

# 2022\_06\_23 - Letting Go Half-Day Virtual Retreat - Part 2 - ...

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## SUMMARY KEYWORDS


questions, vision, stage, business, slack, work, envisioning, week, life, channel, fit, community, announcements, piece, yvonne, post, training, energy, dissipate, deep dive

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Okay, so part one of awesome part two, I just have some announcements for you. And they are, can I see them both at the same time them? And you? Let's see if I can do that, because I know that you're still hearing me. Oh, there it is. Okay. So just some of these are going to be reminders. Some of you might go, what oh, have we done that? Wherever you are with this. Just briefly, to remind you a few things. We've moved our calendaring and scheduling to Google Calendar, check your email for instructions if you haven't access that yet. So that way, you always have the most updated calendar, all the calls through July are on the Google Calendar. And as new Skype calls are scheduled, they're going to be added there first. So if you can't find the link, email Amy, Amy at Michele gunderson.com, she'll send it to you. The bonus private sessions that I've been doing with you guys, they've been amazing, amazing, amazing. I'm trying to think we've completed them all. If I missed anybody, if I missed you let me know. I'm pretty sure we did them. I met with each of you privately. And and then I'm really excited about taking all the energy, all that momentum into our new q&a calls into our new office hours, where you can get your questions answered up to three times a week. And so think big picture, think steps and actions that will move you forward and think beyond emergencies. For those times together. It's like, Michelle, I have something that is happening. 10 seconds from now, will you please help me with it? I haven't mentioned it before. Like, we'll always do our best to help you. But then are you always living your life in emergency mode? We want to unplug that let go of that. Right. It leaks energy. So what is it that you strategic strategically needed to know? And so? And so let me see. And we have them scheduled? So stage one. And we won't hear adhere to this perfectly at first because I just want you to ask your questions. But the intentionality behind it is that we're moving through the stages. And we will like by three, four months or so or we will have will be even, you know, more defined about the stages because you know, we just started the love your life comedian, because you have all done some pieces sometimes of you know a bit of stage three, but well, you missed a piece over here in stage one, we're doing a little bit of stage one and two together, for sure. Sometimes dipping into stage three. So you might have a stage three question. And I'm like, do I have to wait two months to ask that question? No. Right. But also be advised notice as a stage three question, is that where I should really be focusing my attention? So that will serve you all right? What actually should I be doing? So stage one is vision and that's weekly on Mondays? 11:30am Mountain Time offers and sales that stage to you are big self stepping out and actually doing it? And wow, did we see that in our creature offer call on Tuesday, that the depth of stepping into that big self. And what it is when we step into that who we actually become in that it was that

was phenomenal. You guys, so offers and sales weekly, and big self weekly on Tuesdays 5pm. Mountain Time, we put them at different times of the day to different parts of the week. So you can dive in and ask your questions as needed, right. And then Office Hours weekly on Fridays from nine till 10. All that's in your email, we've sent it to you different ways. It's in announcements, right. But I wanted to mention it as well. And we thanks to Mary Kay about the questions and how they work. The q&a calls were our Mondays and Tuesdays, we're on Zoom like this, you've posted your questions 24 hours beforehand. And you should have that jot form in your email. I'm not in charge of that, though. So I can't remember exactly when that's coming through to you, you should have it. If you don't have the jot form, we're just posting in office hours for now. Right? If we if you can't access the Jot form, we'll post it there. But in the next week or so we'll make sure that that jot form is there. You can post it there, that way I can think about it better those questions are gathered just in one place. And that kind of guides you through it. So you can ask an empowered question, an empowering question. And so Monday and Tuesday, we're on Zoom like this, for you posted 24 hours before and I can think about it and serve you best. Office hours is different. It's training a different skill. Ask a question in one sentence, I tell you, you I talk a lot, you know, as ask a question. One sentence is a lot, right. Like how do you do that? But the honing that you need to do to try to go what is my exact question that will take me forward? You know, it's a skill that I also need to work on myself. I'm just gonna be honest with you. Like I want to ask 20 questions. But when I can focus then that's what that one thing that I need that moves me forward. It's, it's brilliant. So the office hours function in a different way. And also, it reminds us of how much we can get out of slack. And you can lean in in Slack in so many different ways. We have this amazing tool. We have lean in with slack for five years in this community Why didn't bring to the community earlier. It's crazy, right? But on the team we build so much through slack.

