

00:28:20.176,00:28:23.176

Molly Hermes: I love the iris photo

00:43:03.340,00:43:06.340

Liz Bigler: A nice "boss"

00:43:31.406,00:43:34.406

Greenland F: energetic

00:43:44.173,00:43:47.173

Liz Bigler: good listener to my kids....without jumping to "advice" or judgement

00:43:48.267,00:43:51.267

John Law: Want to work on improving my gealth

00:43:53.930,00:43:56.930

Greenland F: organised

00:43:57.541,00:44:00.541

John Law: health

00:43:59.903,00:44:02.903

Yosh Asato: a mensch

00:44:00.860,00:44:03.860

Monica Carolina Rodrigo Brenni: successful in my new job, a loving godmother/aunt to my nieces, a sounding board for my stepson

00:44:06.270,00:44:09.270

Keila: be able to say NO when needed for myself

00:44:08.730,00:44:11.730

Lynne Ewer: The best version of myself I can be

00:44:09.244,00:44:12.244

Meg Moser: authentic, calm co-worker, loving partner

00:44:09.636,00:44:12.636

Molly Hermes: A connector, a person who holds fun events, a great presenter

00:44:24.474,00:44:27.474

Jo Gibson: published author/speaker

00:44:25.763,00:44:28.763

Kim Cooper: A successful leader/manager, I want to dress becomingly, be a generous/frequent host

00:44:32.852,00:44:35.852

Liz Bigler: physically capable in almost all situations

00:44:44.867,00:44:47.867

John Law: Believe I can have a future and dreams with MS

00:44:50.027,00:44:53.027

Lynne Ewer: A good daughter, sister and aunt

00:45:19.515,00:45:22.515

Lynne Ewer: A better dog mum

00:45:48.142,00:45:51.142

Liz Bigler: Ride Amtrak out west and sleep in a sleeper car (on the train)

00:45:50.938,00:45:53.938

Kim Cooper: Live and work outside of the US, have a second child, speak Spanish fluently

00:45:51.559,00:45:54.559

John Law: Develop a daily practice

00:46:02.223,00:46:05.223

Molly Hermes: Hold salons/gatherings, travel to the north east (Maine, Vermont, Upstate NY), take the train across Canada.

00:46:10.080,00:46:13.080

John Law: Exercise every day

00:46:10.526,00:46:13.526

Monica Carolina Rodrigo Brenni: I want to learn to crochet

00:46:11.819,00:46:14.819

Jenny Girvin-Baker: Loving partner not always carer, helping as many people as I can in the support group I run for Ehlers-Danlos Syndrome. See the Northern Light

00:46:28.531,00:46:31.531

Lynne Ewer: Express my creativity through my art

00:46:29.401,00:46:32.401

Liz Bigler: appreciate and acknowledge every bite of food I ee

00:46:30.979,00:46:33.979

Liz Bigler: eat

00:46:36.974,00:46:39.974

John Law: find a new crafting project

00:46:42.247,00:46:45.247

Keila: Be able to shop on my own, not depend on others so much! Exercise more! (more pounds will help with this one)

00:46:44.431,00:46:47.431

Meg Moser: Improve spanish fluency, santiago de compostela (or some part of it), allow myself to paint more often

00:46:44.820,00:46:47.820

Lynne Ewer: Learn German

00:46:46.525,00:46:49.525

Jo Gibson: Able to walk in nature painfree. Travel as if I live there, 2-3 months.

00:46:54.496,00:46:57.496

Liz Bigler: yes jo

00:47:20.026,00:47:23.026

Greenland F: read

00:47:23.566,00:47:26.566

John Law: I speak Spanish if anyone wants to practice

00:47:41.254,00:47:44.254

Jenny Girvin-Baker: Be able to go Sailing again when Lockdown is over

00:47:42.065,00:47:45.065

Greenland F: big house

00:47:50.529,00:47:53.529

Liz Bigler: personal trainer...yeah that sounds good...

