Kindred: LOOOOVE

[May 26, 2:36 PM] Alex Ryan: Oh my god love so much

[May 26, 2:36 PM] Stephanie Bergeron: Nice!

[May 26, 2:36 PM] JustineHarrison: Love that

[May 26, 2:37 PM] BethGilvie: Love ALL of this, Mary Lou!

[May 26, 2:37 PM] AmeliaRico: Joy, Craft, Network, Repeat. My new mantra.

[May 26, 2:37 PM] JayeRestivo: Joy, Craft, Network Give to get.

[May 26, 2:37 PM] TinaKien: the be of service

[May 26, 2:37 PM] DebSnyder: Give to Get...

[May 26, 2:37 PM] Bonnie G: Right, Tina? There it is again!

[May 26, 2:37 PM] EmilyRedenbach: Anna K is on my library list! I'm 5th in the queue

[May 26, 2:37 PM] Laura B.: haha BOnnie I was just typing that

[May 26, 2:37 PM] CarolineJaynes: What you give out, you will get back. I'm a sold believer of that.

[May 26, 2:37 PM] JayeRestivo: be of service - theme!

[May 26, 2:37 PM] Bonnie G: LOL Laura. Brainshare!

[May 26, 2:37 PM] TinaKien: service\*

[May 26, 2:37 PM] Alex Ryan: You did it because she's your people

[May 26, 2:38 PM] Stephanie Bergeron: Just like Kim said too... we all rise!

[May 26, 2:38 PM] BeckiHayes: Do you find that you can form authentic relationships and build your tribes via social media at all?

[May 26, 2:38 PM] BethGilvie: Good question, Becki

[May 26, 2:38 PM] JayeRestivo: "You will get when you give." ABSOLUTELY!

[May 26, 2:38 PM] AyaOhara: I LOVE the Twilight Zone

[May 26, 2:39 PM] BethGilvie: I feel like we can expand with social media to an extent, but I feel like it only goes so far? Maybe I'm just putting a roadblock on it ahead of time.

[May 26, 2:39 PM] Alex Ryan: Just looked up definition of Grok: to understand profoundly and intuitively. LOVE

[May 26, 2:39 PM] Stephanie Bergeron: Ha! You grok the grok!

[May 26, 2:39 PM] Alex Ryan: hahaha

[May 26, 2:39 PM] Mary LouBelli: Jenny Lee is writing sequel now to Anna K

[May 26, 2:39 PM] BethGilvie: Ooooooh, I love it, Alex

[May 26, 2:39 PM] CarolineJaynes: Mary Lou, you're good people. You can't fake that! Grok!

[May 26, 2:40 PM] Mary LouBelli: Yes! Grok!

[May 26, 2:40 PM] Alex Ryan: ☺ ☺

[May 26, 2:40 PM] TBG\_Erin: WHAAAAT

[May 26, 2:40 PM] JayeRestivo: Love the way you spotlight folks. So generous.

[May 26, 2:40 PM] ShanayFuller: Just started following you on ig Mary

[May 26, 2:41 PM] BethGilvie: I'm so encouraged by the kind of generosity you hold, Mary Lou. <3

[May 26, 2:41 PM] KatrinaTutschek: That's so COOL!

[May 26, 2:41 PM] Alex Ryan: BECOMING!!! Love her!

[May 26, 2:41 PM] TBG\_Amy: Oh wow!

[May 26, 2:41 PM] Alex Ryan: SHES"S MY SPIRIT ANIMAL!

[May 26, 2:41 PM] BethGilvie: YESSSSSSS TRACI

[May 26, 2:41 PM] Alex Ryan: I can't wait for her movie!

[May 26, 2:41 PM] Laura B.: She is so amazing!

[May 26, 2:41 PM] BethGilvie: Oh, that film looks like a blast.

[May 26, 2:41 PM] Bonnie G: Beth, definitely, that limitation is something to examine. If anyone in the history of time has ever developed a real, deep, lasting relationship online, it's possible.

