

iMessage  
3/3/24, 1:42 PM

<https://www.futuretools.io>

John Roman

[https://maps.app.goo.gl/oYYVxkYmnXQAfpQc7?g\\_st=i](https://maps.app.goo.gl/oYYVxkYmnXQAfpQc7?g_st=i)

<https://youtu.be/UTziRyMzkO0?si=4gh1OjWzFjGuxU2K>

This is more on the video side, but this guy is pretty good about AI stuff and this recent video

3/4/24, 8:21 AM

Morning! How's tomorrow look for you for a grassroots work session?

3/4/24, 10:33 AM

Good, what time you thinking?

I gotta be home in Gulfport tomorrow from 1-2pm so could do morning or any time after 2:30/3pm

I'm up for either. If morning, it would be a little later possibly, like 10am. After 3pm wide open, and possibility to meet some of people I know who go later.

Your call

Ok let's do 3-3:30 as the window. Def can be there in that range just to give myself a buffer bc got something at 1pm that is unpredictable sometimes

But I'm complete free once I get there no rush to be back

Sounds good see you there

3/5/24, 2:58 PM

There's a street behind Grass Roots that's good to park on. If you can find a spot they usually don't take it there much for parking over two hours.

3/5/24, 4:29 PM

Johnroman311@gmail.com

Stephen.Boerner@gmail.com

You can wait till we see each other to show me the AnswerThePublic

This course is easy and you can't mess up my placement or anything, so feel free to root through it

<https://members.mattpar.com/>

Password: Blue\_Zone18@

Use my yahoo email as username:

Johnroman311@yahoo.com

Answerthepublic.com

Username:

heliumiq113672@yahoo.com

Password:

&1Kl8mwnK%jF!ctl

Liked "Username:

heliumiq113672@yahoo.com

Password:

&..."

I just signed out. Its strict on multiple login locations, even strict on being logged in on two browsers on the same laptop

So lets see if it works

Ok, let you know in a second

I'm gonna put more stuff in an email just bc its a bunch of links and attachments

3/6/24, 8:54 AM

Sent an email last night with a small batch of good resources. I'm back in town Monday. I liked your idea of weekly recurring days/times for in-person. Can you please let me know what days/times you prefer so I can schedule that in my 6 month plan

Edited

We should go over days/times when you get back.

There any things you prefer with time or have to avoid?

Likke yesterday that you couldn't be somewhere like 1-2:30pm?

I'll think about times, but basically thinking Mon-Friday would be a good start for exact days. I do plan on working weekends, but weekdays seem better for a set schedule

Ok let's pick a day / time for next week and start with that then discuss what our cadence looks like. I'm about to lift off on flight now. Tuesday or Wednesday next week wide open you pick what works for next meeting and I can make it work

I'll send you the podcast episode I'll be on when it publishes after this interview I'm doing. It's called "Grow or Die" if you want to check it out. Host seems like a cool dude

Liked "I'll send you the podcast episode I'll be on when ..."

Meet Tuesday 9 or 10am, whichever best time for you  
Grassroots.

Tuesday the 12th 10am @GrassRoots it is. See you then.

Liked "Tuesday the 12th 10am @GrassRoots it is. See you t..."

3/11/24, 1:03 PM

See you tomorrow 10Am Grassroots

3/11/24, 2:55 PM

Roger that

Might have issue with meeting. I'll keep you posted.

Had my car stolen last night, dealing with some unknowns through today with insurance, etc

Damn. Do what you gotta do

Will probably still make, but in case something comes up I have to deal with.

If not, could I get a ride to Grassroots tomorrow?

I live 7 minutes north of Lowtide. If I have to, I'll just Uber home if you can't take me back for any reason.

[https://maps.app.goo.gl/kx3CtTnkQDgoXfqG9?g\\_st=i](https://maps.app.goo.gl/kx3CtTnkQDgoXfqG9?g_st=i)

If you can get me, we can touch base at 9am and if I do I have to deal with something for my car, then I wanna keep our meeting and working on

I may be getting rental car tomorrow earlier.

But let me know if you want to still be on if you can take me to Grassroots

I'm working through a juggling act with Melissa on who needs the car more. I may concern if you could do Gulfport at low tide. I might be stuck downtown Gulfport tomorrow

Ok, may meet at Lowtide then.

Or may get rental car earlier and we can meet later?

Yea I could more easily do later in day for sure

<https://youtu.be/203vNiuLIjE?si=mtXLWfPJxksJFG0v>

This is what I was in Austin for at SXSW

Starts slow and gets into real tech discussions

Liked "Starts slow and gets into real tech discussions "

3/11/24, 6:05 PM

Loved the Rebel talk, truly.

We are on same page and needed to hear that today

Nice man. That's cool to hear. You got this.

3/11/24, 8:59 PM

Were you going to LowTide to work in morning? I'll message you in morning 8am-9am, and see about rental car situation. May just meet you at 10am in Gulfport depending on when they tell rental car available

Yea let's connect in the am. I'm 80 percent likely I can't leave Gulfport - outside of where my golf cart can go that is

Liked "Yea let's connect in the am. I'm 80 percent likely..."

3/12/24, 9:32 AM

Heading low tide it is for me after I get the dog . Might be a few min behind schedule

But all good if you wanna shuffle meeting up

Ok. Thinking right now. At 12:30 I have 1 hour call with insurance company. Waiting on rental car company and not sure when they will call me.

I may bike down no later than 10:30am-11am to talk, as I may have to get car after 1:30pm.

When will you be at LowTide?

I think we are tight on time so I will probably be there around 10:30 and can definitely sync but I have a Noon 30 min quick call then I'm basically wide open so you might be best to save your efforts and I can't help with a car today so feels tight for 30 minutes but I will be there at 10:30

If it's more relaxed to meet this afternoon or tomorrow, that's totally fine

I am also working through an idea that isn't quite there yet, so either way I'll run that by you this afternoon

Ok, let's meet later. May be 2:30pm or shortly after. Most likely getting car after 1:30pm when insurance talk completed

Edited

Take care of business on that end. Been in your situation. I'm Totally flexible later. And tomorrow or other days I can typically help as needed

Liked "Take care of business on that end. Been in your si..."

Like, if you need a ride this afternoon, I can scoop you

Rental Car picking me up, thanks for offering. Keep you posted if it changes, as they assume they'll have car available at a location close enough to pick me up.

If for some reason I have to drive to a different location, I'll let you know

Liked "Rental Car picking me up, thanks for offering. Kee..."

<https://ai.plainenglish.io/checkmate-ai-will-take-the-jobs-of-those-using-it-9e561ecf9fe4>

One perspective and diff way of thinking of this whole thing

3/12/24, 1:59 PM

Be at LT 2:15pm and on

So you're up with the kids lingo LT means Low Tide moving forward... Lol

GR is Grassroots

10/4... I just left to go home and grab a sandwich and get the dog out so 230 is my latest ETA

Liked "10/4... I just left to go home and grab a sandwich..."

There has been a lot of hype around notebookLM which is a note taking a organization functionality app, design for Google workplace or personal ecosystem integration. I took a glance a virgin months ago and haven't returned but the notebook just released today iOS App Store, and the buzz very strong that's on my list today I want to talk to you more about building AI second brains as the foundation anything and everything.

Edited

3/12/24, 3:16 PM

Becoming Supernatural: How Common People Are Doing the Uncommon

<https://a.co/d/di2Blq5>

[https://youtu.be/6lU4294NAVY?si=kGPhjzHIdTvMis\\_X](https://youtu.be/6lU4294NAVY?si=kGPhjzHIdTvMis_X)

3/12/24, 8:25 PM

Good talk

On MattPar course watch Lesson 8 under section titled "Setting Your Channel Up For Success

At the 6:50 mark he mentions thinking of 20 Keywords related to what you channel will be about. This is what I want you to give me are 20 keywords off top your head that this channel will be about. Things like making money with AI, Second Brain, Funnel name you mentioned, etc. maybe give me 25 if more you can think of. I'll go through work of narrowing down things to develop videos and channel around. I'll also use this to see best searched words relating to those keywords, which will help make sure we narrow down the meta data for the channel, but also see which have highest search on Youtube, low completion sub Niches, etc. also other keywords close or related to the ones you give me

Edited

Also think about the words related to the system you do for business around AI

You don't need to watch whole video, but it'll give you idea of what I'll be doing with these keywords to help

Stephen gonna sit with us tomorrow to help with home filming advice to make it best at low cost

Find ...or we can do this tomorrow, looking at style for video teaching that mixes in you talking on camera with reels, photos, AI animation, etc for a style or feel of the videos

3/12/24, 10:53 PM

Hey apologies but can we possibly do tomorrow after 1pm? I'm going to go with Melissa to her drug test at Tampa General to support and our company arrives Thursday, not Wednesday afternoon so I had wires crossed on that.

Sure

Anytime work or I can just text you when I have a ballpark ETA coming back. I think she said her test was 10 AM or something like that so I can keep in touch but appreciate it.

I'll be there working tomorrow, so exact time won't be an issue

Liked "I'll be there working tomorrow, so exact time won't..."

3/13/24, 8:18 PM

➔ Replying to John Roman, 2024-03-12 20:25:40: « Good talk

On MattPar course watch Lesson 8 under section titled "Setting Your Channel Up For... »

Good talk today.

One small step is developing or coming with 20 keywords so I can do some analytics for YouTube. Also we can probably use them with other tools like "Answer the Public" or other tool to get trends around those keywords in areas outside YouTube

Attachment stored in iCloud:  
tmp.gif (Image)

3/14/24, 9:27 AM

Agreed. And that Phoenix is dope

3/14/24, 11:01 AM

Are you currently paying for ChatGPT for \$20 a month

Yes

Attachment stored in iCloud:  
73212131159\_\_8AD8F082-A38A-42D8-9F6E-E364FE5E518B.heic (Image)

I have a team account with two seats. We could both be on and you can drop that cost. Nothing urgent for now, but we can chat about it later.

We need to do this with ChatGPT for AI Minded as we develop

It works

Yes,  
I'll make note and you also of things we need "to do"

One To do is compare subscriptions

Agreed

Tutorials with info like this could be good videos. As a new, novel user I never thought of this

Also tricks like "no yapping" good idea on tutorials for quick vids

Also Melissa passed the drug test officially

Phew

*Attachment stored in iCloud:  
tmp.gif (Image)*

[https://youtu.be/Lmv40Nvasts?si=I8L\\_V0Qc5G\\_1VgpR](https://youtu.be/Lmv40Nvasts?si=I8L_V0Qc5G_1VgpR)

Tiago Forte I highly recommend following

Guy on the left

In this video, they are reviewing a Second Brain platform called "Mem"

I have only just downloaded Mem, I haven't tried it. This, and others like MyMind, are built for the individual user, less small teams, and certainly not large teams referred to as "enterprise" grade software.

Tiago Forte believes that NotebookLM by Google is best but I haven't tried it enough.

Part of this journey is trial and error so we may want to add to our to-do: review short list of second brain softwares ...then divide and conquer aiming for free trials or one month paid then stop to evaluate

Last thing...

Not the video description notes. Tiago's guest teaches second brain within Mem specifically which is his niche within niches

Liked "Last thing..."

Not the video description notes. T..."

Can use him as a source for learning and making training on this stuff

Liked "Can use him as a source for learning and making tr..."

You have guests next couple days. I'll be working on gathering list of tools to help with my end and things that may overlap.

One video I saw by someone was saying make sure you have a story to tell, and that really grabbed me.

I wrote a fun intro story for AI Minded yesterday, using The Hero archetype style of story telling. I believe it would be awesome as first thing anyone sees on, YouTube or Website to set the tone for what we do and why, and as something the audience can relate too.

The idea of the video is Got really excited by it. I'll read it in person next time we meet, as the emotion I tell it in, and ideas for a video for it will compliment me saying it in person.

Edited

➔ Replying to you, 2024-03-14 11:20:57: « Also Melissa passed the drug test officially »

Tell her I said congrats... also I understand as working at Tesla I dealt with same issue identically... lol

3/14/24, 2:26 PM

➔ Replying to John Roman, 2024-03-14 12:05:50: « You have guests next couple days. I'll be working on gathering list of tools to help with my ... »

Watch first 3:35minutes only to understand the "Hero's Journey Technique"

<https://youtu.be/eS0fejw5IM?si=SFK6jV2oEseryoCv>

I used this for what I'm talking about with a story around AI Minded and someone searching for tools we'll offer

Attachment stored in iCloud:  
IMG\_8537.heic (Image)

Attachment stored in iCloud:  
IMG\_8535.heic (Image)

Attachment stored in iCloud:  
IMG\_8533.heic (Image)

Attachment stored in iCloud:  
IMG\_8534.heic (Image)

Attachment stored in iCloud:  
IMG\_8536.heic (Image)

Attachment stored in iCloud:  
IMG\_8532.heic (Image)

Good stuff thanks for sharing

now imagine when we get our second brain stood up

Everything you write down on paper can have a picture taken of it and it goes to second brain



Or it gets lost in the shuffle.

I've heard good things of Mem

I'm dying to try googles notebookLM

Then we can ask our second brain to be our guide through a lot of this

3/14/24, 6:15 PM

Yeah, I wanted to find out how we can use AI to take and organize our notes that we are taking and ideas and organize them for easy and time saving factors ((

Liked "Then we can ask our second brain to be our guide t..."

Mind you, I'm the half intelligent guy behind your wife's understanding of things and what you do for businesses as AI consultant.... So not sure what I'm suggesting here is relevant or pertinent.



What if we build a whole second brain or program that we can utilize through our building of this business AI Minded..... And then be able to sell it or have others be able to utilize it for their businesses, or show step by step process of how could build a second brain for themselves or others. This AI Brain is a tool that can help maneuver them from beginner soloprenuer, to intermediate, to advanced, to graduate.

And it's a tool they can utilize to move forward to maybe even duplicate in mimic what we've just done... For other applications, or similar applications that we're doing in building this business

or maybe it's just a course someone could take, to learn about it, or how to do it themselves. Not sure if it's too broad or not.

3/15/24, 11:16 AM

Now you're talking . This is really good stuff

One idea i got from that magazine I gave you was a shared intelligence instead of repeating development of 2nd bains

Now is a good time to go teach yourself about two aspects of second brain organization:

Both are four letter acronyms...

C.O.D.E.

And

P.A.R.A

I think the sooner we centralize our capturing of information, notes, etc the better we will be in leveraging this modern approach we are teaching

I'm hosting this weekend but have down time to investigate and try Mem and NotebookLM so I plan to do that and continue to work through the business model where our conversation left off at low tide

Likewise

I'm organizing programs and apps to use and going to play with a few

If you have time to do one thing, think of about 20 to 25 keywords around this business

So lame to do some detailed work that's gonna take a little bit of time

Going to use these to do analytics on niches , sub-niches, channel ideas that have high search volume but low competition on YouTube... revolving around what we're gonna do. But I also need to find the best words to embed for our channel on YouTube.

I did read through the entrepreneur magazine

Liked "Now is a good time to go teach yourself about two ..."

➔ Replying to you, 2024-03-14 11:28:22: « [https://youtu.be/Lmv40Nvasts?si=l8L\\_V0Qc5G\\_1VgpR](https://youtu.be/Lmv40Nvasts?si=l8L_V0Qc5G_1VgpR) »

Can we/you apply some type of AI to our text threads? Which from this video it seemed like we could use prompt symbols before certain things we type and it could send our ideas, to-do's, etc to a data base and organize them?

This way we could take a lot of notes and the things we sent back and forth to each other to get organized into folders really efficiently?

I will work on this and have it ready for next week . Continue normal chat here and I can do this

Loved "I will work on this and have it ready for next wee..."

3/15/24, 2:15 PM

Can you send me picture of cover of last Entrepreneur Magazine. Want to see list of Gigs on cover

Attachment stored in iCloud:  
IMG\_3047.heic (Image)

I recommend a subscription. It's like \$20 for a year something like that

I found it. Thanks. Using those mentioned side hustles in video script I'm Writing



Thanks

3/16/24, 12:25 PM

Meet tomorrow later afternoon or Monday?

What time you thinking? I'll be at Grassroots to meet friend 9am-12pm

Tomorrow that is

Monday we're on no matter what if you have time

What time if tomorrow where you thinking?

Dropping a friend off at Tampa airport at like noon tomorrow so after that

Could just stop by grassroots around 12-1pm tomorrow but have to check with Melissa first she might need the car

Liked "Could just stop by grassroots around 12-1pm tomorr..."

I can come to LT (LowTide) at 12pm-1pm. Not an issue. I usually leave that time

3/17/24, 9:50 AM

I will be at low tide earlier than planned and am looking forward to working all day. I am leaving my car with Melissa and can only cart over to low tide not downtown St Pete so if you're able to swing through and sounds like you are, that's my only real option today

I have a few goals tpdya, but my biggest priority is adjusting my six-month plan. Based on some strategy we have surfaced and would love to work on that together at some point.

Edited

Ok, at Grassroots right now. What time you thinking? Gonna be here at least till 11:30 if that works

Later is better honestly so don't rush. I need some heads down time at least until 1 PM would be preferred but if you get there early that's no problem. I'm getting there around 11.

Perfect

3/17/24, 2:23 PM

*Attachment stored in iCloud:  
McKendree Filming overview.m4a (Audio)*

3/17/24, 6:35 PM

Good chat today. Let's run with this creative momentum .

But let's turn it up a notch this week and going into next week especially.