00:47:56.054,00:47:59.054

Lynne Ewer: A beautiful front garden full of flowers

00:48:03.566,00:48:06.566

Yosh Asato: a safer more connected neighborhood

00:48:05.089,00:48:08.089

Keila: Must have a vehicle soon

00:48:12.178,00:48:15.178

Jo Gibson: like-minded community

00:48:14.664,00:48:17.664

Molly Hermes: A house that is beautiful and comfortable for my gatherings / salons, healthy and satisfying meals, time for naps (always).

00:48:18.153,00:48:21.153

Monica Carolina Rodrigo Brenni: owe my house

00:48:19.742,00:48:22.742

Jenny Girvin-Baker: A new Bathroom with a bath I can get in to

00:48:22.477,00:48:25.477

Liz Bigler: wonderful relationship with my parents

00:48:26.125,00:48:29.125

Yosh Asato: time to do not much of anything

00:48:27.648,00:48:30.648

Lynne Ewer: Savings!

00:48:33.257,00:48:36.257

John Law: Enough money to create a foundation for children

00:48:35.435,00:48:38.435

Jo Gibson: regular housecleaner

00:48:46.352,00:48:49.352

Liz Bigler: Again, yes Jo!

00:48:51.385,00:48:54.385

Meg Moser: Dog, house in Bolinas

00:49:02.230,00:49:05.230

Liz Bigler: I'm just gonna let Johnny speak for me from now on!! LOL

00:49:13.442,00:49:16.442

Liz Bigler: I've never met her but....

00:49:18.056,00:49:21.056

Kim Cooper: A conflict free diamond :) a 4-5 bedroom house with a backyard and access to open space and walkable to a downtown

00:49:19.625,00:49:22.625

Lynne Ewer: Devon Rex kitten

00:49:42.558,00:49:45.558

Liz Bigler: is "a conflict free diamond" something that was discussed before I got here today? I don't understand that...?

00:50:58.737,00:51:01.737

Liz Bigler: right now?

00:51:16.942,00:51:19.942

Molly Hermes: Liz, we are just writing down our dreams, whatever they are.

00:51:23.308,00:51:26.308

Liz Bigler: thank Molly

00:54:27.793,00:54:30.793

John Law: my grandchildren

00:54:27.981,00:54:30.981

Monica Carolina Rodrigo Brenni: reading a book, just because, not because I have to!

00:54:31.592,00:54:34.592

Liz Bigler: being a leader and being allowed to do my own type of structure

00:54:42.589,00:54:45.589

Greenland F: reading

00:54:43.922,00:54:46.922

Yosh Asato: channeling Marie Kondo

00:54:44.322,00:54:47.322

Jo Gibson: create, art, write

00:54:50.425,00:54:53.425

Keila: I try to do something creative or constructive

00:54:52.591,00:54:55.591

Yosh Asato: crafting

00:54:54.935,00:54:57.935

Jenny Girvin-Baker: Listening to Chanting, reading

00:54:59.197,00:55:02.197

Molly Hermes: listen to music

00:55:11.446,00:55:14.446

Yosh Asato: dancing

00:55:23.960,00:55:26.960

Molly Hermes: working on campaigns with others

00:55:59.943,00:56:02.943

John Law: my grand children Again

00:56:22.823,00:56:25.823

Greenland F: singing with others

00:56:35.808,00:56:38.808

Keila: Working with children, and knowing I am making a difference in some way in their life.

00:56:37.468,00:56:40.468

Molly Hermes: a shopkeeper

00:56:39.587,00:56:42.587

Greenland F: so did i

00:56:40.642,00:56:43.642

Liz Bigler: THAT"S HILARIOUQ!

