WEBVTT 00:00:03.232 --> 00:00:05.232 Oh, there's Claire. 00:00:08.651 --> 00:00:11.651 Claire: Didn't forget the most important thing. 00:00:46.592 --> 00:00:51.592 Kayley: Okay. Um, R, were you able to log your Gemini? 00:00:49.320 --> 00:00:55.320 RT: Um, yes, I logged into my, um, laptop, and I…. Trying to put it on my…. 00:00:55.050 --> 00:01:01.050 RT: Alexa, I don't think I clicked the right buttons, but. And it's just showing me, like…. She just said, aye. Can help you with that. So it's like, it's what I, um…. Try to actually prevent, she was just giving me, like, a…. I can't, like, Google, this is what a Gemini is. Just, like, a paragraph about what it…. But it's just giving me the basic definition, but I actually thought to put the software on my. Chrome browser, so I can use my left. That's right behind the screen. 00:01:26.100 --> 00:01:34.100 Kayley: Okay. Okay, perfect. Perfect. I'll go ahead and share my screen and kind of show you the topic we're going to work on today. And then I'll go ahead and ask you to share your screen. Um, and have you type in the prompts yourself. Okay. All right, Misina, sorry. 00:01:54.861 --> 00:01:57.861 RT: Yes, and self-care medical need. 00:01:56.303 --> 00:02:01.303 Kayley: Yeah, so we are going to use Gemini…. to….Discover these topics and how they can help us. Um, so I guess first question, what comes to your mind when you think of self-care or hygiene? Like, what's important to you? 00:02:13.112 --> 00:02:18.112 RT: Um, overall, like, being clean, like…. So, Karen hygiene, it's like….Being clean. 00:02:20.429 --> 00:02:27.429 Kayley: Is there any activities that…. Um, you enjoy doing for self-care? Um, like, for me, I like to do Pilates, or go on a beach walk. Um, like, those all sorts of self-care things or anything? Um, like, similar to that that you like to do? 00:02:41.174 --> 00:02:45.174 RT: Um, I like being in the water pool or ocean, because, like. It's good for my, um…. Into physical workouts, swimming, whole body, and…. I was, like, sense of, um…. Physical space and, like, how, um…. Interacting with water and, like, Sundays. It's good overall, but it tends to set a waves is coming in. You got a duck, I'm gonna ride them over. It's a spatial awareness, like, where am I? 00:03:09.456 --> 00:03:14.456 Kayley: Yeah, I also love going in the water, whether it's in the ocean or the pool. Um, and then…. Hygiene, maybe we can…. Brainstorm what things are important to us for hygiene. Um, and how…. We could ask, you know, Gemini. To help us. Um, so…. Self-care, hygiene, medical needs, could be medication management. Um, self-care tips…. Ways to improve our physical or mental health. Um, searching for home remedies. Or maybe even searching for a nearby doctor if you need a new. Um, dermatologists, or…. Maybe you're looking for an urgent care, because you have the flu. Um. We can use Gemini to help us with that. So, knowing these topics, um, maybe let's focus on…. Self-care first, and then we can move on to more medical needs. Um, so I'm gonna stop sharing my screen, and then I'll ask you to share your screen and pull up a Gemini. 00:04:29.973 --> 00:04:31.973 RT: Okay. I'm trying to remember what button do I press for a share screen. 00:04:46.638 --> 00:04:51.638 Kayley: Oh yeah, so if you kind of hover your mouse. On the bottom of your screen. Um, there'll be a bar. It'll show the chat box, um, the participants. Um, in the middle, there's a share that screen. 00:05:00.501 --> 00:05:05.501 RT: Here, okay then. Sure. This is, like, my Gemini right here. And the last thing I, uh, capital on of that is people think Nevada, Vegas. That's funny. Actually, this place called Carson City. Kayley: I actually would have guessed it was Las Vegas as well. Um, so, thinking of self-care, um, what could we ask Gemini? We could… we could start very basic. Um, what are some self-care activities? Maybe something along those lines. 