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Like,

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we, for various reasons, we usually meet weekly and sometimes, you know, bi weekly, actually, but we haven't for various reasons everything is just getting done over slack questions asked, you know, a brainstorming, done all kinds of things that trains you to use that tool to you can use it elsewhere in your business, right. And so praise that focus intentionality. And also, that you can get you that you can receive what you need is like, I just, this is the thing I need, oh, here's, here's an answer now get going and be on the court and do it right. And then if the question sort of escalates, you know, it's like, there's, there's another layer of it, and there's another layer of it, and maybe a five minute conversation will help us clear things up, then and only then we'll move to zoom, but it's designed to be on Slack, with Zoom backup, as we need it. And we'll move there as needed. All right. So those are there, you just ask it right? In the office hours thread, right as we're doing the office hours, right? If you want to post it there a little bit earlier, before we start it, you can do that, too. But it's designed to be here's a question right here on the spot. The Slack channels, you can see them in our in our Slack, our Slack, in Slack right now. And each one of them has a different function. Random is sort of for that fun stuff, you know, you don't know where to put it put in random, you know, you want to chat with people, right? Program, any kind of program questions? Are you leaning in with the community or you you want to, you know, access each other's brilliance and genius is something that most

are many things can go in the program channel, because if you have a question and you want input from others, sometimes there's going to be somebody in the community that will have the answer there for you first. So you know, before a team member gets there, there might be somebody there. That's there five minutes after you are and they already know the answer to that. So it's a great place to, to dive in for any program things, right? Program, anything related to your journey, right? We've got a place for wins, we've got a place for announcements. And we just invented this a few days ago that those jot forms that you do, we want to push them through to slack. We haven't got that done yet. But we will do that. So you can see each other's questions as well. So I asked me if we could do that just this week, because I loved seeing your questions in office hours. I thought it might be useful for you guys to see them each other. All right. So reminder, the last week of the month is implementation week. We're doing it a little bit differently right now. But, but it'll be in full form in July. I am teaching next week, but that's not usually going to happen. So implementation week, this is time to connect with Yvonne with Murray and mastermind with each other on Thursdays to catch up with calls that you've missed to dive in and act on this. Implement the things that you've been learning. So no q&a calls or office hours that week with me, you can you can check in with each other check in with Yvonne chicken with Marie. It allows you to tap into that brilliance there's there's such brilliance and genius in this community is outstanding. And so remember to tap in with that monthly masterminds, hosted by Yvonne and Marie. The next one is Thursday, July 28 12:30pm. With with Yvonne. And there's 30 minute calls with Ray once a month during implementation week on Wednesdays, and I'm just gonna put that in the chat the link to book that. So you can do go there and book a time with Marie. And she, she has she started in this community in 2010. We've been working together a long, long time. When I have story issues. I turned to her I turned to Yvonne, they've helped me countless times. They will help you they are amazing. I know you guys know that. Let me see anything else I need to tell you about here. Yes. Mary Kay asked for it. The only question that I saw posted for today was she's like Michelle, Michelle, can you put this in writing about



08:43

how we how we do the question, so I just told it to you. And I've asked team members to post that. So we'll post that soon. But it's exactly as I just described, office hours through Fridays, different from Monday Tuesdays and would just describe that clearly and go back and listen to it if you're unsure. And that's all those ways to to ask questions. Just a quick reminder to you we have our quarterly intention call we've never done this before. Thursday, June 30 at 1230 Mountain Time, so translate to your own timezone all that's in your inbox. Just wanted to remind you there's like so much to serve and support you make use of all the resources in the in this community to help you on your journey. We we are partnering with you we are here for you, we want your success and we're trying we we found every way that we can find to support you and your journey. Alright. And and it will only grow from here from the things that we learn from you and being together on the court. Right. What was the date again, please? Yeah, sure. It is next Thursday. So same time, same place is right now. But a week from now, Thursday, June 30 1230. Mountain Time and all this is on the calendar. All this is in your inbox. And I may not be announcing these dates so much anymore, because it's just like go to the calendar. It's already there. Go to Calendar, it's already there. So, you know, train yourself and I've got to train myself to do that too. Um, go to the calendar. It's already there. And going slug should be to be connected with people. All right. Any questions about the announcements? Yep, Marnie. What is it? It's on June 30. Quarterly planning. So bring your bring your vision questions to that. Because we, you know, and I've given you assignments about, what's my three year vision? What's my one year vision? What is my vision in the Love Your Life Community, right? What's