00:56:41.591,00:56:44.591

Yosh Asato: architect (if you can believe it)

00:56:48.489,00:56:51.489

Liz Bigler: me too..photojournalist

00:56:49.917,00:56:52.917

John Law: archeologist

00:57:00.578,00:57:03.578

Jenny Girvin-Baker: A Nurse from about 6 years old

00:57:01.220,00:57:04.220

Yosh Asato: writer

00:57:02.783,00:57:05.783

Molly Hermes: I would sing

00:57:03.355,00:57:06.355

Lynne Ewer: A librarian

00:57:05.450,00:57:08.450

Monica Carolina Rodrigo Brenni: scientist!

00:57:09.472,00:57:12.472

Yosh Asato: florist

00:57:11.348,00:57:14.348

Greenland F: nun

00:57:19.414,00:57:22.414

Keila: florist , me too!

00:57:28.239,00:57:31.239

Liz Bigler: FELICITY YOU TOO????

00:57:38.154,00:57:41.154

Debi Goldman: a whale trainer! at sea world for reeelz

00:57:40.083,00:57:43.083

Greenland F: yes

00:57:49.565,00:57:52.565

Greenland F: and live on bread a water

00:58:01.329,00:58:04.329

Liz Bigler: I didn't even know what a nun WAS when I was little

00:58:08.323,00:58:11.323

Lynne Ewer: A dj

00:58:11.761,00:58:14.761

Greenland F: artist

00:58:14.225,00:58:17.225

John Law: i had some rather mean nuns in my childhood

00:58:52.571,00:58:55.571

Monica Carolina Rodrigo Brenni: an air force pilot (after a certain movie)

00:59:17.555,00:59:20.555

Liz Bigler: read, play with my dogs and act like they were people..

00:59:32.657,00:59:35.657

Molly Hermes: I would sing and record my singing on a tape recorder. I would make up musicals and record them.

01:00:09.415,01:00:12.415

Liz Bigler: I used to collect Erma Bombeck columns. Cut them all out and paste them into a scrapbook. WHY? I don't know. I loved her humor...as a little kid of about 9 or 10.

01:00:10.620,01:00:13.620

Jo Gibson: As kid: play outside, pretend I was a horse, create art/cards, BE in/with/study nature & animals

01:00:35.637,01:00:38.637

Molly Hermes: I had a postcard collection

01:00:43.975,01:00:46.975

Lynne Ewer: I read, wrote stories, painted and made crafts and listened to music

01:01:02.699,01:01:05.699

John Law: Collected fossils and rocks

01:01:17.906,01:01:20.906

Debi Goldman: watch MTV

01:01:20.896,01:01:23.896

John Law: climbed trees

01:01:24.823,01:01:27.823

Jo Gibson: As a kid AND now, collect rocks.

01:01:25.976,01:01:28.976

Kim Cooper: When I slept over at friend's houses I would wake up early to clean their rooms :)



01:01:27.014,01:01:30.014

Molly Hermes: I was always really saving and banking the savings 50 cents at a time. I did have a career as an accountant.

01:01:27.646,01:01:30.646

Keila: music, singing all the time

01:01:32.292,01:01:35.292

Yosh Asato: .made illustrated books

01:01:32.854,01:01:35.854

Keila: I played piano too

01:01:43.058,01:01:46.058

Keila: Love Erma Bombeck!

01:02:08.222,01:02:11.222

Liz Bigler: yeah me and my sister used to make up dances and lip sync them to my mom's old records. (Wash that man right outa my hair, etc.)

01:02:21.339,01:02:24.339

Greenland F: compares lighting up time and trains to the schedule in the newspaper/ timetable

01:02:44.578,01:02:47.578

Yosh Asato: listened to music

01:03:09.123,01:03:12.123

Jenny Girvin-Baker: I used to collect empty bottles from the stream and take them back to the shop for pennies early recycling

01:03:19.289,01:03:22.289

Meg Moser: I spent an entire year of weekends in high school creating a visual photo collage, typing up entries from my journal, of a summer study abroad in NZ

01:03:40.469,01:03:43.469

Keila: Mom said I should know my math like my music

01:03:53.338,01:03:56.338

Liz Bigler: collages!