[May 26, 2:41 PM] Alex Ryan: Tons of good

[May 26, 2:41 PM] KatrinaTutschek: Love her and I really want to see the movie

[May 26, 2:41 PM] Mary LouBelli: The High Note | At Home On Demand this Friday. starring The wonderful Tracee Ellis Ross

[May 26, 2:41 PM] Bonnie G: PS--I've done that 1234567890 times.

[May 26, 2:41 PM] Bonnie G: So, it's possible. ;)

[May 26, 2:41 PM] Alex Ryan: I'm SO SO excited for her!

[May 26, 2:41 PM] AmyHarber: Mary Lou - i love that your instagram is real looking and not curated looking like so many in entertainment have.

[May 26, 2:42 PM] JustineHarrison: And right now people are being very generous and giving. It's really lovely

[May 26, 2:42 PM] JayeRestivo: "Embrace the givers." Here's a hug for ya, Mary Lou!

[May 26, 2:42 PM] Stephanie Bergeron: I agree, Justine.

[May 26, 2:42 PM] Alex Ryan: Love women in media

[May 26, 2:42 PM] DebSnyder: Me too @Alex

[May 26, 2:43 PM] Alex Ryan: ☺



[May 26, 2:43 PM] Bonnie G: Justine -- It really allows us to see who MEANT it when they said "I don't have time" (because NOW they're giving) and who used that as a stopper (because even now, they're not giving).

[May 26, 2:43 PM] Emily Kindred: I'M OBSESSED with Tracee Ellis Ross! She oozes strength and authenticity and is a role model for sitting in your power.

[May 26, 2:43 PM] BethGilvie: ^^Yes. The authenticity rings through from her every time.

[May 26, 2:44 PM] BethGilvie: Like, whether she's acting or just being herself. It's magnetic.

[May 26, 2:44 PM] Alex Ryan: Yes she does Emily. Everyone needs to watch her girls talk and her talk w oprah

[May 26, 2:44 PM] JayeRestivo: Like Mr. Roger said, "look for the helpers!"

[May 26, 2:44 PM] Bonnie G: YES, Jaye!

[May 26, 2:44 PM] Alex Ryan: (I forget what it's called but it's about her journey to enoughness about being a single woman w no kids)

[May 26, 2:44 PM] BiancaFoscht: Yeah! Connecters are great!

[May 26, 2:44 PM] BeckiHayes: She's always so alive and vivacious

[May 26, 2:44 PM] VeannaBlack: More about building relationships based on being of service. I love this perspective.

[May 26, 2:44 PM] Bonnie G: Me too, Veanna.

[May 26, 2:45 PM] Laura B.: Yes Veanna

[May 26, 2:45 PM] JustineHarrison: The web of trust!

[May 26, 2:45 PM] Bonnie G: YES

[May 26, 2:45 PM] Mary LouBelli: <https://www.possefoundation.org>

[May 26, 2:45 PM] CarolineJaynes: "You don't truly get anywhere in this life with out a genuinely open heart." ~ Caroline Jaynes

[May 26, 2:45 PM] Mary LouBelli: The Posse Foundation

[May 26, 2:45 PM] TBG\_Erin: Mary Lou, our chat censors out links. Would you please share the link in the comments on your replay page after we wrap?

[May 26, 2:45 PM] BethGilvie: I dig that, Caroline.

[May 26, 2:46 PM] BeckiHayes: Connectors! Yes!

[May 26, 2:46 PM] TinaKien: long career. thats ok bc I like longevity. that's my goal too.

[May 26, 2:46 PM] TBG\_Erin: "The way you think you're going to get something is rarely the way you get it." That is the TRUTH.

[May 26, 2:46 PM] CarolineJaynes: @Beth, Thank you! :)

[May 26, 2:46 PM] Laura B.: Yes, the way you think you're going ot get something is rarely the way you get it.

[May 26, 2:46 PM] DebSnyder: Amen! ;0) God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference

[May 26, 2:46 PM] JayeRestivo: Don't push the river, it flows by itself.

