

18:59:44 From Karine Fleurima to Everyone:
Hello!

19:00:04 From Kate London (she/her) to Everyone:
Hi Everyone!

19:01:07 From Katherine Grant-Suttie to Everyone:
driving home. will join on video in a bit

19:01:36 From Uche to Everyone:
same, just got out the shower

19:01:59 From Elizabeth Kuyper to Everyone:
Ending my work day and THEN driving - trying to participate as
best I can!

19:02:00 From Ruthy (she/her) to Everyone:
Action Packet: [https://iamabundancebound.com/wp-content/
uploads/2021/11/Action-Packet-2022.pdf](https://iamabundancebound.com/wp-content/uploads/2021/11/Action-Packet-2022.pdf)

19:02:17 From Ruthy (she/her) to Everyone:
8 States of Being: [https://iamabundancebound.com/wp-content/
uploads/2021/12/8-States-of-Being.pdf](https://iamabundancebound.com/wp-content/uploads/2021/12/8-States-of-Being.pdf)

19:07:05 From Karine Fleurima to Everyone:
Thank you!

19:08:46 From Ruthy (she/her) to Everyone:
You can download the Action Packet: [https://
iamabundancebound.com/wp-content/uploads/2021/11/Action-
Packet-2022.pdf](https://iamabundancebound.com/wp-content/uploads/2021/11/Action-Packet-2022.pdf)

19:08:49 From Alexandra Ryan (she/her) to Everyone:
OVERWHELMING!

19:09:21 From Ruthy (she/her) to Everyone:
We will also be referring to 8 States of Being:
[https://iamabundancebound.com/wp-content/uploads/2021/12/8-
States-of-Being.pdf](https://iamabundancebound.com/wp-content/uploads/2021/12/8-States-of-Being.pdf)

19:10:06 From Kate London (she/her) to Everyone:
This is juicy ... "How are you feeling in the arena?"

19:10:31 From Ruthy (she/her) to Everyone:
"How are you actually feeling in your life?"

19:10:54 From Ruthy (she/her) to Everyone:
States of Being:

[https://iamabundancebound.com/wp-content/uploads/2021/12/8-
States-of-Being.pdf](https://iamabundancebound.com/wp-content/uploads/2021/12/8-States-of-Being.pdf)

19:11:35 From Dionne Audain to Everyone:
Love Brian Johnson and Optimize !

19:13:15 From kimreed to Everyone:
YES!

19:13:38 From Ruthy (she/her) to Everyone:
"Everything can be taken from a man but one thing, the last of
the human freedoms to choose ones attitude in any given set of
circumstances to choose one's own way." Viktor Frankl

19:15:06 From Ruthy (she/her) to Everyone:
Here is the Action Packet we'll be working from:
[https://iamabundancebound.com/wp-content/uploads/2021/11/
Action-Packet-2022.pdf](https://iamabundancebound.com/wp-content/uploads/2021/11/Action-Packet-2022.pdf)

19:15:33 From Ruthy (she/her) to Everyone:
8 States of Being:
<https://iamabundancebound.com/wp-content/uploads/2021/12/8-States-of-Being.pdf>

19:19:13 From Ruthy (she/her) to Everyone:
"By keeping yourself rooted in your internal strengthening and growth.
It has a calming effect, it will reduce the sense that you have to fight to make everything happen." Yes! The Obstacle is the Way - is a great book that drives that idea home.

19:20:06 From Alexandra Ryan (she/her) to Everyone:
My brain is asking how to grow and strengthen your internal world. Meditation? Self care? Other things?

19:20:46 From Kate London (she/her) to Everyone:
good Q

19:23:10 From Ruthy (she/her) to Everyone:
" Identifying your zones, is really about looking at what are the areas in your life where you have the ability to create change and growth."

19:23:48 From Ruthy (she/her) to Everyone:
2022 Action Packet: <https://iamabundancebound.com/wp-content/uploads/2021/11/Action-Packet-2022.pdf>

19:26:06 From Britt Lower to Everyone:
can someone re-write those here? i stepped away for a second

19:26:37 From Ruthy (she/her) to Everyone:
Miata's Zones:

19:26:41 From Ruthy (she/her) to Everyone:
Abundance Bound

19:26:43 From Ruthy (she/her) to Everyone:
Acting

19:26:51 From Ruthy (she/her) to Everyone:
Finances - which we should all have

19:26:58 From Eva Morales to Everyone:
do zones have to be in order of importance?

19:27:05 From Ruthy (she/her) to Everyone:
House & Home also includes relationships

19:27:14 From Eva Morales to Everyone:
Eva like Elephant and Egg

19:27:27 From Britt Lower to Everyone:
thank you, ruthy

19:27:35 From Ruthy (she/her) to Everyone:
You're welcome Britt!