It's important we launch the right way and we are taking these steps to do that while still learning about each other and all that great stuff that my gut says to continue with. But our plan for research and due diligence this week gives me a lot of confidence knowing we know what we are doing

I also believe we can complete this and feel stronger and very confident about launching an official "Day 1" of a larger plan. Really, Day 1 being the first real day, of a very real plan (designed to be flexible), while aligned on an end goal (our definition of success), and with a focus on completing those objectives within a finite number of days, a timeline to drive joint accountability we both prefer to have

as a result of finalizing this week's keyword research, strategy, written agreements, admin setup stuff, tech stack finalizing, etc we are going to be ready. I think this can be done by this upcoming Sunday evening with a Monday, March 25th Day 1 launch.

This will be tough but I like the urgency and work better with urgency and accountability like you were mentioning earlier today

...and ... within a week..meaning done enough to launch...done a list of things 7 days from tonight and launching formally next Monday, March 25th

What do you think?

3/17/24, 8:11 PM

I like it all. I have the time to put in 8 hours per day on this. I am willing to put in full time work on this.

I am at Lowtide everyday now working. Gonna split in Grassroots for some change of scenery and change monotony. Probably won't start any side gigs for another 4 weeks

20-50 keywords please

50 pushing it. 20-25 enough, but in case you have more give me top 20-25 as top ones.... Then any additional mark as secondary

Ok I'm sitting down in 15 minutes to start my night shift. I got until 1-2am but returning to low tide in 10 min to click in. You will have keywords before 11pm

Liked "I like it all. I have the time to put in 8 hours p..."

Let's meet tomorrow

Liked "Ok I'm sitting down in 15 minutes to start my nigh..."

Meet anytime at/after 11:30am tomorrow

2 pm low tide

Tomorrow

Cool?

See you at 2pm

3/17/24, 10:57 PM

<https://www.notion.so/AI-Keywords-726396bce33f4e26b81d46fd2de46f0a?pvs=4>

I also just sent permissions to access this list to Johnroman311@gmail.com

I had some thoughts on this but will reserve for tomorrow

See you the.

Then

3/18/24, 1:51 PM

A few minutes behind returning

Liked "A few minutes behind returning"

They allow dogs there? Well-behaved ones that is.

Yes, very dog friendly place

Let's do a work session picking one or two of the next few days at my house.  
Good spot for wider thinking . Coming back now

Liked "Let's do a work session picking one or two of the ..."

3/18/24, 5:59 PM

<https://arc.net/folder/0B99BF8A-2BEF-4F1B-9EA6-4702B2AAAAEE>

Good talk

Watch this 30 minute video on the course. I think it will help refine why we need these and what info and ideas for our channel it will give us.

Lesson 8 under section titled "Setting Your Channel Up For Success

At the 6:50 mark he mentions thinking of 20 Keywords related to what you channel will be about. This is what I want you to give me are 20 keywords off top your head that this channel will be about. Things like making money with AI. Other terms may or may not pertain but we may choose words like Second Brain, Funnel idea you mentioned or they may not.

Ok will do

Also

2649 Tifton St S

Gulfport

I will get a good window of time for tomorrow, but is there any time that does not work for you or are you wide-open tomorrow?

Anytime is good.

Let's do 1-4pm

Actually 1pm until whenever. No need for a hard stop at 4pm so creative freedom is in tact. Melissa excited to listen in and catch up as well. See you then

Edited

Liked "Let's do 1-4pm"

See ya tomorrow

3/19/24, 9:12 AM

Attachment stored in iCloud:  
IMG\_8644.heic (Image)

A friend sent this to me, and in the near term, I would send this to the brain and tag you if it needed your immediate eyes on it otherwise the brain would absorb

Liked "A friend sent this to me, and in the near term, I ..."

This is a great keyword also

"AI Tools cheat sheets for my business"

3/19/24, 11:05 AM

Cheat sheet is a great lead magnet ad well

3/19/24, 12:19 PM

Bring that creative, open mind of yours ...and sunglasses, it will get bright. . And bring an appetite for later.

For, today, we invent the future

Like it. Spent morning breaking down our conversations yesterday, got my brain wrapped around a lot

Come in through front door walk straight out back door you'll see me. I won't hear you knock so just walk in all good

Liked "Come in through front door walk straight out back ..."

3/19/24, 6:55 PM

<https://www.notion.so/the-ai-minded/Irresistible-Offer-OS-aeac55fe595047f19b4f1e95ed4be6fd?pvs=4>

Sent to your Gmail as well

3/19/24, 9:57 PM

Another solid introduction with Jeremy. Thank you. We spoke again for an hour just finished. Might be something AI / 2nd brain related to come of it as well but exchanged contact info for now. I'll be in town tomorrow (Gulfport )

Loved "Another solid introduction with Jeremy. Thank you...."

Attachment stored in iCloud:  
73259348953\_\_8F24CDCE-A54E-4DB1-ABDE-3C01B99232EC.heic (Image)

Took this and didn't leave it

Rock on thanks. Doing it in the am

3/20/24, 9:35 AM

I got your email and I'm heads down today on my stuff all day. I may bounce into town. I'll let you know if I do, but will connect later either way.

Edited

Phone is on for brainstorm or questions, or whatever

Liked "Phone is on for brainstorm or questions, or whate..."

Sounds good

3/20/24, 1:10 PM

Asking this question to save search time....

What was/were voice to text apps we spoke about yesterday?

hmm I'm trying to remember. Do you mean the app focused adding AI to our conversations?

If so, I've used Fireflies.AI but too expensive I think

Maybe, just to clarify we asked about being able to take our voice memos to translate them into text

Let me test something one sec

That girl sitting next to me left if you wanted to sit at the big table. Not sure if you left because of that (:

Nah I'm right outside just focusing here

Liked "Nah I'm right outside just focusing here "

➔ Replying to you, 2024-03-20 13:29:57: « Let me test something one sec »

I'll go back in our conversation, we did talk about one (program/app)

For yesterday's convo, send me all the audio files or better yet combine them in sequential order

I can test fireflies or at minimum get the transcript for free in a trial now as we explore options . I can't recall what app I said

Don't waste your time now. I'll find what we mentioned

I also am wondering if Gemini advanced AI sitting on google workplace will capture and process virtual calendar held on google calendar. If so, we would just set up a calendar event and set the phone down to record same way

Typo but will explain

<https://www.futuretools.io/>

Good resource for finding tools for certain functions

Better if used on laptop. Mobile not as good

And fireflies is \$120 / year for one seat which is our minimum viable license and easy to use as two people just to know that option is there

[https://www.icloud.com/iclouddrive/0c6AGA7DWx-DX7r4U6NvWml\\_w#Voice\\_Memo\\_Notes\\_AI\\_Minded\\_](https://www.icloud.com/iclouddrive/0c6AGA7DWx-DX7r4U6NvWml_w#Voice_Memo_Notes_AI_Minded_)

One issue I had doing this previously is that if you have one phone recording and multiple speakers, the ai is then limited in breaking down the convo . Its still good, but its can't tell who is who so it assumes one speaker

I'll be thinking this through . Also look at this...

<https://www.plaud.ai/>

Liked "One issue I had doing this previously is that if y..."

<https://youtu.be/xUsOJrw5PJE?si=pzr2IAaE3oODbBKU>

Was thinking of s merging like this as video introduction about you and me and what we represent.... What you think?

Especially for our All white male themed approach

Might have a time and place I'm open to anything but not sure what your vision is . Does it align with the launch like a main promo?

Lol,

You know I kidding correct?!

This was in movie Step Brothers with Will Farrell

Haha I honestly was concerned for a hot second

If Jeremy didn't say all those nice things about you last night I'd be REAL concerned haha

Jk but he did speak super highly



Also found out recording soliton for phase 1

Found it thanks for AI!

Liked "Also found out recording soliton for phase 1 "

Laughed at "Haha I honestly was concerned for a hot second "

➔ Replying to you, 2024-03-20 15:01:36: « Haha I honestly was concerned for a hot second »

Figured you took it literally by your response 🤔

Haha i was gonna shit on it but thought maybe it could be hilarious

Now it's all I want

3/20/24, 4:38 PM

Remind me to discuss "new hire" with you and also "recording my brain idea"

Taking a bit to think it back in like maybe 20 ish 30

Liked "Taking a bit to think it back in like maybe 20 ish..."

<https://a.co/d/iOBgsmm>

Suggested by Stephen

Anything that is next level will cost \$800

3 not needed can use White Board to reflect as 3rd

<https://www.came-tv.com/collections/rgbdt-panel-light>

More expensive/professional option

<https://www.came-tv.com/products/1-pc-came-tv-boltzen-100w-fresnel-focusable-led-daylight>

Per Stephen

Also, we can use the studio upstairs as first options if cheaper lights no good and updraft for home use when ready to budget in

Attachment stored in iCloud:  
IMG\_8605.heic (Image)

That's the same setup the Udey course I took instructed almost exactly same. Sounds good. Ready to share in 20 had to talk to wife

I'm here, if you have place out there, let me know when ready and I'll come out

I'm at the standup table same area

I talked to the guy I know at the bar it's fine

Actually, I'm gonna come inside the mosquitoes are killing me

3/20/24, 9:24 PM

Attachment stored in iCloud:  
73267703824\_\_CA7AE4D1-1175-427C-9E58-E05F725DD07B.heic (Image)

A dope setup is absolutely critical . I love that one there. With the dual monitors lamp on backslash to ease the eyes. That's ergonomic thinking in the details and that's all what I need

I got mine here one sec

Attachment stored in iCloud:  
IMG\_3190.heic (Image)

Attachment stored in iCloud:  
IMG\_3188.heic (Image)

Been doing this just lately when the weathers right and man I love it. Needed a different spot

3/21/24, 9:21 AM

Attachment stored in iCloud:  
IMG\_8607.heic (Image)

Good morning

Tech Stack done last night

Working on keywords

C U @2pm

Good stuff. I have to switch up the location. Can we do downtown Gulfport? Low tide area works per normal but double booked the house didn't realize

Liked "Good stuff. I have to switch up the location. Can ..."

Attachment stored in iCloud:  
3C82E7D3-59E0-43CC-A543-0FEA24FF5580.heic (Image)

Attachment stored in iCloud:  
7B585C17-208F-4F9A-95E4-D96098AA5A5A.heic (Image)

Wow, Will Ferrell can really jump

Attachment stored in iCloud:  
73272088870\_\_6DCB20E8-79B9-4B96-96CE-681FDB286320.heic (Image)

Laughed at "Wow, Will Ferrell can really jump"

I have so much MJ stuff from growing up I think my card collection might be my retirement

Liked "I have so much MJ stuff from growing up I think my..."

I will be at low tide or a coffee shop downtown there around 10 and then I will mute my phone probably until one or 130 just so you know so call me that is preferred as I won't see a text purposely for a few hours.

Liked "I will be at low tide or a coffee shop downtown th..."

<https://todoist.com/productivity-methods/pomodoro-technique>

Essentially doing this

I love Italian food. Save some pasta for me



Ditto brotha ditto

3/21/24, 11:30 AM

<https://www.plaud.ai/?accountnumber=0>

I got this coming in end April too. Second Brain R&D write off. I think we should know the voice "capture" process very well

Loved "I got this coming in end April too. Second Brain R..."

3/21/24, 12:53 PM

I'm at low tide but today got completely side tracked. If you're flexible, 3pm is better, maybe 4pm. I got this legal shit occupying my time and have something I have to do and need to find another lawyer to make sure my current lawyer is doing me right which I'm doubting now. I also got pulled over by a cop this am driving my golf cart and have to go to city hall to get out of a civil violation

Edited

Yes

I'm still working on the keyword process

Edited

Ok cool. You around this weekend?

(keyword spreadsheet lookin sharp nice work)

Saturday 5:30 cornhole tournament only responsibility

At low tide ?

Sí

Yes

\$400 for first place.

I liked your form. Solid tosser

Gotta pay some of these AI minded bills... lol

Haha yes track all that please let's get organized on that . I'm not myself and need to

Next Gen Gig work

Cool I'll be back around 3 but let's keep meeting time loose just in case. I'm free all weekend lots to do.

Liked "Cool I'll be back around 3 but let's keep meeting ..."

Everyday is a working day until we decide we need one



Hasn't felt like work yet!

I'll rephrase...

Everyday is a play day until we decide we need a break from too much fun



Im picking up what you're putting down my friend . Nice to not be at it alone.

Emphasized "Im picking up what you're putting down my friend ...."

3/21/24, 2:49 PM

Going to get police report for my stolen car then to LT

Eta 3:45pm to you

3/21/24, 4:54 PM

<https://youtu.be/tybOi4hjZFQ?si=WZcABx1LUrRneO3I>

I'm also going to take the time till rebought Sunday to go back and listen to our recorded conversations

Be a good recap for contemplation

Liked "I'm also going to take the time till rebought Sund..."

Mind uploading that convo later? I'll add it to the others and run the AI across it all to pull stuff out. With so much swirling I need to center on the key stuff

Text me when it's up and I'll send you the AI output. If you have queries you want me to run like stuff to extract in whatever format I can do tonight

➔ Replying to you, 2024-03-21 17:47:45: « Mind uploading that convo later? I'll add it to the others and run the AI across it all to pull stuff ... »

If you are referring to the one we just had... uploaded 30 seconds after you left... lol

Johnny's on the ball 🤖

Edited

Haha spot on.

3/21/24, 8:08 PM

Just came across a big word that we didn't mention

Generative AI

That a big part of our business possibly? For keyword also?

Also I totally got my days confused thinking this was Friday.

Tomorrow are we getting together at all after you spend time with Melissa taking her to work, etc?

Saturday I have 5:30pm Cornhole tourney, but available before then if desired.

3/22/24, 9:17 AM

➔ Replying to John Roman, 2024-03-21 20:08:36: « Just came across a big word that we didn't mention

Generative AI

That a big part of our bu... »

It is. It's the main adjective used in reference to the type of AI we, and the general public, are using. Meaning AI that generates novel output upon user query

Can we meet tomorrow well ahead of the Cornhole tournament like 11am or 1pm something like that?

I'm also back in the saddle in full. Yesterday was a healthy glitch and collision of annoying loose ends I mentioned are slowly getting behind Melissa and I as we rebuild. I was not myself. But I don't feel the pressure to be 100% every day as that isn't possible. Same goes with you. I like the communication and permission to have an off day. But bouncing back is equally important. Cheers to our culture showing face in the early days.

Yea, life is supposed to be a happy experience. We need to keep that in mind.

Balance.

Life is an interesting thing. We have so much pressure to succeed and achieve. Many go through the whole things unhappy.

I felt pretty good during our talk. It let me decompress

How about 12pm @LT

Or

Unless you can come to Grassroots? Let's meet at 11am there

Awesome. What a start. Now, let's buckle down.

I sent you a couple emails. One is Bundly related. I set up a 430pm call with Ian. I want to gather any questions ahead of time and fully vet what we are buying

For the meeting time tomorrow, can we do LT at noon? Also my golf cart gets picked up today so I'm without it for a week. I can get to LT tomorrow but this upcoming week I'm stuck at home when Melissa is in Tampa working

I like your place and the outside Board Room 😊

Same!

The shed is officially called "The Second Brain"

Haha yes . Needs a clean up, just like my first brain is getting

➔ Replying to John Roman, 2024-03-21 20:08:36: « Just came across a big word that we didn't mention

Generative AI

That a big part of our bu... »

Ok, didn't factor this in to keywords. Many searches here

Also today at 4pm is the deadline to submit an ad for the Gabber for solar consultation stuff. I think it's a \$500-\$1000 service . Can delay or submit something without landing page setup just have to hurry to get it done. Let me know thoughts on partnering for that

And grow or die needs a legit follow up with an offer of sorts this weekend or it becomes too late

Just putting things on our radar

In future will have a better way to organize all this

Need to be careful with them, they want the world and we need an out of the box repeatable process for our partners in this stage. That is all for now

Edited

Not sure.

Maybe Focus on Grow or Die fully till then?

Your call.

My head isn't fully wrapped around the solar thing and work it entails for you,

....so that's your call if it's too much before other things settled

Maybe better to give Gabber one more week till we organize purpose or outline we spoke of?

Yes it feels rushed.

Just need revenue

That was my initial feel on Gabber

But, you are one that knows workload that entails, I don't

Ok let's wait. Call it 5 hours per gig

Gabber work may divert focus of getting solid foundation for us on full set up

Edited

Just one week. Let's do for sure for next week

Liked "Gabber work may divert focus of getting solid foun..."

Liked "Just one week. Let's do for sure for next week"

I have to factor in buying new car next week also. I'll be somewhat limited in some ways.

I get that. Life throwing obstacles all of which we handle in stride

Build personal power off it

Yeah, I've accepted to not let it be a stress. I guess I was meant to have a better vehicle for now

3/22/24, 1:14 PM

Attachment stored in iCloud:  
IMG\_8617.heic (Image)

Solar

FYI, I like how you are thinking heavy on ways to generate money asap

Yea man. If we can spin up a funnel early that creates runway for us both, the dream has legs for longer. Solar consultations aren't ideal only because it's a time exchange for money but the cost to spin it up is minimal. If we got just one client at like \$500 that funds marketing for the solar funnel so then we get a few more much easier. I'd also get faster each time I did a consult

And then more money goes to our personal burn and the cost of AI business

Then we turn it off when it doesn't service us anymore

It's a balancing act chasing revenue that is outside the core focus

Currently selling all my gold and silver so I'm feeling the personal impact of early startup life which is very familiar but also unnerving. We both are experiencing it. It's a driver if we stay aware and not fall into any despair emotionally.