00:05:51.284 --> 00:05:52.284 RT: Yeah. 00:06:30.811 --> 00:06:35.811 Kayley:Okay, so it looks like…. Looks like the first one is physical self-care.Ellen, do you want to scroll down? 00:06:31.182 --> 00:06:35.182 RT: Seems like she's giving me a…. And…. Yeah. Yeah, it says movement, then nourishment, like….Exercise, and…. Eat… then your sleep needs to be in a healthy range, like…. I try to sleep 9 hours, um, a night, and…. Some people are just… I've been out into 4 hours, I'm like…. Everyone's different, but I need… I need 9. Some people, like, be like, well, I remember. Uh, when I was an undergrad, we had a physical chemistry lab, and some of those people would be up in the library. Like, 12, studying, and then wake up…. 6 AM, like, because the lab test… the lab class started at 8.30 in the morning, so they…. I think on that cycle, and I'm just like…. These people, like, how are you alive? How are you aligned? 00:07:21.488 --> 00:07:31.488 Kayley: Yeah, when I was in underground taking chem, I would pull the all-nighters for our exams. I….But not every night, I would not be able to function. Um, so maybe, um, under… sorry, go ahead. 00:07:31.022 --> 00:07:37.022 RT: Wow. Yeah, I'm like…. I was just gonna say, like, wow, undergrad, like. Just PCIB Lab, so much math, don't like. 00:07:46.672 --> 00:07:50.672 Kayley: A lot of math. We had to memorize the whole periodic table. That was a lot. I kind of… I think ChatGPT was kind of new when I was taking chemistry. So I'm like, I think it would help now. Or Gemini. 00:07:54.855 --> 00:08:02.855 RT: It wasn't. Yeah, look at the shirt I'm wearing. 00:08:01.922 --> 00:08:06.922 Kayley: The kids now are lucky. Oh my gosh! 00:08:03.551 --> 00:08:10.551 RT: The shirt I'm wearing. You know, people…. If you know the table, you know it, but…. Like, some of the elements, like….How do you say that? Rebekistan. 00:08:16.928 --> 00:08:23.928 Kayley: Yeah. All right, so under physical self-care. Um, is there one of those star bullet points that sticks out to you that maybe, oh, I could work on that, or that would be helpful for me? 00:08:45.323 --> 00:08:53.323 RT: Um, well, movement to walking, running, yoga, dance, playing sports. Like, um…. And these are all…. Important, but, um….Maybe doing yoga first, like, stretching and finding your inner qi, whatever, it's like….You feel like it's good balance. 00:09:12.376 --> 00:09:16.376 Kayley: Yeah, maybe we can see if Gemini can…. Make us a yoga routine. Um, and you think of what you'd want to type into Gemini? 00:09:19.887 --> 00:09:21.887 RT: Okay, yeah. All right. 00:09:30.088 --> 00:09:32.088 Kayley: Create a prompt on that.That looks great. Let's see what it says. 00:10:21.197 --> 00:10:24.197 RT: Let's scroll down, the child, the corpse.And, like…. What a relaxation, like, corpse and child, like, you lay down.Cat, um, poison is more like…. You can apply alignment… alignment is, like, good for you, too, then.And I'm just looking at these, I'm doing that downward-facing dog is good for, I mean, your hips and….Uh, it's an alignment. I like that one. There's a lot, let's me.Tree pose.And there's some seated poses, because some people do. Um, sit-down yoga. Like, if you're… if you're, um…. At your desk, you have a call top of the hour, you can just do it right before. 00:11:17.585 --> 00:11:20.585 KayleyYeah, our chair yoga, yeah.Mm-hmm. I like how it gives you…. Like, directions. How to do the pose, just in case you weren't fully familiar. 00:11:27.744 --> 00:11:35.744 RT: Yeah. Yeah. I'm like, this is hinge your hips and fold forward, like, you're not just…. Some of these terms…. Yeah, a good term sanitizer, and it's sangskrit, or something, like, what does that mean? 00:11:42.464 --> 00:11:48.464 Kayley: Yeah, yeah. I have pretty much only know Shavasana.The one where you're laying down. Um, do you think that this would be helpful, this output that Gemini gave you?If you were looking to do yoga for self-care? 00:11:58.726 --> 00:12:07.726 RT: Um, yeah, because it's like, um…. Shows us directions, like, straight to the point, and also more of the….Complex terminology versus, say, hinge your hips, fold forward. Like, that's really direct.But some of the other terms that kind of…. Complex, or differently. 