19:27:47 From Nedra Gallegos to Everyone:
Financial Relationship

19:28:13 From Venise Vinegar to Everyone:
financial
book
good health and mental wellness. self care
family all needs/(home)

19:28:16 From Nedra Gallegos to Everyone:

Romantic financial health Artistic adventure

19:28:40 From Dustin Bayers to Everyone:
romantic

19:28:43 From Eva Morales to Abundance Bound(Direct Message):
It's EVAN without the N. Not a big deal

19:28:49 From Alexandra Ryan (she/her) to Everyone:
I feel like I only have 3 right Now :/

19:29:02 From Abundance Bound to Eva Morales(Direct Message):
Thank you Eva ❤️

19:29:03 From Josephine Green Zhang to Everyone:
career, finance, house & home, health

19:29:09 From Elena Campbell-Martínez to Everyone:
Family/Home, Creative, Finances, Drama-Free Taxes

19:29:16 From Eva Morales to Everyone:
are we looking for six zones?

19:29:17 From Abundance Bound to Everyone:
3 is perfect!

19:29:18 From Kate London (she/her) to Everyone:
Health and fitness/ Creative Career/Coaching/Relationships/
Financial Health/Home (organize and beautify)

19:29:32 From Meg Morman to Everyone:
Finance, Career, Health, Relationships, Personal/Spiritual
Growth

19:29:38 From Tricia Alexandro to Everyone:
1) Coaching business 2) Financial life 3) Acting 4)
Relationships (with myself and those I love)

19:29:38 From Abundance Bound to Everyone:
No... actually the more focused your zones the better!

19:29:39 From Dustin Bayers to Everyone:
romantic, self care, acting , financial, and spiritual practice

19:29:40 From Eva Morales to Everyone:
My son

19:29:43 From Eva Morales to Everyone:
my home

19:29:44 From Eva Morales to Everyone:
work

19:29:46 From Eva Morales to Everyone:
my health

19:29:51 From Eva Morales to Everyone:
relationships

19:30:04 From Britt Lower to Everyone:
home/room, health, wealth, heart, art

19:30:05 From Ruthy (she/her) to Everyone:
Creativity/Self-Care & healing/Finances/Family & Friends

19:30:15 From Dorothy Dillingham Blue to Everyone:
Financial Growth & Stability, Acting, Teaching/Choreography,
House & Home, Self-care & Wellbeing

19:30:18 From Dionne Audain to Everyone:
Spirit&body; Abundance; Acting Biz; Mint Biz &Reiki; Home;
Dating and Relationships

19:30:20 From Alexandra Ryan (she/her) to Everyone:
Financial relationship/The Alex package (mind/body/soul
wellness)/Storytelling (acting/writing which I could break up into 2)

19:30:42 From Wendy Foxworth to Everyone:
Financial

19:30:58 From Wendy Foxworth to Everyone:
Home, Family Relationships

19:31:01 From Wendy Foxworth to Everyone:
HOUSE

19:31:04 From Karla Hendrick to Everyone:
Finances; Artistic&Creative Projects; Education;
Family&Friends; Spirituality;House&Home;Health&Self Care

19:31:10 From Wendy Foxworth to Everyone:
Creative

19:31:28 From Nicole Lovince to Everyone:
l

19:31:29 From Crickett Rumley to Everyone:
Health, Wealth, Storyteller, Global Citizen, Get Seen Film
Festival Solutions

19:31:30 From Lydia Hunter to Everyone:
Financial, Acting/Voiceover, Wellbeing (Spiritual, mental, and
physical), My core relationships (family, friends)

19:31:36 From Nina F to Everyone:
Acting / Coaching / Abundance / Home / Partner Friends &
Family

19:31:58 From Dionne Neish to Everyone:
Creative Career /Abundance/Health&wellness/Dating/
Family&friends

19:32:01 From Britt Harris to Everyone:
Creative Career (Acting & Music), Financial Abundance,
Production Company, Health & Wellness, House & Home

19:32:04 From janscomputer to Everyone:
Massage/Spiritual life/Hula / Finances/Home and family

19:32:07 From Livia Trevino to Everyone:
Acting * Voice Over * Financial Freedom * House & Home *
Friendship/Relationships/Sex * Health

19:32:30 From Katherine to Everyone:
career, domestic/romantic, financial, self-improvement,
community

19:32:32 From Ruthy (she/her) to Everyone:
If you've just joined us. Action Packet
[https://iamabundancebound.com/wp-content/uploads/2021/11/
Action-Packet-2022.pdf](https://iamabundancebound.com/wp-content/uploads/2021/11/Action-Packet-2022.pdf)

8 States of Being:
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States-of-Being.pdf](https://iamabundancebound.com/wp-content/uploads/2021/12/8-States-of-Being.pdf)

19:33:24 From Nicole Lovince to Everyone:
1.Acting, 2.Music, 3.The Goddess Bath Experience- my company,
4.Adventure- fun, 5.Personal Development-finances, friends/family/

romantic partner, home

19:33:40 From Katherine to Everyone:

 bahaha – I devote all my attention to health & fitness and I didn't even write it as a separate zone

19:34:18 From Kate London (she/her) to Everyone:

 good catch @Katherine!