my vision for that? You know, the stages like, what's my vision for that? And what do I want for this quarter? And we how are we going to know what our quarterly vision is, unless we won't know where we're going to be three years from now. So to really like prepare for that class, by doing the very best that you can do at each level of those vision, ask questions about it, you know, and Mondays are the vision question to call them questions, right? Ask questions, you can share it with me I can give you there's so much that I know about what creates a vision that actually gets enacted. And I don't want to train you on these countless umpteen things. I want to be on the court there with you, Michelle, here's my vision, we had Anna Maria's amazing example of a very powerful vision, right? We went through that the Create your vision, retreat, that was amazing, right. And then as when I was working with you, you'll remember Annamaria, it's like, and no, this is written in stone, because sometimes when it's so beautiful, that we want to cling to it, we will let go. Even so we have to even let that go. And like we did a deep dive with that, didn't we Annamaria it's like, it's so beautiful, you're gonna have to let it go. Because it's gonna shift and grow and change your mind. Because we also all talked about how beautiful it is even more, so you're going to need to let it go and let it grow and shift and change. Right. So yeah, so that's how I would prepare for next Thursday. And you could take the entire week, focusing on those visions, on those different levels of vision, and that would be a week well spent. I don't think anybody's actually going to do that here. But just know, that's how important that is. This is stage one work. And the only reason I say you probably won't do that the only other thing to do is stage two work, go out there and do it. Because that will inform your vision, you know, I'm gonna because sometimes we envision in a vacuum like I'm going to, okay, I'm gonna have a billion dollars tomorrow, let me just sit back and enjoy that. Right. But that's in the Science of Getting Rich to right, nothing happens then. Stage two, right? You gotta be on the court and be doing it right go have those calls. And it will, it will make your vision real, it will enact it. And like Diane taught us so beautifully this week. Thank you, Diane, it's like, Oh, it doesn't have to be perfect. The stage, the stage one and stage two work are you know, they work intimately together as well. I create the vision. And I can just sit there and imagine that I have a vision that tomorrow I'm going to be a billionaire. If I'm not on the court, it's a pipe dream. It's not a vision. So make sense about how to use your time what's what's there to serve and support you. I won't keep going through those. But I know there's been lots of less changes. And one of the reason I wanted to go through in detail to is the question from Mary Kay. Again, Thanks, Mary. Kate, when you're listening to this, just clarity, clarity, clarity, because there's lots of moving parts right now. We're trying to not overwhelm you with it like one piece of time. Yeah, Heidi, go ahead.



13:10

Just for clarity, the this specific assignment of that breaks out the three I know the three year one year 90 Day, where is that is that in one of the threads, assignments



13:22

is in it's in? I believe, Amy put it in announcements, which is where it should go announcements. Okay. So the announcements channel, if there's something that we want you all to know about. It's in the analysis channel, right. So and also, you know, if you're not sure we Yes, there's six, however, many channels, we've got quite a few channels, but it's not going to take you long to click, click, click where was it, and it will familiarize you with the channel. So it's not a bad way to as we're beginning to use your time as it go. That's what goes over here I

have a new puppy I can put in the random channel, right. I've got a window. When disobeyed. I'm going to put it and Karen we had this discussion this, this is the thing that could go in the wind gel on the program channel. And you wisely put it over there and the wind channel because it's a deep, deep and beautiful one, right. So getting familiar with how we talk to each other. And again, it's we have different channels, two different ends as a team, but we use multiple different channels for multiple different ends. And it has, we could not have run the company and grown it to this place. And it's been growing like tremendously without the use of slack and the way we communicate there. So have fun with it. Enjoy and was fun seeing some of you going like trying out this channel. See you playing with it. Good for you. Alright, any other questions about I know it's a big chunk about announcements to you, but you know, shove, awesome, deep, letting go announcements, how do you tap into these things? And how do you best use your week until we meet next for the next training? So that you and therefore like the kinds of questions to ask. So I want to set you up for the week. Not just like give you you know, announce things but set you up for your week is what I wanted to do that. Yeah, Dan.

 14:51

Just curious. These would be our business goals and right. Yes,

 14:57

yes, yes. And I'm really glad you asked that. question because you know, when you have your three year vision, it's just like the categories that I was talking about in offer creation. I've separated them out for you so you can see them. But they also intermix and intermingle to your business vision, I don't want you to go, oh, wait, I'm envisioning that I'm talking to my closest friend about how much I love my business. But my friend isn't there. Because you don't I mean, like, don't have guards in your mind about that. But I want you to create that for your business, because that's what we're doing here together. And then what you can do, you can transfer that excellence, is when you know how to create that vision over here, then it's a natural that will go what do I want from my my life? You know, and so if and if some of that fits into your three year, three year vision, for instance, that's all perfect. And I would even want that, like, it's, it's gonna leak? Did you get what I'm saying? It's gonna leak, I want it. I want the center to be your business. But, but when you're envisioning it, I can I can see, you know, I'm so happy and grateful. You know, and you're saying it like present tense, I'm lying here on the beach, reading my book, because my business is humming away, and other people are attending to the people that I love that I'm caring for that are my clients. Like when that sentence fit in there? Where does that fit in? Is that life? Is that business? Right? So I don't want you to put artificial fences. But I do want you to know your business vision. So that's a great, great question to end. Did that answer it?

