



The One Question That Unlocks Everything

June 23, 2022

Time: 9 AM PDT / 12 PM EDT / 5 PM BST
(27 Minutes)

Interactive Webinar w/ **MBS WORKS**

Webinar Chat

00:14:08 Janie Angell: Surrey in the UK
00:14:09 Heather Henderson: Ottawa
00:14:10 Grant Harris: Hampton, Ontario
00:14:10 robert taylor: London
00:14:10 Lesa Christianson: Des Moines, Iowa
00:14:11 Meghan Newberry: Delaware!
00:14:12 Sofia Valanci: Ottawa
00:14:12 Janet Mickish: Cool Denver
00:14:12 Shirley Von Sychowski: Toronto
00:14:12 Camille McKinney: Hot stickly LA
00:14:13 Christa Rust: Winnipeg Manitoba
00:14:13 Paula Kaestner: New Jersey
00:14:13 Sabina Herwix: Munich/Germany
00:14:13 Christopher Cramer: Fort Collins, Colorado
00:14:13 Jonathan Raine:York - UK
00:14:14 Sonja Kunesch: Germany Munich
00:14:14 Joanne Bergos: Hello from Edmonton
00:14:14 Amy Bristow: DC
00:14:15 Claudio Jiménez: Mexico City!
00:14:15 Arjuna George: Warm BC Canada

00:14:15 Shelley Pancham-Candler: Hot sticky Toronto
00:14:15 Christy Drake: Tucson, AZ
00:14:15 Stephanie Pech:Brussels
00:14:15 YoVanda Brown: Maryland
00:14:16 Travis Ramage: Madison WI
00:14:16 Kristin Smith: East Freedom, Pennsylvania
00:14:16 Doug Leonard: Pittsburgh
00:14:16 Veronica Croci: Italy
00:14:16 Vanessa Vallejos: Chicago
00:14:17 Debbie Gaysinsky: Toronto
00:14:17 Gareth Bragg: Cambridge, UK
00:14:17 Cynthia Mullins: Savage, MN
00:14:17 Vince Waldon: Cold rainy EdmontonAB
00:14:17 LJ Viau: Toronto



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00:14:17 Adam Maxfield: Utah
00:14:17 Tim Johnston: Muswell Hill London
00:14:18 jackie small: Hello from Boston, MA
00:14:18 Logan Robertson: Lander, Wyoming
00:14:18 Loretta O'Connor: Tempe, Arizona
00:14:18 Tina Olson: Good morning all. I'm in hot and humid Columbia, Missouri.
00:14:18 Margaret Murphy: Vermont
00:14:19 Christine McLean: brighton England
00:14:19 Sara Swords: Peak District UK

00:14:19 Jolene Welker: Idaho
00:14:19 JaDene Jones: California
00:14:19 Joel Leclerc: Calgary, AB
00:14:20 Mary Schlosser: 62 degrees Seattle WA
00:14:20 Daniel Eeles: Wakefield, UK
00:14:20 Kevin Meenaghan: Seattle, Washington, USA
00:14:20 Andres Alamillo: Portland, OR
00:14:20 Donna Desmond: Chicago
00:14:21 Tim Sorensen: Madison, WI
00:14:21 Erick Reinikka: Minneapolis
00:14:21 Stephanie: Steattle
00:14:22 Nancy Orem: Lovely Wilsonville, Oregon
00:14:22 David Pearson: Atlanta GA. Also hot.
00:14:22 Brittany Stroup: United States - Tennessee
00:14:22 Christine Andrews: Toronto area
00:14:23 Deb Sonner: Ohio
00:14:23 Gonzalo Pardo: MEXICO
00:14:23 John Campbell: Bend Oregon
00:14:23 Janet Gundling: Pennsylvania
00:14:24 Tunde Gondocz: Ottawa
00:14:24 Sarah Button: Michigan!
00:14:24 Lorna Stewart: Edmonton
00:14:24 samantha warrington: Rugby England

00:14:24 Mark McVey: Bremerton state of Washington
00:14:25 Ginger Craig: North Carolina
00:14:25 Jim Carr: Michigan



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00:14:25 Kate Flory: In my daughter's summer house Edinburgh-ish
00:14:25 Richard Pike: Layton, UT
00:14:25 Devan Govender: OUt Africa

00:14:26 Rod Perrault: Powell River BC
00:14:26 Beth Rosborough: Pennsylvania, USA
00:14:26 Darroch Crewe: St. John's Newfoundland & Labrador
00:14:26 Silvia Röpke: Austria
00:14:26 Megan Primeau: Toronto Canada
00:14:27 Lynda Mansson: Switzerland
00:14:27 Roger Fielding: England
00:14:27 amy smith: Pennsylvania
00:14:27 Sara Jane Lowry: Pittsburgh PA
00:14:28 Pat Young: Michigan
00:14:28 Barbara Huffman de Belon: New Bern, North Carolina
00:14:28 Mark Archambault: Winston-Salem, NC, USA
00:14:28 Jennifer Seitz: Florida
00:14:29 Jorge Ronchese: Buenos Aires, Argentina
00:14:30 Maeve Buckley: Kelowna British Columbia
00:14:30 Donna Karlin: Hi from down the road in Ottawa
00:14:30 Sonja Kunesch: Germany
00:14:31 Alvaro Molina: Rainy Santiago Chile
00:14:31 Bene Cipolla: New York
00:14:32 David Hall: Petaluma, California
00:14:32 Tina Olson: Love all the locations :)
00:14:32 Jeff Parrish: Michigan
00:14:33 Thornley Bay: Ottawa
00:14:33 Tiffany Canfield: Rochester, MN!!!!
00:14:33 Joe Christian: Raleigh NC
00:14:34 Laura Walcott: Texas
00:14:34 Frank Newman: Burlington, ON
00:14:35 Linda Chung: Vancouver BC
00:14:36 Sandy Hammond: Indiana
00:14:36 Jorgen Carter: Wisconsin!
00:14:37 Gary Lincoln: England, Northamptonshire
00:14:40 Teresa Jones: West Yorkshire, UK
00:14:41 Siobhan McCarthy Farrer: Toronto too



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00:14:41 Tammy Roush: Upland CA
00:14:41 Margaret Walsh: Chilly upstate New York
00:14:42 Rhonda Fekete: Columbus, OH
00:14:42 Brian Brittain: the moom
00:14:43 Christine Johnson: Chicago
00:14:44 Kate Flory: Scotland
00:14:44 Pat OBrien: St. Paul, Minnesota
00:14:45 Matthew Pflieger: I would watch 30 minutes of MBS reading locations
00:14:51 Chris Last: Kamloops BC
00:14:53 Betsy Spetich: Really hot Hot Springs, Arkansas.
00:14:53 Holly Reardon: Holden Beach, NC, USA
00:14:53 Samantha Facciolo: Wilmington, Delaware
00:14:54 Luke Harris: Cave Creek, AZ
00:14:54 Tina Olson: Congrats on the 20 years!
00:14:54 Greg Ferguson: Calgary
00:14:55 Neil Gabbie: Dublin
00:14:57 Liz Blaauwendraat: Halton Hills, ON
00:15:01 Katie Hawley: Vermont, US
00:15:02 Gutierrez, Hilda: Los Angeles, CA
00:15:03 Gavin Kennedy: Hi from Glasgow Scotland
00:15:04 Amy Kulisheck | Stand Tall Coaching: Cleveland, OH - USA
00:15:08 Pamela Nagy: Amsterdam HOLLAND
00:15:09 Shelley Pancham-Candler: Congratulations!
00:15:16 John Tenza: Ann Arbor, MI
00:15:18 Keating, Kelly: Bournemouth, UK
00:15:25 David Ludwick: Chicago!
00:15:25 Sara Luther: Toronto, Canada
00:15:26 Susanne Ingerson: Hello from Minneapolis!
00:15:29 Wendy Wells: Boston
00:15:34 Brent Proulx: Richmond, VA
00:15:35 Marlene Alfaro: Greetings from Lakewood, California
00:15:35 Dan Penn: London, England
00:15:37 Gonzalo Pardo: 🎉 amazing! congrats to all @Box of Crayons
00:15:37 Greg Thomas: Hello from Denver
00:15:38 Joanne: Wimborne, Dorset UK
00:15:43 Shoubhik Purkayastha: Miami Beach, FL, USA
00:15:46 Sarah Bergg: Hello from Bath in UK



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00:15:47 Caroline Skelley: Ho Chi Minh City
00:15:47 Shana Ford: Wilmington, NC, USA!
00:15:47 Debbie Rorabaugh: In Maryland near DC
00:15:48 Gilda Dumontier: Dublin, Ireland
00:15:51 Teresa Hinson: Hello from Charleston, SC
00:15:51 John Tenza: Any good questions to share?
00:15:52 Kavita Jain: hello from SJ, CA
00:15:52 Jacqui Fairbrass: Cambridge UK
00:15:53 Jorge Lopez: San Antonio, TX
00:15:54 Jackie Pelland: Hello from Norway! (Norway, Iowa that is...)
00:15:57 Cheryl Lower: Hi from Boston, Massachusetts
00:15:58 Clare Walker: Hello from the Lake District in the north of the UK
00:16:02 Karenlee Pelletier: Keswick, Ontario
00:16:07 Nicolas Mériaux: Hello all, from Normandy, in France
00:16:07 Hayley Holden: Barton on sea - south coast UK
00:16:08 Amit Singh: Limerick Ireland
00:16:10 Iqbal Noor: Indonesia
00:16:11 Wendy Davis: Vancouver Island, B.C.
00:16:14 Janet Palmer: Michigan, USA
00:16:16 Yan Pan: Toronto
00:16:16 Mike Ryksen: Ontario, Canada
00:16:18 Sheila Smith: Guelph, Ontario
00:16:18 Kalli Holland-Alligood: Tampa, FL!
00:16:20 Kim Kelley: Kim from Bullard, TX
00:16:20 Christi Nix-Bloomer: Texas, US
00:16:20 Björn Schlie: Germany
00:16:22 Mark Padal: Philippines its 12am here
00:16:22 Catherine Hayos: Hello from Toronto!
00:16:22 Shawna Augustine: Salt Lake City, Utah
00:16:22 Leslie Allen: Calgary
00:16:23 Tim Grubb: Nashville, TN
00:16:26 Randy Gorod: Atlanta, GA
00:16:26 Tara Landes: Vancouver
00:16:28 Debora Reinke: Münster, Germany
00:16:28 Edith Levesque: Montreal canada
00:16:30 Joanne Bochis: Northern New Jersey
00:16:31 Paola Hayward: London