00:12:02.673 --> 00:12:05.673 00:12:08.038 --> 00:12:14.038 00:12:13.466 --> 00:12:19.466 00:12:19.206 --> 00:12:23.206 Kayley: Yeah. Um, maybe… yeah. I like how it's really…. That way.Yeah, I think that's really helpful as well. Um, maybe we could ask Gemini if….They can create a sequence, or like a yoga routine that you could follow.Maybe you could be specific on how long you want the sequence to be as well.Something that's realistic for your…. Schedule, whether it be, like, an hour, 30 minutes. This looks good. 00:14:21.389 --> 00:14:26.389 RT:Yeah, it's, like, really straight from the beginning process, and I….Bills into more complex ones. And they say, no, basically, you know, the basics of alignment and rolling your neck and stuff, like….Much of our life now is, like. We're all on the screen. 00:14:39.567 --> 00:14:41.567 Yeah…. 00:14:41.971 --> 00:14:47.971 Kayley: Yeah, I know, I'm guilty that I'm always hunched over. Yeah, I think this looks good. I wonder….Oh, um…. Alexa could differ.Um, say if, like, even your Alexa could lead you a yoga session, I wonder if Alexa would be able to do that. That'd be really cool.But this looks good, and you could…. Follow it on your…. 00:15:03.256 --> 00:15:09.256 RT: Yeah. Yeah, I have it open, I….Might have to, like, leave my laptop open, and I…. Put my mat right here, and just….Sometimes he's stretching, like, I'm…. I was doing a couple poses over and over again, it's like hocusing, you feel like. 00:15:26.346 --> 00:15:31.346 Kayley: Definitely. Definitely.Alright, um, so that was a good self-care…. Is there another aspect of self-care that you think is important, um, or something that you could work on?I know, um, Gemini, when you first asked. How can I improve my self-care, what your original prompt was. Um, it had opt-ins for physical health.Um, and mental health, maybe we can think of a prompt for mental health. 00:17:15.578 --> 00:17:17.578 RT: Oh, and I see if this happens. 00:17:17.007 --> 00:17:23.007 Kayley: Did you mean, um, common grounding? I think it still understands you. 00:17:21.208 --> 00:17:27.208 RT: Yeah. Okay, I was trying to make it…. The mental grounding, yeah.Like, you know, living in the now, not just, like. Whatever you want to be, just think about it.Yeah, and like this…. 5 sentences saying, like, five senses… oh, I see that.I hear that? I touched on my shirt here, cotton, and….Sometimes I, like, troll up one of my curls like this Sunday is, like.Growing is your five sentences, like, sometimes, like…. My neuropsych tells me, oh, ground yourself before a session.If you're… if you do your five senses are…. Let's see what other options he gave. 00:18:18.564 --> 00:18:20.564 Kayley: Yeah, these are great options. 00:18:15.560 --> 00:18:21.560 RT: Yeah, 54321. Hi, UC, before you can touch.Then here, with Sunday. Don't hear anything, but maybe in your head you're singing a song. 00:18:27.356 --> 00:18:34.356 Kayley:Maybe you can, like, listen for birds or something. Listen to the wind.All right, this sounds good. 00:18:35.149 --> 00:18:37.149 Yeah, like, the other day with…. 00:18:39.446 --> 00:18:46.446 RT: Um, yeah, the current, like, the 54321SNS. Two things can smell, Billy.Well, I think I had tea this morning. Must be a little bit, and then….Well, sometimes, like, you go to your laundry room, and, like, the detergent.The fourth jug is open, and it's like…. Stink.I love the smell of, um, laundry detergent. That's, like, my favorite smell.You know, sometimes, um, candles, I…. People are sticking the wall-sucking candles, or….Um, you know, you put it on your desk, the tabletop, it's clean linens is, like, thing people…. 00:19:22.509 --> 00:19:32.509 Kayley: Oh, yeah. Um, maybe we can transition over to medical.Um. Maybe we can think of….Do you have any… do you take any medications? Um, and do you ever need help managing medication? 00:19:46.953 --> 00:19:55.953 RT: Okay, Um, well, I have… I take, um…. Anti-seizure medicine twice a day, and actually, I have a pill kit.Afternoon, good morning, I follow it, because if I had loaded up for the week, it's like….I have a really logical mind, so…. Straight to the point. I could just take…. Trying to overwhelm my, um…. Sink in my bathroom, wake up, AM. Pm every night, 7, so I…. In my head, my pill case. It's, like, routine, that I like things that are really straight to the point. 00:20:18.813 --> 00:20:20.813 Kayley: Yeah, it sounds like you got a routine. 