 16:33

Yes, it did. Other vision work done. They

 16:36

had it into four different quadrants. So I just wanted to make sure this was a strictly business one. Yeah, yeah. And I thought about that for you. And because, as we talked about in the vision workshop, like, I'm envisioning all the time, it's a way of life. So I could ostensibly ask you, but what's your vision for your day? What's your vision for the next hour? What's your vision for this next minute in this class? All right. So we're envisioning all the time everywhere all the time, everywhere, it's, I want this to become a way of being for you to start to see the world that waits. It's an extremely empowering story. And then when you exercise it over here, you'll be able to do that in those other areas as well. And I don't want you for now to dissipate your energy because sometimes what we see Oh, and Karen, are you okay, if I point to some of the coaching that we did remember, I you had some I can share this with him what you have something about what you have on the page? Are you okay with that? Not details. But yes, you're sure.



17:33


I trust you. You're gonna say but go ahead.





17:35

Thank you. Thank you. I appreciate that trust. I really appreciate it. So you had when we met in our private session, you, you had so many things. And they were all beautiful. But there were so many things I said to you. Well, like sometimes when I look at this, I get tired. I remember me saying that. That's the piece I wanted to share. And so I didn't want your energy dissipated by like, there's all these things I want. When I really know that vision, I will know the other things anyway. Do you know what I'm saying? If I have the business vision, that is really, really, really, it. It's going to encompass those other things, but I won't dissipate my energy thinking there's no there's different semesters for time for things that we've four areas of our life, and as a business, spirituality, all that kind of stuff, you know, you've all done that work before, probably right. And sometimes there's 20 different areas, but it can dissipate our energy. So I just want you like, This is it. And out of that. It's actually my PhD work was very much like that people have a funny idea sometimes about what a PhD is, I know I did before I did it. And people go, Well, how could you like spend all those years studying the head of a pen, you know, like, it's sometimes it seems like that from the outside. Like, it's got to be so specific. But in order to really understand that thing, you know, all of the other things come into focus. Let me see, like you could do that, for instance with so it's such a great question when it's been a moment here, so we understand this. So let's say my area and this works for every one of your areas too, right? Like let's say I just want to get really fit. Let's say that was my goal, right? It's not anybody's area in this room in this moment, right? So I tried to do something that was different from anything anything here right? So let's say that was my goal I want to get really fit I mean, I want to be the aisle Annamaria you have some you have some goals that are related to that but not not right on that right you got to be really strong and all those things right but it's not right on your goal. So you know I want to be really really fit well in order to be really really fit and maybe it could be like like like something like Olympic level you know, I better have a focused mind because without a focus mind I'm not going to get fit. But it's was channeled through that that fitness and I see a carry just one sec. So and also if I'm going to be really really fit, well I'm gonna have to attend to my diet because I can't eat hot dogs all the time and right. So I'm going to have to tend to my sleep because I won't be really really fit without sleeping well. Uh oh, and I'm always arguing with, you know, every family member


member imaginable, but now I try to be fit and it's exhausting me. And you see, like through the lens of that one thing, all of our lives actually come into focus. And but there's a focused intentionality behind it. So that was such a great question. And so So focusing that I really wanted to go into it so that you can be ready for getting the most out of out of next week. Right? So thank you. Let's not let it go to like letting go of all of that. So I can see it through there. So I can really move my life forward. Quickly. Thank you for that. Yes. Good. I'm carrying

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on is it

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as I say accurate, but is it? It's almost what I think you're asking for and the vision I'm so used to seeing visions with like, a vision board, and it's specific, and it's like, laid out and so I'm, of course correct. In my mind, I have the be do have thing in my head. So it's kind of like, it's more than I've been doing more than do for my vision versus the B and a half. So is that more of what you're asking is about who we want to be? What we're going to have.

 21:09  
I want to know what that life feels like, and what it is to what you it's not. I'm not saying I haven't given you guidance on this one thing or that thing, like, what you're going to be what you're going to do what you're gonna have, it's all part of it. Can you place yourself so strongly in that vision, so that you are that right now, one way to write it is like, it is three years from now is June the is June the 23rd 2025.