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00:16:33 Juste Brukiene: Denmark :-)
00:16:34 James Hodge: New Hampshire!!
00:16:34 Catherine Watson: Hello from rainy Calgary! CA
00:16:36 Kaz White: New Forest, UK
00:16:37 Jacqueline Rymer: Pittsburgh, PA
00:16:41 Heather Blackmore: Tipperary, Ireland
00:16:42 Eric Pison: Montreal, Canada
00:16:43 Sarah MacConduibh: Medford MA
00:16:44 Allison Arnott: Toronto, ON
00:16:48 Rich Mcghee: Lenoir, NC, USA
00:16:52 Cammela Teel: Silver Spring, MD (Washington, DC area)
00:16:54 Doug Leonard: Pittsburgh, PA
00:16:56 Urooj Khan: Toronto, ON
00:16:57 Juliann Brown: Hi from Philadelphia, PA
00:16:58 Andrea Tabak: Southern Israel
00:17:00 Dorothy Fitzgerald: Hello from Oshawa, Ontario
00:17:02 Kelly Chizlett: Hello from Southampton,UK
00:17:05 Tammy Gretz: Columbus, OH
00:17:13 Catherine Rocheleau: Hello from North Vancouver BC
00:17:17 Joanne Eshelman: Hello from Lancaster PA!
00:17:18 Dave Story: Silly Valley, CA
00:17:24 Sabina Herwix: 7
00:17:25 Byan Grisso: Greetings from Cleveland, OH
00:17:28 Grant Harris: 7
00:17:28 Sabina Herwix: 6
00:17:29 Thornley Bay: 6.9
00:17:30 Andrew Garland: Wiltshire UK
00:17:32 Jackie Pelland: Good choice of shirt, btw...
00:17:32 James Hodge: 6
00:17:33 Nicola Van Dam: 6
00:17:34 Nicolas Mériaux: 7 to all
00:17:35 Margaret Murphy: 5
00:17:35 Wendy Wells: 6
00:17:35 Tunde Gondocz: 5
00:17:37 Odelia Chalmers: New York City
00:17:38 Camille McKinney: Open = 7
00:17:38 Dave Story: 4



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00:17:39 Iqbal Noor: 5
00:17:40 Sarah Button: 6
00:17:41 Travis Ramage: 10 focuses
00:17:41 Cyndi Avery: 7 focus
00:17:41 Richard Pike: focused; 6
00:17:41 David Pearson: Focused 7
00:17:41 Jackie Pelland: 6
00:17:42 Joan Busch: 7
00:17:42 Rachel Roberts: Open - 5
00:17:42 Barbara Huffman de Belon: How Focused - 7
00:17:42 Heather Henderson: Focus 7
00:17:42 Stephanie: open - 6
00:17:42 Tim Johnston: OPEN 7
00:17:43 Andrew Garland: Focus 7
00:17:43 Joe Legatz: 7
00:17:43 Brittany Stroup: focus 7
00:17:43 Lesa Christianson: 6
00:17:44 Amy Kulisheck | Stand Tall Coaching: Open 7
00:17:44 Darroch Crewe: FOCUS: 6
00:17:44 Leslie Allen: focused 7
00:17:44 Nancy Orem: 6
00:17:44 Lauren Gerber-Fleury: 7 focus
00:17:45 Sarah Bean: Focused, 7
00:17:45 Rhonda Fekete: focused 7
00:17:45 Jolene Welker: Open 6
00:17:45 Katie Hawley: Open: 7
00:17:45 Chris Taylor: Focused - 7
00:17:45 Sheila Smith: 7
00:17:45 Jennifer Seitz: focused - 9
00:17:45 Liz Blaauwendraat: Focused-7
00:17:45 Susanne Ingerson: Focused 7
00:17:45 Terry Mitchell: Focused 7
00:17:45 Pat Young: focused - 6
00:17:45 Janet Palmer: Focused - 7
00:17:45 Keri Rogers Mize: 4-5
00:17:46 Donna Desmond: Focused 7
00:17:46 Paula Kaestner: focused 7



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00:17:46 Neil Gabbie: open 7
00:17:46 Dylan Armajani: Focus 7
00:17:47 Ginger Craig: focused - 7
00:17:47 Millificent M: Hello from Toronto Canada
00:17:47 Dean Waldron: open 7
00:17:47 Christa Rust: Focused 7
00:17:47 Sarah MacConduibh: 7!
00:17:47 Janie Angell: Open - 6.9
00:17:47 Michael Susara: How focused - 7
00:17:47 Clare Walker: Open 7
00:17:47 Gareth Bragg: How focused: 7!
00:17:47 Sara Jane Lowry: Focused 7
00:17:47 Tina Olson: #7 Focused...shut down distractions!
00:17:47 Kristin Smith: Active 7+
00:17:47 Gavin Kennedy: 7
00:17:48 Hayley Holden: Focused 7
00:17:48 Stephanie Pech: Focus 6
00:17:48 Christine Johnson: 5 today
00:17:48 Michael Polydoris: open 8
00:17:48 Christy Drake: Active - 7
00:17:48 Tim Sorensen: open 7
00:17:48 Sarah Bergg: Open 7
00:17:49 Christopher Cramer: 7 Active
00:17:49 Jacqueline Rymer: open 7
00:17:49 Kavita Jain: how focus I want to be
00:17:49 Adam Maxfield: Focus 8
00:17:49 Silvia Röpke: open 7
00:17:49 LJ Viau: open -7
00:17:50 Sasha Kovaliov: Open 9 :)
00:17:50 Margaret Murphy: focused - 5
00:17:51 Ken Bascom: Open 7
00:17:51 Cheryl Lower: open 6
00:17:51 Joanne: focus 7
00:17:51 Debbie Rorabaugh: Focused 8
00:17:51 Gutierrez, Hilda: 6.5
00:17:52 Amanda Wurm: Focused 5
00:17:52 Lauren Patel: focused 8



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00:17:52 Bill Kilburn: Open 6
00:17:52 Sofia Valanci: focus 6
00:17:52 Luke Harris: Open - 5
00:17:52 Pamela Nagy: 7
00:17:52 Cat Nelson: Open - 7
00:17:52 Tanya Piazza-Hughes: Focused = 10
00:17:52 Kate Flory: active 6
00:17:53 Noelle Hourani: Open 7
00:17:53 Bhaskar Natarajan: Bangalore, India
00:17:53 Katie Hawley: Focused 4
00:17:53 Keri Blacker: 7 open
00:17:53 Christine Andrews: focus - 7
00:17:53 Matthew Pflieger: Active 7 (read in a Monica from Friends style)
00:17:53 Tammy Gretz: 7 Focused
00:17:53 Veronica Croci: focused 6
00:17:53 Sheila Smith: focused 7
00:17:53 Christi Nix-Bloomer: Focused - 6+
00:17:54 Logan Robertson: focused 7
00:17:54 Joanne Bergos: 10
00:17:54 jackie small: open 6
00:17:54 Dana Pelletier: 9
00:17:55 Gary Deppe: Open 7. actively listening, hearing others
00:17:55 Janet Mickish: 5
00:17:55 Mary Anne Travis: Savannah GA USA
00:17:55 Claudio Jiménez: FAO=7
00:17:55 Gavin Kennedy: focus 7
00:17:55 Becky Robovsky: Open 10
00:17:55 samantha warrington: focused 10
00:17:55 Keating, Kelly: O - 6
00:17:55 Rod Perrault: Focus - 9
00:17:55 YoVanda Brown: focus 7
00:17:56 Mark Archambault: 5
00:17:56 Chris Last: 5
00:17:56 Bene Cipolla: Open: 6
00:17:56 Laura Walcott: Focus 9
00:17:56 Rebecca Waldecker: open 7
00:17:56 Catherine Rocheleau: Focused 6



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00:17:56 Pamela Enz: Open - 7
00:17:57 Catherine Hayos: Open-8
00:17:58 Byan Grisso: 5-6
00:17:58 Shana Ford: open - 7
00:17:58 Jonathan Raine: oPEN 9
00:17:58 Mary Bauling: yesterday 3
00:17:59 Chris McCarthy: Open 8
00:17:59 Doug Leonard: 6+
00:17:59 Yan Pan: focus 10
00:17:59 Christine McLean: focused 6
00:17:59 Urooj Khan: 7
00:17:59 Betsy Spetich: Focused 5
00:17:59 Michelle Polyakov: focus - 5
00:18:00 Tammy Roush: Open - 10
00:18:00 Daniel Eeles: Focus 5
00:18:01 Allison Arnott: I'm going to be 10/10 focused
00:18:02 Jorge Ronchese: FOCUS 7
00:18:02 Mary Anne Travis: & open
00:18:02 Elaine Nieberding: Focused 8
00:18:02 Maeve Buckley: Attention - 7
00:18:02 Emma Konopka: Open - 8
00:18:03 John Campbell: Focus 9
00:18:03 Amy Bristow: Focused 5
00:18:03 Kelly Chizlett: 5
00:18:04 Jacquie Martinez: Open 8
00:18:04 Frank Newman: Focused 6
00:18:05 Tunde Gondocz: open 7
00:18:05 Michael Nuesser: $3 \times 7 = 21$
00:18:07 Joe Vida: 5
00:18:07 Mary Anne Travis: 7 open
00:18:07 Lorna Stewart: Open 6
00:18:07 Sarah Malinowski: Focused - 9
00:18:08 Bhaskar Natarajan: Open 8
00:18:08 Yvette Bowser: open 5
00:18:08 Margaret Walsh: open
00:18:09 Mark Holmes: focus more than 5
00:18:10 Cynthia Mullins: Active 8