00:20:22.813 --> 00:20:25.813 RT: Yeah, that sounds like a really good routine. Um. 00:20:25.493 --> 00:20:30.493 Kayley: Maybe just for curiosity. We could ask Gemini.Except for some tips about managing medication. Do you want to see what Gemini says?Great, that sounds great. 00:21:49.526 --> 00:21:55.526 RT: Thank you, you know, it's a master list, it's like, you know, I got my pill case, it's, like, set up like that, so…. 00:21:59.799 --> 00:22:02.799 Kayley: Yeah, that's, like, kind of, like, your list already. 00:21:55.840 --> 00:22:02.840 RT: But also…. But also, like, sometimes… well, I have some over-the-counter stuff, because, like.I have some of those in my cabinet, or…. They have some other over-the-counter stuff, like….I think right here I got a…. Like, there's some… if you got a headache, you gotta get Tylenol, Advil, or…. A scar, and I need to put scar cream on it, so I had to apply that daily, so it's like….But have this master list, it would be easy to flip through it when you wake up in the morning. Did you do that? 00:22:26.606 --> 00:22:31.606 Kayley: Yeah. Yeah, that could be helpful.Um, understanding each medication, maybe that could be…. With your master list.Like, a brief description? Do you want to scroll down more, too? 00:22:39.717 --> 00:22:43.717 RT:Yeah. I, um….Well, I think, you know, having their name, pills are…. Whatever it's, um….I have a two prescriptions I take twice a day, and.I call him. The S-Pill and the L pill, it's of the shortened names are there.Fall, like, well, I'm gonna ask her name. F… oh.But, like, um…. Like, there's a pill case… pill bottle from your…Pharmacist, and I put, like, I'm sorry, yes. Oh, sorry, is it kind of….I do that myself, but, um…. You can also, um….Well, you know, I know how… what times and how long it takes, so…. 00:23:37.536 --> 00:23:42.536 Kayley: Yeah. That helps with your… your pill case. 00:23:42.791 --> 00:23:47.791 RT: Yeah, my… I have that case, and…. Also, like, some pills….Not mine, but you can take what…. Empty stomach or not?So…. Different prescription, like, one….Intake with a full stomach of food or other one? Nothing.So, probably a little. Trying out, like….Big, like…. Happy face, her full stomach for, like….Food Run, and then the other one, like. And no. You just have to just take it.Probably just…. Ew, Sicily. Like, doses, like, um….That's for that, that's for that. 00:24:31.534 --> 00:24:34.534 Kayley: Yeah. Yeah, for sure. 00:24:30.515 --> 00:24:35.515 RT: Maybe it, like…. I have a problem with, like….Missing a dose, but I have my pill case, so if I miss it, that's like… I didn't… I didn't open the wrong pouch, I….I have it, that's what it's for, but if I had, um….So they reminded me, like, if I. I opened my case, but there's two pills in there.There's only one in there that I don't… I didn't take all of it.So maybe there's, like, a weight sensor on it, like, maybe the case will say, oh….Half, or…. Or something like that. But my… my case is not electronic, it's plastic, so…. 00:25:10.671 --> 00:25:15.671 Kayley: Well, I'm glad to hear that that case is working really well for you.Um, maybe we could think of… I'm trying to brainstorm some other areas of medical needs that we could use.Um, Gemini 4? So maybe… I know Gemini knows your location.So maybe we can ask Jem and I for a specific.Doctor's office, or a specific type of doctor. Um, can you think of.A common type of provider that you usually see. Um, or find yourself wanting to see, whether it be, like, a dermatologist, or….Just a primary care doctor. 00:25:55.331 --> 00:26:01.331 RT: Um, I… I probably…. I need to go to the dermatologist, because….I'm in the sun a lot, so… Well, my last, um….Derontologist… before my injury, she said, you got a lot of freckles.No spots or damage. We've got a lot of freckles. I swim a lot, so….So maybe I need to have a new consult with a….Uh, I…. A dermatologist, and they…. 00:26:25.609 --> 00:26:30.609 Kayley: Yeah. Yeah, maybe we can ask Gemini. 