[May 26, 2:46 PM] Alex Ryan: Yes Erin!

[May 26, 2:47 PM] Alex Ryan: hahaha

[May 26, 2:47 PM] Stephanie Bergeron: Broad foundation... that really resonated with me as a hyph!

[May 26, 2:47 PM] Emily Kindred: I've already written a page of notes... wow... gem after gem Mary Lou!!

[May 26, 2:47 PM] Alex Ryan: me too Stephanie

[May 26, 2:47 PM] Alex Ryan: OOOH

[May 26, 2:47 PM] CarolineJaynes: Nobody has time for nasty. Buh-Bye

[May 26, 2:47 PM] Mary LouBelli: In 2010 President Obama contributed a portion of his Nobel Peace Prize money to Posse.

[May 26, 2:47 PM] DebSnyder: Yes.

[May 26, 2:47 PM] DebSnyder: She speaks her truth!

[May 26, 2:48 PM] Alex Ryan: I miss him SO MUCH

[May 26, 2:48 PM] Mary LouBelli: thanks for showing up everyone!

[May 26, 2:48 PM] JustineHarrison: That's awesome re Obama

[May 26, 2:48 PM] JayeRestivo: Your reputation is your brand....

[May 26, 2:48 PM] Emily Kindred: I keep clapping and yelling YESSSSS to myself!

[May 26, 2:48 PM] Alex Ryan: THANK YOU MARY LOU!!!!

[May 26, 2:48 PM] Leah Cevoli: ooh ooh ooh...

[May 26, 2:48 PM] TinaKien: hey taylor swift did it! =)

[May 26, 2:48 PM] Leah Cevoli: reputation is your brand.

[May 26, 2:48 PM] VeannaBlack: This hour went by too fast!

[May 26, 2:48 PM] MartaKotzian: Thanks Mary Lou!

[May 26, 2:49 PM] CarolineJaynes: Mary Lou, thank you so much!

[May 26, 2:49 PM] JudyKerr: Mary Lou you're so inspirational. Big hugs!!!

[May 26, 2:49 PM] AyaOhara: are you teaching any online classes?

[May 26, 2:49 PM] JustineHarrison: Jr!

[May 26, 2:49 PM] BethGilvie: Awww!

[May 26, 2:49 PM] PatriciaBecker-Spellman: Wonderful session, thank you!

[May 26, 2:49 PM] TamikaSimpkins: So awesome! Thank you Mary Lou!!!

[May 26, 2:49 PM] Alex Ryan: Short ladies in the house!

[May 26, 2:49 PM] CarolineJaynes: May 6th is my Birthday!!!

[May 26, 2:49 PM] Laura B.: Thanks so much!

[May 26, 2:49 PM] JustineHarrison: Incredible

[May 26, 2:49 PM] DebSnyder: Thank you Mary Lou Belli!

[May 26, 2:49 PM] Mary LouBelli: love you Judy!

[May 26, 2:49 PM] Alex Ryan: AHHHHHHH

[May 26, 2:49 PM] Leah Cevoli: oh... fellow taurus 5/4 <3

[May 26, 2:49 PM] Emily Kindred: This was magical!! Can't wait for the playback!

[May 26, 2:49 PM] BethGilvie: Mary Lou, this was LOVELY. Thank you for your light and your guidance!!

[May 26, 2:49 PM] AmeliaRico: YAY! That was amazing for sure!

[May 26, 2:50 PM] RemyO'Brien: thank you Mary Lou

[May 26, 2:50 PM] JayeRestivo: Thank you, Mary Lou!

[May 26, 2:50 PM] Alex Ryan: Short Taurean women?? GO!!

[May 26, 2:50 PM] TBG\_Amy: Thank you so much!