The leaped process is coming together. I went deep and searched way more than suggested, but it's showing a lot of our topic ideas are really good.

What really good equals

Really Good = highly searched topics/keywords on YouTube with Low Competition

Meaning we can thrive in these areas where people wanna know about but not a lot of content being created to fill the search volume

On a sidenote, I don't know how people code or sit in front of a computer all day focused

It's making me want to bounce off the walls ... lol

3/22/24, 6:34 PM

Initial Keyword process complete. We will have to work together on next step and I can explain. All highlighted in GREEN best matches to words we supplied that have best MetaData for channel

It also gives us a lot of insight into the top searches, which we can use to create courses, video, ideas, etc.

I'm done for the day I just worked from 10 AM till now nonstop 😊

Good work out in past 2 days

Looked really good. Made a quick run through it and it made sense. I'm looking forward to really getting into it tonight im at my desk in an hour or so.

ill see you tomorrow at noon

Liked "Looked really good. Made a quick run through it an..."

Weird, you'll see some duplicates, which I filtered out, but highlighted anyway. At least shows multiple things that pop up somehow same way

Top to bottom is best

3/23/24, 12:01 PM

Parking now, see you in a few

Ô

3/23/24, 2:52 PM

10:30am Wed at the Studio

Confirmed with Stephen to film



Amazing. What a guy. Truly. Nice work as well.

10:30am until when tho?

Long as we need, but shouldn't take too long I suspect? 2-3 hours at most I'm assuming

Ok he sounds good with whatever. Let's tell him three and we are out by 12:30pm and now we can plan we 3 hours of productive shooting

This is fantastic

Helps drive the ship forward for sure .

For tomorrow's pickup , makes senses to meet at my place instead of LT, right?

We could meet for an hour or something here then go. Either way, but I have to get a ride to LT tomorrow am I forgot the cart is gone for a week

Liked "For tomorrow's pickup , makes senses to meet at my..."

Anytime tomorrow works for me so you pick. We have nothing on our calendar.

9:30am tomorrow, 10am latest. Message you in morning

Melissa can come and experience Grassroots. Plus tons of little cool businesses to walk to while we talk

She's planning to come forgot to mention

Loved that area

She's loved that area\*

My office was near there for a few months I had it

3/23/24, 11:19 PM

Attachment stored in iCloud:  
9F773185-CAB8-4439-B82F-3E7A88951604.MOV (Video)

Edited

Attachment stored in iCloud:  
42748F1A-2E12-4258-9EB3-2A9925F5A6CE.MOV (Video)

Edited

Gross but cool. Melissa nephew is autistic with a butterfly/caterpillar obsession as we made a quick could vid for him yesterday m. Then spun up a few to show VideoLeap.

Also, I have VideoLeap iPhone app lifetime subscription paid for years ago. Photoleap is their app for photo editing. Both better than Canva for editing, but not for marketing materials. Canva is best. VideoLeap is Higher end iPhone app. Uses AI for super quick with some editing and tweaking. It has AI voice duplication I'm going to tinker with, video captions feature, etc

Edited

Attachment stored in iCloud:  
A3DA1F78-9267-48E0-B024-5221E299F1A0.MOV (Video)

Attachment stored in iCloud:  
3C460E52-ABF7-4223-8AEA-49696F8DFA2F.MOV (Video)

Haha another caterpillar one coming at ya

Attachment stored in iCloud:  
E6913BE7-90B1-4CF8-B486-DFBF190DCE28.MOV (Video)

Last dog one. That is all haha

3/24/24, 8:42 AM

I'll look at

Want me to pick you up at 9:30am or 10am?

➔ Replying to you, 2024-03-23 23:19:26: « Gross but cool. Melissa nephew is autistic with a butterfly/caterpillar obsession as we made a quick c... »

Amazing the zooms lenz on these phones now

Great videos

Want to be picked up 9:45 or 10am?

9:55am In your driveway. Called in case you are still in bed or just waking. I'm going over to Low tide in case ya'll still waking. Call me to come get you when you are ready

3/24/24, 1:07 PM

Melissa downtown?

I have to go at 1:35pm to get on call at 2pm. Free after that to meet up again if need to

Ok. No she's coming around 330 and picking me up to then to golf cart place near by for paperwork stuff then we will head back to Gulfport she had change of plans. I'm on a bench cooking up something in my first brain

So your are good here with me leaving?

Yea I'll come down and share in 10-15 min . But yes I'm good once you leave

Ok, come down now then if you can. Gonna leave in 25 minutes ((:

2 min

I went out the front door by mistake but if you are on your way to your meeting, have a good one and let's chat tonight or tomorrow I will be in downtown Gulfport working tomorrow

Liked "I went out the front door by mistake but if you ar..."

I have a teeth cleaning at 12 PM tomorrow, I might go test, drive some cars other than that I'll be working

Another great intro

Liked "Another great intro"

➔ Replying to John Roman, 2024-03-24 13:41:56: « I have a teeth cleaning at 12 PM tomorrow, I might go test, drive some cars

other than that I... »

Do your thing. We are close. Very close.

3/24/24, 8:58 PM

Hope you and Melissa got to enjoy today. It was beautiful.

Jeremy and a couple friends had steaks and music and just hung out and enjoyed the evening today. It was refreshing

Yea man we just sat down. Made an afternoon of driving north 30 minutes to run an errand and found a fantastic park, big open grass areas for Lucy. Lots more around here vs back home but this was best one so far.

Beautiful for sure

I'll be in town in the afternoon tomorrow not the morning. Low tide. I'm here now just for a couple Kratom

Got us hooked

Beats Starbucks all day every day

It'll keep you awake... fyi

Might have trouble sleeping with late night kratom... maybe not in the beginning, but eventually it'll keep you awake in the brain ((:

Liked "Beats Starbucks all day every day"

Ok I'll do kava evenings good looks

I haven't gone back to kava since kratom so prob a good thing to mix?

Just so you know, in case you ever have to go to bed and drink it late

Yes. Kava better for later

Ok that's good advice. I tend to have a tolerance for things like coffee and can sleep more than other but Melissa will be up all night . Good call on the kava for her for now she has early shift not feeling great

Loved "Ok that's good advice. I tend to have a tolerance ..."

Kratom on way to work would be good pick me up. For her

3/25/24, 9:00 AM

Good morning fellow Gentleman of AI Minded Tribe

I shall be working refining keywords this morning in Channel, playlist/series, and video ideas.

12pm I have a teeth cleaning appointment downtown St Pete

Then I may meet up right after or go test drive some cars. Don't know the order yet.

I have plenty on my plate to do for us if for some reason we don't meet up. I need to listen to our old audio's and gather some notes and read some stuff you gave me and catch up on all your emails. This weekend I was "off" physically and mentally, but yesterday got me back to baseline. Just needed an evening of relaxation to feel normal.

Appreciate you

Rock on

I guess one thing is if you get any information together about the video or what your structuring for the ideas please share so I can get share feedback

Edited

I have notes to run for you

Feedback

Via AI ovet transtricts will do this am

Ok

Liked "Via AI ovet transtricts will do this am"

Liked "I guess one thing is if you get any information to..."

3/25/24, 2:27 PM

I have the audio recordings being run through my local AI transcriber on my desktop. I have it set up to give us a pretty solid output after I redid the automated prompt the recordings go through. I'm excited to see the output but once it's done, I will share it with you so you don't have to go back and listen to each line. Outside of summarizing the transcript and dividing up the content by #Tags based on my new prompts, I will port the word for transcription into notebook LM and you can chat with the entire transcript and ask it to provide you whatever information you need in whatever format is best, such as extracting all possible keywords or providing you a step-by-step, instructional blueprint for certain tasks or whatever it may be, but always stop yourself for doing things the old way, because I want to learn our bottlenecks and fix them

Edited

I'm going to head into Gulfport but might not be at low tide so if you come to town let me know but I have lots of heads down work. I got started later this morning then I wanted to and we have a big day Wednesday with the shoot.

Liked "I have the audio recordings being run through my l..."

➔ Replying to you, 2024-03-25 14:29:11: « I'm going to head into Gulfport but might not be at low tide so if you come to town let me know but I ... »

I'm here, but probably briefly as I have to get out and go look at some cars if I'm smart

Might have to done deal by Friday into a new car

OK I'm about 10 minutes out from low tide so we can sync if we cross paths but tomorrow is more of the meeting day today is the get stuff done and I'm feeling a little behind already so I'm gonna do a block of heads down when I get there

Yeah, I need heads down time too. Car is lots to add on this week and I have to fit in film production Meeting with Kratom Company I worked with (tomorrow 3:30pm)

You take care of whatever you gotta do and no pressure for me. It is all forming as it should at the rate it should so thanks for the effort as always.

Loved "You take care of whatever you gotta do and no pres..."

Too hot for me up there. I just walked here. I'll be here heads down just fyi

Loved "Too hot for me up there. I just walked here. I'll ..."

3/25/24, 6:10 PM

That's pretty cool that Andy is looking for our stuff! Even though we don't have it ready yet it's still pretty cool

Moving forward

These are healthy Deadlines to have . Letting time tomorrow? I have a 1:30 PM haircut tomorrow a few blocks away from downtown Gulfport.

How long to meet you think?

I have 3:30pm in Largo with the film production crew

Maybe have to be a split. Meeting twice

Was going to look at cars tomorrow earlier.

What time to you get up?

If we can get together early like 9am for 2 hours, I can go test drive, till 3:30pm meeting, then meet after like 5:30pm later also

Ok 9am that's works.

LT

Thanks

3/25/24, 10:27 PM

<https://notebooklm.google.com/notebook/4a344ea6-f414-459e-a184-250f40d1f6a6?pli=1>

3/26/24, 8:30 AM

Confirming this am but 9:15am eta LT

Edited

Liked "Confirming this am but 9:15am eta LT"

I am here and will just simply get situated

Good morning

3/26/24, 10:04 AM

*Attachment stored in iCloud:  
Day 5 Soft Launch new plan 3-24.m4a (Audio)*

3/26/24, 11:22 AM

*Attachment stored in iCloud:  
73315933550\_\_21A70B8A-D863-451F-840B-EE4E7547F8A5.heic (Image)*

I'll bring it when we meet up later

3/26/24, 12:51 PM

Thank you for grabbing that. What time is best for you later? I want to balance the sleep I'll grab after 1:30 haircut and also just being home and working on what we established this pm might be best use of time without meetings and phone call to align would work. I'm exhausted so I just wanna optimize today and be ready. I know what to come with

Edited

Long way of saying I couldbe staying in tonight, but I'll see how I feel

Edited

We also just found evidence. This guy was in our house for longer than we realized, and was trying to steal some electronics, so waiting for a callback from the cops, because this would change it from trespassing to burglary

3/26/24, 5:03 PM

Wow,

Rest in if you need. I have stuff to work on

Make the guy thought he left all those electronics over the girlfriends house that he said he was visiting



Edited

Also, the next couple hours you think you want to postpone shooting till Thursday because of all the lights stuff happening let me know

I'm sure Stephen would easily trust me wouldn't be an issue with him I think at all

Yea can you please ask him? We have been on the phone all day, landlord, two insurance companies, police came back for a statement after we found that evidence of stealing stuff and he broke Melissa's desk and all that stuff I'm just finalizing the day and I'm so tired

Attachment stored in iCloud:  
IMG\_3326.heic (Image)

Attachment stored in iCloud:  
IMG\_3341.heic (Image)

Attachment stored in iCloud:  
IMG\_3342.heic (Image)

Attachment stored in iCloud:  
IMG\_3343.heic (Image)

Attachment stored in iCloud:  
IMG\_3345.heic (Image)

Attachment stored in iCloud:  
IMG\_3348.heic (Image)

Attachment stored in iCloud:  
IMG\_3317.heic (Image)

Attachment stored in iCloud:  
IMG\_3327.heic (Image)

3/26/24, 7:42 PM

➔ Replying to you, 2024-03-26 18:15:28: « Yea can you please ask him? We have been on the phone all day, landlord, two insurance companies, poli... »

Ok will do

All good for Thursday instead of tomorrow. If we have to for some reason push the Friday, they won't be a problem either.

Ok this is really good. Thank you. And another thank you for stepping in on the Andy delivery/next steps. Today was costly for losing the day but we needed it. Melissa and I crushed today . Just responded like veterans of hard times. Like "that all you got, universe" "thank you, may I have another" kinda mindset. Every "tremor" (as I called them thr other day at LT) or ripple of shit to set us back we handle it falling one step back, but truly feel the 2 steps forward thing more each time. Like we stronger tomorrow blouse by waking up after today...so we actually chilling. Smoking a J as we speak just being happy

Attachment stored in iCloud:  
tmp.gif (Image)

Snoop and Martha smoking a J

Lol

FYI,

I have another business,

The Florida Aquarium

My friend is head of HR and they were just talking at a big conference about possibly incorporating AI into their business

She is all the way in to talk with us and learn if we'd be good fit

*Attachment stored in iCloud:  
RenderedImage.heic (Image)*

*Attachment stored in iCloud:  
RenderedImage.heic (Image)*

Ok great. I just scheduled my buddy who visited me a couple weeks ago. He owns a real estate brokerage and very interested in AI.

I had an idea today writing it now

A Non-profit at that

Liked "A Non-profit at that "

I like the variety

We confirmed with Steve today that we want to be doing more content than we initially conceived and if nothing to use it for, just tagging it and storing it builds a content bank of value. Imagine having a tagged library of video and you build videos by searching tags in your second brand and you can pull the related clips with that tag

So to the vision right there we really should be filming everything.

So if we did we could document our application of the second brain and our first person account

And tie in the interviews and film those the same

And that is a first let's say 6 part series

Buildable in the end just by organizing our footage and audio correctly in our own second brain and putting together documentary worthy stuff much easier

Edited

And then the interviews would lead to a entrepreneurs or small businesses perspective on deploying small, the viewer learns with the relatable interviewees and learn from our teachings and our own building of it for ourselves

That's the next thing to pick Steve's brain on (or include in his course we'd partner on) ...I'd be so curious how he named files and orders the taxonomy of his folder/file structure

Edited

Siting with this fiend now talking about this

FYI if not responding



Got you.Ill dump here as I think. To discuss tomorrow or by text here

Liked "Got you.Ill dump here as I think. To discuss tomorrow..."

She's excited for the applications (:

I think the key to reaching sustainable revenue, and then exponential growth thereafter will be:

- our ability to build one asset (ex. A 10 hour online course) and turning one large revenue producing asset into hundreds of pieces of content across as many platforms and funnels we have as possible) examples being: turning 10 hours of content for one video course into 500 pieces and extract as much value to AI Minded as possible. The real time digital marketing research I'm reading is all showing that the best marketing strategies are meeting viewers in many places and brands that focus on a few deep channels are losing to the ones doing more channels, and not being focused on just a few platforms

So another example of doing one thing and extrapolating as much value from that one thing would even boil down to the single conversations between you and I at a kava shop. If that conversation can be had, but split up into fitting into multiple projects (like an ongoing documentary series or just broken down into single IG reels or into multiple YouTube shorts then why not? Even if there isn't a place for a lot of the snippets from a single convo, they could be simply a single small 15 second clip we tag and have in our bank to pull as needed.

Edited

Liked "I think the key to reaching sustainable revenue, a..."

350 employees at Aquarium.

HE aspect

Employees

Sales as the have customers funneling in

Scientist/Researchers doing research in house

As HR they were talking recently about applying something that can save time, money, training, data

Liked "350 employees at Aquarium.

HE aspect

Employees

..."

Excellent

I'll spin up a spreadsheet based CRM for now given the pipeline we have

They are tied to a bigger association of zoos & aquariums around the US

3/27/24, 10:56 AM

Alright well I'm doing today what I missed yesterday. Friday would be ideal day to shoot and today is my heads down

Ok, I let Stephen know.

I working today at home currently and will let you know when at LT

He's good with Friday.

Keep me posted when you are at LT. Just in case we can cross for short talk (on a heads down day)

Steve Tyson

*Attachment stored in iCloud:  
tmp.gif (Image)*

*Attachment stored in iCloud:  
tmp.gif (Image)*

I mean Stephen J. Balboa

Let's go with that, eh?

Haha ok will do

Will be later

Will give heads ip

S.J.B.

Liked "Will be later "

3/27/24, 12:52 PM

I have to stay home I have a delivery coming to sign and golf cart paperwork the guy is bringing by also needs wet signature. I have a call 2-4pm with lawyer should be the last one. I need 4pm onward to be focused on Friday prep and all things we discussed so I'm gonna stay here. I can talk this evening by phone as I'll have a good update by then

Liked "I have to stay home I have a delivery coming to si..."

Also the incident the other night behind us emotionally which is good to see, other than having a second legal case to occupy us we are good

I mean, I did stalk our windows for an hour last night and positioned my lighting strategically but hey i think that's okay

Edited

Lol

*Attachment stored in iCloud:  
tmp.gif (Image)*

Not you, but funny

That was legit me at 5am the night it happened

Melissa slept like a rock

Witnessing the beat down gave her peace of mind... lol

Edited

My friend Head of HR at Aquarium can be good one. She is organizational nerd, has a lot of say there on decision making, and overwhelmed with how much is on her plate.