00:26:27.755 --> 00:26:31.755 RT: Oh, you're in the sun, but no spot.Yeah, dermatologists in my area, or something. Ah, ask here. 00:26:36.444 --> 00:26:43.444 Kayley: Oh, look at on number 2. It says pill organizers, Gemini gave that idea. 00:26:41.790 --> 00:26:47.790 RT: Yeah, I have one. She got me. 00:26:45.033 --> 00:26:51.033 Kayley: Yep. You're ahead of it. 00:26:55.272 --> 00:26:56.272 RT:You know?I don't remember what the name for dermatology is.I don't know how to spell it. 00:27:25.873 --> 00:27:30.873 Kayley: They're a tallologist. So we're just missing a T in there.I think Gemini will still understand. RT: See what happens. Kayley: Well, it looks like it pulled up…. In Irvine, in Newport Beach, so that's…. 00:28:02.984 --> 00:28:08.984 RT: Uh, that's where I live, Brian. So, I need to, like….Take a picture of these. 00:28:11.980 --> 00:28:16.980 Kayley: Um. Maybe we can get more specific and see if….Gemini would be able to find a provider that's in your insurance network.Like, do you know what the name of your insurance network is? Maybe you can ask.Gemini, if any of these providers. Take your insurance. 00:29:22.663 --> 00:29:24.663 RT: How is the spelling? 00:29:35.624 --> 00:29:40.624 Kayley: The spelling for dermatologists is on the screen next to the. The blue star. 00:30:19.916 --> 00:30:21.916 RT: Let's see if it happens.Oh, okay, so they got it. These ladies. 00:30:29.242 --> 00:30:34.242 Kayley: That's great. Yeah. 00:30:30.034 --> 00:30:37.034 RT:It seems like all of them got it. Because, like, you know, the insurance I use is….Kind of basic one, but…. 00:30:40.799 --> 00:30:45.799 Kayley: Yeah, well, that's… that's great to know that Gemini can pull that up for you super easily.All right, awesome.Another topic we can look at for…. In the general topic, broad area of self-care, could be, um.Managing finances, or using transportation. Um, maybe even meal preparation?Um, do you think any of those three. Would be helpful to you?Were of interest to you? Which one? 00:31:26.758 --> 00:31:28.758 RT: Um, finances, like…. 00:31:28.727 --> 00:31:31.727 Kayley: Okay. Managing finances? 00:32:11.996 --> 00:32:20.996 RT: Yeah, this… the why, like, you got your short-term and long-term. Like, I need my short-term cash, my debit cards, and I go over, like, chronic tacos, and they….Lying long-term, like, my nest egg over at Charles Schwab for, like, wanting my own house down the road, so….And this one, this one. Be good to, like, do this myself. 00:32:33.902 --> 00:32:38.902 Kayley: Yeah. Yeah, that's good to keep in mind.Um, let's scroll down to step 2 and see what Gemini has to say. 00:32:42.555 --> 00:32:50.555 RT: Alright, and choose your budgeting method. 50, 30, 20 rule. 00:32:58.217 --> 00:33:00.217 Kayley:Needs, wants, and savings. 00:32:54.117 --> 00:33:00.117 RT: So…. Yeah, so, like, half your money needs to be going to your needs.Like, housing, utilities, he had to pay those bills. And groceries, transportation, insurance.The minimum debt payments, like, if you got something on your card, or….Like, a couple years back, my student loans were, like, so bad.And then… and then we'll let me errand. Your wants come after you, like….Some fun, like…. Dining out with your friends, or…?Family, and then…. Just going over to, like, Dave & Buster's or something.And then I… also the 20% is, like. Fund, emergency fund, and retirement, like, um…Like, roll over, it's like, I have, like, an IRA, and tell me there's some….A payment, um…. You put, uh, like, a small portion of your money to….Grow more money. 00:33:57.106 --> 00:34:01.106 Kayley: Yeah, I wonder, um…. Is there a step 3?There's also, um…. More methods. I kind of like the 50-30-20 00:34:12.476 --> 00:34:16.476 RT: Yeah, I like that one the best, yeah, I'd say. This, this. 00:34:19.356 --> 00:34:21.356 Kayley: Easy to follow. 00:34:23.374 --> 00:34:29.374 RT: That's what I like. And off of that, um….Also, um, zero-based budget. Pull every dollar. Is that going to that, that, that?And… sometimes it's a wasteful spending. It's like, you know, your bucket of important.Like, is it crucial, your housing, your car, insurance and stuff?I'm gonna go get my…. Hair blown out, that place down over there, it's like….Dr. Biz, like, there's…. Money, it's like.So, Irvani goes there, there? This is the budgeting, yeah 00:35:05.183 --> 00:35:07.183 Kayley: No, it looks like it says envelope system. 