

19:04:38 From Kate to Everyone:  
Welcome everyone!

19:05:15 From Kate to Everyone:  
Letting ourselves arrive here in the now moment.

19:07:56 From Alex Matthew to Everyone:  
That makes me cry

19:08:30 From Kate to Everyone:  
Reacted to "That makes me cry" with ❤️

19:10:05 From Eliana to Everyone:  
Reacted to "Action-Packet-2026.pdf" with 💙

19:10:23 From Kate to Everyone:  
What matters most to you as you live your one wild and precious life?

19:13:29 From Kate to Everyone:  
Achievements are valuable, but not the key to lasting joy.

19:14:27 From Kate to Everyone:  
Our internal state our perception, mindset, attitudes, stories, narratives are what truly shape our life experience.

19:14:54 From Megyn to Everyone:  
I'm so sorry I have to sign off unexpectedly. I wanted to share a Finnish proverb: "Happiness is the place between too little and too much." It called to mind Abundance Bound and your overarching philosophy of consistency and routine with regard to artists' sometimes inconsistent, unpredictable gigs and incomes. Thank you, so much, Miata and the AB Team. I'll plan on watching the playback for this session!

19:14:59 From Kate to Everyone:  
Reacted to "I'm so sorry I have ..." with ❤️

19:16:11 From tania v (she/her/ella) to Everyone:  
Did anyone catch all of the last slide?

19:16:50 From Elizabeth Mensah to Everyone:  
you can download the 8 states of being pdf from the email Miata sent yesterday

19:17:30 From Kate to Everyone:  
Reacted to "Did anyone catch all..." with 👍

19:17:37 From Kate to Everyone:  
Reacted to "you can download the..." with 🙏

19:18:04 From tania v (she/her/ella) to Everyone:  
Reacted to "you can download the..." with 🙏

19:18:08 From tania v (she/her/ella) to Everyone:  
Reacted to "Screenshot2025\_12\_19\_191702.jpg" with ❤️

19:18:11 From Kate to Everyone:  
Acknowledge that external results are never 100% in our control.

19:19:35 From Kate to Everyone:  
Link to 8 states of being pdf: <https://iamabundancebound.com/wp-content/uploads/2021/12/8-States-of-Being.pdf>

19:20:48 From Kate to Everyone:

We can Influence (vs. control) our experience and results by focusing on our internal states of being/mindset.

19:28:00 From Kate to Everyone:

Think of our zones as relationships we want to strengthen on our lives.

19:30:22 From Kate to Everyone:

Typically, we think of finances/money as an external result... consider shifting our perception of finances/money as a relationship that we want to maintain as healthfully as possible.

19:31:04 From Kate to Everyone:

3 Pillars of Money Relationship:

Mindset

Management

Making More

19:32:05 From Kate to Everyone:

The strength of our Money Relationship impacts every other area/zone in our life.

19:34:46 From Kate to Everyone:

What are your zones for 2026?

19:34:58 From Lara to Everyone:

If you are looking for work to support yourself (other than creative work), would that be it's own zone or would that fall into money?

19:35:50 From Abundance Bound to Everyone:

Amazing question Lara! I believe that would be your Money Zone – under the umbrella of Making More.

19:35:59 From Nancy Nagrant to Everyone:

Reacted to "Amazing question Lar..." with 💖

19:36:08 From Nancy Nagrant to Everyone:

Reacted to "If you are looking f..." with ➕

19:36:11 From Lara to Everyone:

Reacted to "Amazing question Lar..." with ❤️

19:36:22 From Kate to Everyone:

Reacted to "If you are looking f..." with ❤️

19:36:24 From Kate to Everyone:

Reacted to "Amazing question Lar..." with ❤️

19:36:44 From Alex Matthew to Everyone:

My kids (5 and 13) are in very different stages of development, I feel like my relationship with each could warrant its own zone?