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00:18:10 Alvaro Molina: open 7
00:18:10 Mary Bauling: Open - 9
00:18:11 Juliann Brown: Open-6
00:18:11 Valerie` Tibbles:focused 6
00:18:12 Jean-jacques Auffret: Focus at 7
00:18:12 Sara Jane Lowry: Open 5
00:18:12 Douglas Youngson: Open-7
00:18:12 Naomi Amit: open 6
00:18:12 Gary Lincoln: 7 open
00:18:12 Roger Fielding: open 6
00:18:13 Donna Karlin: I plan to be focused at a 10
00:18:13 Jonathan Raine:fOCUSSED 2
00:18:13 Kim Kelley: focused 6
00:18:14 Millificent M: Open 8
00:18:14 Lauryn Girgenti:Open and Active - 7
00:18:14 Tina Olson: Rethinking focused at a 6 because I'm easily distracted
00:18:14 Sandy Hammond: open- 7
00:18:14 Pat OBrien: open -8
00:18:18 Karenlee Pelletier: 8 Only window on pc that is open
00:18:18 Mary Anne Travis: 6 focused
00:18:19 Joe Vida: open
00:18:23 Judit Kiss: 5 focused
00:18:23 Michele Norman: open -10
00:18:23 Marlene Alfaro: 6-focused
00:18:23 Greg Ferguson: focus 6
00:18:24 Millificent M: focused 9
00:18:24 Devan Govender: Open - 7
00:18:26 Mary Anne Travis: 6 active
00:18:26 Lesley Friday: OPEN at level 8
00:18:29 Laurie Fiske: Open-6
00:18:30 Rich Mcghee: OPEN 7
00:18:33 Tim Grubb: Active 2 / Open 7
00:18:34 Debora Reinke: focus 6
00:18:35 G Steve Royer: 6 moving towards 6+
00:18:37 Jorge Ronchese: 3x3x3=27
00:18:38 Pascal D: 7
00:18:41 Millificent M: Active 8



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00:18:41 Deb Sonner: open - 8
 00:18:42 Thomas Ryan: open at level7
 00:18:43 Catherine Watson: Focused 6! My boy cat demanding constant attention takes a point away!
 00:18:46 Jeff Parrish: Open 5
 00:18:48 Angela Smits: Focus and Active 8
 00:18:57 Tanya Piazza-Hughes: the time length (30 minutes is VERY helpful to keep focus. Thank you for that
 00:19:01 Wendy Davis: OPEN 7
 00:19:04 Gillian Barker: Open 9
 00:19:26 Juliann Brown: @tanya- I agree! I signed up because it was 27 minutes!
 00:19:36 Janie Angell: Meaning
 00:19:36 Heather Henderson: Meaning
 00:19:36 Rebecca Waldecker: meaning
 00:19:37 Shana Ford: impact
 00:19:38 Travis Ramage: impact
 00:19:38 Lauren Gerber-Fleury: impact
 00:19:38 Hayley Holden: Impact
 00:19:39 Dean Waldron: meaning
 00:19:39 Nicolas Mériaux: Greatness
 00:19:39 Dylan Armajani: Impact
 00:19:40 Joanne Eshelman: meaning
 00:19:40 Kristin Smith: Greatness
 00:19:40 Gareth Bragg: Meaning
 00:19:40 Grant Harris: Greatness
 00:19:41 Paula Kaestner: meaning
 00:19:41 Michael Polydoris: Meaning
 00:19:41 Leslie Allen: impact
 00:19:42 Lauren Patel: impact
 00:19:42 YoVanda Brown: impact
 00:19:42 Byan Grisso: Meaning
 00:19:42 Rachel Roberts: Impact
 00:19:42 Cynthia McKee: impact
 00:19:42 James Hodge: meaning
 00:19:42 Susanne Ingerson: Meaning
 00:19:43 Tanya Piazza-Hughes: Impact, 1,000%
 00:19:43 Jorge Ronchese: None



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00:19:43	Debbie Rorabaugh:	Impact
00:19:43	Alice Peay:	Impact
00:19:43	Sara Jane Lowry:	Impact
00:19:43	Christopher Cramer:	Impact
00:19:43	Catherine Rocheleau:	impact
00:19:43	Loretta O'Connor:	impact
00:19:44	Margaret Murphy:	impact
00:19:44	Eva Nafekh:	meaning
00:19:44	Neil Gabbie:	impact
00:19:44	Caroline Skelley:	Meaning
00:19:44	Rhonda Fekete:	impact
00:19:44	Yan Pan:	Impact
00:19:44	Shelley Pancham-Candler:	Meaning
00:19:44	Andrea Tabak:	Meaning
00:19:44	Darroch Crewe:	meaning
00:19:45	Tina Olson:	impact
00:19:45	Keating, Kelly:	Impact
00:19:45	David Pearson:	Meaning
00:19:45	Emma Konopka:	impact
00:19:45	Christine Johnson:	meaning
00:19:46	Tunde Gondocz:	Impact
00:19:46	Christi Nix-Bloomer:	Can't it be all three?!/
00:19:46	Betsy Spetich:	meaning
00:19:46	Adam Maxfield:	Impact
00:19:46	Jim Carr:	Impact
00:19:46	Mary Anne Travis:	Greater meaning
00:19:46	Jennifer Seitz:	impact
00:19:47	Christine Andrews:	impact
00:19:47	Derek McAllister:	Impact
00:19:47	Kim Kelley:	impact
00:19:47	Janet Gundling:	Impact
00:19:47	Lesley Friday:	MEANING
00:19:48	Sheila Smith:	impact and meaning
00:19:48	JaDene Jones:	impact
00:19:48	Pamela Enz:	impact
00:19:48	Andrew Garland:	Impact
00:19:48	Claudio Jiménez:	Impact



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00:19:48 Luke Harris: greatness
00:19:48 Michael Susara: Impact
00:19:48 Rod Perrault: Impact & Meaning
00:19:49 Gary Lincoln: impact
00:19:49 Mark Holmes: meaning for sure
00:19:49 Liz Blaauwendraat: impac
00:19:49 Matthew Pflieger: greatness
00:19:49 Joanne: impact and meaning
00:19:49 Camille McKinney: IMPACT!
00:19:49 Donna Desmond: Impact
00:19:49 Barbara Huffman de Belon: Impact
00:19:49 Cheryl Lower: greatness
00:19:49 Alvaro Molina: greatness
00:19:50 Tammy Roush: greatness
00:19:50 Sarah Bean: impact
00:19:50 Maeve Buckley: impact
00:19:50 Clare Walker: greatness
00:19:51 Jacqui Fairbrass: Impact
00:19:51 Christy Drake: all three
00:19:51 Frank Newman: meaning
00:19:51 Tammy Gretz: Impact
00:19:51 Doug Leonard: Impact
00:19:51 Thomas Ryan: impact
00:19:52 Michelle Polyakov: greatness
00:19:52 Kavita Jain: meaning
00:19:52 Joe Legatz: meaning
00:19:53 Tim Johnston: greatness
00:19:53 Daniel Eeles: Greatness
00:19:53 Katie Hawley: Impact
00:19:53 Janet Mickish: Greatness
00:19:53 Jonathan Raine: MEANINIG
00:19:53 Chris Taylor: greatness
00:19:53 Keri Rogers Mize: greatness
00:19:54 Erick Reinikka: meaning
00:19:54 Leslie Allen: greatness
00:19:54 Catherine Watson: Impact and meaning are inextricable linked for me
00:19:54 Logan Robertson: impact




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00:19:54 Tammy Gretz: Greatness
00:19:54 Sarah Bergg: Impact
00:19:55 Christine McLean: meaning
00:19:55 Juliann Brown: greatness
00:19:55 Ginger Craig: impact
00:19:55 Cate Gregory: Impact
00:19:56 Shirley Von Sychowski: greatness
00:19:56 Peggy Banks: meaning
00:19:56 Gavin Kennedy: meaning
00:19:57 Jacqueline Rymer: greatness
00:19:57 Pat Young: Impact
00:19:57 Lynne Hill: impact
00:19:57 Deb Sonner: greatnes
00:19:57 Devan Govender: Impact
00:19:58 Yvette Bowser: greatness
00:19:58 Nancy Orem: Impact
00:19:58 Michael Nuesser: more impact by meaning on the way to greatness
00:19:58 Christa Rust: greatness
00:19:58 Shelly Pendlebury: Impact
00:19:59 Cammela Teel: Impact
00:19:59 Lynn Schott: impact
00:20:00 Wendy Wells: greatness
00:20:01 Becky Robovsky: next best version
00:20:01 Odelia Chalmers: impact
00:20:02 Laurie Fiske: impact
00:20:02 Tim Grubb: Impact
00:20:03 Lorna Stewart: Meaning
00:20:03 Mark Archambault: impact
00:20:04 Gonzalo Pardo: next version and meaning
00:20:04 Tammy Gretz: Greatness
00:20:04 Kelly Chizlett: impact, meaning
00:20:05 Pascal D: impact
00:20:06 Amy Kulisheck | Stand Tall Coaching: wow - that's hard, I feel all three, but the way you describe it - I'd say to unlock my inner greatness, I'm feeling a bit lost..
00:20:09 Yvette Bowser: stuck in a rut that I need to get out of
00:20:11 Priscilla Wacaster: Meaning



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00:20:12 Cyndi Avery: I don't know how to choose, I think for now I will say meaning. I think that's my biggest thing now.