She's thrilled to learn applications and how it can save time and the company as whole with organization, etc

Edited

We can meet with her next week at LT

Awesome can we get it on the calendar? On my list today is getting you the email address for aimedind so you can send from there and the landing page my goal is by tomorrow mid day done

Liked "Awesome can we get it on the calendar? On my list ..."

3/27/24, 5:14 PM

Just to share some good news, payout on my car is \$6440 above what I owe!

Now need it stay lost till Friday 8:30am when I sign paperwork

3/27/24, 10:34 PM

Sent shared Google Doc with notes from Voice recordings Day 2-Day 6

Good stuff, enjoy!

3/28/24, 9:42 AM

I'll be at low tide later today mid afternoon. ready to go

We had a couple interesting days here, so thanks for your patience as I was not engaged as much as I was previously and just had to tend to this stuff here. The universe continues to challenge and set us one step back, but we come out two steps forward each time.

I've been in similar distraction with car. Having to close out the claim and look for new one

Let me know when you go to LT

3/28/24, 11:05 AM

➔ Replying to John Roman, 2024-03-27 22:34:04: « Sent shared Google Doc with notes from Voice recordings Day 2-Day 6

Good stuff, enjoy! »

You saw this message correct?

I did I have it flagged to return to. I am running errands with Melissa and then sitting down for the rest of however long it takes to catch up and not feel overwhelmed with what I missed.

No worries,

Total nerd moment,

but that document is great overview and points we need to focus and tasks we must do short term and into next week.

Also, Jeremy will be at LT around 5:30pm and we can further our talks with working with his company

Amazing. You crushed it keeping the ship together

3/28/24, 1:31 PM

You get haircut through all the last days malay?

Just reminder if not. Hair not bad,, trimming to shadow biggest deal, which is easy

I got a haircut but will trim tonight

Hello John @AI-Minded

You have a new account at theaiminded.com  
Account details:

Username:  
hello@theaiminded.com

Set your password and sign in by clicking the link below.

[https://accounts.google.com/RP?c=COrc9OqGyrC--AEQ9diw2Ofyw9CyAQ&uc=ac&hl=en\\_US&continue=https://workspace.google.com/dashboard&fc=1](https://accounts.google.com/RP?c=COrc9OqGyrC--AEQ9diw2Ofyw9CyAQ&uc=ac&hl=en_US&continue=https://workspace.google.com/dashboard&fc=1)

Will prompt you to create new password

We can do our follow ups formally soon

I'll do this when we meet up today. Searching cars currently.

When you at LT?

Just got here

Here until late so much to do

Be there within hour

Breathe and only work on what's necessary tomorrow. Don't get bogged down on that and out landing page pitch for first 5

Ok

My lawyer work is complete too

FYI,

Got the super high achiever I mentioned who owns film production company, the local ginger beer company from LA, travels the world

He is will to meet and listen 😎

Ok I have an idea as well I'll share later

3/28/24, 7:37 PM

I'll be at Low Tide, I got a space reserved up on the deck. If you're coming back.

I said I was returning, not thinking and remembering what happened, and I don't blame Melissa at all, and I feel the same. I'm going to stay home for the evenings until we start to feel better. But can speak by phone or google meet. I'm working on tomorrow at the moment

Attachment stored in iCloud:  
RPReplay\_Final1711660961.MP4 (Attachment)

I'm working on car research... lol

I spoke to Jeremy's friend who is the attorney he referred, and he advised me to stay away from this person and not press charges or cause any trouble for someone with a criminal record.

Particularly this person with a criminal record as checkered as it is with violent crime

Damn...

Cops said he's harmless

That's one of several frustrating things I have with the cops but again all I cared about was help in the moment and they were there incredibly fast. Everything after that was and feels strange to me

At least you lease is up in not too long?

I've sent a message to our landlord asking for the metal gates that are lockable on both sides of the house. He's the one who suggested it, but I initially said no. We're going to be out at the end of August, so we'd like to stay here. Just want cameras that alert me of motion and gates that lock and I can return to normal. Shits getting ahold of my head so I gotta make my moves to get free of it

Understood. Lives so close

Yea it was interesting advice from the lawyer and Im afraid he's right

True.

Might be worth if you ever see he, let him know you aren't pressing charges. Make it sound like a favor. Just stay the fuck away or next time your shooting to kill if he breaks the agreement

Edited

Ask attorney advice on that, but sounds like way to diffuse him wanting to get crazy if he thinks you are pressing charges.

How is someone like that walking free!?!?

He said some people do what you suggested but he said its a personal decision and not everyone has a break in from someone this dangerous with that rap sheet so to consider dropping charges for trespassing or keep them and lay low it's hard for him or anyone to make that call I get it

You saw the history now it's worse than anyone thought

Yeah... especially after cops said he's harmless

Assume they know his crimes

Yea man but it'll be okay we are just deciding to freeze the thinking and decision making and snooping online for the full weekend starting basically now. That'll help me put boundaries on this thing

Edited

Appreciate all the help and advice. Just ready to move on haha

Should I come with camera ready and my external Crucial X9 storage ready to go for tomorrow ?

Or are we using his cameras ?

Yes, but bring whatever you have to be safe

Ok cool I'm surprised and thankful he's lending those that's really nice and rare. Ok I'm all set see you tomorrow I'll be there early

Liked "Ok cool I'm surprised and thankful he's lending th..."

We can return the favor and get more in return by doing filming course he can make money on from us

Win-Win

Life is about giving to get ....

Irresistible Offers 🕶️

He'd have helped otherwise... lol

We can get Jeremy to talk to the neighbor... lol

Life is Good 🌈

➡ Replying to John Roman, 2024-03-28 20:53:19: « We can get Jeremy to talk to the neighbor... lol »

This was just to make you laugh.... But what's funny, is that he would 😂

Also, good you talked to the attorney, because not pressing charges may have been best course of action

Well we already pressed trespassing charges that's why he went to jail for 48 hours or so then bonded out otherwise he would have been taken home I just didn't have the details I have now which tell me not to increase charges to burglary. I wasn't clear earlier

But it's not clear in general to me what comes next or what I should do like do I have to testify in court I don't know

You can possibly drop charges also. Look into that with attorney advice

Having your electronic setup and locks will be good protection.

Get peace of mind tonight, best you can.

Liked "Having your electronic setup and locks will be goo..."

3/29/24, 12:19 AM

Do you have a black long sleeve or black t-shirt I can wear for a part of the shoot tomorrow ?

Might have black. I'll bring

Tell you in bit. Still doing research at LT. Home in 10

Liked "Tell you in bit. Still doing research at LT. Home ..."

Attachment stored in iCloud:  
73338097725\_\_B4448D55-E7AF-4DD8-964A-387D7FAD0E51.heic (Image)

Large

I'd bring a couple options in case all black on black looks bad. Never know

3/29/24, 9:33 AM

I'll be there around 10 I'm emailing shortly with content for today and in future and some we will scrap but starting wide

Be there at same time

Meet inside LT

Are you able to come get me I'm about to start walking. Long story I don't have the car right now which was not the plan Melissa left with it I'm walking out the door now just in case you can't to not be later than 1030

Yes

Ok I'll stay put

Thank you

I'm ready I got everything we need

Pulling up now

[https://youtu.be/gei\\_3RSqW2U?si=hJWy61Knw\\_AED9lt](https://youtu.be/gei_3RSqW2U?si=hJWy61Knw_AED9lt)

3/29/24, 12:17 PM

Not sure if you have Instagram. AI generated videos completely with clones talking

<https://www.instagram.com/p/C5GPnEHtDXB/?igsh=MWN6a3M3aHFrcHo4Zw==>

10 min and I'm ready

3/29/24, 4:15 PM

Attachment stored in iCloud:  
Audio Book\_Second Brain\_Get Abstract.mp3 (Audio)

When my dad, my sister and his girlfriend came a year ago to visit, it's the greenhouse directly across the street, from where that guy lives... Exactly

Wow. Had they only known the danger across the street

Sometime later please flip me the side footage from your phone no rush just gonna organise the files.

The book service I mentioned was called "Get Abstract"

You can go on their website to view the library of books. Can get audio .mp3 and PDF. 15 minute short version of all business books on there

Attachment stored in iCloud:  
IMG\_8714.mov (Video)

Attachment stored in iCloud:  
IMG\_8713.mov (Video)

Attachment stored in iCloud:  
IMG\_8712.mov (Video)

Attachment stored in iCloud:  
IMG\_8711.mov (Video)

Attachment stored in iCloud:  
IMG\_8710.mov (Video)

Attachment stored in iCloud:  
IMG\_8709.mov (Video)

Attachment stored in iCloud:  
IMG\_8708.mov (Video)

I'll send better quality later

3/29/24, 8:19 PM

Exciting day!

That was enjoyable, hope you enjoyed it. Don't be too critical watching yourself... FYI.

I truly thought you did a great job, and I tell you otherwise if I felt that way



3/29/24, 11:27 PM

Loved "Exciting day!

That was enjoyable, hope you enjoy..."

3/30/24, 4:00 PM

Attachment stored in iCloud:  
IMG\_3406.heic (Image)

Loved an image

New car purchase got a white Toyota well within warranty

Life is good

Pics or it isn't true!

That's a sharp whip tho

I'd have to jump out of a moving car but I'll get some when I get down to LT

Liked "I'd have to jump out of a moving car but I'll get ..."

I'm gonna work from home I just sat down. We got our golf cart back so I can meet tomorrow. Melissa works all day and I wanna have a great work weekend. We just hit the beach

Will be going to dinner over a friends house tomorrow, but I'll find out when and I'm totally down with getting together

Easter, doesn't need to be a sacred day of not working for me... Lol

I'll take those AirTags by the way maybe two of them

Liked "I'll take those AirTags by the way maybe two of th..."

Loved "I'm gonna work from home I just sat down. We got o..."

Attachment stored in iCloud:  
IMG\_8738.heic (Image)

Attachment stored in iCloud:  
IMG\_8739.heic (Image)

Attachment stored in iCloud:  
IMG\_8740.heic (Image)

Attachment stored in iCloud:  
IMG\_8741.heic (Image)

Some black tint windows and cargo mats about all I need to finish on it

Attachment stored in iCloud:  
IMG\_8737.heic (Image)

Sharp af

Love the white

3/30/24, 8:08 PM

<https://youtu.be/AzDAItvpufw?si=b4I-gbScM3LqVWut>

3/31/24, 9:32 AM

10:30 roughly for me

Perfect

I had to get Lucy out, and I'm in the golf cart down the street, so join me at the Clam Bayou next to the marina. Call me when you get back, and it'll take me a minute or two to get back, but hang tight in the driveway.

I'm running behind. Just woke up. Should be out the door in 30 minutes.

Let you know when I'm leaving

Don't rush, or if we want to push, today is a holiday, and you have much driving to do. It's a heads down day and we can review the kickoff work I'm doing today when we meet tomorrow

I can at least meet for an hour or two and go from there

Let you know when I'm out the door and let me know where you are . If you're still at Clam Bayou at the time

Do you mind if I call it off today? I'm going to take a mental health day and I'm going to work tonight, but I'm feeling stressed and want to go to a park with Lucy. I planned to work the whole day, but I need to step back and let things come to me via decompress. I got stuck last night and that happens when I need to step away and today's the only day to do it

I'd like that.

Thanks for making that call

Cool enjoy easter!

Go celebrate the Day the Easter Bunny Rose from the dead and Jesus passed out colored eggs

Laughed at "Go celebrate the Day the Easter Bunny Rose from th..."

Enjoy.

We deserve it

Crazy few weeks

Preach!

Mentally, agree tomorrow is day 1 rebirth

Great analogy

Liked "Great analogy"

Glad you said that I was feeling guilty sleeping in and kind of rushing in my energy this morning ...

Let's relax. They have separation at times or work gets stale

Edited

And even though we missed some work due to the life events, we can't let feeling behind stresses out either

Exactly. That's what I want to work through today and redefine that. It's an old response of mine for sure

Try to enjoy today and don't go down any rabbit holes!

Pun intended intended

*Attachment stored in iCloud:  
tmp.gif (Image)*

3/31/24, 6:17 PM

Leaving you a note here no need to respond. I sent your personal gmail and your aimed email address an invite from youtube. I created a family plan and have 5 licenses to premium youtube. I sent you two so it works regardless of which account you're logged into.

It says though that the people I invite have to be living in the same household and I wonder how sophisticated YouTube is as I know YouTube TV is very precise with locations of users so it might block you, but let's try and see if you can get in a premium account based on emails I triggered from youtube

Loved "Leaving you a note here no need to respond. I sent..."

<https://youtu.be/dsgBpsNPQ50?si=Ja9hs9h9hQmjjEsL>

Just found your younger self doppelgänger

4/1/24, 5:53 AM

Hope you had a good Day away.

I'll be up a little later. Friends house was fun and necessary day off. Will contact you later when I'm up and running . May be after 1pm I can meet if, when you are ready

Afternoon better

yes zero problem, mon. No worries, mon

4/1/24, 12:02 PM

Great day to start anew!

Hope you had a good Sunday. I did, fun with friends

I'll be heading to LT by 1pm to work on my end. How and if you'd like to get together today, let me know. No pressure.

If Steve's got a Cook, then we can let Steve Cook 😎😂

But I'll be there and can meet if you'd like at some time.

Tomorrow, I may have two things I'm doing, but can get together. I have to see my accountant to do my business and personal taxes for 2023 tomorrow 5pm and may take 2 hours. Also 2 hour meeting with TimeCode and Producer friend Dom to discuss a video package that we're all working to produce for my old Kratom Kava company

Other than that, I'm free the whole week to soar and grind it out with AI Minded

Edited

4/1/24, 1:08 PM

Attachment stored in iCloud:  
RenderedImage.heic (Image)

Attachment stored in iCloud:  
RenderedImage.heic (Image)

I dig that Phoenix firebird!

What time in the morning you free? Tomorrow

I have it all laid out for us going forward almost done

The plan, timelines, tech stack, priority tasks, etc

I want to turn the YouTube channel on and align the tags then shift

As early as you would like to meet... I have up until probably 4:30 PM to work tomorrow and then I have the two other obligations

Rest of the week is wide open

Ok will report back soon

Attachment stored in iCloud:  
giphy.com-media-jBGhBiPXCfpxTB550m-giphy-downsized.gif (Image)

Laughed at an image

4/1/24, 3:33 PM

Loved "I want to turn the YouTube channel on and align th..."

I'll bring those Apple tags and can you bring the entrepreneur magazine side gig one

Ok, sure I didn't give you the Magazine back?. Don't even think I took.

I'll look at home

Edited

Yea I remember we swapped the gig one for the first one about AI

All good if you don't have

Found it

Who need a second brain!? Not me!

It was in my biz organizer.

I'm in Goodgle sheets and don't see colored organized keywords.

Can you share from your google

Weird

Ok one sec

Attachment stored in iCloud:  
Screenshot 2024-04-01 at 4.51.23 PM.jpeg (Image)

This is your sheet. Says you are the owner. Background shows "sheet2" which is the second tab. Do you see something different?

See it now.

Wasn't there earlier

Thank you

4/2/24, 8:06 AM

2pm today work at LT?

Also:

- 1) have one AirTag for you. Thought I had two. I have it with me to give later
- 2) those yellow caterpillars are the devil. I thought they were cute and took videos last week. They are not cute. Their fur will cripple you. My neck got stung yesterday. Massive allergic reaction

Liked "Also:

1) have one AirTag for you. Thought I had t..."

Liked "2pm today work at LT?"

Remember , I only have till about 4:15 today then I have to go to my accountant and meeting with TimeCode for shoot with my old company

Yup it Will work. if we are meeting for more than 2 hours a pop, then we are off base anyway. Shorter meetings, better organization, seeing the path

I'm here now for a bit at LT now

But leaving in an hour

Ok, gonna try to catch you before you leave in hour. Have a few questions, then good at 2pm.

See you in 30 roughly

Liked "Ok, gonna try to catch you before you leave in hou..."

4/2/24, 10:44 AM

Attachment stored in iCloud:  
IMG\_3485.heic (Image)

Attachment stored in iCloud:  
IMG\_3487.heic (Image)

Any particular password you'd like to use for business accounts, that we both know the name of one signing into certain things when AI Minded

Edited

Just create a generic one like new car 1234 or whatever and we can tweak it later. I am using voice to text so you get what I mean.

4/2/24, 12:34 PM

Can't upgrade paid Premium Yearly to Family.

This is mute subject now ((:

4/2/24, 4:48 PM

Attachment stored in iCloud:  
Screenshot 2024-04-02 at 4.41.49 PM.jpeg (Image)

Attachment stored in iCloud:  
Screenshot 2024-04-02 at 4.43.10 PM.jpeg (Image)

Attachment stored in iCloud:  
Screenshot 2024-04-02 at 4.47.25 PM.jpeg (Image)

Attachment stored in iCloud:  
Screenshot 2024-04-02 at 4.45.41 PM.jpeg (Image)

Attachment stored in iCloud:  
Screenshot 2024-04-02 at 4.46.18 PM.jpeg (Image)

we need a quick logo. Doesn't have to be "forever" logo. Just for now. Some above are my quick drafts, some are AI. Open to thoughts for sure. I'm heading home for evening

4/2/24, 6:29 PM

Attachment stored in iCloud:  
Screenshot 2024-04-02 at 4.41.49 PM.heic (Image)

Like this one best so far

Attachment stored in iCloud:  
Screenshot 2024-04-02 at 4.47.25 PM.heic (Image)

Or this with the first logo's buddha figure

I like it both too, but my only concern was it appear (without a descriptive slogan) to be like a yoga / mindfulness app or something generic like that

Also, though this isn't final logo... I like

AI-Minded specifics to upper and lowercase lettering

Maybe I can put a graduate cap on it or something

No cap

I've been toying with all lower case and also "Ai-Minded" with the i lowercase

Agree not all caps for all Letter s

And not all lower case either.