00:35:03.246 --> 00:35:09.246 RT: Oh, yeah, um…. Envelope system, that's, um….It's an important, crucial things. Groceries, entertainment, different tubs of money.Like, my, um, dad, like, falls to this guy, Dave Ramsey, he has driven buckets.Oh, that's some… how many of that's your housing? That's, like, your friends and family, like, money. As soon as you assign your money to. 00:35:32.021 --> 00:35:36.021 Kayley: Yeah. I feel like that's kind of challenging. 00:35:37.720 --> 00:35:44.720 RT: You have your card, you got… you got… I got…. 75 of the dogs left in my debit this month.I really want to go hang out with him, but…. I'm gonna go to the bargain movie theater, not….I, you know, going over to the Barclay theater and, like.Like, already close to my sets a lot of money. But it's like giving me that choice, so you budget it yourself.I want to hang out with them, but on my own budget. 00:36:05.764 --> 00:36:10.764 Kayely: Yeah. Yeah.Um, I wonder if, um…. Maybe you can, like, create a spending.Goal, like, next. Month, I only have this much money to spend.Spend? Can you create a budget? And then we asked Gemini to use the 50-30-20.It doesn't have to be a realistic number, you can just pick a number. 00:36:36.153 --> 00:36:38.153 RT: Okay.And what's a prompter?Name of it.It was just as that.Oh, yeah, she booga down. 00:38:11.125 --> 00:38:13.125 Kayley: That sounds good. 00:38:12.124 --> 00:38:18.124 RT: Yeah, that's step-by-step, like….Got $2.50, probably, from your job, or, um…. I got some payments from my, um….Social Security and my old job payments, I roll over at $250,000.Well, you need stuff like…. You… okay, yeah, sometimes you have to take your laundry to a….Um, a place to get it done, or…. You need to get your….The tire blows out, or it, like, sting…. You know, go over to Pet Boys and get it.Fixed or something, and I'm like, well, that's…. Need. And then Juan is like.I just want to…. But a lot of movies, kind of movies?And…. Just have it.Either this, you know, everything now. You can stream half the stuff. 00:39:09.533 --> 00:39:11.533 Kayley:That is true. 00:39:05.461 --> 00:39:12.461 RT: Like, you know, um, this coming weekend, I'm going with my sister to go see that new Superman movie.They're like, do you want to stream it? I'm like, well, you know….Theater as a want, like, you know when big screen bucket of popcorn right there? 00:39:20.336 --> 00:39:29.336 Kayley: Yeah, yeah. A theater is a luxury, for sure. That could come out of the wants.And then maybe you can even have Gemini. Um, save your budget, and then every time you spend, so say, oh, I know my utilities is going to be.$25 this month. I don't know if you had, like, a utility bill that would come out of this budget, but you could tell.Gemini. I had… I spent this much money on utilities, how much left do I have for groceries? 00:40:01.093 --> 00:40:05.093 RT: Right, too. Groceries and the wants. 00:40:01.548 --> 00:40:06.548 Kayley: Groceries can also fit into one, so that is… that is for sure. 00:40:04.906 --> 00:40:10.906 RT:eah. Yeah, well, we need to be alive.But also needs, because we do need to eat. But sometimes. 00:40:11.151 --> 00:40:17.151 Kayley: Yeah, sometimes…. Maybe you don't need those extra snacks or ice cream. 00:40:14.578 --> 00:40:21.578 RT: Yeah, and I sometimes…. You… you… you're going through a grocery store, and you look down, like.Your cart is half full of junk. Okay. Thank you. 00:40:25.597 --> 00:40:29.597 Kayley: Yep. Or you walk by and you think something looks good. 00:40:30.600 --> 00:40:36.600 RT:That I knew some new bananas, and there's some solid kits behind it, that's good for greens, but then….Turn the corner, and as I…. The Kenny Owl is a Hershey's bars. I'm like, oh…. 00:40:44.619 --> 00:40:50.619 Kayley: Yeah, maybe the banana is in need, and then the Hershey bar is coming out of the wants. All right, well, that's great. Um…. Can you think of one thing that we did today that you want to share with Michael? I think we're going to pop back into the main room.That Gemini taught you. 00:41:04.057 --> 00:41:10.057 RT: Oh, thank you, using the…. 50, 30, 20 rule for budgeting for your daily, um.Budget for the month, or….Needs, want, and savings. 00:41:09.356 --> 00:41:14.356 Kayley: Yeah. Yeah, I like that.All right, we can head back in…. Yeah. All right, I think we can head back into the main room.