00:20:12 Dan Grandstaff: Meaning

00:20:13 Sarah Malinowski: greatness

00:20:13 Stephanie Pech: meaning

00:20:14 Catherine Hayos: Greatness

00:20:14 jackie small: Fulfilled

00:20:15 John Campbell: Greatness in this next phase of life/work

00:20:16 G Steve Royer: Impact

00:20:16 Judy Johnson: greatness

00:20:18 Mark Patterson: Mark - Calif, USA - Impact

00:20:20 Debora Reinke: Meaning

00:20:22 samantha warrington: impact

00:20:24 Joanne: The meaning is so important but the impact means is becomes real

00:20:24 Hazel Thomas: Meaning and Impact

00:20:26 Christine Johnson: Ok, it's really greatness after you gave the definition

00:20:27 Pat OBrien: best version of myself

00:20:38 Rich Mcghee: IMPACT

00:20:42 Michele Norman: next best version of myself

00:21:00 Tina Olson: Hi Amanda and Ainslee ...thanks for helping us

00:21:01 Camille McKinney: @Dave Story...Simi Valley? Me too!

00:21:03 Tanya Piazza-Hughes: Hi Ainsley!! 😊

00:21:06 Team MBS: It's a fillable PDF so no need to print if you don't want to

00:21:21 Team MBS: Hi Tanya!!

00:21:26 Millificent M: PDF??

00:21:46 Team MBS: Yes, it's a fillable PDF 😊

00:21:47 Bhaskar Natarajan: PDF?

00:21:55 Amy Kulisheck | Stand Tall Coaching: where? I don't see it in the chat

00:21:56 Team MBS: The handout at the link!

00:21:56 Bhaskar Natarajan: Link pls

00:21:57 Sheila Smith: Is there a link?

00:22:00 Tammy Roush: I dont see it posted

00:22:09 Team MBS: Click on the link to download

00:22:10 Sany Ristic: <https://www.mbs.works/one-question-handout>

00:22:14 Susmitha Valvekar: <https://www.mbs.works/one-question-handout>

00:22:18 Tammy Roush: There it is!

00:22:24 Emily Midgley: it's also in the email confirmation we got




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00:22:25 Cyndi Avery: Thank you so much!
00:22:42 Norma Nielsen: thanks ...got it!
00:23:06 Team MBS: If I say YES to this, what must I say NO to?
00:23:24 Tammy Roush: So good.
00:23:30 Shelly Pendlebury: The Coaching Habit is always in my briefcase... best coaching book!
00:23:48 Grant Harris: Also Noise
00:23:52 Michael Polydoris: Love Danny!!
00:23:54 Paula Kaestner: The coaching habit is in front of me on my desk!
00:24:11 Cat Nelson: its on my desk as well - I started reading it this morning
00:24:20 christine wu: Great book!
00:24:34 Jackie Pelland: I recommend the coaching habit to every leadership class I teach.
00:24:50 Ryan Samia: Yes, agree. Love the Coaching Habit book
00:25:06 Paula Kaestner: I base my leadership trainings on the principles in the book!
00:25:07 Tina Olson: Reading How to Begin right now after I read The Coaching Habit.
00:25:13 Team MBS: We are working on live transcription ... the replay we share tomorrow will be captioned!
00:25:21 Tanya Piazza-Hughes: @Michael...what about fear?
00:25:52 Byan Grisso: I usually have FOMO
00:26:29 Devan Govender: Loved The Coaching Habit - thinking underlies coaching practices in my school.
00:26:32 Margaret Murphy: this is so perfect - had to make a staffing choice just yesterday with 2 highly qualified people. Had both of those emotions!
00:26:38 Marjorie Malpass: yes!!!
00:26:41 Susmitha Valvekar: Love Peter Block!
00:26:43 Stephanie: Being a true Anti-Racist REQUIRES brave choices everyday
00:26:52 Matthew Pflieger: justified love for The Coaching Habit, but also shout out to The Advice Trap and Do More Great Work
00:26:59 Michael Polydoris: Peter Block, Flawless Consulting!!
00:27:00 Shoubhik Purkayastha: SCANNERS (Barbara Asher) // RENAISSANCE SOUL (Margaret Lobenstine) : what do you say, MBG ?
00:27:16 Kristin Smith: Helping a team member that frustrates me.
00:27:24 Shoubhik Purkayastha: In context of " REFUSING TO CHOOSE "..
00:27:30 jackie small: a new job
00:27:32 Kendra Brodin: Could someone repeat that last question?
00:27:34 Kavita Jain: my growth and aspirations
00:27:34 Camille McKinney: Defining my legacy



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- 00:27:35 Mark Holmes: Can I pursue professional coaching?
- 00:27:38 Mark Patterson: My YES = retirement within the next year
- 00:27:42 Jack Gelman: Healing a family wound
- 00:27:43 Manrique Tomas: deciding a niche
- 00:27:49 Matthew Pflieger: @Kendra "what's your yes?"
- 00:27:54 Shirley Von Sychowski: making career transition
- 00:27:55 Lauren Gerber-Fleury: working in my business fulltime
- 00:27:59 Yan Pan: Yes to my challenges
- 00:28:00 Keri Rogers Mize: moving to a totally new career
- 00:28:03 Paula Kaestner: Do I apply to Medical School after my son graduates high school?
- 00:28:04 Mary Anne Travis: successful retirement
- 00:28:08 Pamela Enz: Should I work on increasing my work or retire?
- 00:28:09 Devan Govender: Helping out in the family business...
- 00:28:11 Mark Holmes: I see that, Jack G
- 00:28:12 Shoubhik Purkayastha: Congruence in Energy : My larger vision / values linking together
- 00:28:13 Pat OBrien: making career change
- 00:28:15 Hazel Thomas: Change of role
- 00:28:15 Chris Taylor: Yes to deliberately tackling category design.
- 00:28:15 Andrea Tabak: Do I continue at my current position or go out and start something new?
- 00:28:15 Wesley Powley-Baker: when to leap
- 00:28:15 Dorothy Fitzgerald: figuring out what the next chapter looks like
- 00:28:18 Dean Waldron: career change
- 00:28:19 Yan Pan: join a group where I feel not fit
- 00:28:20 Joanne Bergos: finding the right community volunteer opportunity
- 00:28:28 Sara Jane Lowry: Dropping my consulting to focus solely on coaching
- 00:28:30 Mark Holmes: Yes Pat O
- 00:28:31 Millificent M: Relationships
- 00:28:33 Cyndi Avery: Just today I was offered a new path in my career and now I'm trying to figure out what my yes will be...so I'm weighing those yet as the option was given just before getting here.
- 00:28:33 Shelley Pancham-Candler: What is my last hurrah before retirement?
- 00:28:35 Dave Story: building community among the exec coaches in the SF Bay Area
- 00:28:35 Mark McVey: My marriage
- 00:28:35 Tina Olson: Actionizing inclusion as part of my organization's DNA knowing it's a long journey.
- 00:28:36 Marjorie Malpass: The Book!




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- 00:28:36 Tracey Proudfoot: What is my next step?
- 00:28:37 Byan Grisso: Focusing more on my worthy goal and avoiding the distractions
- 00:28:40 Lauryn Girgenti: Just being a coach, and letting go of all other things.
- 00:28:43 Lesley Friday: Living day to day in discipline of healthy lifestyle
- 00:28:43 David Bird: should I look for a new job
- 00:28:45 Janet Palmer: Letting things go from the past, physical or emotional
- 00:28:47 Paras Desai: Should I start my business to help people via chatbot
- 00:28:50 Patrin Watanatada: Building a successful consulting business, to support my family, our new rural life and our future ability to choose where we live
- 00:28:52 Karleen Andrew: Blocking out all the "noise" and sitting in silence!
- 00:28:52 Jean-jacques Auffret: Transitioning to a working retirement
- 00:28:54 Kavita Jain: getting pulled into tactical stuff
- 00:28:55 Catherine Hayos: Willingness to semi retire and take a break finally
- 00:29:05 Bob Stephan: Next step leads for the end of my career
- 00:29:10 Kendra Brodin: @matthew pflieger -- thanks! :)
- 00:29:13 Valerie` Tibbles: Where/how do I want live for next 10 years - I'm 70!
- 00:29:31 Cynthia McKee: Revenue: go back to work for someone else or continue pursuing new business & growth in my coaching practice?
- 00:29:32 Urooj Khan: say no to family and husband for things they can do
- 00:29:42 Joanne: Bringing the Thinking Environment to all organisations and into individuals lives.
- 00:29:48 Susmitha Valvekar: You just reaffirmed my thoughts MBS! It's the tasks that are stopping me from being my best self
- 00:30:01 Richard Pike: yes @Jean-jacques Auffret!
- 00:30:05 Amanda Liimatainen: 🤢 mouthwash but worse - spot on
- 00:30:26 Stephanie Pech: 🙄
- 00:30:33 Betsy Spetich: Yes to committing to a self improvement course - Unbridled Transformation.
- 00:30:37 Tammy Gretz: To be ok with a very comfortable job and stop chasing the next shiny thing and really using the comfort to focus on my personal project which I've been putting off
- 00:30:50 Tanya Piazza-Hughes: "stuff" to distract!
- 00:31:04 Tara Landes: If you want impact, you might need to say no to that human skin dust metaphor. GROSS
- 00:31:05 Shoubhik Purkayastha: Addiction to Distraction : INFOHOLIC
- 00:31:20 Shelley Pancham-Candler: Too much social media
- 00:31:24 Mary Bauling: SP - I'm with you!
- 00:31:37 Jackie Pelland: OMG...I'm an infoholic!! I knew there was a diganosis
- 00:32:27 Shirley Von Sychowski: thank you @teamMBS



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00:32:31 Manrique Tomas: thanks!

00:32:35 Vince Waldon: SJL I'm with you!

00:32:47 Yan Pan: @ teamMBS thanks !

00:32:54 Sandy Hammond: Thank you for this. I really need to hear this.

00:32:55 Millificent M: Personal impact? ?? or ingeneral

00:33:06 Jorge Ronchese: What if I don't care about impact and meaning... because it will be decided by others...

00:33:22 Shoubhik Purkayastha: Jackie, Mary: Lol

00:33:39 Team MBS: The replay will be shared tomorrow and available for five days

00:33:42 Shoubhik Purkayastha: But thanks

00:33:48 Valerie Aucoin: thanks!

00:33:55 Ken Bascom: @Jorge, if you don't care about meaning or impact, what DO you care about?