Liked "I've been toying with all lower case and also "Ai-..."

I like it like "Ai" because the i stands out more and less looking like a guy named Ai

Liked "I like it like "Ai" because the i stands out more ..."

Agreed

Good ole Ai

Laughed at "Good ole Ai"

Slogans are up for debate. Should have one that knocks higher education

Ai rode the short bus and took a lot of shop classes in high School

Higher Education Reimagined

Haha ironically his job isn't in jeopardy with Ai taking over

Laughed at "Haha ironically his job isn't in jeopardy with Ai ..."

➔ Replying to John Roman, 2024-04-02 18:34:23: « Higher Education Reimagined »

Agree this is close

Four words should be the max. Three is ideal

Lol,

Didn't realize the one slogan had reimagine in it , so that's really good

Edited

4 worded one

What's your availability tomorrow. Need to review the schedule ahead and also film

All day

Let's start at 9am and put a full day in.

Liked "Let's start at 9am and put a full day in."

Your house or out and about

My house. But out by 11am to film. I'll plan the day, but 9-11 meeting and planning , 11-1pm filming

We using gimble for your I phone?

May have tripod if necessary or we can use one in studio.

Just need phone holder to attach to tripod

Text me your agenda items that are top of mind whether we address them tomorrow or not, I'll build them into calendar .

Yea but we could use those mics from Steve. I'm gonna order the same one now actually. My phone and gimble tomorrow

You get the mic?

I have the holder and tripod already

No I haven't yet ordering it now

In a pinch go to Best Buy

Can borrow

If we can't use Steve's I don't wanna make habit of borrowing his gear

Can borrow

Ok this time. Many thank yours to Stephen

4/2/24, 10:19 PM

➔ Replying to you, 2024-04-02 18:38:26: « My house. But out by 11am to film. I'll plan the day, but 9-11 meeting and planning , 11-1pm filming »

Have mic in hand, see you at 9am at your domicile

Nice. Please quick send a pic or text the brand and model number if handy I can't find for some reason in our chat history

Attachment stored in iCloud:  
73380367658\_\_F67E91B3-D1BD-42F3-A4B6-4632A34C566F.heic (Image)



➔ Replying to you, 2024-04-02 18:38:26: « My house. But out by 11am to film. I'll plan the day, but 9-11 meeting and planning , 11-1pm filming »

Liked an image

Attachment stored in iCloud:  
73380368708\_\_CA131FAC-9ECE-4CC7-8790-218CD014B639.heic (Image)

4/3/24, 8:54 AM

I will meet you out front

Ok,  
Text you whe I'm pulling into the driveway

4/3/24, 10:41 AM

Be right in. Need 10

Liked "Be right in. Need 10"

Ok got it coming back now

4/3/24, 4:02 PM

nejbeC-xaxqo5-kajbak

4/4/24, 9:44 AM

I'll be about 15 minutes behind, but I'll be down soon

And Looking at my schedule, I need a pure heads down day.

4/4/24, 3:08 PM

Attachment stored in iCloud:  
minded3.heic (Image)

Attachment stored in iCloud:  
aiminded03.heic (Image)

Attachment stored in iCloud:  
FILE\_2142.psd (Attachment)

Photoshop saved version

I used ChatGPT to make the man

Edited

Attachment stored in iCloud:  
aiminded.PNG (Image)

Attachment stored in iCloud:  
605e5c30-14f0-49a2-9125-1fd90c4a98b5.heic (Image)

One without higher education on bottom also

Attachment stored in iCloud:  
IMG\_3572.mov (Video)

➔ Replying to John Roman, 2024-04-04 15:25:43: (Image)

I think this is mad dope. Love the blending of Ai and mindfulness

My only critique is that a logo should be scalable to large and small, and when this sits positioned in various spaces, it need to scale down to very small and not bleed details into details so what I mean is it's too busy to shrink to icon size or favicon size even and carry over. I've learned this lesson the hard way when you print business cards or any print material, tight lines bleed.

Can you redraft same look and feel and remove some line detail.

And a few in different color pallets.

If you want to take this to a paid Canva app, I can share credentials through last pass.

That's the progression, Ai doesn't always listen so I get to the best version and edit manually in the amazing Canva

Oh you used photoshop

Disregard Canva then I forgot you had a license

No ...logo man created all by AI, and that's what it gave me by submitting your first logo. I added words.

Can do do what you requested, but that'll take more work and Stephen's help in PhotoShop. So can't redo today.

Maybe we, in future remove and only use the man and simplify him or whatever requests you want.

Stephen went into Photoshop and simply put in the lettering for me and repositioned the AI generated man

➔ Replying to John Roman, 2024-04-04 15:25:43: (Image)

Send me Canva you mentioned and I can play with it

Ok hold tight on it it's perfect for placeholder pre final edits for my purposes now so great job

Sending LastPass one second

➔ Replying to you, 2024-04-04 16:25:30: « Ok hold tight on it it's perfect for placeholder pre final edits for my purposes now so great job »

If need something quick for website and then we replace with simpler version.

I'll play with Canva in meantime

Attachment stored in iCloud:  
IMG\_4069.jpeg (Image)

Edited

Phoenix it gave me... best version that is

Edited

Loved a movie

I do love that color scheme whether it ends up in our brand or not that's just fire

Attachment stored in iCloud:  
Screenshot 2024-04-03 at 5.07.09 PM.HEIC (Image)

Melissa sent me this today she was on her lunch break playing Wordle or whatever that game is called and this was one of the questions

That could be cool with colors for sure

Phoenix University. I like the Buddha sitting , enlightened may. We can play off simple version of what the AI created

Liked "Melissa sent me this today she was on her lunch br..."

Burnt red and orange are great colors too

Idea I mentioned I think before but with 150 days and 150k\$ goal why aren't we documenting everything like a documentary where the bank just builds and we spin out multiple video courses etc during this time but there is always a documentary recording/behind the scenes lens in play just going into our second brain with the right tags so by the end we are showing my vision of creating the documentary via the tag system of drag and dropping of clips strung into the documentary that then goes to final edit from that approach at the end of 150 days

Last pass now has canvas credentials in our shared folder

Liked "Last pass now has canvas credentials in our shared..."

Loved "Idea I mentioned I think before but with 150 days ..."

4/4/24, 7:12 PM

Attachment stored in iCloud:  
05e54ab2-4087-463b-a8c6-ccca4e60c386.heic (Image)

Attachment stored in iCloud:  
05e54ab2-4087-463b-a8c6-ccca4e60c386.heic (Image)

Dope I like

I feel like fire should be coming up from his palms

But I digress

Or a Phoenix per hand!

Haha

Now that's not gonna show up on a biz card, but that we can create anyway

Haha ok ok

Nice work tho

"A" in one hand, "I" in the other

Liked "'A" in one hand, "I" in the other"

*Attachment stored in iCloud:  
89d0b06d-6fe5-4d97-8ae9-95d34825a309.heic (Image)*

For now

I like all lower case best after trying all mixed options.

Same

Do you like that color the best best

No, but not going that far right now.

Ok got it

We good on this to-do

Thank you sir

Welcome

Canva dumbed down the quality and sharpness of the photos I attached to it. Will be best possibly to redo on Photoshop and Stephen has that and can help

Edited

Think emotions when you think of colors

Shades of blue not these might still be good because they have an enlightened feeling.

I love the Phoenix colors, but those are also aggravating and inflammatory possibly emotionally

Good framework for logo, change colors and should rock

➔ Replying to John Roman, 2024-04-04 19:27:05: « For now »

When you zoom in you'll see what I mean about quality resolution, compared to enlarging or zooming on others from camera and photoshop

Maybe change hands to open palm instead of mudra (pointer touching thumb)

*Attachment stored in iCloud:  
6a246ef1-cc0f-4c0b-a05c-28b8497221bd.heic (Image)*

Like this version. This was another one that was cool, but the guys too busy that AI made.

➔ Replying to John Roman, 2024-04-04 19:40:04: « Maybe change hands to open palm instead of mudra (pointer touching thumb) »

I agree

Attachment stored in iCloud:  
05e54ab2-4087-463b-a8c6-ccca4e60c386.heic (Image)

Loved an image

I like the darker blue and upward hands nice

Best I got for now. We can divert from this

I didn't change colors ... lol

Attachment stored in iCloud:  
50bcef19-be34-407b-a566-bf83f6c7e96c.heic (Image)

Change of subject, Think this through and can send me full response or in bits and pieces as you think it through. Sending something to help one sec

Liked "Change of subject, Think this through and can sen..."

4/4/24, 10:18 PM

[https://www.icloud.com/notes/022pP-QeQMy2hrtykISux09EA#Project\\_Listing\\_Exercise\\_and\\_Important\\_Context](https://www.icloud.com/notes/022pP-QeQMy2hrtykISux09EA#Project_Listing_Exercise_and_Important_Context)

Liked "https://www.icloud.com/notes/022pP-QeQMy2hrtykISux..."

Using Notes my notion is frozen on mobile

Stupid ai ... lol

Love it

I, we shall apply for sure

Thanks for your work on putting this together

Liked "Thanks for your work on putting this together"

4/5/24, 7:41 AM

Need until noon to continue heads down and some prep for meeting

Can meet before meeting at noon or 1pm

4/5/24, 9:10 AM

Meet at your place for meeting?

You have mic for recording?

Need to text to make sure it works for this.

Screen record and set up like we did for Justin's talk

Confirming with wify but we could take it outside

<https://www.bestbuy.com/site/sku/6458698.p?skuld=6458698>

So InstaMic Pro Plus is basically sold out everywhere. Unless you can find it. It's not resold on BestBuy or Amazon and really just through their own dedicated online store which says sold out.

Here is a link to an alternative. Research shows it's comparable. Some like it more, some less but similar enough. We can return it within 30 days which I do often with Best Buy.

In the meantime, I have a lav mic that is wired and built for iPhones with a lightning charger not usb-c like my iPhone 15 so we can use your phone and that mic today

<https://www.bestbuy.com/site/sku/6425413.p?skuld=6425413>

This is the one I already have had and can use today and it's actually not bad quality

I didn't mention that the first link to the Rode mic is ordered and arrived Monday.

<https://apps.apple.com/us/app/instamic-remote/id1141162465>

Download this

Im bringing the mic again to see

We have to open the InstaMic App for it to be linked and running and recording

Done

Plan for 1pm at my house

Liked "Done "

We needed to have the app downloaded and connect it through the app

See you soon

Liked "We needed to have the app downloaded and connect i..."

4/5/24, 2:06 PM

*Attachment stored in iCloud:  
Image 4-5-24 at 2.06 PM.heic (Image)*

4/5/24, 7:19 PM

Where did You day you put your feedback from today? Was it an audio file you recorded and put in the iCloud files? I don't see anything in there either of the skup or JR-SB Recordings

Edited

Voice notes folder. Did it so I don't forget my thoughts, that we already spoke before I left. Starts with my name

Great week

You were awesome

4/5/24, 9:07 PM

Attachment stored in iCloud:  
RPreplay\_Final1712365609.MP4 (Attachment)

Me no find it

It's still "waiting to load"

Now it's in

this is a great case against file and folders

Lesser knowing it's just loading but STILL!

Kinda random, as I was driving and really need to refine those thoughts, just wanted to get it down and revisit

Should be loaded now

before the weekend or if you can go read that document I sent you on the definitions of projects because there's some framework stuff in there to wine on which is also part of both our talk tracks in general so that's good but then there is a ask of you to help refine project listings and so I'd be curious to have you just list out as much as you can think of because I have my list and this fall into the tagging taxonomy, which is foundational to second stuff

Edited

The Note you sent ?

Yea on projects, PARA, etc

[https://www.icloud.com/notes/022pP-QeQMy2hrtykISux09EA#Project\\_Listing\\_Exercise\\_and\\_Important\\_Context](https://www.icloud.com/notes/022pP-QeQMy2hrtykISux09EA#Project_Listing_Exercise_and_Important_Context)

Apple Notes

Read it and will use

Edited

Oh you did already?

Yes, responded to it. Read it as soon as you sent it.

Word I must not have notes notification that explains your text about it but thought something must have happened ok we good thanks it's helpful. It's an interesting web of tags to conceive

Attachment stored in iCloud:  
IMG\_8816.heic (Image)

This text correct?

Ya

I will, by Monday work on that as applied to my tasks 😊

*Attachment stored in iCloud:  
AF82E8D5-C094-4B19-98D8-ECFF4F550110.heic (Image)*

Cool thanks.

[https://openai.com/blog/navigating-the-challenges-and-opportunities-of-synthetic-voices?utm\\_source=futuretools.beehiiv.com&utm\\_medium=newsletter&utm\\_campaign=openai-can-clone-your-voice](https://openai.com/blog/navigating-the-challenges-and-opportunities-of-synthetic-voices?utm_source=futuretools.beehiiv.com&utm_medium=newsletter&utm_campaign=openai-can-clone-your-voice)

This could mean doing more videos in less time. If a percentage of our content will be b-roll or screen share footage, or whatever, we could (feasibly speaking, mind you) have my "voice" (in ai) that can be used in a video. That then becomes as easy as pasting in the script the AI reads in my voice. Shit, one AI writes it and another says it and an AI makes the video It all sits on. Its just going to come down to if content creators can quarterback it better than others with all new rules and tools in the race

Edited

4/6/24, 11:04 AM

*Attachment stored in iCloud:  
IMG\_8817.heic (Image)*

1 kilo (2 half kilos)

From this you'll be able to make 240 single 8 ounce servings of Kratom

These two have kilos cost \$70  
Total

Just so you know your savings, if you were buying 240 singles at Low Tide at \$5 each, that would equal \$1200 ... and that's without tipping dot lol

Not bad, eh??

Edited

*Attachment stored in iCloud:  
73410962262\_\_05FCE04C-AA98-41C3-A6E7-EFF7F580F342.heic (Image)*

*Attachment stored in iCloud:  
73410964431\_\_CE52DA94-D8DE-4290-9065-3C1920808DA5.heic (Image)*

Uber eats delivery fee included

lol

Haha calm look at THAT!

We just got home. You in town?

And what was the final \$\$ again?

Melissa is treating with her fancy new job she says!

\$70



Venmo or cash?

Or other

Bitcoin please

lol

Haha I'd prefer

Johnroman311@yahoo.com

Zelle or cash.

Don't like using Venmo

Ok Zelle coming

I'll bring my drug scale, lol

Actually bought it for weighing kratom, and we can determine what volume in a cup weighs about 65 g so you don't have to buy a scale

Haha sent

Seeing that you're in the business of buying kilos now



Cha Ching!

I got pulled over last night, leaving Gulfport, for not stopping at a stop sign

Didn't give me a ticket because he's probably looking to see if I was actually drinking

I asked him if he was part of that came over your house and he said yes. He was heavier, younger cop.

If you wanna hear what he told me about it give me a call .

Attachment stored in iCloud:  
IMG\_3611.heic (Image)

Attachment stored in iCloud:  
IMG\_3612.heic (Image)

Attachment stored in iCloud:  
IMG\_3613.heic (Image)

Attachment stored in iCloud:  
IMG\_3610.heic (Image)

That InstaMic still wasn't working.

However, it's only a month old, under warranty. I messaged them for solution to it not powering on and waiting for response.

If it's that new and have an issues, it must be the device has an issue.

Liked an image

Must be agree ok thanks for seeing that through let me know how I can help.

Liked "Must be agree ok thanks for seeing that through le..."

Determine that half cup (just a smidge under) is serving size to brew a gallon

Instructions

1. Bring gallon of water to boil. Then take off burner. Past this point you will not heat anymore.

2. Add 1/8 - 1/4 cup lemon juice (it potentiates kratom)

3. Add half cup kratom powder

4. Let sit "covered" for 5 hours minimum or overnight.

5. Strain it by simply letting it sit settled an hour before transferring into pitcher. If you slowly pour into pitcher, the last part of sediment should sit at bottom and won't need a straining net. if you don't, you're gonna get too much of the raw sediment into your picture simple metal strainer or cheese cloth is too porous and is useless as strainer.

I'll show you what to buy online so you can use a very good straining net in the future

5.

Copy that

Pinfox 75 Micron Nylon Straining Bag Fine Mesh Food Strainer Filter Bags for Nut Milk, Green Juice, Cold Brew, Home Brewing (25.39" x 18.89")

<https://a.co/d/0DZo7FS>

Can wash and use over and over

With this you can put over the pitcher and tie shut and physically squeeze out all liquids and get very little powder into final pour

That's what I need getting it now thanks

4/6/24, 8:06 PM

Attachment stored in iCloud:  
IMG\_8822.heic (Image)

For the party at your house

InstaMic started working thank god. Maybe it got overheated is only thing we could think of

4/6/24, 10:23 PM

<https://poe.com/s/ORu9OB9PaKKpcAqYih18>

Laughed at "For the party at your house"

Just a good example of A) working a bot to the right outcome and B) wondering what you think of this strategy being layered on top and what Matt said about ongoing A/B testing. There isn't a single smart company out there that doesn't run parallel tests like the one described on the chat I created for us so I wonder what the pros say. I've heard many times of rapidly rising channels doing this. I've also seen many companies launching multiple Instagram or TikTok channels doing the same progressive narrowing and after 6-12 months they have the winning channel with the winning keywords associated

Also, the order of the channel keywords is interesting I didn't realize that was influential. You can change the order with only positive effect by moving up the best performers in the order of keywords

4/7/24, 11:14 AM

Good stuff. Will use. Look at that sheet. I've narrowed them down to 76 of the best. Minimum requirement for Matt is a search volume no lower than 10,000 views the more views the better, however, you then have to weigh its overall score versus competition.