19:36:58 From Kate to Everyone:

Reacted to "My kids (5 and 13) a..." with ❤️

19:37:56 From Abundance Bound to Everyone:

That is sometimes true Alex. As our children grow – they may have years where they realistically each need to be their OWN zone. Other years you may have a "Family" zone – where you have specific areas you are committed to working on with each child.

19:38:37 From Hanelle "Ha-na-lee" Culpepper to Everyone:

If you want certain goals for your career, I'm having a hard time thinking of how to frame them not as results.

19:38:49 From Kate to Everyone:

Reacted to "If you want certain ..." with ❤️

19:41:46 From Alex Matthew to Everyone:

Absolutely, great point Miata – I'm just thinking the teenage stage is growing into its own thing at the moment :) also sorry that I can't seem to figure out how to get my camera on in my new laptop settings!

19:41:48 From steven's iPhone to Everyone:

I'm not sure if it's the right time to write a message like this but I was thinking of having one zone of "health" which is the basics like fitness and eating well and relationships... but also within that "health zone" to have money part of health, specifically "tracking and mindset emphasized"... and then having a separate second zone of "career development". 3rd zone is spiritual growth which also has some overlap with health... )

Does this make sense? Or suggest to keep all of money together?

19:42:52 From Kate to Everyone:

Reacted to "I'm not sure if it's..." with ❤️

19:42:55 From Kate to Everyone:

Reacted to "Absolutely, great po..." with ❤️

19:43:26 From Kate to Everyone:

Replying to "I'm not sure if it's..."

Do you work in fitness?

19:44:00 From steven's iPhone to Everyone:

Replying to "I'm not sure if it's..."

No I meant it like exercise (I work in music and acting)

19:44:27 From Kate to Everyone:

Vision for our zones: Use words that describe how we want our relationship to that zone to feel.

19:45:10 From Kate to Everyone:

Replying to "I'm not sure if it's..."

So the money part of fitness is the expenses related?

19:46:28 From steven's iPhone to Everyone:

Replying to "I'm not sure if it's..."

I mean "health" is the life zone: subcategories includes Money, physical health(fitness and food), and relationships (with friends family partner)

19:48:25 From Kate to Everyone:

Replying to "I'm not sure if it's..."

I think perhaps each of those subcategories could each be their own zone? But I will ask Miata to weigh in here.

19:48:28 From Alex Matthew to Everyone:

Is the vision statement the same as the power statement?

19:48:53 From Kate to Abundance Bound(direct message):  
Please check Steve's Q in the chat.

19:49:33 From Kate to Everyone:

Reacted to "Is the vision statem..." with ❤️

19:49:36 From steven's iPhone to Everyone:  
Replying to "I'm not sure if it's..."  
Sounds good, thank you!

19:50:01 From Kate to Everyone:  
Replying to "Is the vision statem..."

Good Q.

19:51:14 From Abundance Bound to Everyone:  
Steven there is truly no wrong way to do this! That structure could absolutely make sense for you and how your brain works if that makes sense. So as long as you are able to stay present to how you are addressing Mindset, Management & Making More when it comes to your Money – it could absolutely sit under the zone of health!

19:51:55 From steven's iPhone to Everyone:  
Replying to "Steven there is trul..."  
Great, thank you!! Makes sense.

19:52:02 From Kate to Everyone:

Reacted to "Great, thank you!! M..." with ❤️

19:52:17 From Kate to Everyone:

Reacted to "Steven there is trul..." with ❤️

19:52:24 From Abundance Bound to Everyone:  
Replying to "Steven there is trul..."

It is also possible that the next section "Habits" will be helpful for you.

19:52:29 From Kate to Everyone:  
Replying to "Is the vision statem..."

Yes!

19:52:39 From Jini Durr to Everyone:  
Was there a packet we were supposed to receive and review prior to the call and I missed it?

19:52:56 From steven's iPhone to Everyone:  
Replying to "Steven there is trul..."  
Great, thank you.

19:53:14 From Jini Durr to Everyone:  
Thank you!

19:53:18 From Kate to Everyone:

Reacted to "Thank you!" with 🙏

19:55:29 From Kate to Everyone:  
What habits can I put in place to cultivate the states of being that will most benefit my zones/ zone relationships?