19:34:24 From Ruthy (she/her) to Everyone:

 That's hilarious @Katherine!

19:35:17 From kimreed to Everyone:

 Love/Family/Friend – Creativity/Acting/Writing – Health/Well-being/Fitness – Financial Relationship & Growth

19:35:44 From Carrie Daniel to Everyone:

 1. abundance, 2. health, 3. memoir (I'm writing a book) 4. voice (singing, voiceover, expressing my truth) 5. friendships 6. something personal that I am keeping to myself for the time being.

19:36:54 From Ruthy (she/her) to Everyone:

 Example of Zone Statement or power words: For Abundance Bound – authenticity generosity growth service and transformation

19:37:55 From Ruthy (she/her) to Everyone:

 For Finances a power statement: I create and commit to systems that fill my financial relationship with a sense of peace.

19:38:47 From Ruthy (she/her) to Everyone:

 So you can choose either words or create a statement that helps you keep moving towards your goals.

19:39:20 From janscomputer to Everyone:

 Thanks Miata or pointing out that habits can be a good thing not just a trap!!!

19:40:46 From janscomputer to Everyone:

 Energy flows where attention goes

19:40:51 From Kate London (she/her) to Everyone:

 LOVE Essentialism by Greg McKeown

19:41:02 From Eva Morales to Abundance Bound(Direct Message):

 You up and moved to PANAMA???? What a huuuge adventure and act of bravery and faith!

19:41:04 From Dionne Audain to Everyone:

 Yes. Same. Greg rox

19:41:39 From Ruthy (she/her) to Everyone:

 Habits: exercise, sleeping, boundaries around technology, gratitude list, meditation etc.

19:42:40 From Abundance Bound to Everyone:

 Miata's is committing to: meditation, sleep, exercise, clear boundaries with technology usage, reading, gratitude journaling

19:42:44 From Kate London (she/her) to Everyone:

 weekly financial tracking habit!

19:43:55 From Dionne Audain to Everyone:

 Listening; Follow-thru; morning pages; vision,goals and tasking; rest

19:43:59 From Alexandra Ryan (she/her) to Everyone:

 Habits: sleep/eating/morning and night skincare/reading/less tv time/daily acknowledgement of movement within my purpose/quadfecta

(the four things I do in the morning to set myself up for an emotionally centered day)

19:44:01 From Dustin Bayers to Everyone:
reading, skin care, exercise, finance system, and meditation

19:44:25 From kimreed*/she/her to Everyone:
I find it interesting that I first wrote weekly writing—then changed it to daily—then committed to bi-weekly

19:44:54 From Elena Campbell-Martínez to Everyone:
Walking, meditating, accountability sessions, micro decluttering, sleeping, writing, dates, gratitude

19:44:55 From Kate London (she/her) to Everyone:
It is worth sorting through to what truly fits @kim

19:44:57 From Eva Morales to Everyone:
I must commit to regular exercise, prayer, structure in my office environment, practice patience, expect accountability, take time for the inside me

19:44:58 From Ruthy (she/her) to Everyone:
Reading. YES!

19:45:26 From Josephine Green Zhang to Everyone:
I love that book!

19:45:29 From Lydia Hunter to Everyone:
LOVE THAT BOOK!

19:45:33 From Josephine Green Zhang to Everyone:
Game changing last year

19:45:41 From Alexandra Ryan (she/her) to Everyone:
How inspiring to re-read!

19:45:41 From Britt Harris to Everyone:
Practicing technology boundaries, daily reading, daily meditation, qb tracking 5x a week and P&L review monthly, cardio x3/week, weekly artist date, monday AM week planning and business planning at my favorite cafe :-)

19:45:55 From Ruthy (she/her) to Everyone:
Journal, declutter, moisturize, exercise.

19:45:57 From Venise Vinegar to Everyone:
Habits in place: meditation prayer gratitude walks
quality sleep
boundaries
exercise in the great outdoors
me time/self care time
time management and organizing systems
commitment to SMART Goals
helping youth with job search career strategies

19:46:14 From Katherine to Everyone:
continuing habits: weekly pow-wow w. partner, meatless Mondays, intermittent fasting, various accountability groups

would like to implement more gratitude/meditation/mindbody connection habits, financial tracking (relationship to finances in general), consistent marketing

19:46:27 From Katherine to Everyone:

clearly a little wooly

19:47:10 From Venise Vinegar to Everyone:
would love to return to gym in 2022. have not been there since
shutdown 2020.

