

## SMFA Summit Chatlog from the Tanya Perez interview, 22 May 2021, 10am PDT

[May 22, 09:53 AM] TanyaPerez: Here to PLAY!!!  
[May 22, 09:53 AM] Amy Rauch: Yay!  
[May 22, 09:53 AM] TinaKien: Me too, me too! :D  
[May 22, 09:54 AM] TanyaPerez: Woohoo!  
[May 22, 09:54 AM] Stephanie Bergeron: Good morning!!  
[May 22, 09:54 AM] TinaKien: Morning! :)  
[May 22, 09:54 AM] TamikaSimpkins: Yaas it's Tanya Time!!!!  
[May 22, 09:55 AM] TanyaPerez: 🤩🤩  
[May 22, 09:55 AM] Amy Rauch: So excited!  
[May 22, 09:56 AM] AmeliaRico: Yay! Hi all!  
[May 22, 09:57 AM] deva.jean.philippe: Good morning/evening everybody.  
[May 22, 09:57 AM] DebSnyder: Hi Peeps! TANYA TIME!!!! Get your CLOWN on!!!  
[May 22, 09:57 AM] AmeliaRico: Ready to give and receive joy! 🤗  
[May 22, 09:58 AM] Kevin Alan Roberts: Hello All!!!  
[May 22, 09:58 AM] TanyaPerez: Good morning West Coast! Happy Afternoon to my EAST COAST!  
[May 22, 09:58 AM] TanyaPerez: Amelia!  
[May 22, 09:58 AM] TanyaPerez: Deb!  
[May 22, 09:58 AM] Stephanie Bergeron: Woot woot!  
[May 22, 09:58 AM] TanyaPerez: Stephanie!  
[May 22, 09:58 AM] JudyKerr: YES, what a great way to start this joyous day. Thank you Bonnie and I'm very much enjoying your before and after interview times - the things you say - I'm a fan. I love your energy. Big and bigger hugs and thanks for those too, i need them every time. Hello Tanya.  
[May 22, 09:59 AM] TanyaPerez: JUDY!  
[May 22, 09:59 AM] DawnnieMercado: Hi @TanyaPerez! Thanks for speaking to us today!  
[May 22, 09:59 AM] AmeliaRico: 🙌  
[May 22, 09:59 AM] TanyaPerez: AMY!  
[May 22, 09:59 AM] Stephanie Bergeron: Tanya! We've got our pompoms ready for you. ;) (What an awesome GIF)  
[May 22, 10:00 AM] Amy Rauch: @tanya <3!  
[May 22, 10:00 AM] TeamBonnieG: refresh  
[May 22, 10:00 AM] DebSnyder: Yeah Pompoms Stephanie!!! I'm gonna grab some pillows since I don't have pompoms!  
[May 22, 10:00 AM] LenkaSilhanova: Woooooohooooo  
[May 22, 10:00 AM] LenkaSilhanova: Go Tanya!  
[May 22, 10:00 AM] DawnnieMercado: Woooo hooo ready for day 5.  
[May 22, 10:00 AM] Kevin Alan Roberts: Ready!!!!!!  
[May 22, 10:00 AM] Stephanie Bergeron: Let's get it, Bon! It's a 5 day, after all...