19:57:30 From Kate to Everyone:  
Examples: Meditation, Sleep hygiene/rituals, Exercise, Technology habits, Reading, Gratitude practice, Journaling

19:59:12 From Evan Widjaja to Everyone:

What is the Oprah quote again?

19:59:54 From Abundance Bound to Everyone:

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. – Oprah Winfrey

19:59:59 From Kate to Everyone:

Atomic Habits by James Clear: <https://bookshop.org/p/books/atomic-habits-an-easy-proven-way-to-build-good-habits-break-bad-ones-james-clear/072529306f5772fe>

20:00:09 From Kate to Everyone:

Reacted to "Be thankful for what..." with ❤️

20:00:12 From Kate to Everyone:

Reacted to "What is the Oprah qu..." with ❤️

20:00:22 From Elizabeth Mensah to Everyone:

if we already have an established habit, do we include it? or is this only new things we want to implement?

20:00:31 From Evan Widjaja to Everyone:

Reacted to "Be thankful for what..." with ❤️

20:01:16 From Abundance Bound to Everyone:

Elizabeth I think that including your established habits is a great idea. It helps ground you in all the things you are already doing that are supporting all that you are up to in the world.

20:01:29 From Kate to Everyone:

Reacted to "if we already have a..." with ❤️

20:01:32 From Kate to Everyone:

Reacted to "Elizabeth I think th..." with ❤️

20:01:34 From Evan Widjaja to Everyone:

Replying to "Be thankful for what..."

Thank you!

20:01:43 From Kate to Everyone:

Reacted to "Thank you!" with ❤️

20:01:44 From Elizabeth Mensah to Everyone:

Reacted to "Elizabeth I think th..." with ❤️

20:02:16 From Sheila to Everyone:

Reacted to "Be thankful for what..." with ❤️

20:02:53 From Kate to Everyone:

What are your current or future habits to support your zone visions?

20:03:44 From Camille Licate to Everyone:

Taking 5 minute breaks every hour, during computer-intense work days; visualizing 4 minutes every day

20:03:59 From Stacey L. Holman to Everyone:

Exercise regularly; create time to play; journal and devotion; being still

20:04:08 From Kate to Everyone:

Reacted to "Taking 5 minute brea..." with 👍  
20:04:12 From Kate to Everyone:

Reacted to "Exercise regularly; ..." with 👍  
20:04:19 From Abundance Bound to Everyone:

Mine: Reading, meditation, scheduled friend connection time with those who are long distance, financial tracking, daily walk, weight lifting, technology shut down at 10:00 PM.

20:04:29 From Nancy Nagrant to Everyone:

Daily meditation, daily morning pages, daily news read, 2x weekly read for pleasure, weekly artists date, daily and weekly admin (emails and scheduling)

20:04:33 From Kate to Everyone:

Reacted to "Mine: Reading, medit..." with 👍  
20:04:37 From Kate to Everyone:

Reacted to "Daily meditation, da..." with 👍  
20:04:57 From Daphne to Everyone:

Somatic exercises, praying first when doubt arises, quality time with my immediate family, hobbies (reading, guitar, language learning), walks with my dog in nature

20:05:03 From Sheila to Everyone:

Tracking my spending and income; not spending money on consumer gifts but first looking for other types of gifts (acts of service, experiences together)

20:05:04 From Dorothy Dillingham Blue to Everyone:

Be a student twice a week: take a dance class, weekly acting class, sit in on a workshop on a new subject, etc.

20:05:04 From Lara to Everyone:

- 1 Sitting in Stillness
- 2.Exercise
- 3 Drink 64oz Water
- 4 Sleep
- 5 Writing
- 6 FUN

20:05:07 From Kate to Everyone:

Replying to "Exercise regularly; ..."