- [May 26, 2:50 PM] BeckiHayes: Good karma always!
- [May 26, 2:50 PM] Emily Kindred: <3 <3
- [May 26, 2:50 PM] AyaOhara: Than you!
- [May 26, 2:50 PM] BenYemba: If you only see the roadblocks instead of detours, you're doomed.
- [May 26, 2:50 PM] CarlyneAubin: There are no roadblocks. Only detours.
- [May 26, 2:50 PM] Mary LouBelli: online classes....my next Q and A is for Seenwork.
- [May 26, 2:50 PM] Tracy Weisert: "Your reputation is your brand." Thank you, dear Mary Lou always and FOREVER.
- [May 26, 2:50 PM] Alex Ryan: Jesus. TOO MANY
- [May 26, 2:50 PM] BiancaFoscht: Thank you so much, Mary! That was incredible!
- [May 26, 2:50 PM] BeckiHayes: Thank you BOTH
- [May 26, 2:50 PM] Janet Rembaum: so good to hear
- [May 26, 2:50 PM] TinaKien: Takeaways: Joy-Craft-Network REPEAT  
Reputation is your brand
- [May 26, 2:50 PM] PeterTarantino: Keeping ourselves centered is so important in every way. I loved hearing you both speak about the mind body connection and how being grounded in our bodies is not only healthy for us, but vital when you're in the audition room when taking on a character. Joy, Craft, Network, Repeat.
- [May 26, 2:50 PM] AaronWilson: Thank you, Mary Lou and Bon! :)
- [May 26, 2:50 PM] AmeliaRico: Thank you greatly, Mary Lou! You are such a gift.
- [May 26, 2:50 PM] Stephanie Bergeron: That was lovely. Biggest takeaways for me were "Joy, Craft, Network, Repeat", broad foundation, "Give to Get".
- [May 26, 2:50 PM] RemyO'Brien: no roadblocks only detours, give give give
- [May 26, 2:50 PM] DebSnyder: Speak your truth! Give to Get... GROK!
- [May 26, 2:50 PM] Alex Ryan: Joy Craft Network repeat
- [May 26, 2:50 PM] ShanayFuller: She was so nice, everyone has been so welcoming
- [May 26, 2:50 PM] JustineHarrison: Idk that was just beautiful!
- [May 26, 2:50 PM] Sarah Thompson: Thank you so much, Mary Lou! You are so authentic and inspiring!
- [May 26, 2:50 PM] Janet Rembaum: joy craft network repeat. nit be defeated
- [May 26, 2:50 PM] Larry Altmayer: Very fascinating and inspirational. Yes, give and opposed to get!
- [May 26, 2:50 PM] BenYemba: Give to get
- [May 26, 2:50 PM] JayeRestivo: Joy. Craft. Network.
- [May 26, 2:50 PM] BiancaFoscht: "Your reputation is your brand "
- [May 26, 2:50 PM] TamikaSimpkins: Joy Craft Network Repeat!
- [May 26, 2:50 PM] RicFischer: Give to get
- [May 26, 2:50 PM] Paola Angarita: Joy, craft, Network, and repeat.
- [May 26, 2:50 PM] BethGilvie: Oh, SO much, but "If you have a roadblock, then you HAVE a detour!"
- [May 26, 2:51 PM] Emily Kindred: your reputation is your brand, give give give to get, the way you think you will get something is rarely the way you get it... plus plus plus!!