[May 22, 10:01 AM] TanyaPerez: I'm so excited!!  
[May 22, 10:01 AM] DawnnieMercado: hugs  
[May 22, 10:02 AM] AmeliaRico: 🙌  
[May 22, 10:02 AM] JoshuaIrwin: Hello  
[May 22, 10:02 AM] TanyaPerez: So many good goodies!  
[May 22, 10:02 AM] Bonnie G: <https://cricketfeet.com/gig/GIGFTNTframeworkMASTER.pdf>  
[May 22, 10:03 AM] DawnnieMercado: @Amy is the transcript for this talk loaded yet? Not seeing it.  
[May 22, 10:03 AM] Stephanie Bergeron: I'm not seeing Tanya's transcript up yet either...  
[May 22, 10:03 AM] Kevin Alan Roberts: Loved Mary Lou Belli at 3am this morning!! JOY - Craft - NETWORK - REPEAT!!!  
[May 22, 10:04 AM] Stephanie Bergeron: All good! Thanks for the update there. :)  
[May 22, 10:04 AM] DawnnieMercado: Nice.. that's commitment  
[May 22, 10:04 AM] Kevin Alan Roberts: Love where You Live!!!  
[May 22, 10:04 AM] Stephanie Bergeron: Yes, Kevin!!  
[May 22, 10:04 AM] DawnnieMercado: Tehachapi California, She/Her/Hers  
[May 22, 10:04 AM] DebSnyder: YAY!  
[May 22, 10:04 AM] DebSnyder: Ineed pompoms!!!  
[May 22, 10:04 AM] TanyaPerez: Beaming in from Seminole country! And I am All in #5  
[May 22, 10:05 AM] DebSnyder: I did play Joanne in Vanities for those who love plays!  
[May 22, 10:05 AM] JoshuaIrwin: Oxnard, california was stationed here 2001-2004 as a CM in NMCB 3  
[May 22, 10:05 AM] DebSnyder: All in!!!  
[May 22, 10:05 AM] LenkaSilhanova: Europe in da house too!  
[May 22, 10:05 AM] TamikaSimpkins: Day 5!!!! Let's Go Y'all!!!!  
[May 22, 10:05 AM] DebSnyder: TANYA!!!  
[May 22, 10:05 AM] Stephanie Bergeron: Yay!  
[May 22, 10:05 AM] LenkaSilhanova: Yeeeeees!  
[May 22, 10:05 AM] DebSnyder: Woot!!!  
[May 22, 10:05 AM] DawnnieMercado: Lovely!  
[May 22, 10:05 AM] DebSnyder: Look at that smile!!!  
[May 22, 10:06 AM] Amy Rauch: TANYA!!  
[May 22, 10:06 AM] AmeliaRico: 🙌  
[May 22, 10:06 AM] Stephanie Bergeron: Living for it.  
[May 22, 10:06 AM] LenkaSilhanova: aahahaha  
[May 22, 10:06 AM] Michal: Pom poms are so necessary lol  
[May 22, 10:06 AM] TanyaPerez: Pompoms all the way!  
[May 22, 10:07 AM] DebSnyder: One year later... GRATFUL!!!  
[May 22, 10:07 AM] DebSnyder: e  
[May 22, 10:08 AM] TanyaPerez: I know. We made it Deb!  
[May 22, 10:08 AM] DebSnyder: I feel your positivity and love of life! It raises me up!

[May 22, 10:08 AM] MelissaPerez: Will there be a transcript for Tanya's talk? It could be just my computer but I don't see it.

[May 22, 10:08 AM] DebSnyder: Refresh Melissa

[May 22, 10:09 AM] DebSnyder: Your browser click the circle arrow in the URL window the address window.

[May 22, 10:09 AM] AmeliaRico: 💕

[May 22, 10:09 AM] Bonnie G: Hi Melissa -- the transcripts for today's sessions will be on the replay pages when they're ready. :)

[May 22, 10:09 AM] Stephanie Bergeron: Ooh. You're hitting home, Tanya. "Just a dancer".

[May 22, 10:10 AM] MelissaPerez: Okay thanks Bonnie!

[May 22, 10:10 AM] Kevin Alan Roberts: If you go out to the Dojo and come back in...it should be there!!!

[May 22, 10:10 AM] DawnnieMercado: Yes. Break through the "non truths" love! Sister LatinX in the house

[May 22, 10:10 AM] DebSnyder: KIDS TABLE!!!

[May 22, 10:10 AM] Amy Rauch: Oh gosh- choose your table...

[May 22, 10:10 AM] DebSnyder: MULTIFACETED TALENT!!!

[May 22, 10:11 AM] DebSnyder: Validating myself!