00:34:21 YoVanda Brown: lol

00:34:22 Stephanie Pech: ahhhhhhhhhhhhhhhhhhhh

00:34:23 Amanda Liimatainen: that was me. oy

00:34:26 Christi Nix-Bloomer: OMGosh I did!

00:34:29 Sarah Bergg: hahahaha

00:34:31 Team MBS: We haven't been able to figure out the transcription. Our apologies. We will for next time. And the replay will be captioned.

00:34:38 Justina Victor: 😊

00:34:41 Kasindra Maharaj: true on people

00:34:44 Shoubhik Purkayastha: Jorge likes Money only? ;)

00:34:48 Jorge Ronchese: Just doing and showing my best

00:35:15 Ken Bascom: @Jorge, define "best". By what criteria?

00:35:18 Gavin Kennedy: Like this model

00:35:48 Joanne Bergos: sometimes you have to give up people that are not serving you and let them go. its easier to do the older I get!!

00:35:57 Jorge Ronchese: my own mark knowing myself...

00:36:00 Tammy Gretz: What is the "R"

00:36:02 Ken Bascom: @Jorge, sorry if I'm sounding aggressive - just trying to understand

00:36:05 Doug Leonard: great model-

00:36:05 Paula Kaestner: resuer

00:36:07 Kristin Smith: P

00:36:08 Andrea Tabak: Rescuer

00:36:08 Christy Drake: Rescuer

00:36:08 Kendra Brodin: Rescuer



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00:36:08 Matthew Pflieger: ^ Joanne - live now as if you're older
00:36:08 Janet Mickish: R
00:36:08 Travis Ramage: REscuer
00:36:09 James Hodge: Rescuer
00:36:09 Mary Bauling: Rescue
00:36:09 David Pearson: Rescuer
00:36:09 Paula Kaestner: rescuer
00:36:09 Shirley Von Sychowski: rescuer
00:36:09 Michelle Polyakov: rescuer
00:36:09 Tanya Piazza-Hughes: Rescuer
00:36:09 Dylan Armajani: rescuer
00:36:10 Shelby Chartkoff: rescuer
00:36:10 Maureen Shields: rescuer
00:36:10 Claudio Jiménez: Rescuer
00:36:10 Valerie Aucoin: rescuer
00:36:10 Diane Bomberg: Rescuer
00:36:10 Bob Stephan: Rescuer
00:36:10 Logan Robertson: rescuer
00:36:11 Kasindra Maharaj: rescuer
00:36:11 Gail Noel: Rescuer
00:36:11 Christa Rust: Rescuer
00:36:11 Amanda Liimatainen: Rescuer
00:36:11 Susanne Ingerson: persecutor
00:36:11 Thornley Bay: Rescuer
00:36:11 Joanne: rescuer
00:36:11 Debbie Rorabaugh: Rescuer
00:36:12 Grant Harris: Rescuer
00:36:12 Marlene Alfaro: Rescuer
00:36:12 Kerry Black: rescuer
00:36:12 Anne McClellan: Rescuer
00:36:12 Richard Pike: rescuer
00:36:13 Keri Rogers Mize: rescuer
00:36:13 Tim Sorensen: rescuer
00:36:13 Mary Anne Travis: Rescuer
00:36:13 Shawna Augustine: rexcuer
00:36:13 Matthew Pflieger: rescuer
00:36:13 Margaret Murphy: rescuer



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00:36:13 Lilit Minasian: rescuer
00:36:13 Gareth Bragg: Victim!
00:36:14 Gary Tootle: rescuer
00:36:14 Karenlee Pelletier: rescuer
00:36:14 Tiffany Mitchell: Rescuer
00:36:14 Daniel Eeles: Rescuer
00:36:14 Mariko Blakemore: Rescuer
00:36:14 Jim Carr: rescuer
00:36:14 Kaz White: rescuer
00:36:14 Anna Leone: Rescuer
00:36:14 Catherine Rocheleau: rescuer
00:36:15 Alice Peay: Rescuer
00:36:15 Donna DeSimone: Rescuer
00:36:15 Christine Johnson: rescuer
00:36:15 Luke Harris: Victim
00:36:15 Michelle Sullivan: Rescuer
00:36:15 Sarah Bergg: Rescuer
00:36:15 Lynn Schott: Rescuer
00:36:16 Bene Cipolla: P
00:36:16 Sheila Smith: rescuer
00:36:16 Shana Ford: rescuer
00:36:16 Joanne Bergos: rescue
00:36:16 Hazel Thomas: rescuer
00:36:17 Betsy Spetich: rescuer
00:36:17 Deb Sonner: rescuer
00:36:17 Amy Bristow: rescuer
00:36:17 Stephanie Pech:rescuer
00:36:17 Mark Patterson: Mark = persecutor
00:36:17 Debbie Gaysinsky: rescuer
00:36:17 Barbara Huffman de Belon: Rescuer
00:36:17 Pamela Enz: rescuer
00:36:17 Janie Angell: Rescuer with a side order of victim
00:36:17 Wendy Wells: rescure/victim
00:36:17 Sabina Herwix: rescue
00:36:17 Amy Kulisheck | Stand Tall Coaching: rescuer -
00:36:18 Christi Nix-Bloomer: Resuer
00:36:18 G Steve Royer: rescuer



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00:36:18 Lauren Patel: rescuer
00:36:18 Greg Ferguson: rescuer
00:36:19 Christine Andrews: rescuer
00:36:19 Gavin Kennedy: rescuer
00:36:19 Peggy Banks: Rescuer
00:36:19 Amanda Fisher: rescuer
00:36:19 Lauryn Girgenti:Rescuer
00:36:19 Silvia Röpke: rescuer
00:36:19 Cat Nelson: rescuer
00:36:19 Jorge Ronchese: rescuer
00:36:19 Kavita Jain: victim
00:36:19 Ryan Samia: REscuer
00:36:19 Christopher Cramer: rescuer
00:36:19 Millificent M: Rescuer
00:36:20 Heather Henderson: Rescuer
00:36:20 Wendy Davis: RESCUER
00:36:20 Shelley Pancham-Candler: rescuer
00:36:20 Nicolas Mériaux: P 😊
00:36:20 Lori Burdine: rescuer
00:36:20 YoVanda Brown: rescuer
00:36:20 Camille McKinney: rescuer
00:36:20 Alvaro Molina: rescuer
00:36:21 Urooj Khan: rescuer
00:36:21 Kristine: rescuer
00:36:21 Jolene Welker: Rescuer
00:36:22 Hayley Holden: rescuer
00:36:22 Erick Reinikka: rescuer
00:36:22 Kim Kelley: rescuer
00:36:23 Dave Story: persecutor
00:36:23 Cindy Reid: Rescuer then Persecutor
00:36:24 Michael Susara: Rescuer
00:36:25 Siobhan McCarthy Farrer: Rescuer
00:36:26 Justina Victor: R
00:36:27 Dorothy Fitzgerald: rescuer
00:36:27 Gurjeet Sekhon: Rescuer
00:36:28 Sara Jane Lowry: Rescuer
00:36:28 Nina Pav: Rescuer



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00:36:30 Michael Polydoris: Rescuer
00:36:32 Dawn Walker-Elders: 😂
00:36:33 Tim Grubb: Persecutor
00:36:33 Tasha Lawson: Persecutor/Rescuer
00:36:34 Bill Kilburn: Yes, Rescuer
00:36:35 Wesley Powley-Baker: rescuer
00:36:35 Amanda Fisher: MIND BLOWN!
00:36:35 Yvette Bowser: rescuer
00:36:36 YoVanda Brown: soooooo true
00:36:37 Yan Pan: rescuer
00:36:39 Amanda Liimatainen: 😂
00:36:42 Megan Primeau: 😂
00:36:44 Megan Sheldon: when our nervous system is well-regulated, we play none of these
00:36:45 G Steve Royer: oh man! more to it :-)
00:36:46 Gary Lincoln: RESCUER
00:36:52 Diane Bomberg: Whaaaa?? So true
00:36:56 Susmitha Valvekar: 😂
00:37:00 Andrea Tabak: Absolutely true!
00:37:00 Mark Holmes: Emraan you're 4 disintegrates to 2
00:37:01 Shirley Von Sychowski: mind officially blown
00:37:02 toni rowland: 🤔
00:37:07 Sarah: I feel called out 😂
00:37:08 jackie small: Rescuer big time with elder care
00:37:12 Paula Kaestner: @MEGANSHELDON Yessss
00:37:14 Nicolas Mériaux: Piss people off
00:37:15 Megan Sheldon: I just laugh and say "I'm a no to that"
00:37:15 Tanya Piazza-Hughes: the Advice trap REALLY helped me get over it and see the impact that "rescuing" has
00:37:16 Dave Story: delay - if they really want it, it'll come back
00:37:16 Cate Gregory: no but..
00:37:17 Byan Grisso: Saying 'not now'
00:37:18 Faig Baghirov: What is THE ONE QUESTION?
00:37:19 Joanne Bergos: Hold people capable
00:37:21 Susanne Ingerson: saying
"yes, but"
00:37:22 Sabina Herwix: saying slower yes; askin questions



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00:37:22 Juliann Brown: use the 'No AND'
00:37:22 Grant Harris: No time for this now -polite
00:37:22 Michelle Sullivan: Say no to the request, not the person.
00:37:22 Tamara Paton: No is a complete sentence.
00:37:23 Laurie Fiske: Focus on what works for me, not focusing on them
00:37:24 Christi Nix-Bloomer: No for now
00:37:24 Janet Palmer: I've love to, however, I can't give it my best right now...
00:37:25 Anne McClellan: Yes, I could do that, but not now.
00:37:25 Thornley Bay: Delayed response
00:37:25 Sarah Johnson: I use my words! Haha
00:37:26 Meghan Newberry: not now
00:37:26 Lynn Schott: say what I am willing to do or alternate solution vs me
00:37:26 Stephanie Pech:non violent com structure
00:37:28 Amanda Liimatainen: I do not have all the answers, redirect to others, elevate others
00:37:28 Jacqui Fairbrass: Clear boundaries
00:37:29 Christopher Nalley: Not yet, maybe not be able to deliver at the level you want
00:37:29 Camille McKinney: I filter my choices through my values and priorities
00:37:29 C.D. Saint: Positive no: it's interesting, empathize, ask to be kept informed
00:37:30 Sasha Kovaliov: being compassionate to myself
00:37:30 Richard Pike: delegating to another time
00:37:30 Sarah: To remember that if my no is well intentioned, then I'm not responsible for their feelings
00:37:30 Silvia Röpke: Candidly saying no
00:37:31 Urooj Khan: change the topic
00:37:31 Jack Gelman: Smile and let silence do the heavy lifting
00:37:31 Judy Johnson: No for now, not no forever
00:37:31 Joe Legatz: I try to coach people to develop the ability to handle things themselves
00:37:31 Joanne Bergos: not uyet
00:37:31 John Campbell: Let me check my diary and get back to you
00:37:32 James Hodge: Yes and
00:37:32 David Pearson: I ask the clarifying questions to determine why me, and what is the benefit of this.
00:37:33 Susmitha Valvekar: I try to ask for the bigger objective
00:37:34 Shana Ford: where am I emotionally when I am facing a decision? if I am happy or sad I pause.
00:37:34 Mihir Vashi: Ask questions for self discovery...
00:37:35 Donna Desmond: I just say no.