PLAY! 🦋

20:05:15 From Kate to Everyone:

Reacted to "Somatic exercises, ..." with 👍  
20:05:17 From Daphne to Everyone:

Reacted to "PLAY! 🦋" with ❤️  
20:05:18 From Kate to Everyone:

Reacted to "Tracking my spending..." with 👍  
20:05:22 From Kate to Everyone:

Reacted to "Be a student twice a..." with 👍  
20:05:22 From Daphne to Everyone:

Reacted to "Tracking my spending..." with 👍

20:05:27 From Kate to Everyone:

Reacted to "1 Sitting in Stillne..." with 👍

20:05:30 From Evan Widjaja to Everyone:

Improving sleep, exercising regularly, hydrating, healthy eating, getting dressed, standing periodically (when sitting for too long), taking eyes away from screens.

20:05:34 From Kate to Everyone:

Reacted to "Improving sleep, exe..." with 👍

20:06:04 From Daphne to Everyone:

Reacted to "Be a student twice a..." with 👍

20:06:09 From Daphne to Everyone:

Reacted to "Improving sleep, exe..." with 👍

20:06:14 From Kate to Everyone:

Reacted to "Be a student twice a..." with 🦸

20:06:43 From Kate to Everyone:

Reacted to "Somatice exercises, ..." with 🐶

20:07:03 From Kate to Everyone:

Reacted to "Improving sleep, exe..." with 👕

20:07:06 From Abundance Bound to Everyone:

I create and commit to systems that fill my financial relationship with a sense of clarity and peace.

20:07:16 From Kate to Everyone:

Reacted to "1 Sitting in Stillne..." with 🌊

20:07:28 From Kate to Everyone:

Reacted to "I create and commit ..." with 👍

20:07:41 From Kate to Everyone:

Replying to "I create and commit ..."

Systems!

20:08:09 From Kate to Everyone:

Mindset pillar Goal Ex: "I will read two books this year that will increase my ability to manage my finances"

20:08:57 From Kate to Everyone:

Mindset pillar Goal Ex: "Spend time each day reflecting on my vision/power statements in all my zones"

20:10:43 From Kate to Everyone:

Management pillar Goal Ex: "I will create a debt plan that allows me to reduce my debt by 25 % in 2026."

20:10:59 From Evan Widjaja to Everyone:

For these example management goals, how are these distinguished from tasks? To me I could also see these being tasks that contribute to a goal.

20:12:11 From Kate to Everyone:

Replying to "For these example ma..."

Usually Tasks support Goals, so if they are usually smaller steps

20:12:52 From Kate to Everyone:

Replying to "For these example ma..."

So Goal: lower debt by 25%

Task: reduce dining out expense

20:13:14 From Kate to Everyone:

Replying to "For these example ma..."

This is flexible, depending on how you like to structure things.

20:13:43 From Evan Widjaja to Everyone:


Replying to "For these example ma..."

Ah, I see, I see. Yeah, I will need to reflect a bit on how broad/granular makes the most sense for me.

20:13:47 From Kate to Everyone:

Making More Goal Ex: Find a steady source of employment.

20:14:00 From Kate to Everyone:

Reacted to "Ah, I see, I see. Ye..." with 

20:15:20 From Kate to Everyone:

Replying to "For these example ma..."

A: Vision


I: Goal

a Task

20:16:32 From Evan Widjaja to Everyone:

Reacted to "A: Vision

I: Goal

..." with 

20:18:05 From Kate to Everyone:

Entrepreneurial/ Creative Biz Pillars:

1)Improve the Product

2)Operational Management

-Team Management

-Space Management

-Client Management

3)Marketing and Sales

-Branding

-Content

-Networking and Outreach

-Sales strategy

-Public Relations

-Event promotion

20:21:38 From Kate to Everyone:

Please Formulate Your Goals for Each Zone

20:21:40 From Daphne to Everyone:

Replying to "Entrepreneurial/ Cre..."

Thank you!