[May 22, 10:11 AM] DawnnieMercado: "Make this the way I want to" validate ourselves. loving you

[May 22, 10:11 AM] TanyaPerez: All about taking ownership of all the things we are!

[May 22, 10:11 AM] JoshuaIrwin: Totally agree Tanya

[May 22, 10:11 AM] TamikaSimpkins: exactly Tanya.

[May 22, 10:12 AM] Bonnie G: Saying YES to myself. YES!!

[May 22, 10:12 AM] TanyaPerez: 100000%

[May 22, 10:12 AM] Bonnie G: Get in Gear framework: RELATIONSHIPS, SUPPORT SYSTEM

[May 22, 10:12 AM] DebSnyder: Loved Population of thirds - when I learned it from Bonnie.

[May 22, 10:12 AM] DebSnyder: Helped me sooooo much as a creator!

[May 22, 10:12 AM] TanyaPerez: Yup yup: those relationships are sooooooo very important

[May 22, 10:12 AM] Amy Rauch: "Those aren't my people. That's not my project." <3

[May 22, 10:13 AM] DebSnyder: PREACH TANYA! But we can change the dialogue right!!!

[May 22, 10:13 AM] TanyaPerez: Totally Amy!

[May 22, 10:13 AM] JudyKerr: Yes wonderful Tanya.

[May 22, 10:13 AM] Stephanie Bergeron: Lurk, then lead.

[May 22, 10:13 AM] AmeliaRico: Yes, I used to find myself getting emotionally invested in OTHER people's projects, career, feelings about me. As soon as I let all that go, things changed in a BIG way. We teach people how to treat us!

[May 22, 10:14 AM] DebSnyder: Defending systems that weren't working for me. Yes! So was I!

[May 22, 10:14 AM] DebSnyder: Me too Amelia!

[May 22, 10:14 AM] AmeliaRico: 💕

[May 22, 10:14 AM] Bonnie G: Amen, Amelia.

[May 22, 10:14 AM] TanyaPerez: Thank you! It's been a wonderful and crazy and beautiful journey so far. Helps when you have the not so secret sauce of the Bonnieverse

[May 22, 10:14 AM] Bonnie G: ;)

[May 22, 10:14 AM] DebSnyder: Secret Sauce!

[May 22, 10:15 AM] DebSnyder: POWERFUL!!! Let others lead my life for me or allow me to lead my own!!!

[May 22, 10:15 AM] TanyaPerez: That is so wonderful, Amelia. It totally shows in your work!

[May 22, 10:15 AM] AmeliaRico: 🙌

[May 22, 10:16 AM] JoshuaIrwin: Train your subconscious to succeed with simple saying you repeat

[May 22, 10:16 AM] TanyaPerez: Yes yes yes, Deb!

[May 22, 10:17 AM] Bonnie G: IttyP ModelT!!

[May 22, 10:17 AM] TanyaPerez: That is one way to do it, Joshua. Good point!

[May 22, 10:17 AM] Bonnie G: Leaning into the FUN.

[May 22, 10:17 AM] AmeliaRico: Yes, and find WHO got the role has really helped me with realizing that just wasn't MY role to get. It has also helped me find the people just above my tier that I follow, support and learn from.

[May 22, 10:17 AM] Bonnie G: Get in Gear framework: CREATING CONTENT

[May 22, 10:17 AM] Bonnie G: Get in Gear framework: CONSISTENCY

[May 22, 10:17 AM] DebSnyder: Nicely put @Amelia Love that!

[May 22, 10:18 AM] Bonnie G: Go Capricorn!

[May 22, 10:18 AM] TanyaPerez: "I'm DJ Mode T and you're gonna like it. Sipping on my Kool Aid cuz you know I spiked it"

[May 22, 10:18 AM] Bonnie G: Yaaaaaaaaaaaaz!

[May 22, 10:18 AM] Stephanie Bergeron: Lol! I love that.

[May 22, 10:18 AM] TanyaPerez: \*model T

[May 22, 10:20 AM] TanyaPerez: Surge is my next tier writing play

[May 22, 10:21 AM] Bonnie G: YES!