You can put as many keywords into a channel, but only have 500 character limit

We can do them set this week and use these other tools you mentioned to help.

Goal is to have them set

Edited

Called "Final sheet by category"

The pink colors are best over the blue in my opinion. Before you start dissecting and asking questions, best to do in person. I'll explain my reasoning better that way

Yesterday was a mental health day. Was feeling fried. Finished list in a.m. yesterday, but was on vacation mentally rest of Saturday (:(

Probably gonna guess 25 at most channel key words with 500 character limit, also dependent on length of words in each keyword

FYI, Stephen said the Rode mic is good

Nice just seeing your last text message here. I will read it all when I get settled

➔ Replying to John Roman, 2024-04-07 11:19:54: « Probably gonna guess 25 at most channel key words with 500 character limit, also dependent on l... »

Can we finalize 25 today and put them in your order from strongest to weakest?

Ps...YouTube is working!

Just checked

I'm going to create the channel and appoint your account as an admin

Let me do it. Wanna make sure some details are correct.

Let's do it tomorrow or I can do today

Ok

Not keywords and stuff but you may do something small that we can't reverse.

It'll give me peace of mind

Ok sounds good

I have access to crest with hello@  
administration access that is

What is crest

Toothpaste

Create

That's what my Google search shows!

Not crest

Do I have administrative access if I try to create it myself with hello@ is what I meant to say

I'll set you up

Thanks.

I am going to make a map of "to-do's" based on Tiago Notes memo you sent me,  
and will set those social media up once you get me access

4/7/24, 5:11 PM

I set up YouTube, Instagram and those are good.

Facebook requires waiting, activation period to go live

LinkedIn I may have wrong, but looks like you have to set up individual account?  
Unless you know otherwise how to set up business profile only. I set one up with  
my name for now. The business one can be set up then can you set it up  
please? Or if you know how to convert the one I created with  
hello@theaiminded.com to a business account.

Didn't see options to do so

NewCar1234! Password for all

Ok amazing sorry I have a distraction today I'll be back on this evening maybe at LT

Can you put all credentials in last pass?

Edited

In the shared folder

Tried out didn't automatically pop up

Edited

Also didn't verify if my personal or business

I'll try later

They are in last pass

Great what time you free tomorrow

2pm. Haircut Tampa at 12pm.

Look at LinkedIn. Not sure how to set up a business profile that is not an individual

I can get together before that, but I gotta leave at about no later than 11:15 AM

Are you going to Low Tide anytime soon?

I'll be there in 30-45 min

4/7/24, 8:30 PM

More credible source says order doesn't matter and a mix of long tail and short is best but again, I always doubt the source and Matt is our guy so let's see what he says

I messaged him to find out

Attachment stored in iCloud:  
IMG\_1751.jpeg (Image)

4/7/24, 10:33 PM

Appreciate you understanding that is was stressed past 2 days.

I say we do the 10 minute WimHof 10 minute breath work before we start every get together. It's powerful for slowing down and relaxing.

I'm gonna put running back into my routine 3-4 days a week. It will keep me balanced also.

See you tomorrow. I'll be at LT at 9am-11am. Then back 2pm.

My goal is to finalize keywords for channel and organize my week and next 30 days per the Tiago outline you gave me. It will be helpful.

Have a good night

I simply learned I need a little balance with exercise and some breath work to keep me from getting too fast in my energy. Caught up to me Friday-today

4/8/24, 9:04 AM

I'm gonna meet you when you're back at 2pm. I'm just sitting down starting now. I didn't get terribly far last night but ready to go.

Let's record a 30 minute convo this afternoon and grease the wheels with new audio

Loved "I'm gonna meet you when you're back at 2pm. I'm ju..."

4/8/24, 1:02 PM

I now know the specific direction to go with Skup

Sounds great. I'll be there at 2 PM or slightly after. I'm on my way back, but I have to stop at Costco real quick.

To properly be a beta tester and help improve their Ai for eCommerce, we could do so most efficiently if we were accepted into their incubator program. They work mostly with ecommerce companies that sell physical products as the primary asset class I believe, so the exception would be working with a company selling digital assets.

We would get the upside of unloading a lot of the strategy and ramp up grunt efforts and De-risk by avoiding wrong directions and / or slow speed to revenue

This would be our "compensation" for this particular company

Liked "This would be our "compensation" for this particul..."

4/8/24, 2:11 PM

En route

Ok , 20 mins out

4/8/24, 6:19 PM

Taking a stroll for a second, but check your inbox for a draft proposal. It's purposely long so we can trim. It could be attached as a PDF to shorten the email. It can be either a long email or a short email with a PDF.

4/8/24, 7:21 PM

Sent email to both your emails - personal gmail and @hello

Already see some things to improve but good enough for the draft and you can let me know your thoughts

I'll be back online around 930

Then 9-10am tomorrow am at LT (haha sorry these are now four texts could have been ONE)

4/8/24, 8:27 PM

Liked "Then 9-10am tomorrow am at LT (haha sorry these ar..."

4/8/24, 9:43 PM

Sent feedback on letter to Matt ... excellent,  
still think we need to scope a few things that I I don't think were mentioned

4/9/24, 9:48 AM

Hey, I'll be down in a bit if you're at LT give me a bit my bad

I'll be there in 30 mins. Was up late working

Same.  
ps...CapCut is epic. The best

All we need at \$10/month

I'm in town but down the street. I have a reading writing I'm gonna sit out for an hour and then come up.

you know what I'm working on which is the mind map organization and organization as a whole. Send me any and all thoughts around projects you see.

Edited

Ah you sent it already I see the email now

I'm at LT

➔ Replying to you, 2024-04-09 10:48:28: « you know what I'm working on which is the mind map organization and organization as a whole. Send m... »

Emailed you last night a word document for my rough projects set up

Yup reviewing

Just sent the Skup email

Attachment stored in iCloud:  
Screenshot 2024-04-09 at 12.10.57 PM.jpeg (Image)

Attachment stored in iCloud:  
Screenshot 2024-04-09 at 12.10.17 PM.jpeg (Image)

Attachment stored in iCloud:  
AI-minded logo-green.jpeg (Image)

Attachment stored in iCloud:  
AI-minded logo-purple.jpeg (Image)

Attachment stored in iCloud:  
AI-minded logo-white background.jpeg (Image)

Concepts

Packing up and heading your way

Did you ask Matt about the two channel approach? I know you mentioned his response about the keyword order and other but I'm curious about this one.

Yes, doesn't suggest it or have need to do it

Attachment stored in iCloud:  
50bcef19-be34-407b-a566-bf83f6c7e96c.heic (Image)

4/9/24, 5:30 PM

I just spoke with April Thanos, the city Council woman who won her election. She asked to meet me at the coffee shop down the street pro tide at 10:30 on Thursday so let's push our meeting to noon for the tech overview.

Liked "I just spoke with April Thanos, the city Council w..."

4/9/24, 7:04 PM

For now, leave the cornhole tables in your car when you arrive. We go and get them. If We want them later.

4/10/24, 9:30 AM

Attachment stored in iCloud:  
99429309-044c-42ad-a938-542ca1727448.heic (Image)

Attachment stored in iCloud:  
99429309-044c-42ad-a938-542ca1727448.heic (Image)

Not bad through ChatGPT for cartoon character of the Phoenix logo I showed you yesterday. For possible company mascot

4/10/24, 10:35 AM

Actually that's pretty cool

First rendition and it was the best. Great colors (lighter) and very cute, fun looking

I think I'm gonna stay home today and get all mapping completely done and just focus and I got therapy at 445 then go to LT

Edited

Catching up on napping... lol

Good idea

(I see you edited it)

Hahaha you got me

I'm gonna do some YouTube research, for competitors and review some of Matt's course so we can be airtight on first video ideas and compare competitor keywords

Also this can help narrow some first or first 30 video ideas so they are highly watched versus simply putting together videos solely based off our first course for \$\$\$

Edited



4/10/24, 12:33 PM

Yea that's next step I need from your end is the 500 character YouTube channel keyword list and then the first 30 videos as per what the keyword data is suggesting. One of my mind maps is the video listing we have

Keywords imbedded already.

Liked "Keywords imbedded already."

Could you get me a summary of 1st course also, general not long winded, just to best match ideas with my previously mentioned research so I can coincide with best first 30 videos

Yes

Attachment stored in iCloud:  
IMG\_8875.heic (Image)

Why is this happening? Just asked me to give the password to sign in because I'm trying to look at things using my laptop.

YouTube

Ours

Early stages of identify managing for security it seems. Can you get in

Initially, but Not when I try to edit things

It asks for password to verify me, then gets message you see

So it's kicking you out?

I'm not sure

Yes, when I try to hit the customize button

Did you customize or add anything since yesterday?

No I haven't been in the @hello account

I'd have to see it on your computer

The issue you're having

I'll be at LT this evening

Liked "I'll be at LT this evening"

Had to sign on through my personal gmail weirdly and it's giving me authority now. Even though it is signed up through hello@ and created there.

Maybe because I'm at home

Check your browser login vs the tab login . That's likely where the issue is

It's annoying I know

Oh well you got it working for now

4/10/24, 3:01 PM

If you can send me about 10-15 pictures of yourself, I can create your avatars. It needs to be pictures of just you or others cropped out, mostly head and face shots less full body.

Not urgent but for the website and your email, LinkedIn, etc Also doing mine again as I only have one avatar old image I'm using

Can email them , text, or create a folder in google drive or iCloud and share the folder with images

Ok, have to take some. Dont any pics of myself recent

I'll shave and get you some. May have Stephen help take some good ones

It's more about multiple angles and lighting and randomness scenes doesn't have to be good

Background matter?

Nope

Attachment stored in iCloud:  
IMG\_8902.heic (Image)

Attachment stored in iCloud:  
IMG\_8894.heic (Image)

Attachment stored in iCloud:  
IMG\_8913.heic (Image)

Attachment stored in iCloud:  
IMG\_8904.heic (Image)

Attachment stored in iCloud:  
IMG\_8914.heic (Image)

Attachment stored in iCloud:  
IMG\_8915.heic (Image)

Attachment stored in iCloud:  
IMG\_8906.heic (Image)

Best I got, literally had to take selfies

I can get better, but will have to have Stephen do some better head shots.

Attachment stored in iCloud:  
IMG\_8916.heic (Image)

This is old, but good if need better lighting.

I guess I am a more behind the camera person... lol

4/10/24, 5:59 PM

Nice that'll work. I just got out of therapy.  
Melissa gets home at 730 so may just stay here and then go to Lt tonight and I'll be ready to show you the work tomorrow

Liked "Nice that'll work. I just got out of therapy.  
Meli..."

4/10/24, 10:10 PM

Attachment stored in iCloud:  
IMG\_3704.HEIC (Image)

It has arrived. Love a new toy especially if it's helpful. At a minimum it's a YouTube video review and the effort of getting a refund / mailing it back. Fingers crossed it's what we need

I have 10:30am with April tomorrow so I'll meet you at LT after that

Liked "I have 10:30am with April tomorrow so I'll meet yo..."

Loved an image

Loved "It has arrived. Love a new toy especially if it's ..."

4/11/24, 11:59 AM

30-45 min I think. She was an hour late

Liked "30-45 min I think. She was an hour late "

Politicians!?!

Welp I'm stuck for a bit

Sent you a link

In the meantime

Rain stuck?

Yea I got the golf cart

Heading back in 5

4/11/24, 5:26 PM

Leaving to head back

Liked " Leaving to head back "

4/12/24, 11:37 AM

Attachment stored in iCloud:  
9922FFF2-6937-49F0-A075-E9D90FA5E5A8.MOV (Video)

Just learning a new tool last night smashing what's on my phone and trying features. Also realizing this is my mind at the moment so maybe cathartic haha but I'm moving on no issues . I'll be at LT around 2-3pm

If you watch, it's a story of good versus evil and a villain,

A villain whose demented, immature mind struggles to keep a grip on reality battling his inner homoerotic urges , culminating in an unseen crescendo of violence. It is a story of evil winning battles. It's a story of good winning wars, if I may.

Edited

Best with headphones I presume

4/12/24, 1:23 PM

See you at LowTide, I'll be there

We just landed 10K film shoot, check in hand. 😊

Word!

Gotta feel good can't wait to hear about it

Ignore that video above I have another one it's all strange

4/12/24, 2:27 PM

Loved a movie

Attachment stored in iCloud:  
B86DC4B2-0AF3-468F-AC13-372F4956F1F3.MOV (Video)

4/12/24, 7:35 PM

Attachment stored in iCloud:  
73465773900\_\_E630CED6-CEBD-4EF1-AACD-5EF0511D2655.heic (Image)

Ah

Can I wait till tomorrow?

To get

yep thx

4/12/24, 8:54 PM

You're welcome to work here tonight or tomorrow/weekend . Forget what we said for timing tomorrow but you pick. I'm meeting April Thanos again but for breakfast at 10:30am at a new bfast place near me on 49th st other than than I'm free and working for the next six days straight . Feeling recharged

Was also thinking of returning to LT tonight

Sounds good. Let's do some days at your house. We'll take breaks and implement some intermittent cornhole games, start doing some breath work daily to balance both of us getting too ADHD and fast

Cool. Also please always call out my ADD in the moments you see it like today was good stopping a rabbit hole. This is also why we need a hyper focused system and organization for us to see and feel. Let me know where and when for tomorrow . You pick. Outside of 10:30am-Noonish tomorrow I'm good

Edited

I am doing the same to myself. I've had people calling me out for working too much... lol  
I can get obsessed

I really think we both could benefit from the breathwork and make it a daily ritual when we get together.

Tomorrow meeting Thanos?

Tomorrow we can do your house if not

I agree. It's where we are right now and we both have to be careful of feeling overwhelmed . I need to be more conscious when I'm talking to myself to only worry or think about the task at hand. Otherwise I feel behind and allow myself to get rushed in my energy all day

Yea for breakfast on some place on corner of 51st and something st . Called Mama Pearls Dessert Breads BreakFast & More

Meeting her colleague as well about the potential project I mentioned

And yes to breath work. Show me the ways please. I'm a sponge let's do it

I am meeting people at 3pm, so tomorrow we can meet after Thanos and try the coffee shop or Sumitra for change of atmosphere

There is any videos to watch I had a time. I will watch for sure I can find stuff if nothing worth sharing

Ok 12:00 meeting at gulfperk . They close at 1pm but let's start there show you the back patio spot I like

I'm guilty right now of not doing some of the things that keep me calm and busy times.

We will do that 11 minute WimHof next meeting at the house Sunday or Monday

Ok. You're Chief Health Officer officially. Congratulations

<https://youtu.be/tybOi4hjZFQ?si=XXIFykduZ5uNGrh>

Liked "<https://youtu.be/tybOi4hjZFQ?si=XXIFykduZ5uNGrh>"

4/13/24, 11:59 AM

Laughed at "Ok. You're Chief Health Officer officially. Congra..."

I'm here. I'm just walking Lucy around the block real fast. I have her with me.

Meet you outback at gulfperk . See your car here

Liked "Meet you outback at gulfperk . See your car here "

Be down in 5-10

No rush

Magnesium L-Threonate Parent (Magnesium L-Threonate 150 Capsules)

<https://a.co/d/3GRotSX>

Then also get at Walgreens or CVS a capsule powder or liquid (not solid tablet form) of Magnesium Citrate or Magnesium Glycerinate).

In morning or evening take 1000mg of the one from Amazon, then take the other Citrate 1000mg in evening/morning. Reason I'm telling you to go buy the other one is cause it's a lot cheaper but still effective and good simply take one or the other that you get in the morning and the other one in the evening doesn't matter which is evening or morning.

It'll change you for sure. I have dealt with this as bad as you have chronically and at times it was for years.

Liked "Then also get at Walgreens or CVS a capsule powder..."

This advice of dosage was from my doctor. I'd do this for 2 weeks then still do twice a day, but maybe 2 pills of the expensive one and 500mg of other, every day forever. That doctor told me that majority of people are magnesium deficient, and that is the reason for my chronic constipation in the past.

Just don't get magnesium oxide. It's useless for absorption

Liked "This advice of dosage was from my doctor. I'd do t..."

Then of course, water, but I'm pretty bad at that myself. If you like coconut water, you should buy some of that and drink one of those a day.

It's nature's best electrolyte drink. On the planet don't buy Gatorade.

The other amazing thing about magnesium is it calms the nervous system. So you're actually getting advantage of us reducing stress or the physical effects of it through magnesium.

*Attachment stored in iCloud:  
IMG\_8927.heic (Image)*

For the short term and a quick fix, go buy this at Walgreens or CVS. Drink the whole thing guaranteed you'll blow out in about an hour or two.