20:21:48 From Kate to Everyone:



Reacted to "Thank you!" with ❤️

20:22:20 From Sheila to Everyone:  
Reacted to "Improving sleep, exe..." with 👍

20:23:55 From Kate to Everyone:  
Financial Zone  
Mindset pillar  
Goal Ex: "I will read two books this year that will increase my ability to manage my finances"  
Goal Ex: "Spend time each day reflecting on my vision/power statement(s).  
Management pillar  
Goal Ex: "I will create a debt plan that allows me to reduce my debt by 25 % in 2026."  
Making More pillar  
Goal Ex: Find a steady source of employment.

20:26:22 From Camille Licata to Everyone:  
Wanted to share something we went over on Monday in LIA: Time management. I feel all of my goals, for all of my Zones, are dependent upon having a clear understanding of what I can truly accomplish each day with my work that also allows me to have time for my other Zones.

20:27:59 From Kate to Everyone:  
Replying to "Wanted to share some..."

Yes! Time Management is an excellent Habit to support all zones.

20:28:17 From Kate to Everyone:  
Reacted to "Wanted to share some..." with 🎯

20:31:11 From Kate to Everyone:  
Example: Vision/Goal/Tasks  
Vision: A Debt Free Life  
Goal: (More Specific) reduce my Debt by 20% this Year  
Task: (More Granular) Action Steps to achieve Goal

20:33:42 From Kate to Everyone:  
Vision:  
Financial Systems that create clarity and Peace  
Goal:  
I will track every penny that comes in and goes out.  
Tasks:  
Set a weekly tracking date.  
Choose tracking software  
Set up tracking software

20:39:01 From Sealy, Denice to Everyone:  
Would anyone like to join a goal game with me?

20:39:17 From Elizabeth Mensah to Everyone:  
Replying to "Would anyone like to..."

me!

20:39:32 From Hanelle "Ha-na-lee" Culpepper to Everyone:

Reacted to "Would anyone like to..." with 👍  
20:40:33 From Sealy, Denice to Everyone:  
Reacted to "Would anyone like to..." with 👍  
20:40:48 From Sealy, Denice to Everyone:  
Removed a 👍 reaction from "Would anyone like to..."  
20:40:50 From Sealy, Denice to Everyone:  
Reacted to "Would anyone like to..." with 👍  
20:41:24 From Kate to Everyone:  
Goal Game:  
Gather 3-4 people  
Each share 1 goal in each of your Zones.  
Person A Pass your Goal/Task sheet to Person B, Person B pass  
to Person C, Person C pass to Person A.

Write down as many tasks as you can think of on your  
colleague's goal sheet.  
Then Pass to the next person.

This EXPANDS your imagination and motivates you to move  
forward.

20:41:46 From Sealy, Denice to Everyone:  
Replying to "Would anyone like to..."  
Yaaaay! We'll connect! Were the two likes folks who'd be  
interested as well?  
20:42:00 From Kate to Everyone:

Reacted to "Would anyone like to..." with ❤️  
20:42:04 From Kate to Everyone:

Reacted to "me!" with ❤️  
20:42:07 From Kate to Everyone:

Reacted to "Yaaaay! We'll connec..." with ❤️  
20:42:47 From Sealy, Denice to Everyone:

Removed a 👍 reaction from "Would anyone like to..."  
20:42:48 From Sealy, Denice to Everyone:

Reacted to "Would anyone like to..." with 👍  
20:42:49 From Sealy, Denice to Everyone:

Removed a 👍 reaction from "Would anyone like to..."  
20:43:19 From Hanelle "Ha-na-lee" Culpepper to Everyone:  
Replying to "Would anyone like to..."

yes  
20:43:42 From Kate to Everyone:  
Work Break: Identify One Goal and start brainstorming possible  
tasks.