[May 26, 2:51 PM] Paola Angarita: Give to get.  
[May 26, 2:51 PM] CarolineJaynes: My take away is that you need to be authentic. Treat others how you want to be treated.  
[May 26, 2:51 PM] KatrinaTutschek: So full of knowledge  
[May 26, 2:51 PM] BethGilvie: Oooooohhh yes joy/craft/network/REPEAT  
[May 26, 2:51 PM] JayeRestivo: SO MUCH HERE!  
[May 26, 2:51 PM] Alex Ryan: all the work but ALSO into imaginary box until GROK  
[May 26, 2:51 PM] GemTorres: Had to miss a bunch, but goodness that was fab! Take aways: Become discriminating about what is important and leave the rest behind. The second take is your friend - a favorable decision may come down to one changed choice. Joy, craft, network, repeat. Show up w/ initiative and drive. Put out good and good comes back. SO excited to rewatch to catch the rest!  
[May 26, 2:51 PM] Paola Angarita: " I'm not done yet"  
[May 26, 2:51 PM] Mary LouBelli: Todd Holland: Joy Craft Network Repeat  
[May 26, 2:51 PM] Laura B.: Give more than you get, community and joy craft network repeat and Posse Foundation!  
[May 26, 2:52 PM] Alex Ryan: ME! I'm so excited!  
[May 26, 2:52 PM] JayeRestivo: 3 gives and then 1 get.  
[May 26, 2:52 PM] ShanayFuller: HAHA!!!!  
[May 26, 2:52 PM] TinaKien: LOL  
[May 26, 2:52 PM] Alex Ryan: HAHAHAHAHA  
[May 26, 2:52 PM] ShanayFuller: I love it!!!  
[May 26, 2:52 PM] Keith J: HEY!  
[May 26, 2:52 PM] MartaKotzian: hahaha!  
[May 26, 2:52 PM] Larry Altmayer: Give, give, give, to get! And in today's world, follow on social media...  
[May 26, 2:52 PM] Emily Kindred: AMEN!!!  
[May 26, 2:52 PM] Paola Angarita: Always, send more than one take!  
[May 26, 2:52 PM] BethGilvie: Thank you for that Todd Holland reference!  
[May 26, 2:52 PM] ShanayFuller: Right  
[May 26, 2:52 PM] Alex Ryan: KEITH!!!!  
[May 26, 2:52 PM] TamikaSimpkins: LOL  
[May 26, 2:52 PM] AyaOhara: LOL  
[May 26, 2:52 PM] Mary LouBelli: No dick zone!  
[May 26, 2:52 PM] Janet Rembaum: great energy boundless energy and ideas  
[May 26, 2:52 PM] AaronWilson: Lol  
[May 26, 2:52 PM] Leah Cevoli: KEITH ROCKS! )  
[May 26, 2:52 PM] Laura B.: he he Keith  
[May 26, 2:52 PM] RemyO&#39;Brien: Aww Keith  
[May 26, 2:52 PM] ReynGraves: This has been one of my favorites for sure! Joy, craft, network, repeat. There are no roadblocks, only detours. I could listen to Mary Lou talk forever. She's so inspiring!

[May 26, 2:52 PM] DilaraFoscht: Loved the talk.:give(3x) to get. And your reputation is your brand:)

[May 26, 2:52 PM] PatriciaBecker-Spellman: Be decent on set, your behavior will echo--your reputation is your brand.

[May 26, 2:52 PM] ElisaAnnette: I really want to read *Stranger in a Strange Land* now

[May 26, 2:52 PM] NicoleRycroft: Thank you! Thank you! So many incredible insights! My biggest takeaway, no roadblocks only detours

[May 26, 2:52 PM] Alex Ryan: Is that no bullshit zone? Ha!

[May 26, 2:52 PM] JayeRestivo: Detours not roadblocks!

[May 26, 2:52 PM] Paola Angarita: There are not roadblock, only detours.

[May 26, 2:53 PM] Tracy Weisert: Hello Keith!

[May 26, 2:53 PM] ShanayFuller: Thats true love right there

[May 26, 2:53 PM] JustineHarrison: Loved that she sent Jenny Lee names of specialized CDa

[May 26, 2:53 PM] JustineHarrison: CDs\*

[May 26, 2:53 PM] VeannaBlack: She's so limitless! I love it!!!!

[May 26, 2:53 PM] JayeRestivo: So inspiring!!

[May 26, 2:53 PM] DebSnyder: Very inspiring --she is passionate and speaks from her truth! It's magnetic.

[May 26, 2:53 PM] Laura B.: That's such a big thing for us slashers

[May 26, 2:53 PM] Paola Angarita: Control what you can control and let go the rest.