Trust me, don't do the recommended dosage ,drink the whole thing. I'll stay at home for two hours... Lol.

4/14/24, 9:44 AM

Hey I was up til 4am with this stomach thing I followed advice and got stuff this am and am going to sleep for a bit now having taken it or versions of it. I'll resurface later but gonna skip today's plans and coordinate tomorrow when I text later all good

Liked "Hey I was up til 4am with this stomach thing I fol..."

Glad you got relief.

I truly (and my sister) dealt with chronic my bad plumbing issues.

If you do the magnesium protocol, you'll be set.

Nothing worse than that issues after 3 days

I have a lot of busy work to do for YT 30 videos and will look at notion stuff

Liked "I have a lot of busy work to do for YT 30 videos a..."

4/14/24, 5:11 PM

Just noticed

First 3 letters of Ai-Minded

spell AIM

AiM High with Ai-Minded

Something to keep in the side. Say a "Brett in Tech" channel and he used BIT as short

Not that we'll use AiM but just noticed it

*Attachment stored in iCloud:  
73482201065\_\_1A10B7F8-FEEA-49CA-B6E9-8C96910A4578.heic (Image)*

It's like our spirits are hanging out slinging branding around bc mine just spoke to me this morning on that realization that's pretty weird. I messed around with some logos and didn't see anything to move on today brand wise but maybe for like a specific high tier or "club" designation like in like but not as cheap as "VIP"

*Attachment stored in iCloud:  
73482378072\_\_425363BC-8630-426F-91A6-4C168601234D.heic (Image)*

Looks like Tiff in Tech passed on TiT

lol

HAHAHHAAH

I was gonna say "how'd she not see that" but then again, I don't either with ours or hers at first

➔ Replying to you, 2024-04-14 17:42:42: « It's like our spirits are hanging out slinging branding around bc mine just spoke to me this morning... »

Could be the "AiM Higher" program.

The Phoenix fits into that also.

Oh

Oh that's gooooooood

Attachment stored in iCloud:  
99429309-044c-42ad-a938-542ca1727448.heic (Image)

Met a guy who works with Data Analytics and really interested in meeting us to learn more. He works remote Fridays and wants to meet up. Not sure where this would lead, but talk to everyone sounds like a good idea. May be a good connection in some way

➔ Replying to John Roman, 2024-04-14 17:54:06: « Met a guy who works with Data Analytics and really interested in meeting us to learn more. He w... »

He was with the friends I met with yesterday

Liked an image

Yes

Let's book it. In this stage, meet with everyone

4/14/24, 8:29 PM

...

[https://www.amazon.com/stores/FreshCapMushrooms/FreshCapMushrooms/page/5D3D3AD5-4FD0-4359-9C7C-E51EAE71F427?ref\\_=cm\\_sw\\_r\\_apin\\_ast\\_store\\_M4N1PACGZ5VXCGZ7MNHY](https://www.amazon.com/stores/FreshCapMushrooms/FreshCapMushrooms/page/5D3D3AD5-4FD0-4359-9C7C-E51EAE71F427?ref_=cm_sw_r_apin_ast_store_M4N1PACGZ5VXCGZ7MNHY)

FreshCap Ultimate Mushroom Complex Powder - Lions Mane, Reishi, Cordyceps, Chaga, Turkey Tail, Maitake Supplements - for Immunity, Energy, Memory & Focus - Add to Coffee/Tea/Smoothies (60 Servings)

<https://a.co/d/hlXkelo>

NOW Supplements, Magnesium Citrate, Enzyme Function\*, Nervous System Support\*, 120 Veg Capsules

<https://a.co/d/93VeGED>

4/15/24, 7:30 AM

Let's do 10:30-3:00 today at my place . Then I have that 3:30pm meeting near me then I'll be at LT afterwards

4/15/24, 9:32 AM

Liked "Let's do 10:30-3:00 today at my place . Then I hav..."



4/15/24, 11:04 AM

Since since we are starting late, I'll give you a couple topics to read and watch and self educate quickly before I get there.

This is outside of the YouTube channel work you've been doing which I think we should step back from and give pause.

But it will come back around to sync with that effort in YouTube. I'll explain it later, but there are two things to self educate on

1. SWOT analysis.
2. Business Model Canvas (based on Alexander Osterwalder's book, "Business Model Generation," )

Liked "Since since we are starting late, I'll give you a ..."

Working on Monica now

Will make this next

Please bring usb cord A to C

Got you laptop charger ((:

4/15/24, 2:44 PM

Thanks for being patient with my beginner knowledge. I'll get there

You will and I like to teach it. I'll organize around teaching it better and can even record my screen and we can add that to the banks

I alone will be a huge testimonial as to how getting knowledgeable and organized around all these things can change everything in life and business

<https://apps.apple.com/us/app/figma/id1152747299>

Oops that was for Jeremy

4/15/24, 6:18 PM

Oof that's what we call a long meeting

*Attachment stored in iCloud:  
tmp.gif (Image)*

*Attachment stored in iCloud:  
73491325423\_\_96E7CB02-7235-4AEA-8813-9CB7303E1A4F.HEIC (Image)*

Got a 10 footer for ya

Just got home taking Lucy to rec center and swinging through LT after

Loved an image

Ok, let me know when heading over .

I've been at home researching those competitors

4/15/24, 7:56 PM

Going around 8:45 or so

Liked "Going around 8:45 or so"

4/15/24, 9:11 PM

My bad parents called leaving now

Liked "My bad parents called leaving now "

4/16/24, 9:47 AM

On my way, shortly

4/16/24, 10:58 AM

<https://youtu.be/tybOi4hjZFQ?si=NR0V0qRRLDE1H0OC>

4/16/24, 2:28 PM

Ok check your hello@ email you should have an invite to our notion but had to use your work email, so might need to create new notion account. I loaded in all the pages to notion within our dedicated Ai-Minded "workspace" as notion calls it.

Let me know when here. I'm up at studio working

Ok I'm laying down my headache got me . Good in a bit

Drink some water of course.

Futures: Put a coconut water beginning of each day to keep electrolytes well stocked in body.

Heat and dehydration both contribute to headaches for sure

4/16/24, 3:25 PM

John Roman unsent a message.

4/16/24, 3:25 PM

John Roman unsent a message.

4/16/24, 3:27 PM

John Roman unsent a message.

4/16/24, 3:27 PM

John Roman unsent a message.

Just had to logout of Gmail to let the "Hello@" get into Notion

All good

Gonna run to store, take time till feel better. I have things to keep me productive

1. Click Funnels
2. I'll look over Notion now that I'm in

I'm at LT but no rush I got probably an hour to finalize this then we can meet later tonight to complete it

It's gonna be good

4/16/24, 5:59 PM

Liked "It's gonna be good "

4/16/24, 8:21 PM

Be down in like 20 min

Liked "Be down in like 20 min"

4/17/24, 12:02 PM

Some new name ideas

"Ai- it's not so bad"

"Ai- we are coming to eat your children"

"Ai - it's not for assholes"

I think this softens the blow what do you think?

I really like that in the post primary brand wording

It's the sub headline to the name of the company

Outside of the stigma for AI eating children I wonder if the soccer mom VP of HR is going to be less turned off by the AI stigma and more about being intimidated of the technical association of the word and thinking it's not for her

Build marketing around you or somebody who goes through the whole process start to finish and we have a marketing campaign slogan "if john can do ABC whatever, so can you"

Ai- so easy soccer moms can do it

And then we have that video documentation for the course and ads shorts and social

That's the essence of it yea re: soccer mom

Ai-minded has tested as technical and complex per small sample size and sharing with people who stop by the LT table

Gotta run but just thinking it through fun exercise and to challenge our conceptions

Attachment stored in iCloud:  
Screenshot 2024-04-17 at 12.14.32 PM.jpeg (Image)

Also I have a call with a company called AI Minded at 6:30 this evening. I'm getting information on their mastermind

What is name of solar company of brother in law

➔ Replying to you, 2024-04-17 12:15:51: « Also I have a call with a company called AI Minded at 6:30 this evening. I'm getting information on... »

Interesting

Liked "Build marketing around you or somebody who goes th..."

Interesting name given to me by ChatGPT

EntrepreNeural AI

To hard to spell and possibly be remembered, but I love it

➔ Replying to John Roman, 2024-04-17 12:36:12: « What is name of solar company of brother in law »

Solar First

Liked " Interesting name given to me by ChatGPT

Entrepre..."

Hey can you please share the mechanic you use?

*Attachment stored in iCloud:  
Tim-mechanic.vcf (Attachment)*

He won't remember me possibly by name but tell him John Roman referred you and he had you take care of his Honda Civic and Pontiac Grand Am in the past

His address is in the contact also

100% without fail will be extremely honest and affordable

Love that thank you .

4/18/24, 7:38 AM

Can we do Noon at my place instead of 11am?

I have important call with my shitbag accountants at 11am

4/18/24, 9:27 AM

Actually 1 or even 2pm is preferred and still have time then

Liked "Actually 1 or even 2pm is preferred and still have..."

4/18/24, 11:53 AM

Be At your house at 2pm

Perfect

4/19/24, 9:27 AM

Can we do 10:30-11am timing this am

Edited

Gotta run out quick

And I'm good until whenever today no hard stops let's get er done

Yes, was about to text the same

11am I'll knock on your door

Ok cool

4/19/24, 2:09 PM

<https://fortelabs.com/blog/the-rise-of-the-full-stack-freelancer/>

4/20/24, 8:09 AM

I'm up early this morning and I'm going to do a complete day of heads down and phone off and I know what to do. Let's plan to meet tomorrow late afternoon if you can. I have dinner plans tomorrow evening with Melissa so before that or after later in the evening is fine but not like 5 to 9 PM tomorrow.. I'll check my phone at noon today so leave me any messages if you need anything I'm building the major next steps on my end

4/20/24, 11:15 AM

I misunderstand what timeframe you actually want to meet. You are saying before 5pm or after 9pm?

Name your time and I'll make it happen 😊

Lemme circle back tomorrow am

4/20/24, 1:02 PM

Have a good day today amigo

You too! I'm getting tired of these walls I'm heading to LT in a bit

Attachment stored in iCloud:  
Screenshot 2024-04-20 at 2.27.57 PM.jpeg (Image)

Sean sent me your pics but mistake made somewhere this is the only picture I received. I didn't realize it was missing pictures . Mind hunting these down?

I have 5 days left on an Ai headshot tool so no rush

Edited

I'll forward

Head shots are in a folder in our AI Google drive

Folder with some photoshopped out and others I like that still have original background

4/20/24, 5:52 PM

Roger that .

4/21/24, 3:24 AM

At 2:52am, April 21st, 2024...the breakthrough occurred.

4/21/24, 10:19 AM

Emphasized "At 2:52am, April 21st, 2024...the breakthrough occur..."

Look forward to hearing about it

4/21/24, 2:41 PM

I'll be at LowTide shortly if you wanna meet up today

4/21/24, 5:05 PM

<https://podcasts.apple.com/us/podcast/bossy-with-tara-katie/id1709498106?i=1000651408216>

Liked "https://podcasts.apple.com/us/podcast/bossy-with-t..."

4/21/24, 6:31 PM

Sending you a small part of the vision I'm having .

Liked "Sending you a small part of the vision I'm having ..."

I'm inside up in studio finishing ClickFunnel book.

Enjoy dinner

4/21/24, 7:43 PM

I also suggest tonight or soon taking a step back and self educating on the features and functionalities of notion. I could find some videos, but any education is good in terms of the editing and AI features and there is advanced stuff. I haven't used yet but it will serve us well to know our own tech.

Liked "I also suggest tonight or soon taking a step back ..."

*Attachment stored in iCloud:  
IMG\_8974.PNG (Image)*

Edited

Just made it a task to be completed by end of Tuesday fully.... In Notion 😊

Edited

4/21/24, 10:37 PM

Thank you! Leaning in by setting bar by full adoption. That is music like beautiful music.

Please keep doing that as we expand and one ongoing responsibility is to keep breaking my systems

Liked "Please keep doing that as we expand and one ongoing..."

4/22/24, 12:12 PM

Let's take until 1230 give or take a few minutes as I'm down the street quick and we won't have time before I have to head back at 1 PM. You can come with me if you want to work the afternoon at my place we can do that and if you're there while my landlord, is there that is fine you can hang out in the outdoor boardroom.

Edited

Attachment stored in iCloud:  
Screenshot 2024-04-22 at 12.45.01 PM.jpeg (Image)

4/22/24, 6:31 PM

Gotta go to dinner, leave at 7pm

Rest of week wide open, except for following

- Tues/Tomorrow 45 minute appointment starts at 10am at Sumitra in Gulfport
- Tues/Tomorrow 2pm tax Appontment (will be out from 1:30pm-4:30pm roughly as it's in Clearwater
- Friday (film shoot for TimeCode for paid Project I set up. Probably morning till 5pm at most. Maybe shorter, as I'll find out tomorrow.

After these, no responsibilites where I'll be out of commission to meet

4/22/24, 10:18 PM

Window of availability tomorrow

- 8am to 10am
- 11am-1:30pm
- 5pm till needed

On a sidenote

Balls to the wall all in to work as hard and as much as we need to do to meet the \$100K goal in 100 days

It'll take intense and full effort to make it and meet it

In all in!

Edited

Brother, thank you.

Just seeing this. I'll match your all in. And I'll throw in a double down

I'm excited

Likewise.

Let's meet after your 10am

Liked "Let's meet after your 10am"

I'll be at LT whenever you're done. Good chat with Jeremy. Wednesday evening is meeting the his guy. Catchup details for you in the am

Liked "I'll be at LT whenever you're done. Good chat with..."

4/23/24, 10:35 AM

Hey I'm see you have 11-1:30 available but I'd like to stay in my flow on the plan work I'm going I don't want to stop until it's done. You good with after 5pm today. I can talk on phone about where to put efforts but it would be the next two in line for competitor analysis and finalizing the template to share with me for each one and getting that process as fast as possible

➔ Replying to you, 2024-04-23 10:35:22: « Hey I'm see you have 11-1:30 available but I'd like to stay in my flow on the plan work I'm goin... »

Yes

I also did the breathing exercise this morning. I did it in my secret beach location standing in the knee-high water, facing the sun. I'm not sure if standing is better or worse or the same, but I felt connected to water in nature. I also had my headphones on which really tuned me into the background beat within that breathing exercise video. It was highly meditative and by standing I felt my lungs opened more and I could hold the counts longer

Loved "I also did the breathing exercise this morning. I ..."

➔ Replying to you, 2024-04-23 10:35:22: « Hey I'm see you have 11-1:30 available but I'd like to stay in my flow on the plan work I'm goin... »

Regarding SWOT, I want to do it with which mapping tools or combo to use is finalized

Also, want to define what we are exactly deciding as focus of business so I can better decide who to swot and why.

So let's talk after 5pm about all this. If I'm done sooner with tax Appt, I'll meet sooner if you want. Earliest probably 4-4:30pm if he gets me out quicker.

➔ Replying to you, 2024-04-23 10:35:22: « Hey I'm see you have 11-1:30 available but I'd like to stay in my flow on the plan work I'm goin... »

Liked "Regarding SWOT, I want to do it with which mapping..."

What do you mean by "what we are deciding as focus of business"? Focus is competitor analysis and course creation

I'll explain more when we get together.

In the meantime for planning purposes we need a full list in notion of video ideas based on your keyword research. A ranked list would be awesome

Liked "In the meantime for planning purposes we need a fu..."

Attachment stored in iCloud:  
Screenshot 2024-04-23 at 12.03.11 PM.jpeg (Image)

Also I signed up for this tonight if you wanna join

It's online virtual event

Send link if easy to do please



I typed it in, good to go

Ok

Also in regards to the question about mind map xmind pro the best option so it's not hold you back. I can flip you my credentials and see if the platform tolerates multiple logins in the same account I'll log out.

You rang?

I did

It just hung up when I picked up I thought butt dial. Here is Xmind credentials. Also, call back before 1pm I'm doing a no phone heads down from 1-4pm I have so many distractions today so gotta do it

Well simply talk when we meet up

Thanks

stephen.boerner@gmail.com - Sunny1616! - XMindAI

Can also try:

- WriteMaps - <https://writemaps.com/>
- ChatMind - this might be the best one - <https://chatmind.tech/>

Site mapping in competitor analysis part is your process to own so you can decide what's best, how the output fits into the deliverable back to me, and how you can best create high quality at the fastest speed

Walking into my accountant

When I'm done and have an ETA to get back, I'll let you know what time I can meet

4/23/24, 2:43 PM

Ok. I am heading the LT. I want to keep our meeting brief as I'm really wanting to finishing this thing on my end and I've been struggling a bit today so trying to settle in

Ok, accountant killing me. Waiting still as people before me are arguing about things... lol

My accountant is great. They need to STFU and get out

I have to call my attorney and my accountant at five and 530 today as well Florida attorney generals office called me today and that took an hour for the break-in stuff

I just have not found a rhythm today

No worries. I only have a few questions. Should be there not too late

All questions and a meeting is welcome wanted to share I felt overwhelmed a bit but heading to LT now and determined to straighten it out

Sorry ya got to that place. I know the feeling. Shouldn't be too long here. Keep you posted

I'll be there between 430 and 5 PM no later for sure

No rush

Sounds good

4/23/24, 6:08 PM

Retro Rewind Polarized Sunglasses for Men and Women - UV Protection Classic Sun Glasses

<https://a.co/d/4wl9rnG>

Still on call sitting in golf cart. Pain staking convo

No worries at all

4/23/24, 7:56 PM

<https://event.webinarjam.com/channel/thewebinar> (<https://event.webinarjam.com/channel/thewebinar>)

I'll be on it

4/23/24, 9:04 PM

I screen recorded the webinar and walked in at the end here at the end of her pitch. It sounded cringe but I doubted her once already. But was it any good? I could use Ai on the transcript so do ideas come to mind or should i skip watching the recording I'm making?