19:47:19 From Alexandra Ryan (she/her) to Everyone:
You can do it Venise!

19:47:50 From Ruthy (she/her) to Everyone:
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States-of-Being.pdf](https://iamabundancebound.com/wp-content/uploads/2021/12/8-States-of-Being.pdf)

19:48:14 From Kate London (she/her) to Everyone:
@Britt love the fav cafe self care with the habits!

19:48:30 From Katherine to Everyone:
What's your fav café @Britt?

19:48:39 From Britt Harris to Everyone:
Thanks @kate! It feels like a fun little date with myself :-)

19:48:56 From Britt Harris to Everyone:
@katherine - Cafecito Organico in Silverlake! It's lovely

19:49:03 From Ruthy (she/her) to Everyone:
We are PRACTICING setting and achieving goals. Love that!

19:49:04 From Dionne Audain to Everyone:
Writing down my goals activates a level of magic in the
universe that literally helps me get them accomplished moving from
thought to action to completion.

19:49:37 From Dionne Audain to Everyone:
@Britt I smell Artist way habits 😊

19:49:38 From Kate London (she/her) to Everyone:
yes, @Dionne, writing is the first action in a chain of
actions

19:50:02 From Dionne Audain to Everyone:
Omgeee Kate it SO is. I witnessed that this week...😭

19:50:11 From Ruthy (she/her) to Everyone:
Psychology of Hope: [https://www.thriftbooks.com/w/the-
psychology-of-hope-you-can-get-there-from-here_cr-snyder/397210/item/
7577865/?gclid=CjwKCAiAksyNBhAPEiwAlDBeLHKYq-
jPGnCRjKK1nsedGcxBmqGpTnR9kTnv9lqTtH_1t85aWf1aDRoCRVAQAvD_BwE#isbn=002
929715X&idq=7577865](https://www.thriftbooks.com/w/the-psychology-of-hope-you-can-get-there-from-here_cr-snyder/397210/item/7577865/?gclid=CjwKCAiAksyNBhAPEiwAlDBeLHKYq-jPGnCRjKK1nsedGcxBmqGpTnR9kTnv9lqTtH_1t85aWf1aDRoCRVAQAvD_BwE#isbn=002929715X&idq=7577865)

19:50:14 From janscomputer to Everyone:
Mahalo for that Di...so true!!!!

19:50:29 From Dionne Audain to Everyone:
Yes Jan 🙏

19:50:38 From Kate London (she/her) to Everyone:
@Dionne :))

19:51:10 From Ruthy (she/her) to Everyone:
1. Have goals. A target. What do you want to see in your

life?

19:51:27 From Ruthy (she/her) to Everyone:

2. Willpower – the spark of belief in yourself in your ability to bring that goal to life.

19:52:24 From Ruthy (she/her) to Everyone:

3. Way Power: Know you will run into obstacles and your spark that says “I can do this” also helps you create multiple pathways of getting there.

19:52:29 From Kate London (she/her) to Everyone:

WayPower – love that

19:52:40 From Ruthy (she/her) to Everyone:

Yes they can!!!

19:53:04 From Arlene she/her to Everyone:

Who wrote Atomic Habits please? (severalbooks by that title)

thanks!

19:53:13 From Abundance Bound to Everyone:

James Clear

19:53:33 From Arlene she/her to Everyone:

Merci beau coup!

19:53:35 From Crickett Rumley to Everyone:

Goal for my company: Write and market an ebook on film

festivals

19:53:50 From Dionne Audain to Everyone:

Zone: Acting Biz; Goal 1: Set up VO closet Goal 2: VO Train and workouts Goal 3: New Class in 2022

19:53:58 From kimreed*/she/her to Everyone:

Can a goal be to actually achieve a goal this year?

19:54:03 From Abundance Bound to Everyone:

[https://smile.amazon.com/Atomic-Habits-Proven-Build-Break-](https://smile.amazon.com/Atomic-Habits-Proven-Build-Break-ebook/)

ebook/

19:54:14 From Josephine Green Zhang to Everyone:

James Clear wrote Atomic Habits

19:54:17 From Ruthy (she/her) to Everyone:

Lol @Kim Reed. Yes!

19:54:22 From Dionne Audain to Everyone:

Also zlibrary.org

19:54:34 From Josephine Green Zhang to Everyone:

I get his newsletter it's really simple and uplifting

19:54:56 From Alexandra Ryan (she/her) to Everyone:

GOALS (some): Acting – book a pilot; Creating – sell a piece of writing; financial – getting out from being underwater with systems clearly in place

19:55:04 From Ruthy (she/her) to Everyone:

Love that goal @Crickett. I hope to need to purchase it!