20:49:03 From Karen-Eileen to Everyone:  
Reacted to "Screenshot2025\_12\_19\_204825.jpg" with 🔥  
20:49:20 From Karen-Eileen to Everyone:

^^^^ This group 🔥

20:49:32 From Sheila Devitt (she/her) to Everyone:  
Reacted to "^^^^ This group 🔥" with 💪

20:49:34 From Doug Steves to Everyone:  
Reacted to "^^^^ This group 🔥" with 100

20:49:37 From Elizabeth Mensah to Everyone:  
Reacted to "Yaaaay! We'll connec..." with ❤️

20:49:41 From Elizabeth Mensah to Everyone:  
Reacted to "yes" with ❤️

20:49:49 From JoAnn P to Everyone:  
Reacted to "Screenshot2025\_12\_19\_204825.jpg" with 🔥

20:49:52 From JoAnn P to Everyone:  
Reacted to "^^^^ This group 🔥" with 100

20:50:06 From Sealy, Denice to Everyone:  
What was her name again?

20:50:09 From Kari Nissena to Everyone:  
Reacted to "^^^^ This group 🔥" with ❤️

20:50:15 From Kate to Everyone:  
The Awakened Woman by Dr Terrerai Trent: <https://bookshop.org/p/books/the-awakened-woman-a-guide-for-remembering-igniting-your-sacred-dreams-dr-tererai-trent/5fd8a332a6a9ea20?ean=9781501145674&next=t&>

20:50:20 From Kate to Everyone:  
Reacted to "^^^^ This group 🔥" with 100

20:50:45 From Kate to Everyone:  
What we can accomplish when we hold hands!

20:51:22 From Sealy, Denice to Everyone:  
Replying to "What we can accompli..."  
Thank you!

20:51:46 From Kate to Everyone:  
If we refuse to let each other fail, nothing is impossible.

20:51:52 From Kate to Everyone:  
Reacted to "Thank you!" with 👍

20:51:57 From JoAnn P to Everyone:  
Reacted to "If we refuse to let ..." with 🙌

20:52:25 From JoAnn P to Everyone:  
Reacted to "What we can accompli..." with 🤝

20:53:08 From Kate to Everyone:  
Choose Your Team. What Ship will you be on in 2026? Who will be captain? Who will be fellow passengers? Actively decide where your support will come from.

20:53:13 From Sealy, Denice to Everyone:  
I actually got the book from the library!

20:53:22 From Kate to Everyone:  
LOVE 2.0 by Barbara Fredrickson: <https://bookshop.org/p/books/love-2-0-creating-happiness-and-health-in-moments-of-connection->

barbara-l-fredrickson-ph-d/78e8ec8ccf63587c?ean=9780142180471&next=t  
20:56:01 From Kate to Everyone:

Homework: Choose Your Theme

-Is there a word that describes the TEXTURE of life you want to create in 2026?

-How do you want to FEEL? ...In this one wild and precious life?

21:00:16 From Kate to Everyone:

<https://abundancebound.com/financial-empowerment-program-waitlist/>

21:00:22 From June Schreiner (she/her) to Everyone:

Such a wonderful class!!

21:00:22 From JoAnn P to Everyone:

Thank you so much!

21:00:22 From Alex Matthew to Everyone:

Thank you so much Miata!!

21:00:24 From June Schreiner (she/her) to Everyone:

Thank you miata!

21:00:25 From Camille Licate to Everyone:

Love to you Miata and everyone! Happy Holidays!

21:00:27 From Nicole Ogata to Everyone:

Thank you!

21:00:28 From tania v (she/her/ella) to Everyone:

thank you Miata!!!

21:00:28 From June Schreiner (she/her) to Everyone:

We love you so much

21:00:28 From Mattie Caruthers to Everyone:

Thank you Miata, Kate and Members!

21:00:30 From Sealy, Denice to Everyone:

Thank you!

21:00:30 From Stacey L. Holman to Everyone:

Thank you!

21:00:30 From Evan Widjaja to Everyone:

Thank you, Miata!

21:00:30 From Kari Nissena to Everyone:

Thank you

21:00:31 From Lara to Everyone:

Thank you!!1

21:00:31 From Jen Kuhn to Everyone:

Thank you! Happy Holidays!

21:00:32 From Doug Steves to Everyone:

Thank you Miata! and Kate!

21:00:32 From Nancy Nagrant to Everyone:

Thankyou! Happy holidays!

21:00:37 From Jini Durr to Everyone:

THANK YOU!!!