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00:37:35 Logan Robertson: Offer an alternative that I can say yes to
00:37:35 Joanne Eshelman: Let me see how your request fits in with my professional/personal goals before i say yes
00:37:35 Valerie` Tibbles:chicken out and send an email
00:37:36 Alvaro Molina: going front with the true
00:37:36 Donna DeSimone: just pull back. limit contact
00:37:36 Linda Hills: Not saying no to you, saying yes to me
00:37:36 John Despain: No and offer another source
00:37:36 Sarah Bergg: I say let me think about that and come back to you - and give myself time to work out the pay off
00:37:36 Dean Waldron: no, but there's always an opening for later
00:37:36 Christa Rust: Ask them what they would do
00:37:36 Robin Yates: I've started saying "I don't want to" and explaining if I feel inspired to do so.
00:37:37 Kavita Jain: simply say no, I will think about it
00:37:37 Miller, Nicole S: Yes to the request, no to the timeline
00:37:37 Christopher Cramer: Connect them to others who can help and may have the time and bandwidth
00:37:37 Dawn Walker-Elders: I say "No thanks" with a smile, like they were offering me something but I can't accept it
00:37:38 Lori Burdine: I can't do that in whole, but I can do this part
00:37:38 Karenlee Pelletier: I always say "yes, if you can help me take something off my plate"
00:37:38 Margaret Walsh: Get comfortable with self-preservation
00:37:38 Jorge Ronchese: Why me, why now?
00:37:38 Shoubhik Purkayastha: Deeper Embodiment of feelings
00:37:38 Michael Polydoris: Ask "how would you solve this?"
00:37:39 Chris Taylor: 1-3-1: Ask them to provide: 1 problem, 3 potential solutions, and the 1 path they'd take if I wasn't here.
00:37:39 Mary Bauling: Don't commit right away. Think about other resources.
00:37:40 Jackie Pelland: I ask them a question about how they might help themselves
00:37:40 Holly Newell: ask questions
00:37:40 Mark Archambault: Don't have capacity at this time and then refer to others I think would be helpful.
00:37:41 Gavin Kennedy: I'd like to say yes, but I've already got a lot on my plate etc
00:37:41 Tara Landes: Whatever is getting in your way put it front and centre
00:37:42 Team MBS: THE ONE QUESTION: If I say YES to this, what must I say NO to?



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00:37:42 MISSY PARKS: Direct, short, no long-winded explanation.

00:37:42 WILLIAM LAFFIN: Michael, i love you but I just can't this time

00:37:42 Tanya Piazza-Hughes: By rescuing I realize that I am actually saying you are not good enough / capable

00:37:43 Diane Bomberg: "If I wasn't here, what would you do? Give it a try and I have your back"

00:37:43 Kevin Meenaghan: "Yes, and" if I do, this will be the consequence...

00:37:43 Faig Baghirov: What is THE ONE QUESTION?

00:37:44 Mariko Blakemore: What's that word? "n-o"?

00:37:44 Maeve Buckley: 5 second pause

00:37:45 Gurjeet Sekhon: Do I need to explain No?

00:37:45 Angela Smits: Explain why not

00:37:45 Christopher Nalley: Can I recommend someone else?

00:37:45 Joan Busch: Not now...

00:37:45 Keri Rogers Mize: no for now; reconsider later

00:37:45 Sheila Smith: establish boundaries - say no when you need to

00:37:45 Christy Drake: Ask how can I help?

00:37:46 Amy Kulisheck | Stand Tall Coaching: Thank you, but no thank you

00:37:46 Mark Holmes: lol v triggered to r

00:37:48 Siobhan McCarthy Farrer: Saying I need time to think about it. So I don't get hooked in the moment

00:37:48 Tammy Gretz: What is the purpose of this request what is the impact

00:37:48 toni rowland: Ask them why me?

00:37:49 samantha warrington: at the moment my cup is full, come back to me at another time.

00:37:49 Jacqueline Rymer: promise to get back to it later,

00:37:49 Sonja Kunesch: Non-violant communication

00:37:52 S Cabraal: silence, let someone else pick it up

00:37:52 Allison Arnott: Be honest

00:37:52 Shoubhik Purkayastha: Embodiment..

00:37:52 Wesley Powley-Baker: let me think about it


00:37:53 Andrea Tabak: Take a deep breath and offer alternatives

00:37:53 Mary Anne Travis: If you need an answer right now, the answer is no.N

00:37:53 Clare Walker: Oh, I learned to check what I'm saying yes to / no to

00:37:53 Debbie Rorabaugh: I know you can solve this on your own. I don't want to steal your victory

00:37:53 Sany Ristic: Learnings from Circling practices - share the impact on me and my feelings



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00:37:53 Nancy Lubin: is there is another way to accomplish this?

00:37:54 Tammy Roush: #advicetrap

00:37:56 Stuart Hodgson: Ask them for priorities

00:37:56 Diana Anderson: Use do/don't contrasting: I don't want to be seen as not being a team player; but I do want to align my efforts with work that has impact for

00:37:57 Hazel Thomas: Its easier if request made by SMS or email!

00:37:57 Danni M: Imaging the person as a younger child

00:37:57 Lynn Schott: Will a recording of this webinar be available

00:37:58 Pat Young: I need to guard my time and this isn't the time

00:37:58 Lorna Stewart: Not volunteering because others don't

00:37:59 YoVanda Brown: I had to practice saying it in the mirror first to get use to my voice, so that I will be comfortable saying it out loud to others

00:37:59 Siobhan McCarthy Farrer: That's not possible for me right now

00:37:59 Tim Sorensen: remind myself what why wife told me about what is important

00:37:59 Barbara Huffman de Belon: Ask what the benefit will be to me/them/team/people

00:37:59 Joanne Bergos: Bite your tongue... wait

00:38:00 Lauryn Girgenti: Asking them whether they want a solution or just someone to vent to

00:38:00 Jean-jacques Auffret: Best tactics : make sure I can help, I want to help, the victim asks for it and last (s)he does her part of the job

00:38:01 Mary Anne Travis: No is a complete sentence.

00:38:03 Melanie Hesler: Say: Let me get back to you so I don't make a decision in the moment

00:38:05 Mark Patterson: Mark = tactic = have a good, solid reason to say NO

00:38:06 Cyndi Avery: I consider my values and my important/not urgent and measure the request to that.

00:38:08 Tasha Lawson: Clarify the ask and see if I have capacity

00:38:09 Betsy Spetich: Explain why I can't or at least can't at the moment.

00:38:11 Shoubhik Purkayastha: We violate our own Boundaries by NOT respecting our own TRUE feelings

00:38:12 Janet Mickish: The three roles interchange regularly

00:38:13 Faig Baghirov: What is THE ONE QUESTION?

00:38:18 Shoubhik Purkayastha: Embodied feelings

00:38:21 Mark Holmes: "What help do you need?" instead of "How can I help?"

00:38:21 Sabina Herwix: asking questions, why me, why now, what is min

00:38:28 Faig Baghirov: What is THE ONE QUESTION?

00:38:47 Norma Nielsen: I care about your growth and so am going to politely say no

00:38:49 Team MBS: If I say YES to this, what must I say NO to?

00:39:06 Diane Bomberg: I say "procrastination pays off!"