19:55:35 From Dionne Audain to Everyone:

<https://1lib.us/book/5206637/109960>

19:55:53 From Ruthy (she/her) to Everyone:

Yes. Totally within YOUR control, Crickett!

19:56:03 From Ruthy (she/her) to Everyone:

Thanks Dionne!

19:56:04 From Alexandra Ryan (she/her) to Everyone:
Yeah so I need to re-write to make them more in my control 😊

😊

19:56:21 From Katherine to Everyone:
With you @Alexandra Ryan - establish and implement financial systems

19:56:27 From Britt Harris to Everyone:
@Dionne - you are right!! hahaha I Artist Way so hard

19:56:40 From Ruthy (she/her) to Everyone:
Yup @Alexandra! The results are not in our control.
(Unfortunately!!!)

19:56:58 From Venise Vinegar to Everyone:
once the variants die down my goal in 2022 is to return to my weekly morning workouts at my gym M/W/F two hours at the crack of dawn. Just can't go there at this time.

19:56:59 From Alexandra Ryan (she/her) to Everyone:
Love difference between goals and vision!

19:57:14 From Katherine to Everyone:
build up 'bread & butter' aspect of V0 career with corporate elearning clients

19:57:24 From Elena Campbell-Martínez to Everyone:
Goals for Family/Home: Create a decluttered, welcoming backyard. Get rid of 50% of stuff in garage.

19:57:25 From Nicole Lovince to Everyone:
Complete marketing campaign for one of my songs

19:57:26 From Eva Morales to Everyone:
Reconnect w old clients, prospect new ones, create new demo, reach out to friends, make myself hike or gym every morning, PLAN for healthier eating

19:57:42 From Kate London (she/her) to Everyone:
@Venise I hear you!

19:57:57 From Crickett Rumley to Everyone:
@Ruthy, thanks!!! I feel some power hour time coming on...

19:58:08 From Ruthy (she/her) to Everyone:
Great goals Eva!

19:58:15 From kimreed*/she/her to Everyone:
Eva! Love the reconnect idea

19:58:28 From janscomputer to Everyone:
That's the part I forget to do when setting a goal!!! Task lists!!

19:58:31 From Ruthy (she/her) to Everyone:
Hells yeah! #Powerhoursrock

19:58:40 From Crickett Rumley to Everyone:
#powerhoursrock

19:58:46 From Elizabeth Kuyper to Everyone:
Go to bed earlier (ultimately 9:30PM), to get up earlier and have meditative, productive mornings without rushing.

19:59:21 From Katherine to Everyone:
is the goal game similar to the schedule game? cuz I play that ALL THE TIME

19:59:24 From Ruthy (she/her) to Everyone:
Love that Elizabeth!! I used to want to wake up earlier
without going to bed earlier!!

19:59:55 From Dionne Audain to Everyone:
Ruthy...but how lol

20:00:02 From Dionne Audain to Everyone:
I was the same tho

20:00:16 From Elizabeth Kuyper to Everyone:
Yeah Ruthy, it just doesn't work (says my tired a**) ;)

20:00:28 From Dionne Audain to Everyone:
Elizabeth😂

20:00:39 From Kate London (she/her) to Everyone:
I love this game!

20:00:54 From kimreed*/she/her to Everyone:
I want to pkay

20:00:57 From kimreed*/she/her to Everyone:
Play

20:01:06 From Dionne Audain to Everyone:
Me too

20:01:07 From Marla to Everyone:
Same here! 9PM with a real book, router off, asleep bt
9:30-10, and wake between 6-6:30!

20:01:37 From Dionne Audain to Everyone:
Ooo Marla...the router off tho?!?!

20:01:48 From kimreed*/she/her to Everyone:
And your not wrapped in the emotion of the goal

20:01:49 From janscomputer to Everyone:
I want to play tooo!!

20:01:58 From Elizabeth Kuyper to Everyone:
ROUTER OFF?! Now that. is. commitment.

20:02:08 From Dionne Audain to Everyone:
BIG TIME

20:02:17 From Dionne Audain to Everyone:
That makes me nervous lol

20:02:26 From Marla to Everyone:
@Dionne YES - I sleep so much better - have done a personal
study lol

20:02:36 From Dionne Audain to Everyone:
That was a gift Marla. Thank you

20:02:40 From Elizabeth Pan to Everyone:
Can we do a power hour to play this game?

20:02:40 From janscomputer to Everyone:
Hahaha how do you turn the router off!!!!

20:02:54 From Dionne Audain to Everyone:
Yes PH can happen

20:03:00 From Ruthy (she/her) to Everyone:
Elizabeth, I'd LOVE that!!!!