01:04:59.852,01:05:02.852

Liz Bigler: I can hear the wheels turning

01:05:09.166,01:05:12.166

Lynne Ewer: My crazy sense of humour

01:05:09.263,01:05:12.263

Molly Hermes: Organizing, public speaker, being musical

01:05:10.275,01:05:13.275

Yosh Asato: design snob, secret silly person

01:05:17.923,01:05:20.923

Debi Goldman: I am a serial networker! If I weren't organizing people and projects I wouldn't be me

01:05:20.027,01:05:23.027

Monica Carolina Rodrigo Brenni: my ability to cook

01:05:28.500,01:05:31.500

John Law: problem solver

01:05:28.775,01:05:31.775

Monica Carolina Rodrigo Brenni: a good host

01:05:33.885,01:05:36.885

Liz Bigler: Teaching with my own impromptu style

01:05:49.341,01:05:52.341

Kimberly Lacy: deep Imagination for what it is to be someone else

01:05:49.756,01:05:52.756

Jenny Girvin-Baker: Yes, my passion for Tibet and its people, always on the phone

01:05:50.285,01:05:53.285

Lynne Ewer: My friends say I am very compassionate

01:05:50.656,01:05:53.656

Jo Gibson: ME: faces I make ALL THE TIME, playfulness, listening to others

01:06:03.659,01:06:06.659

Liz Bigler: looking for ways to help other people

01:09:05.113,01:09:08.113

Lynne Ewer: My creativity in everything I do - how I express myself, what I wear, what I make,

what I say, my bright hair colours

01:09:28.727,01:09:31.727

John Law: Seems that Progress not Perfection

01:17:34.820,01:17:37.820

Jo Gibson: Thank you Yolanda.

01:17:58.720,01:18:01.720

Monica Carolina Rodrigo Brenni: thank you, that was very clear and got me thinking already

01:17:59.116,01:18:02.116

Liz Bigler: should it be getting easier?

01:18:03.699,01:18:06.699

Liz Bigler: to do miracle minutes.

01:18:14.537,01:18:17.537

Liz Bigler: For me, it was easier at first...now getting harder

01:18:29.527,01:18:32.527

Meg Moser: All good, thank you Yo! Love the practical homework that seem very doable even with a busy work schedule.

01:18:32.256,01:18:35.256

Liz Bigler: I feel like repeating them...isn't as fresh

01:18:43.302,01:18:46.302

Kim Cooper: Thank you Yolanda!! I was hesitant to join during my work day and I'm so glad that I did. Just the grounding and inspiration I needed. Plus, I'm so happy to have something fun and light in my work day!!

01:18:50.807,01:18:53.807

Liz Bigler: for gratitudes....the first time I thought of them, it was like WOW!!! but not so much now

01:19:19.235,01:19:22.235

John Law: Thank you all

01:19:25.037,01:19:28.037

Kim Cooper: I'm hopping to a meeting but thank you and happy to see you all and love knowing you're in so many different places!

01:19:33.604,01:19:36.604

Greenland F: bye kim

01:19:41.903,01:19:44.903

Keila: Loved it, makes you really think of YOURSELF

01:20:09.701,01:20:12.701

Molly Hermes: Thank you, everyone!

01:20:18.843,01:20:21.843

Greenland F: Thanks all

01:20:20.176,01:20:23.176

Keila: Everyone take care!!!

01:20:20.643,01:20:23.643

Liz Bigler: bye

01:20:27.651,01:20:30.651

Lynne Ewer: This was a great lesson. Thanks Yolanda. 5.30am is actually not a bad time for me.

01:20:31.902,01:20:34.902

Lynne Ewer: Bye!

01:20:33.523,01:20:36.523

Kimberly Lacy: Thank you Yo and everyone!

01:20:38.344,01:20:41.344

Jenny Girvin-Baker: Thank you