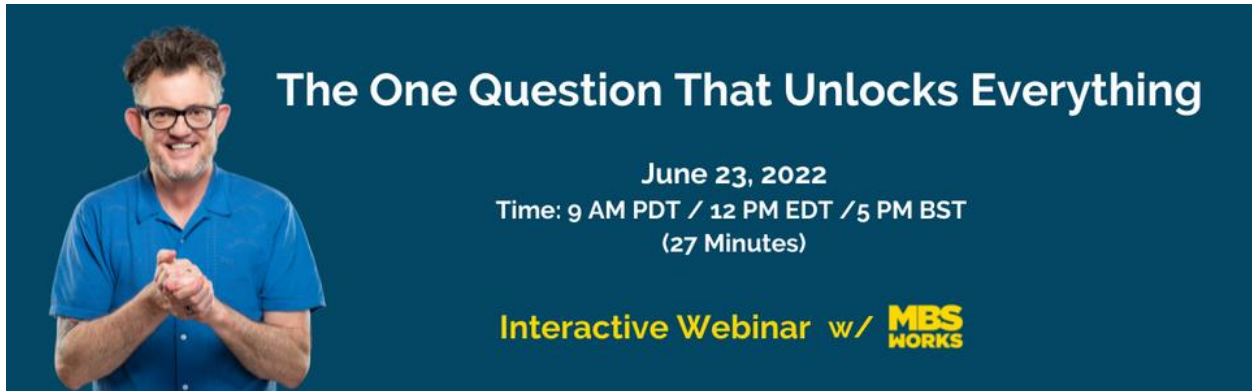
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00:39:20 Faig Baghirov: What is THE ONE QUESTION?
00:39:27 Ken Bascom: @Faig, the One question is "If I'm saying yes to this what am I saying no to?"
00:39:54 Chris Taylor: lol
00:39:55 Megan Sheldon: I'm inspired by this moment
00:39:57 Tara Landes: Ah. An easy no.
00:40:01 Vânia Magalhães: live
00:40:01 Jorge Ronchese: 2 min left
00:40:28 Shoubhik Purkayastha: What if we already have the course?
00:40:45 Jack Gelman: Sounds like a hero's journey
00:40:46 Maureen Shields: No to tasks, no to people, what's #3
00:40:58 Chris Taylor: It's coming, @maureen
00:41:00 Mary Bauling: slowyes
00:41:01 Lauren Gerber-Fleury: we're not there yet
00:41:02 Team MBS: #3 is coming right after this
00:41:03 Tara Landes: @Maureen you have to watch the commercial first
00:41:14 Mark Padal: #3 is NO TO ANIMALS
00:41:16 Sany Ristic: Join as at The Conspiracy after The Course !!! 😊
00:41:18 Patrin Watanatada: Where does the community interact?
00:41:26 WILLIAM LAFFIN: no to Putin?
00:41:51 Tammy Roush: Wait for it...wait for it...
00:41:52 Team MBS: @patrin in the comments and then potentially in the community
00:41:54 Marlene Alfaro: @Mark....I agree. My pets boss me around
00:42:10 Patrin Watanatada: thank you @team MBS
00:42:16 Chris Taylor: Feedback: This is ridiculously underpriced.
00:42:35 Lisa Sansom: LOL Chris - do you want to pay for me too then? 😊
00:42:42 Mish Echevarría: Came i n late. Price please?
00:42:51 Matthew Pflieger: 🙌🙌🙌 to MBS and @Team MBS
00:42:57 Team MBS: @chris it's true, we want thousands of people moving through it!
00:43:00 Dawn Walker-Elders: !!!
00:43:01 Chris Taylor: Lisa - if you buy it, complete it and don't see a 1000% return, I'll personally pay for the course for you
00:43:03 Mark Padal: Who wants to Treat me for this course? Please don't say NO haha
00:43:06 Stephanie: @Chris - Or accessible to many - Especially for those who may be underrepresented or historically limited from resources
00:43:07 Camille McKinney: It's about volume...
00:43:12 Kat Chung: guess on #3: Say no to an idealized version of yourself



00:43:17 Chris Taylor: @stephanie - fair point.

00:43:21 Kasindra Maharaj: \$39 one time or \$39 per month

00:43:28 Siobhan McCarthy Farrer: I can't wait to sign up - what an opportunity!

00:43:28 Team MBS: one time

00:43:29 Mish Echevarría: Thx

00:43:31 Dawn Walker-Elders: That's the hardest one

00:43:36 Douglas Boettcher: Is that Canadian, US or AUS dollars?

00:43:40 Amy Kulisheck | Stand Tall Coaching: I've already enrolled previously - does it expire? I got waylaid and haven't really started it yet. (decided to read the book first)

00:43:40 Team MBS: USD

00:43:51 Patrin Watanatada: I've got and worked through the book already - it's excellent, but I know I benefit from a community, hence asking about that

00:43:56 Team MBS: @amy lifetime access

00:44:02 Amy Kulisheck | Stand Tall Coaching: thanks!

00:44:02 Doug Leonard: @Amy - good question - I am in the same place

00:44:03 Yan Pan: What's the exact time ET? from 28th to when ?

00:44:04 WILLIAM LAFFIN: self control, self discipline... it's a muscle, takes work.. few get that

00:44:07 Anne McClellan: default future

00:44:08 Mark Holmes: Ouch. True.

00:44:20 Marie Lowe: wow

00:44:24 Victor Leal: golden advice as usual Michael , I read ALL your books and will certainly sign up

00:44:29 Anne McClellan: predictable future

00:44:40 Victor Leal: thank you 🙌

00:44:44 Team MBS: @patrin we onboard community members 3x per year. Next onboarding is end of August. Everyone who owns the How to Begin course will be invited to join.

00:44:47 Anne McClellan: rackets

00:44:47 jackie small: the familiar

00:44:50 Mark Holmes: Familiarity; comfort

00:44:52 Dawn Walker-Elders: @Anne the illusion of predictable future

00:44:54 Tammy Gretz: what is the website again

00:44:59 Sofia Nucci: P arrow?? Price or Prize?

00:45:05 Patrin Watanatada: 🙌 @teammbs

00:45:07 Dawn Walker-Elders: Prize

00:45:18 Yan Pan: Prize and punishment

00:45:19 Tamara Paton: Thank you, Michael. I just enrolled.



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00:45:20 Shoubhik Purkayastha: Persecutor , Sofia
00:45:21 WILLIAM LAFFIN: mbs.works/live
00:45:23 Siobhan McCarthy Farrer: avoiding not succeeding, feeling bad I didn't achieve it
00:45:28 Shelley Pancham-Candler: Thank you Michael!
00:45:31 samantha warrington: thank you
00:45:32 Hassan Mabrouky: what is the link to the course discounted price , thank you
00:45:35 Stephanie Pech:tahnk you
00:45:37 Valerie Aucoin: thanks 😊
00:45:40 JL MacDonald: Great webinar. Thank you.
00:45:40 Amy Kulisheck | Stand Tall Coaching: thank you!
00:45:51 Valerie Aucoin: Level 3 for sure!
00:45:54 Clare Walker: Thinking time
00:45:54 Amy Kulisheck | Stand Tall Coaching: breaking out the three nos
00:45:55 Sany Ristic: <https://www.mbs.works/live>
00:45:56 Shelley Pancham-Candler: Saying No to Myself
00:45:57 Joanne Bergos: the 3 levels
00:45:57 Valerie` Tibbles:good kick in the pants. thanks
00:45:57 Michael Polydoris: Evaluating tasks!
00:45:57 James Hodge: remembering to focus on ME
00:45:59 Chris Taylor: No to people - practical tips
00:46:00 jackie small: the insights
00:46:00 Lauren Gerber-Fleury: what it really means to say yes and no
00:46:01 Lisa Sansom: 3 no-s
00:46:02 Michael Hubicki: starting meeting with 2 minute break
00:46:02 Bill Kilburn: Karpman Triangle
00:46:04 Maureen Shields: present me vs future me
00:46:04 David Pearson: We feel guilty for what we say no to, and anxiety for what we say yes to.
00:46:04 Christine Johnson: Prices of the status quo
00:46:05 Erick Reinikka: how to say no
00:46:05 Byan Grisso: 2x2 matrix assessment (impact vs meaning)
00:46:05 Amy Bristow: The impact meaning matrix
00:46:05 Sabina Herwix: 3 NOs, esp to myself
00:46:05 Christi Nix-Bloomer: You rock! Thanks! And most useful - comfy is SO appealing.
00:46:05 Sarah Malinowski: meaning/impact chart
00:46:05 Richard Pike: no to self
00:46:05 Yan Pan: can you show the website again ?
00:46:05 Loretta O'Connor: the Question itself




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00:46:06 Karenlee Pelletier: Not about saying yes, it's about saying no
00:46:06 Catherine Rocheleau: the three Nos
00:46:06 Luke Harris: seeing MBS botch the tech!
00:46:06 Cindy Reid: Realizing I'm the biggest no.
00:46:06 Nancy Maichel: levels and models
00:46:07 Gurjeet Sekhon: The three No's.
00:46:07 Andrea Tabak: The high price of saying yes
00:46:07 jackie small: self reflection
00:46:07 Team MBS: <https://www.mbs.works/live>
00:46:07 Mark Holmes: challenging reminders
00:46:08 Sarah: Leadership is about brave choices
00:46:08 Mark Archambault: Reflecting on how I'm doing on the 3 nos
00:46:08 Gavin Kennedy: impact vs meaning matrix
00:46:08 Andrew Garland: I thought I knew now I know it
00:46:08 Victor Leal: say NO to self = fight status quo
00:46:09 Pat Young: Saying no to tasks
00:46:09 Brigitte lafrate: Meaning and Impact 2x2
00:46:09 Linda Chenoweth: SELF -ID rescuer = victim
00:46:09 Anne McClellan: remember to reset to create the future
00:46:09 Frank Newman: Karpman
00:46:10 Cyndi Avery: the matrix is a great tool and the levels of no....and I love the ppt.
00:46:11 John Despain: People are all resuers
00:46:11 Amanda Liimatainen: No to self
00:46:11 Susanne Ingerson: reminder about the 2X2
00:46:12 Joanne Eshelman: quick tips and short session
00:46:12 Shirley Von Sychowski: that the break (vs accelerator) is most useful tool
00:46:13 YoVanda Brown: Evaluating task
00:46:13 Mary Bauling: awareness of the emotion behind now
00:46:13 Tamara Paton: The third NO and my commitment to status quo.
00:46:14 Hayley Holden: 3 No's
00:46:14 samantha warrington: time for me
00:46:14 Tanya Piazza-Hughes: Saying No to current me is to say Yes to my greater future me
00:46:15 Laurie Drake: Presentation style and overall energy
00:46:15 Betsy Spetich: The meaning/impact matrix
00:46:15 Gilda Dumontier: The 2x2
00:46:15 Cynthia Mullins: Consideration of different ways to approach saying no
00:46:15 Janet Palmer: what's in my way ?