[May 26, 2:53 PM] Alex Ryan: gonna have to go tap again

[May 26, 2:53 PM] Alex Ryan: hahaha

[May 26, 2:54 PM] Janet Rembaum: the way you think you get it is rarely the way you get it, but you can still be strategic with a wide base( think thats what she said)

[May 26, 2:54 PM] JudyThrush: Judy Thrush: Never seen or heard her before. Seem like a person with so many personal colors. It's wonderful. Glad had a chance to listen to her.

Thanks.

[May 26, 2:54 PM] Janet Rembaum: detours

[May 26, 2:54 PM] Alex Ryan: yes janet! Loved that one!

[May 26, 2:54 PM] BethGilvie: Oh yes, Janet!

[May 26, 2:54 PM] JustineHarrison: I'm looking forward to happier content

[May 26, 2:54 PM] ShirleyTran: I wasn't aware that it might be a good idea to send a second tape sometimes!

[May 26, 2:54 PM] Mary LouBelli: Also read Shonda Rhimes' *Year of Saying Yes!*

[May 26, 2:54 PM] MonicaGilbert: Whew! What a journey since I met her at SAG Foundation years back and bought her book on commercials. Love figure out where you are at and add to it.

That is what I am doing. I am not done yet.

[May 26, 2:55 PM] Alex Ryan: Love that book Mary Lou! so inspiring! That and *Becoming*

[May 26, 2:55 PM] Mary LouBelli: Hey Monica!

[May 26, 2:55 PM] Laura B.: *Year of Saying Yes* is a great book

[May 26, 2:55 PM] CarolineJaynes: I love reading, thank you for the book suggestions, Mary Lou!! :)

[May 26, 2:56 PM] Alex Ryan: Right??

[May 26, 2:56 PM] Alex Ryan: Cried the whole time  
[May 26, 2:56 PM] JayeRestivo: Thank you, Mary Lou!!!!  
[May 26, 2:56 PM] VictoriaBlackburn: Give to get!  
[May 26, 2:56 PM] Alex Ryan: HAHAHAAAAHA  
[May 26, 2:56 PM] Alex Ryan: MISS THEM!!!!!!  
[May 26, 2:56 PM] AaronWilson: The good days. I did too  
[May 26, 2:56 PM] AmyHarber: totes miss them  
[May 26, 2:56 PM] BethGilvie: Oh, I have replays! That  
[May 26, 2:56 PM] AndreaHaskett: Thank you Mary Lou and Bonnie. Lots of great things here. :)  
[May 26, 2:57 PM] RemyO&#39;Brien: I have a self tape to do  
[May 26, 2:57 PM] Alex Ryan: Slow breathing, maybe some tapping and writing  
[May 26, 2:57 PM] JayeRestivo: xoxoxox to everyone!  
[May 26, 2:57 PM] BethGilvie: \*That's how I'm going to stay inspired!!  
[May 26, 2:57 PM] KatrinaTutschek: Watching Replays!!!  
[May 26, 2:57 PM] Emily Kindred: Watch replays of today  
[May 26, 2:57 PM] JayeRestivo: Back to writing. No more roadblocks..  
[May 26, 2:57 PM] JustineHarrison: How about a little rest  
[May 26, 2:57 PM] BethGilvie: No phone in the bedroom. Meditate and reeeeeead my notes!  
[May 26, 2:57 PM] AmyHarber: i have to be a guest on a Success after 40 podcast and film a general for 4 Chicago CDs  
[May 26, 2:57 PM] AyaOhara: i'm taking Terry Berland's VO class  
[May 26, 2:57 PM] BiancaFoscht: Dancing and hugging myself!  
[May 26, 2:57 PM] Laura B.: self hypnosis  
[May 26, 2:57 PM] Alex Ryan: Nice Aya!  
[May 26, 2:57 PM] PatriciaBecker-Spellman: Work on tapping as I reflect on these sessions...  
[May 26, 2:57 PM] Mary LouBelli: Going to dance class.....thanks for coming, Everyone!  
[May 26, 2:57 PM] AaronWilson: Replays to watch for me too  
[May 26, 2:57 PM] Alex Ryan: THANK YOU!!!!!!!!!!!!  
[May 26, 2:57 PM] AmeliaRico: ALL THE CLAPS!  
[May 26, 2:57 PM] Stephanie Bergeron: Thank you!  
[May 26, 2:57 PM] AyaOhara: yay! thank yooouuu!!!  
[May 26, 2:57 PM] PatriciaBecker-Spellman: Thank you!  
[May 26, 2:57 PM] DebSnyder: applause!!!!!!!!!!!!!!!!!!!!  
[May 26, 2:57 PM] ReynGraves: Thank you!!  
[May 26, 2:57 PM] BeckiHayes: Work on my comedy for an upcoming workshop to build confidence!!!!  
[May 26, 2:57 PM] BenYemba: THANK YOU!!!!!!!!!!!!  
[May 26, 2:57 PM] RemyO&#39;Brien: claps claps claps  
[May 26, 2:57 PM] AmyHarber: thank  
[May 26, 2:57 PM] KatrinaTutschek: Thank you  
[May 26, 2:57 PM] AaronWilson: Yay! Thank you!!  
[May 26, 2:57 PM] Larry Altmayer: Thank you!