20:03:06 From Marla to Everyone:
@Elizabeth - I also happen to live without cel service, in a
canyon, so router off means nada!

20:03:12 From Dionne Audain to Everyone:
Will brain storm with the powers that be

20:03:14 From Kate London (she/her) to Everyone:
@Elizabrth YES!

20:03:40 From Marla to Everyone:
@Elizabeth again - but I do have a landline for emergencies...

20:03:54 From Elizabeth Kuyper to Everyone:
...and there's cellular...

20:04:04 From Rob Brownstein (he/him) to Abundance Bound(Direct Message):
Miata, I'm glad I stopped in. My first time. Very cool. My daughter is home from school, I must go. Cheers.

20:04:19 From janscomputer to Everyone:
Yes Goal Game at PH

20:04:20 From Marla to Everyone:
Not where I live - literally: NONE

20:04:34 From Elizabeth Kuyper to Everyone:
ok bigger commitment for you!

20:06:52 From Ruthy (she/her) to Everyone:
Essentialism podcast: <https://open.spotify.com/show/3AXIfX8VxvmcMy7PhC3etz?si=a07b2bad911b4367>

20:06:57 From Katherine to Everyone:
that sounds SO norwegian

20:07:29 From Dionne Audain to Everyone:
15 . Stick to the plan lol

20:07:45 From Kate London (she/her) to Everyone:
wow!

20:07:49 From Marla to Everyone:
OMG - how many days total??

20:08:01 From janscomputer to Everyone:
Yes Dionne!

20:08:16 From Marla to Everyone:
When was this South Pole expedition?

20:08:44 From Dionne Audain to Everyone:
@Katherine - true tho!

20:08:45 From Kate London (she/her) to Everyone:
1910

20:08:51 From Marla to Everyone:
And did all the Norwegians make it home?

20:08:52 From Lydia Hunter to Everyone:
Oof, that sounds like my pattern for sure!

20:08:58 From Dionne Audain to Everyone:
We can learn a lot from the Norwegians

20:09:19 From Katherine to Everyone:
preach - but how do you train yourself to be a more 'moderate' person in the way you attack things

20:09:33 From Kate London (she/her) to Everyone:
OMG I made myself sick with the british model. I need this

20:09:39 From Marla to Everyone:
Committing to a daily MINIMUM!

20:09:43 From Elizabeth Kuyper to Everyone:
Con-sis-ten-cy... is my biggest problem.

20:09:54 From Katherine to Everyone:
word Elizabeth

20:09:55 From janscomputer to Everyone:
Discipline???

20:10:15 From Kate London (she/her) to Everyone:
self mastery with support!

20:10:17 From Ruthy (she/her) to Everyone:
Your team: Find a group of people who challenge and inspire
you spend a lot of time with them, and it will change your life for
ever.

20:10:18 From Marla to Everyone:
Big part of consistency is actually STOPPING – so you can
reboot next day – it is TOUGH for an over achiever to STOP

20:10:30 From Alexandra Ryan (she/her) to Everyone:
Me TOO marla!

20:10:41 From Kate London (she/her) to Everyone:
so smart @Marla – stopping

20:10:59 From Elizabeth Kuyper to Everyone:
...or a perfectionist to start...

20:11:11 From Marla to Everyone:
@Kate I am LOUSY at it – but working on it! BC when you overdo
it, then you stop – and it is the persistence that is important

20:11:20 From Liza to Everyone:
That's Ruthy.

20:11:37 From Ruthy (she/her) to Everyone:
Lol! Liza.xoxo

20:12:00 From Liza to Everyone:
That sock video was the bomb too!

20:12:08 From Alexandra Ryan (she/her) to Everyone:
Seriously!

20:12:13 From Britt Harris to Everyone:
SO amazing!!!

20:12:24 From kimreed*/she/her to Everyone:
Yas! Loved the video

20:12:29 From Liza to Everyone:
Those are gonna go viral if you keep doing it.

20:13:30 From Kai she/her to Everyone:
Link to sock video?

20:13:33 From Ruthy (she/her) to Everyone:
“You’re the average of the five people spend the most time
with,” a quote attributed most often to motivational speaker Jim Rohn.

20:14:06 From Alexandra Ryan (she/her) to Everyone:
YES Ruthy!

20:14:28 From kimreed*/she/her to Everyone:
Love that UNSUBSCRIBE!

20:14:40 From Alexandra Ryan (she/her) to Everyone:
I’m trying to get better at that. It’s overwhelming!

20:14:53 From Marla to Everyone:

Sock video link please

20:14:55 From Arlene she/her to Everyone:
must exit, xoxo many thanks

20:14:55 From kimreed*/she/her to Everyone:
Not meaning Abundance Bound 😊

20:15:06 From Crickett Rumley to Everyone:
Abundance Bound is WORTH EVERY SINGLE PENNY.