[May 22, 10:21 AM] Kevin Alan Roberts: Discovery!!

[May 22, 10:21 AM] Amy Rauch: Is Surge available to read?

[May 22, 10:22 AM] Stephanie Bergeron: Yes. Snaps.

[May 22, 10:22 AM] TanyaPerez: Amy, it can be when I drop it into my New PlayExchange profile...

[May 22, 10:22 AM] LenkaSilhanova: Love this lesson about specificity!

[May 22, 10:22 AM] Bonnie G: :) Yeah, Tanya!

[May 22, 10:22 AM] TanyaPerez: #comingsoon

[May 22, 10:22 AM] DebSnyder: WOW!!! CONGRATS!!!

[May 22, 10:23 AM] Amy Rauch: So cool, Tanya! Congrats!

[May 22, 10:23 AM] TanyaPerez: Thank you!

[May 22, 10:23 AM] Bonnie G: Get in Gear framework: HEALTHY BOUNDARIES (with ourselves!!!)

[May 22, 10:23 AM] TanyaPerez: One million %

[May 22, 10:23 AM] Stephanie Bergeron: Fine balance, yes. Good question.  
[May 22, 10:25 AM] DebSnyder: Connectivity  
[May 22, 10:25 AM] DebSnyder: I get it Tanya... I do too! But I still listen to the songs everyday.  
[May 22, 10:25 AM] Amy Rauch: I love the idea of actually taking a conscious inventory.  
[May 22, 10:25 AM] Bonnie G: Get in Gear framework: TOOLS  
[May 22, 10:26 AM] Bonnie G: Of course you do, Deb!! Music is life!  
[May 22, 10:26 AM] DawnnieMercado: Love this.. always keep it in the background  
[May 22, 10:26 AM] DebSnyder: And end up doing much of the work again!  
[May 22, 10:26 AM] DebSnyder: Next Tier work...  
[May 22, 10:26 AM] TanyaPerez: Oh yeah, that inventory is so important  
[May 22, 10:26 AM] TamikaSimpkins: Love it!!!!  
[May 22, 10:27 AM] JoshuaIrwin: Yes music is where I vent out my emotions so I can address things with intellect that is how I find my balance  
[May 22, 10:27 AM] TanyaPerez: DJ Bonnie KNOWS music  
[May 22, 10:27 AM] Bonnie G: ;)  
[May 22, 10:27 AM] TanyaPerez: That is wonderful Joshua  
[May 22, 10:27 AM] Bonnie G: So good, Joshua.  
[May 22, 10:27 AM] TanyaPerez: #radicalselflove  
[May 22, 10:27 AM] DebSnyder: 🎵  
[May 22, 10:28 AM] JoshuaIrwin: Thank you  
[May 22, 10:28 AM] DawnnieMercado: "Build My Own Table" love!  
[May 22, 10:28 AM] TanyaPerez: Thank you Dawnnie  
[May 22, 10:29 AM] Bonnie G: YAS, leadership! YAS!  
[May 22, 10:29 AM] Amy Rauch: Try it on!  
[May 22, 10:29 AM] Stephanie Bergeron: Ahh. I LOVE that.  
[May 22, 10:29 AM] TanyaPerez: Future self: I will run my own studio. Get ready.  
[May 22, 10:29 AM] DebSnyder: GET MESSY! Thank you Tanya! Beautifully put and very inspiring!  
[May 22, 10:29 AM] Amy Rauch: YES!!!  
[May 22, 10:29 AM] DawnnieMercado: Yes! Yes! Your own studio!  
[May 22, 10:29 AM] AmeliaRico: #alreadyready Tanya! 🙌🙌  
[May 22, 10:29 AM] JoshuaIrwin: Love that idea Tanya  
[May 22, 10:30 AM] TinaKien: That's what my acting teacher tells me to do in my Meisner classes. "Try it on."  
[May 22, 10:30 AM] TanyaPerez: 🙌  
[May 22, 10:30 AM] JudyKerr: Yes being specific!!!  
[May 22, 10:30 AM] Amy Rauch: My acting teacher always said "Don't sit on your impulses."  
[May 22, 10:30 AM] DawnnieMercado: So many hats I have been afraid of until SMFA thank you so much for sharing.  
[May 22, 10:30 AM] TanyaPerez: Tina, that is great.  
[May 22, 10:31 AM] Bonnie G: That's great, Dawnnie. Give yourself permission to try 'em all on!