 21:42  
I'm sitting on my couch.

 21:45  
Thinking about how much I love my life right now. You can write his letter some if you want, like a monk giving you the form of I don't care about that right now. Right? You know, maybe you're writing as a as a letter to someone you deeply love and trust, and they will hear you. Let me tell you why I love my life so much. I have no standing Business and Management, he can't believe it is why I'm sitting here are you know, like life could come into it right? And I'm working with this many people and I'm doing this I'm not like I don't know what it is for you. Right? But so it's it's as tangible and real as this call right here right now. Making sense. And we had like the such a beautiful model with Emory isn't. And there were different pieces that Annamaria brought in in that I'm not, I don't want to be so strict about it, that you cordon off things. But I also don't want it sometimes we fragment it. And I've experienced training on this from some great mentors even. But as we start to divide it up into so many categories, we lose the vision if, if I'm trying to, I've not taught this before, it's really new knowledge for me to understand



something that I have been doing as unconscious competence and to convey it to you. So I have not taught this before. But if you have ever experienced that you've done his I know you've all done some kind of visioning work, are you going to God? He probably wouldn't be or if you haven't, don't worry you. It's not necessary for this, right? Probably if you've got here, you've you've got some kind of visioning work behind you. But if you've ever felt that, either tired in looking at it, like how am I going to accomplish that, or that's far away from me, I don't know how to get there, even though it's that other cells that I will be that I'm not now, or you've ever felt like. There's so many things you don't know where to start, or there's a little bit of dissipation of energy, if you've ever felt even once, one of those things in looking at a vision that had a whole bunch of threads to raise your hand. This is a piece that's not out there that's 100% 100% in the room. And it's never talked about and I have been doing something different than that, that I've not been able to articulate till now. This was stage one vision. I wanted to help you with that. Because people have these all these visions, but their pipe dreams don't happen. Like let's actually have the vision that happens. That's what I want for you. So Does that clarify for you, Karen? Okay, it was great. Great, great. Quick questions, you guys. All right. So and I did say we wouldn't have our q&a Call on Tuesday, because it'd be time for questions either, you know, on Tuesday, and on Thursday, I haven't seen any posted questions. But I'm really glad I wanted to take some time for some questions. So those are two great questions here. And also that, you know, more than more than two icing but also like Heidi like the you know, thank you for the technical questions. Thank you for the what are we doing questions? Thank you for the you know, Marnie isn't like all of you guys are asking great questions. Right. So thank you for the deep dive questions that help us on the path. Any other questions? Is this clear? Both what to do how to this is a how to use your next week. How to what to what to show up with so then I can help you at that level. If you walk in the room and go like I have no idea what I want coming up. Or you know, I haven't even thought about or whatever you I can help you in the best I can. But if you do as much work as you can beforehand and with each other and on your own. And reading, rereading slides of Getting Rich, I reread it every week now, you know, because he says so much about how you envision it's really, really helpful, then I can help you at the stage like you've gone as far as you can. And then I can take it from there. And that is how I be in the world too. And I think that is some piece apart that has really propelled success in ways that I want to share with you, right. So when I was doing my yoga teacher training, years before I did it, the, the yoga studio owner says you should you should do the yoga teacher training now. And I'm like, but I knew that I was still learning things, I knew that there was still a background that I wanted to have. And I went to do the teacher training, but I'd done everything that I could, in a bunch of classes, doing all the highest level classes, and so on, so that I entered in at that stage. So I want you to enter in the best you can with each training that we do at that stage, do what you can on your own. And then when you enter in, you know, we can go so much farther for so much faster making sense. I love these questions, because they let me articulate that. Yes, perfect. And, and anytime. If you have to miss a call, remember, you can still post questions for the call beforehand, too. And I will address your questions on the call. Let me know in the question, remind me in the question, if you can't be there, so then I won't be oh, maybe they're gonna ride. Maybe I'll hold off on that question or something like that. I know you're not there for that call. And I'll answer it without you there. And sometimes because I'll call on you. Sometimes when I'm answering questions, sometimes I won't, depending on the nature of the question, but I'll no not call on you. And I'll answer it the best I can. And I'll think about it differently if I know you're not going to be there. So if there's something that you know, important that calls you away, you can still post questions, right?



26:43



Okay. Let me see anything else? This is a deep deep dive. But this was again, we're still at the beginnings of our love your life community, and there's lots of new stuff. And I want to make sure that we all have the best of luck how to go forward from here, right?



26:58

Good.



27:01

Okay, then they're a little mini recording party.