20:15:09 From Britt Harris to Everyone:
I'm so grateful for Abundance Bound ❤️❤️

20:15:14 From Liza to Everyone:
Elena!!!!

20:16:40 From Marla to Everyone:
Intentional, healthy, INTEGRATED relationship with my money
and abundance! YES!

20:16:48 From janscomputer to Everyone:
Life with Abundance Bound is the BEST!!!! Miata and the whole
team BEYOND supportive

20:18:28 From Ruthy (she/her) to Everyone:
<https://abundancebound.com/financial-empowerment/>

20:18:48 From June (she/her) Schreiner to Everyone:
It is truly a no-brainer to join this incredible community

20:19:06 From Alexandra Ryan (she/her) to Everyone:
Totally! SO worth it!

20:19:08 From Dorothy Dillingham Blue to Everyone:
There's so much education and support!

20:19:16 From Britt Harris to Everyone:
Truly one of the best supports in my life is Abundance Bound.
Thank you Miata and Ruthy and Dionne and everyone

20:19:19 From Britt Lower to Everyone:
has paid itself 10 fold

20:19:40 From Liza to Everyone:
OMG, this membership is a game changer. It has literally
changed my life. Like, period.

20:22:10 From Marla to Everyone:
I have a Q about mentors and masterminds – is it a practical
list – the people already in our circle? Or is it aspirational –
people who we admire and don't know, but want to model after in some
authentic way –

20:22:16 From Eva Morales to Everyone:
My word is not on the list!

20:22:27 From Alexandra Ryan (she/her) to Everyone:
That's awesome Eva!

20:22:29 From Marla to Everyone:
@Eva what is it though?

20:23:12 From Ruthy (she/her) to Everyone:
@Marla – Great question. I think it could be a group of both.

20:23:23 From Kate London (she/her) to Everyone:
@marla I think its whatever mentor works for you

20:23:42 From Eva Morales to Everyone:
SECURITY

20:23:55 From Marla to Everyone:
@Kate - But sometimes there isn't one -

20:23:55 From Elizabeth Kuyper to Everyone:
Serenity

20:23:56 From Alexandra Ryan (she/her) to Everyone:
Bliss, sparkle, self-love

20:24:02 From June (she/her) Schreiner to Everyone:
Coherence

20:24:03 From Britt Lower to Everyone:
courage, compassion, awe

20:24:05 From Livia Trevino to Everyone:
consistency

20:24:05 From Dorothy Dillingham Blue to Everyone:
GROWTH

20:24:07 From Stacie Hawkins to Everyone:
Confidence

20:24:08 From janscomputer to Everyone:
Inspired

20:24:10 From Crickett Rumley to Everyone:
grace

20:24:11 From Katherine to Everyone:
WARMTH - like in every sense of the word (so fucking freezing
right now but really I deserve more warmth towards myself others and I
want my career to HEAT UP)

20:24:13 From Josephine Green Zhang to Everyone:
Confident

20:24:17 From Tricia Alexandro to Everyone:
Radiant

20:24:19 From Kate London (she/her) to Everyone:
willingness

20:24:19 From Liza to Everyone:
Filthy rich abundance

20:24:21 From Karla Hendrick to Everyone:
Beloved

20:24:24 From Hennie Hendrawati to Everyone:
Transformation

20:24:29 From heatherpedit@gmail.com to Everyone:
aligned

20:24:31 From Elena Campbell-Martínez to Everyone:
Compassion and resilience

20:24:42 From Katherine to Everyone:
@Liza I wish you some dirty sexy money

20:24:44 From Venise Vinegar to Everyone:
grace and gratitude

20:24:50 From Suzanne Voss to Everyone:
Peace

20:24:52 From Liza to Everyone:
@katherine LOL

20:24:59 From Liza to Everyone:
FILTHY rich abundance

20:24:59 From Tracy Weisert to Everyone:
Drat! I'm sorry I'm so tardy. For some reason, I haven't
gotten the AB email calendar blasts lately.

20:25:02 From Britt Harris to Everyone:
Wholehearted

20:25:04 From June (she/her) Schreiner to Everyone:
Clarity

20:25:05 From Lydia Hunter to Everyone:
Adventure and magic

20:25:16 From Nicole Lovince to Everyone:
BLISS, BEAUTY, MASTERY

20:25:25 From Venise Vinegar to Everyone:
surrender

20:25:29 From Kate London (she/her) to Everyone:
@marla ... Im thinking someone like Oprah can be a mentor /
inspiration

20:25:30 From Antoine Allen to Everyone:
Self mastery

20:25:36 From Ruthy (she/her) to Everyone:
Hi Karine! Yes, email: info@abundancebound.com and let them
know

20:25:41 From kimreed to Everyone:
Momentum

20:25:46 From Kate London (she/her) to Everyone:
@Antoine YES!