[May 22, 10:31 AM] Amy Rauch: Learning not to sit on our impulses, not just when performing, but when creating...

[May 22, 10:31 AM] TanyaPerez: Yes Bonnie!

[May 22, 10:31 AM] Stephanie Bergeron: The expectation of just trying on, and the low stakes it encourages is yummy.

[May 22, 10:31 AM] Amy Rauch: <3 Tanya!!

[May 22, 10:31 AM] Stephanie Bergeron: Applause for Tanya!!!!

[May 22, 10:31 AM] DebSnyder: FAAAAAB!!!

[May 22, 10:31 AM] TinaKien: Thank you, Tanya!

[May 22, 10:31 AM] Kevin Alan Roberts: GIVE YOURSELF PERMISSION - SECTET SAUCE - CREATING CONTENT - CONSISTENCY - SPECIFICITY!!!

[May 22, 10:32 AM] DebSnyder: Get MESSY!

[May 22, 10:32 AM] Kevin Alan Roberts: Bravo Tanya!!!!

[May 22, 10:32 AM] AmeliaRico: 🍷🍷🍷🍷

[May 22, 10:32 AM] Amy Rauch: Play!

[May 22, 10:32 AM] LenkaSilhanova: What a joy this talk!!! Thank you, Tanya! <3

[May 22, 10:32 AM] DawnnieMercado: Applause... Applause... Applause... building our own rules, trying on hats, shushing the neigh saying hand.

[May 22, 10:32 AM] LenkaSilhanova: Specificity!!!

[May 22, 10:32 AM] JudyKerr: Know when to hold 'em and know when to fold 'em

[May 22, 10:32 AM] NicoleRycroft: Thank you Tanya! I love your positivity!

[May 22, 10:32 AM] TanyaPerez: Wow! That gave me life!! Always love jamming with Bonnie

[May 22, 10:32 AM] JoshuaIrwin: Don't hold yourself back with anything you are intrigued by

[May 22, 10:33 AM] NicoleRycroft: Loved "taking a conscious inventory" of your feelings

[May 22, 10:33 AM] Stephanie Bergeron: Shades of Sheila's talk, Rhianna's...

[May 22, 10:33 AM] DawnnieMercado: Jam with the Bon Sauce.. yes totally gonna quote you from now on. And Redo 100 again and again

[May 22, 10:33 AM] JudyKerr: Bonnieverse is GOOD!

[May 22, 10:34 AM] TanyaPerez: TONY:Me

[May 22, 10:34 AM] DawnnieMercado: YES!

[May 22, 10:34 AM] Stephanie Bergeron: We're going to have a tsunami of Tonys.

[May 22, 10:34 AM] Amy Rauch: Yes Tanya!

[May 22, 10:34 AM] DebSnyder: TONY FOR TANYA!

[May 22, 10:34 AM] AmeliaRico: Get it, Tanya! 🍷

[May 22, 10:34 AM] TamikaSimpkins: Yes she will be!!!!

[May 22, 10:34 AM] TanyaPerez: In that order, Bonnie

[May 22, 10:35 AM] JoshuaIrwin: Thank you Bonnie

[May 22, 10:36 AM] TanyaPerez: Get point, Bonnie. Yes!

[May 22, 10:36 AM] JoshuaIrwin: Thank you Tanya

[May 22, 10:36 AM] Stephanie Bergeron: Oh, that shirt didn't go unnoticed. ;)

[May 22, 10:37 AM] NicoleRycroft: Thank you Bonnie!