- [May 26, 2:57 PM] TessaMarkle: thank you so much mary lou!  
[May 26, 2:57 PM] Janet Rembaum: thank you !  
[May 26, 2:57 PM] Emily Kindred: Thank you Mary Lou!!!!!!!!!!!!  
[May 26, 2:57 PM] GemTorres: Thank you so much!!  
[May 26, 2:57 PM] ReginaPerrone: Follow all the different guests on SM  
[May 26, 2:57 PM] DebSnyder: Thank you!!!!!!!!!!!!  
[May 26, 2:57 PM] BethGilvie: Thank you to Bon and Mary LOUUUUU!!! Such a wonderful power hour. <3  
[May 26, 2:57 PM] Laura B.: Thanks Mary Lou and thank you Bonnie  
[May 26, 2:57 PM] TamikaSimpkins: Mary Lou!!!! Thank you for sharing your awesomeness!!!  
[May 26, 2:57 PM] PeterTarantino: Lighting candles and deep breathing. :) Thank you so much!  
[May 26, 2:57 PM] Paola Angarita: Watch replays, reading, Karate class...  
[May 26, 2:57 PM] BiancaFoscht: This was great! Thank you, Mary!  
[May 26, 2:58 PM] NicoleRycroft: Thank you!!!!  
[May 26, 2:58 PM] MonicaGilbert: Mary Lou!!!!  
[May 26, 2:58 PM] VictoriaBlackburn: Great to see you Mary Lou! Thank you for this!  
[May 26, 2:58 PM] TamaraGallo: THANK YOU LADIES! <3  
[May 26, 2:58 PM] Paola Angarita: Thank you so much  
[May 26, 2:58 PM] JayeRestivo: clap, clap, clap!!!! xooxoxooxoooooxooxoxo Mary Lou and Bonnie!  
[May 26, 2:58 PM] CarolineJaynes:  
[May 26, 2:58 PM] Alex Ryan: will miss you all til then  
[May 26, 2:58 PM] DebSnyder: Bye Bonnie thank you  
[May 26, 2:58 PM] Alex Ryan: Bye Quincy!  
[May 26, 2:58 PM] Quincy Cho: so good  
[May 26, 2:58 PM] Quincy Cho: ttfn! <3  
[May 26, 2:58 PM] Emily Kindred: Have a beautiful night everyone! <3  
[May 26, 2:58 PM] Bonnie G: THANK YOU, Mary Lou!!  
[May 26, 2:59 PM] JayeRestivo: Tomorrow , tribe!  
[May 26, 2:59 PM] Bonnie G: Thank you, ninjas! :) Y'all rock!  
[May 26, 2:59 PM] JayeRestivo: Bonnie, you help us rock!!!  
[May 26, 2:59 PM] ReginaPerrone: Another great interview. Thank you!  
[May 26, 3:01 PM] MonicaGilbert: I meant the Sitcom book.