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- 00:46:16 Jacqui Fairbrass: How much the no to tasks is so true
- 00:46:16 Marlene Alfaro: saying No
- 00:46:16 Dave Story: having some focus time to think about what my goal is....what keeps me from saying NO
- 00:46:16 John Despain: rescuers :)
- 00:46:16 Christy Drake: Process for saying no to tasks; analysis tool
- 00:46:17 Pamela Enz: Saying yes to the future me and no to the present no. plus a lot more in this short time
- 00:46:17 Paula Kaestner: The third level, of coming to terms with saying NO to myself
- 00:46:17 Stuart Hodgson: The 2x2 matrix
- 00:46:17 Camille McKinney: All great tips!
- 00:46:17 Cynthia McKee: saying no to my current self for the benefit of my future self
- 00:46:18 Pat OBrien: saying yes to current self is saying no to future self
- 00:46:18 Angela Smits: No to tasks, 2x2
- 00:46:18 Shoubhik Purkayastha: Inspiration around it all
- 00:46:18 Sarah Bergg: 2 x 2
- 00:46:18 Nina Pav: Rescuers are also victims. I love your energy
- 00:46:18 Beth Thompson: Have to say no to the present self to enable the future self!
- 00:46:19 Nancy Orem: Importance of developing self-awareness
- 00:46:19 Jorgen Carter: Great presentation
- 00:46:19 Daniel Scott: Focus question at the start
- 00:46:20 Brian Dooley: The 2x2 grid and what to say no to.
- 00:46:20 Sara Luther: Being inspired to say Yes again to the Conspiracy community.
- 00:46:21 Lynn McGinnis: Understanding Prizes and Punishments is lifechanging. Thanks, Michael.
- 00:46:21 Dan Grandstaff: The 3 No's
- 00:46:21 Joanne Eshelman: like the 2x2 too
- 00:46:21 Sheila Smith: Karpman triangle
- 00:46:21 Juliann Brown: not being happy with status quo
- 00:46:21 Ken Bascom: The confirmation of my gut instinct that the One Question was one of the most vital questions one can ask
- 00:46:22 Kim Kelley: 2x2
- 00:46:22 Deb Sonner: the triangle
- 00:46:22 Eddie Cooper: your gift of sharing your message
- 00:46:22 Joan Williams: No to myself
- 00:46:22 Marjorie Malpass: I can do this! Loved your style!
- 00:46:23 Matthew Pflieger: I'm a facilitator - loved your blind prediction of the chat move
- 00:46:23 Tiffany Mitchell: Write it down.



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- 00:46:23 Sofia Nucci: The thinking! Time to reflect on my current issue
- 00:46:23 Lynn Schott: Good sequence to use in coaching others
- 00:46:23 Jonathan McCready: The efficient duration !
- 00:46:24 C.D. Saint: benefit of addressing the 3 levels with clear intention
- 00:46:24 toni rowland: 3 No's
- 00:46:25 Stephanie: 2x2
- 00:46:25 Sara Jane Lowry: No to tasks and the 2x2 matrix
- 00:46:25 Tim Grubb: 2 x 2 matrix
- 00:46:25 Jolene Welker: What needs to be addressed, delegated, reset and stopped
- 00:46:25 Mark Patterson: Mark = most useful = the basic question itself!
- 00:46:25 Jean-jacques Auffret: 3 no's (and you shirt, too)
- 00:46:25 Logan Robertson: Realizing what I need to say yes to, plus the facilitator tips I am going to turn around and use right away
- 00:46:27 G Steve Royer: 3 no's
- 00:46:27 Team MBS: <https://www.mbs.works/live>
- 00:46:27 WILLIAM LAFFIN: portending to be a rescuer, belies a victim
- 00:46:27 Andy Chell: Drama triangle
- 00:46:27 Diane Bomberg: Love your low tech ppt. I like the 2x2
- 00:46:27 Shelley Pancham-Candler: The link between Rescuer and saying No
- 00:46:27 Tunde Gondocz: Level 3 no
- 00:46:27 Lesley Friday: highlighting what to say NO to
- 00:46:29 Michelle Sullivan: Learning to say no to myself
- 00:46:29 Christine Andrews: 3 No's and Karpman model
- 00:46:30 Mark McVey: I just feel more enriched every time I get the privilege of being exposed to you
- 00:46:31 Barbara Huffman de Belon: Categories for what to discard (tasks/people/self)
- 00:46:31 Team MBS: <https://www.mbs.works/live>
- 00:46:31 Alvaro Molina: the 3 no together with drama triangle
- 00:46:32 Team MBS: <https://www.mbs.works/live>
- 00:46:32 Jennifer Steier: last question - say no to myself - I don't get anything staying in the status quo.
- 00:46:32 Dylan Armajani: Your style - carrying an audience!
- 00:46:33 Mike Ryksen: the way you present information is great
- 00:46:33 Daniel Scott: Reminder that we are more deeply committed to the status quo than we realize
- 00:46:34 Kat Chung: thanks michael. even reading your stuff, just a great reinforcement!
- 00:46:34 Glen Sharp: reminder of choice tradeoffs



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00:46:35 Jacqueline Rymer: saying no to tasks and the 2x2
00:46:35 Lauryn Girgenti: ALL OF IT!
00:46:36 Margaret Murphy: saying no to self -
00:46:36 Daniel Scott: Thank you, MBS!
00:46:36 Wesley Powley-Baker: the status quo staying as you are. Saying no to the comfort
00:46:36 Clare Walker: thinking about what I am saying no to.
00:46:36 Abhi Lahiri: 2 X 2 - amazing model !
00:46:36 Dawn Walker-Elders: Saying no to the status quo
00:46:38 Catherine Watson: Thank you for an engaging presentation!
00:46:38 Joan Williams: No to myself
00:46:38 MISSY PARKS: Reinforcement of the value of boundaries; the low-fi PPT; drama triangle and link between rescue and victimization. THANK YOU!
00:46:39 Sarah Bergg: I LOVE the 3rd NO - saying no to self!
00:46:40 Lesley Friday: YOUR STYLE
00:46:40 Deb Sonner: Thank you so much! I look forward to taking the course.
00:46:40 Janet Palmer: letting go of things to make space for other things...
00:46:40 Cindy Reid: Thank you team MBS!!
00:46:41 Debbie Rorabaugh: reminding myself to say No is actually saying yes to my future and future self
00:46:41 Megan Primeau: Thanks MBS, always learn so much from you and from the other participants too
00:46:41 Joanne Eshelman: just you talking
00:46:41 Jorge Ronchese: I am saying no to new courses and suscriptions
00:46:42 Anne McClellan: We we get this recording?
00:46:42 Mary Bauling: Thank you!
00:46:43 Sabina Herwix: rescuers are those who have it tough to say NO
00:46:43 Kristin Smith: 😊
00:46:44 Melanie Sickler: knowing that there is a community of people that are dedicated to becoming our best. we are not alone
00:46:44 Jorgen Carter: Great question... what prizes are from protecting the status quo
00:46:45 Erick Reinikka: status quo = safety
00:46:46 Team MBS: <https://www.mbs.works/live>
00:46:46 Tanya Piazza-Hughes: Thank you so much Michael and Team MBS!!
00:46:47 Gonzalo Pardo: thanks MBS!
00:46:48 Mary Anne Travis: realization of the comfort of the status quo
00:46:49 Becky Robovsky: understand my own tendency to say yes to myself to continue safety and comfort



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00:46:50 Claudio Jiménez: 1. NO to tasks.. (difficult!)

00:46:52 Laurie Drake: Thanks Team MBS!

00:46:54 Jorge Lopez: so much gold here. new to me is the 2 x 2 matrix (impact & meaning)

00:46:54 Joanne: Thank you all

00:46:55 Debbie Rorabaugh: Thank you!! Loved it.

00:46:58 Byan Grisso: Awesome session! Thank you!

00:46:59 Neil Gabbie: Thanks, MBS 😊

00:47:00 Jorgen Carter: Saying no to self

00:47:03 Anne McClellan: Thank you!

00:47:03 Susanne Ingerson: Thank you so much, again. Loved it!!!

00:47:03 Gary Lincoln: THE 2X2 MATRIX

00:47:04 Jorgen Carter: Thank you!!!

00:47:05 Team MBS: <https://www.mbs.works/live>

00:47:06 Janet Palmer: Thanks so much!

00:47:07 Kat Chung: Thanks Ya'll at MBS

00:47:07 Donna Tait: Thank you

00:47:08 Michelle Sullivan: Thanks everyone.

00:47:09 Devan Govender: Thx, MBS.

00:47:10 Christy Drake: Thank you for the session. I always enjoy your teachings!

00:47:10 Marlene Alfaro: thank you

00:47:12 Mark Patterson: Awesome presentation. Thanks a bunch!!

00:47:12 Jackie Pelland: Brilliant! As usual.

00:47:15 Brian Dooley: We want the chat! TY!!!

00:47:15 Silvia Röpke: Thank you !

00:47:15 Meghan Newberry: Thank you MBS + Team!

00:47:16 Shelley Pancham-Candler: Thank you Michael

00:47:16 Bob Stephan: Thanks

00:47:16 Tracey Proudfoot: Thank you so much. Really useful

00:47:16 Claudio Jiménez: Thanks All, Thanks MBS team

00:47:17 Team MBS: <https://www.mbs.works/live>

00:47:17 Dawn Walker-Elders: Thank you, Michael!

00:47:17 Maureen Shields: Lots packed into 30 minutes. Thanks


00:47:17 Margaret Murphy: Thanks!

00:47:18 WILLIAM LAFFIN: brilliant begets brilliance

00:47:18 Sofia Nucci: Thank you!

00:47:18 Logan Robertson: Thank you!

00:47:18 Jacqui Fairbrass: Brilliant and love your books Michael



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00:47:18 Angela Smits: Any more on the superhero?
00:47:19 Julia Connaughton: Thank you !
00:47:19 Alvaro Molina: Thank you very much
00:47:19 Lilit Minasian: thanks!!
00:47:19 Cyndi Avery: Thank you all
00:47:19 Debbie Rorabaugh: Thank you
00:47:20 Sasha Kovaliov: thank you
00:47:20 Megan Sheldon: Thank you Michael!
00:47:21 toni rowland: Thank you
00:47:21 Eddie Cooper: thx
00:47:22 Paula Kaestner: The worksheet is fillable but when you type into the question section, it fills the level boxes too