20:25:53 From Dionne Audain to Everyone:
Listen

20:25:54 From Grace to Everyone:
Delight

20:26:01 From Nina F to Everyone:
Wholeness

20:26:04 From Nomsa to Everyone:
Boldness

20:26:06 From Marla to Everyone:
Receptivity (Receiving)

20:26:07 From Wendy Foxworth to Everyone:
hope

20:26:07 From Eliana Pipes to Everyone:
Bliss

20:26:18 From Antoine Allen to Everyone:
I have the same "Blessed" tattoo

20:26:23 From kimreed to Everyone:
Balance

20:26:23 From Antoine Allen to Everyone:
Great minds think alike

20:26:30 From Niambi Sims to Everyone:
Courage, Precision and Pleasure

20:26:33 From Antoine Allen to Everyone:
Loving the community here

20:26:42 From Alexandra Ryan (she/her) to Everyone:

Nice Niambi! Love that!

20:27:12 From Kate London (she/her) to Everyone:
Radiant contribution

20:27:36 From Niambi Sims to Everyone:

Thank You 🙏

20:27:41 From Marla to Everyone:

Abundance Bound Team – are working hours still happening for
“grads”? And, for active members do you know when the times are?

20:28:36 From Karen Kasaba to Everyone:

Wonderment

20:28:46 From Marla to Everyone:

Niambi – Pleasure – LOVE LOVE!

20:29:06 From Clare Fields–Flood to Everyone:

Steadfast-----

20:29:06 From Alexandra Ryan (she/her) to Everyone:

Ooh Karen love that!

20:29:11 From janscomputer to Everyone:

We are so BLESSED for you Miata!!!

20:29:19 From June (she/her) Schreiner to Everyone:

^^^

20:29:30 From Ruthy (she/her) to Everyone:

Action Plan re-cap:

20:29:32 From Ruthy (she/her) to Everyone:

Step 1: Decide the core zones you want to focus on in 2022

Step 2 Decide on a Power Statement or words for each zone that
will keep you moving forward

Step 3: Habits: What habits. Can you put in place that
support you in the strongest development of your states of being

Step 4: Goals: Start with no more than three in each zone.

What if we say we are choosing to be people who are really setting our
goals and practicing hitting them. Choose goals that are within YOUR
control.

Step 5 Tasks: A list of actual tasks/actions that will lead
you to the goal's completion. Play the task game!

Step 6: Mentors & Masterminds: Find a group of people who
challenge and inspire you spend a lot of time with them, and it will
change your life for ever.

Step 7: My theme: What might our lives look like if we put more
attention on who we want to be vs have.

20:29:33 From Nedra Gallegos to Everyone:

Thank you so much!! Happy Holidays!

20:29:35 From Tricia Alexandro to Everyone:

Will this recording be emailed?

20:29:54 From Venise Vinegar to Everyone:

Thank you for your time tonight Miata. God bless you and your.
Wishing you the best of the Holiday Season and Richest blessings to
you and yours for the New Year!

20:29:58 From Elizabeth Pan to Everyone:

You are the best, Miata. Thank you!!!!

20:29:58 From Kate London (she/her) to Everyone:
Thank you @Miata and @Ruthy!

20:30:00 From Livia Trevino to Everyone:
Thank you!

20:30:00 From Alex to Everyone:
thank you!

20:30:00 From Kathleen Gonzales to Everyone:
Thank you Miata and Team!

20:30:01 From Lydia Hunter to Everyone:
THANK YOU!!!

20:30:02 From Britt Lower to Everyone:
thank you!!!

20:30:04 From Crickett Rumley to Everyone:
Thank you so very much. Happy holidays!

20:30:05 From Liza to Everyone:
You rock, Miata!

20:30:05 From Suzanne Voss to Everyone:
Thank you ❤️

20:30:05 From Eva Morales to Abundance Bound(Direct Message):
You are amazing. Thank you so much!!!!

20:30:06 From Grace to Everyone:
Thank you!

20:30:08 From Dionne Neish to Everyone:
This has been so good I have been ding a few end of year goal
setting etc and this has ben the best clear and lovely webinar its
been so clear and i feel super excited about this work thank you Miata
so much happy holidayas

20:30:08 From Josephine Green Zhang to Everyone:
Thank you Miata! And everyone!

20:30:09 From Ruthy (she/her) to Everyone:
Thank you!

20:30:12 From Kathleen Gonzales to Everyone:
Happy Holidays Everyone!

20:30:17 From Julie to Everyone:
Thank you!

20:30:22 From Josephine Green Zhang to Everyone:
congrats on your move to Panama!