

00:02:13 Kate London (she/her): Hello from NYC!  
00:10:37 Angelique Robles: equity  
00:18:05 Sheila: Sorry, I have a 4:15pm call. I hope to return soon.  
Thank you! :-)  
00:18:18 Kate London (she/her): thx Sheila!  
00:19:14 Kate London (she/her): I love this ... an idea capturing  
book :)  
00:31:39 Kate London (she/her): Such a powerful Q ... What am I making  
this mean?  
00:39:15 Alayne Faraone: love that idea of the timer Kristine, I hear  
it as seeing how your time-flow is going - Finding a NOW tempo  
00:39:53 Kate London (she/her): I need this time consciousness/  
present moment tool, too!  
00:40:17 Alayne Faraone: Christian - yes! I so hear you!  
00:40:30 Kate London (she/her): Love that @Alayne NOW tempo!  
00:54:17 GaryJohn La Rosa: That is such a great and helpful  
tool!!!  
00:54:28 Kate London (she/her): C- circumstance (fact) / T-  
thought / F - feeling / A - action / R - result  
00:54:38 Karen Kasaba: That tool is Coach Brooke Castillo's Model  
00:54:41 Nina F: What is the R again in the CT FR process?  
00:54:47 Kate London (she/her): result  
00:55:01 Nina F: Thank you  
00:55:02 Sheila: Circumstance / Thought / Feeling / Action /  
Results :-)  
01:02:14 anu yadav: Thank you so much, Kristine! I have to go to  
a meeting but I look forward to listening to this recording and being  
able to attend the full session next time. Thank you so much.  
01:02:44 Kate London (she/her): see you next time Anu!  
01:05:05 Alayne Faraone: I really like the idea of "Tell data-girl  
Tell enthusiasm girl, Let me enjoy the prep and the ride!"  
01:05:30 Kate London (she/her): Yes!  
01:09:57 Alayne Faraone: I think that that paralysis is ALSO very much  
the outcome of my Enthusiasm-Girl! That hidden benefit is not feeling  
the intense uncomfortability of the tedium of creating my business  
step-by-step  
01:10:08 Ruthy: Cannibalize. Great word.  
01:12:19 Kate London (she/her): Those hidden benefits gobble up  
energy.  
01:14:13 Kate London (she/her): love that. test the lizard brain's  
theories.  
01:14:41 Regina Melzer: I love that concept of "making the lizard  
brain work a little harder" ha! Phrasing it that way immediately puts  
me in the power seat OVER my lizard brain!  
01:15:06 Kate London (she/her): @Regina - yes!  
01:16:07 Kate London (she/her): Congrats to both Sheila and Alayne  
on their new certifications!  
01:16:29 Alayne Faraone: thanks - Kate!!  
01:16:46 Sheila: Thank you! I should say I am still getting coaching  
hours towards my certification but finished 8 months of classes :-)

01:17:10 Kate London (she/her): @Sheila - that is worth celebrating!  
01:17:19 Sheila: Thank you, Kate!  
01:18:09 Alayne Faraone: go Sheila! I have Associate hours to go for the license, and still feel like we are doing REALLY well thinking of how to set up the biz side now! All the good vibes to you!  
01:20:23 Sheila: Thank you, Alayne, same to you! I'm so grateful to have support here and with my classmates in setting up the biz side! I've heard you can get free mentoring from the small business association as well.  
01:31:36 Lisa: Thank you, Kristine! Must attend to smth now.  
01:33:27 Ruthy: Thank you, Kristine!!!  
01:33:36 JoAnn P: Thank you, Kristine!!!  
01:33:36 Alayne Faraone: Sending so many vibes of ease to you, Liana.  
01:33:37 Sheila: Thank you, Kristine!!!  
01:33:39 Karen Kasaba: Thank you, Kristine!  
01:33:40 Elena Campbell-Martinez: Thank you Kristine!  
01:33:42 Alayne Faraone: Thank you Kristines!  
01:33:42 Nina F: Thank you  
01:33:44 Emily W: Thank you!!