➔ Replying to you, 2024-04-23 21:04:03: « I screen recorded the webinar and walked in at the end here at the end of her pitch. It sounded cringe... »

Need to rewatch. Sean interrupted me for task regarding shoot Friday

➔ Replying to you, 2024-04-23 21:04:03: « I screen recorded the webinar and walked in at the end here at the end of her pitch. It sounded cringe... »

Got broken listen

➔ Replying to you, 2024-04-23 21:04:03: « I screen recorded the webinar and walked in at the end here at the end of her pitch. It sounded cringe... »

I did accomplish organizing all my documents on computer into Notion into "John's Workspace however 😊

Pretty much everything I've worked on for Ai-minded so far

4/24/24, 10:42 AM

<https://youtu.be/OgFF0jewliM?si=byFEAJXfEuKdW0A>

4/24/24, 12:04 PM

John Roman unsent a message.

Ai-M Higher

MEAT (Cook Book Analogy)

- Minimalism (Digital Minimalism)
- Entrepreneurship
- Ai
- Tech (Students Relationship to it)

Ai-M (Ai-Minded)

Assemble, Interpret, Materialize

Analyze, Integrate, Materialize

Arrange

Align

Analyze

Assemble

Apply

Innovate

Implement

Identify

Interpret

Integrate

Incorporate

Improve

Interpret

Map

Model

Maximize

Merge

manage

Materialize

heliumiq113672@proton.me

4/24/24, 2:27 PM

Cancelled my 4:45 therapy to keep going

6:45pm is call with Jeremy and consulting opportunity guy

Liked "Cancelled my 4:45 therapy to keep going"

I don't think I'm on camera today I think we continue into using the bot I built as needed but to use it or not use it in depth regardless we need to complete the weekly staples built into a calendar we then fill out by reverse engineering from \$100k backwards

So we can relocate to LT if we want

Liked "So we can relocate to LT if we want "

Also the tech minimalism exercise done together as that filters into the course creation. I want to be filming tomorrow Thursday and Friday. My goal is we have a course to publish by Wednesday of next week so we can add that to our calendar r

Friday out Filming for TimeCode for Kratom Company from 9am-3pm

Ok great yes that's fine. Just points to why we need to calendar everything today to add non Ai minded stuff to it so we don't have to text our availability and remind each other of obligations

Back in 5-10. Making last stop for poop sesh

Does Lucy pickup yours too?

Attachment stored in iCloud:  
73567642118\_\_08AB31C8-8144-4203-8FB7-A6D6A1D99DDF.HEIC (Image)

See!

Laughed at "Does Lucy pickup yours too?"

She hates poop. She runs from her own, never ate others, she's a good girl like that

Liked "She hates poop. She runs from her own, never ate o..."

4/24/24, 9:26 PM

In regards to you message to Jeremy and I

Call me if ya want to flow ideas.

I'm on a good role with research using my dual monitor set up (which you need by the way...lol)

Unless it's that big I should come to LowTide after session you had earlier with Jeremy is that good

Edited

No, no problem do your thing on the big screens . It's not big in the sense of anything specific but I am recapping and listening to the playback. There is opportunity in the cracks of the conversation that I am re-hearing being opportunistic or at least talking through once I develop them further.

Overall, very positive and well received on both sides. We have a very real opportunity for a high stakes within an experimental AI sandbox for a portfolio of 30 companies starting with one company specifically which I'll share more on later

Edited

Certainly the kind of opportunity that is MEAT-y launchpad with real capital at his hip

Ok, I'll come if you think important

no worries . Just got done chatting with Jeremy and wanna go heads down now but I'm too tired so won't last long. I'm gonna start 9am tomorrow but need a few hours solo so let's do 11:330 or Noon meeting tomorrow at LT

Liked "no worries . Just got done chatting with Jeremy an..."

I sent the AI summary lemme know if you got it

Recorded the call and ran ai on it I mean. I sent it through a system called Otter

You have the ai summary in an email from otter with button to read it to get the details ahead of chatting tomorrow

Edited

Jeremy's call?

Yes the one he set up I had at 645 with the good upside

Liked "Yes the one he set up I had at 645 with the good u..."

4/25/24, 12:28 AM

➔ Replying to you, 2024-04-24 23:03:45: « Recorded the call and ran ai on it I mean. I sent it through a system called Otter »

Don't see way to sign in to Otter with Last Pass. If I try through Hello@ email it seems like I will be giving away too much personal account info (warning by Google), so I didn't sign in that way.

How do I access?

➔ Replying to you, 2024-04-24 23:03:45: « Recorded the call and ran ai on it I mean. I sent it through a system called Otter »

Just signed up for account with hello@ email and saved in last pass

Go ahead and new create account using hello@ then go back to email and access. Grant permissions to access it it's not high risk it's a trial i had for some time ends soon and never use it and needed a quick solution rushing to get home then record call

I've stayed away from Otter for no reason but they are known to be the best. Just saw an Otter AI television commercial which is rare for an AI voice to text transcription and summary service

Most downloaded by far in this space so let's see if we like it bc macwhisper is my desktop only and plaud jsut ran out of summary and transcript credits it's reduced to a detachable recording device I have to export audio to an AI. Otter you get 6,000 minutes per month and Plaud is 600 per month just for comparison which blows. God dang Chinese!

4/25/24, 11:49 AM

I'll be down around 1-1:30 no later than. I need help with a lot on that project list and organizing around it and dividing and conquering

The only thing that matters is course creation so all things that support that. The non revenue video list is good to have but we will keep coming up with ideas as we build the course and there is a place in notion we can put that list. But our main focus should be anything that supports the creation of the course so I think that through and I'll be down in a bit.

I listened to the call with Jeremy. Pretty awesome

➔ Replying to you, 2024-04-25 11:51:36: « The only thing that matters is course creation so all things that support that. The non revenue video ... »

An yes. I can't create a great 30 video list all right now. Needs to grow and add as we create the first course. However, I have built a list so far, and they list will be created than 30. We can then narrow that list down to the best first 30. Also be able to use more of the minimal tools (like Xmind.ai) to help devise better video ideas. I flirted with ChatGPT, VidIQ, etc last night to create better video ideas based off of our collected ideas and competition

Edited

➔ Replying to you, 2024-04-25 11:51:36: « The only thing that matters is course creation so all things that support that. The non revenue video ... »

Liked "An yes. I can't create a great 30 video list all r..."

➔ Replying to you, 2024-04-25 11:51:36: « The only thing that matters is course creation so all things that support that. The non revenue video ... »

I learned another reason Plaud may not be best chose and I'll show you later what I mean

4/25/24, 5:05 PM

[https://youtube.com/@aliabdaal?si=wVB\\_FjIMUVc4IyVq](https://youtube.com/@aliabdaal?si=wVB_FjIMUVc4IyVq)

This was guy I found who is right up our alley and good competitor to model after in some ways

[https://youtube.com/playlist?list=PL7BlmOT2srcGtOFPLa\\_cPC\\_FBE8OXkloz&si=u4VmffXvX14FWymA](https://youtube.com/playlist?list=PL7BlmOT2srcGtOFPLa_cPC_FBE8OXkloz&si=u4VmffXvX14FWymA)

Liked "This was guy I found who is right up our alley and..."

5 million subscribers

We can circle back when we go over tech stack and subscriptions, but not sure you'll need YouTube Premium if it doesn't work for Ai-Minded Channel

4/25/24, 11:31 PM

I'm gonna drop it

You good with that?

The cleanse is upon us

Non reason unless way to have Business Channel can be ad free

We can see if possible, but can't remember why it couldn't

Good night amigo. Did a lot around video idea research.

Tomorrow back around 4pm I think

Traffic depending. Shoot is in Tampa

Liked "Good night amigo. Did a lot around video idea rese..."

4/26/24, 7:58 AM

Got a lot done yesterday. Mostly working on video ideas and some SWOT

Couldn't figure out how to have Xmind.ai actually map a website. Need some help on that. Played around with the existing Tiago one however

Shoot is soon. Message you when done and time I'll be back

4/26/24, 9:11 AM

Just want to tell you how much I appreciate you you're awesome

4/26/24, 11:53 AM

Thank you! Appreciate that how's the shoot?

*Attachment stored in iCloud:  
IMG\_9013.heic (Image)*

*Attachment stored in iCloud:  
IMG\_9015.heic (Image)*

4/26/24, 2:34 PM

Y'all need a fluffer? I can step in

So quiet at LT with all the talent out on a job

lol

4:45pm eta most likely. Did you film today?

I'm writing the course as we speak and designing the cleanse. Too early

Goal is Wednesday but any course creator will tell you it's 30 days to design and publish a full comprehensive course so I'm trying to hack that

Liked "Goal is Wednesday but any course creator will tell..."

<https://youtu.be/20TAkcy3aBY?si=shSS7Nfh5Eha0hzc>

For your viewing enjoyment and contemplation later tonight or whenever

Got delayed be there in about 20 minutes. I assume you're OK with that

You assumed correct

4/26/24, 9:42 PM

Attachment stored in iCloud:  
IMG\_4299.heic (Image)

Hillary Thanos

lol

Your famous now, Gulfport Famous

You in my Swot? lol

Attachment stored in iCloud:  
IMG\_4306.HEIC (Image)

I'm staying in. Long day. Have the house to myself this weekend and plans to go straight through. Let me know if you wanna do LT or here whenever this weekend

Tomorrow morning going to Grassroots 9am-12pm latest. Wanna go?

Or I'll meet up with you after wherever you like. Good all day to work

Sunday good all day till 5pm to work

Edited

Loved an image

Meet after you return from grass roots tomorrow. Let's meet at LT and plan the weekend from there

Liked "Meet after you return from grass roots tomorrow. L..."

4/27/24, 10:00 AM

[https://www.amazon.com/Mind-Mapping-Adult-ADHD-Transformation-ebook/dp/B0CN621WY4/ref=tmm\\_kin\\_swatch\\_0?\\_encoding=UTF8&qid=&sr=](https://www.amazon.com/Mind-Mapping-Adult-ADHD-Transformation-ebook/dp/B0CN621WY4/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=&sr=)



Our mindset is off.

We have fallen into being “incremental thinkers” “incremental planners” - and poor ones at that.

This is not good. It needs to change immediately.

Our mindset is going to lead to incremental results - at a snail's pace...at a pace that chases a herd of fleeting goals, rather, mere hopes of sniffing one at best

We cannot afford such thinking. I cannot afford such thinking. I am ashamed. We both should be. This is not me, not you, not us - no more, not us, no way.

We change today.

What we need to become immediately is...

True believers, and conscious beholders...of a “quantum leap mindset” ...

...the inevitability of a quantum leap is felt, known, with a universe that provides it willingly to the faithful that deploy it,

...a first leap that is so abnormal, it leaps, flies, wizzes past, with others a mere blink, and we gone...

...contrary to the status-quo progression mindset. So awfully despicably opposite that our prior mindsets disgust us. Filthy minds we once had, John. Filthy and dirty of accepting of a mortal's means. Feel that. You should feel like you need 10 showers

Dreamers ride the fine-line of what others deem “realistic” ...dreamers also make me wanna puke

Our reality is winning at a magnitude that lacks precedence

Our reality has flatlined. Boring.

Process the mental reframing. See you later.

I have ideas. Come with yours

Edited

Loved “Our mindset is off.

We have fallen into being “...”

Be to LT by 11:30

My Quantum Co-Pilot

I've always been a big dreamer, believing in living a transcendent business. Achieving personal transformation that is that of The Buddha, something that 1% achieves

To go where only a few have. With that, you have to go deep and walk the path less traveled by....

Johnny Skywalker

4/27/24, 12:44 PM

I dropped off was given to me, that would be better used by you and Melissa. It's sitting outside of your golf cart garage door. Best to put inside whenever you see it or can get back home. I'm at Low Tide. I'll see you when I see ya.

Ok just seeing this. I'm at gulfperk but gotta head home to get dog out and I gotta eat. Be down in a bit. I'm making headway in Notion so if you're going to put anything in there that is new as in a new page put it in your private section. I am distilling all of the pages into the PARA framework. you'll see. Half done at moment

I'll wait to do anything in it till we meet

<https://youtu.be/9BDM3thuozw?si=fQZnDbajgCLXqTux>

Save this for when working. Great background, (no lyrics music). I believe lyrics mess with your subconscious when trying to think when workingp

4/27/24, 3:43 PM

Hey bud

I apologize . I'm coming. Long story. You there ?

Yes

4/27/24, 7:32 PM

<https://youtube.com/@Dailytekk?si=7nMhzVnHpvdq0JM>

4/27/24, 9:14 PM

What is app or program you have (paid or free) that we can download audio recording and have it transcribed?

I want to do that with today's recordings. Which I put in Notion already under our Recoding Page/Folder

Otter.ai can, but something with "whisper" in name also?

MacWhisper

It's the best all round voice transcribe and AI summary tool I've worked with. It's a downloaded app only available on Mac desktop not phone but you can put the audio files in iCloud in same folder (now empty. I sorted and filed the previous batch of recordings)

And I can run the transcription to get the full audio text then I can prompt it to create anything we ask from that text

I just transcribed today's 2 recordings with Otter.ai and placed in Notion under recordings. Will play with it in Ai later

4/28/24, 10:33 AM

If you are not in heads down mode, I'll be to LT shortly.

Was up early today and at Grassroots till now

4/28/24, 12:00 PM

Ok I'll be at LT in a hour or two

I needed the 12 hours of sleep I got haha wow I was so tired I didn't realize it I have to straighten out my patterns tho

Here are words for each letter in "QUANTUM" that relate to organizing, knowledge management, technology, minimalism, AI, entrepreneurship, deep work, thinking, and learning:

- **\*\*Q\*\*** - Query (useful in knowledge management and tech, denoting a method to retrieve information)
- **\*\*U\*\*** - Utility (a focus in minimalism and tech, emphasizing tools that are useful and functional)
- **\*\*A\*\*** - Automation (relevant in AI and technology, referring to the use of systems to perform tasks)
- **\*\*N\*\*** - Network (important in entrepreneurship and tech, relating to connecting people and resources)
- **\*\*T\*\*** - Tidiness (a principle in organizing and minimalism, stressing the importance of clean, usable spaces)
- **\*\*U\*\*** - Unplug (relevant in deep work and minimalism, emphasizing disconnecting from distractions)
- **\*\*M\*\*** - Mastery (a goal in learning and deep work, focused on comprehensive knowledge and skill).

4/28/24, 12:29 PM

John Roman unsent a message.

Attachment stored in iCloud:  
tmp.gif (Image)

Here's a tailored list of words for each letter in "QUANTUM," incorporating themes from organizing, knowledge management, tech, minimalism, AI, entrepreneurship, deep work, thinking, digital minimalism, and learning:

- **\*\*Q\*\*** - Quantify (important in knowledge management and digital minimalism, focusing on measuring data and minimizing digital clutter)
- **\*\*U\*\*** - Unify (in tech and organizing, bringing together diverse systems or information into a cohesive structure)
- **\*\*A\*\*** - Automate (relevant in AI and technology, emphasizing the use of systems to handle repetitive tasks efficiently)
- **\*\*N\*\*** - Navigate (essential in learning and digital environments, referring to the ability to guide oneself through complex information)
- **\*\*T\*\*** - Trim (a principle in minimalism, focusing on removing unnecessary elements to focus on what's essential)
- **\*\*U\*\*** - Utilize (in entrepreneurship and tech, making effective use of resources and tools for optimal performance)
- **\*\*M\*\*** - Mindful (crucial in deep work and thinking, promoting a concentrated and aware approach to tasks and life).

Attachment stored in iCloud:  
tmp.gif (Image)

Here's a tailored list of words for each letter in "LEAP," themed around your focus areas of organizing, knowledge management, technology, minimalism, AI, entrepreneurship, deep work, thinking, digital minimalism, and learning:

- **L**

- **Learning**: Emphasizing continuous growth and adaptation in both personal and professional realms.
- **Leverage**: Utilizing available tools and technology to maximize efficiency and results.
- **Logic**: Applying clear, rational thought processes to solve complex problems, especially in AI development.
- **Lean**: Embracing minimalism in processes and design to focus on value-adding activities.

- **E**

- **Entrepreneurship**: The spirit and practice of starting and managing new business ventures.
- **Efficiency**: Achieving maximum productivity with minimum wasted effort or expense.
- **Ethics**: Considering the moral implications of AI and technology, ensuring responsible usage.
- **Engagement**: Creating interactive learning environments that keep learners invested.

- **A**

- **AI (Artificial Intelligence)**: Central to modern tech innovations and a key element in your educational offerings.
- **Automation**: Using technology to make processes automatic, reducing the need for manual intervention.
- **Agility**: The ability to move quickly and easily in adapting to new and evolving tech landscapes.
- **Analysis**: Detailed examination of the components or structure of something, typically for discussion or interpretation.

- **P**

- **Productivity**: Enhancing the ability to generate results effectively and efficiently.
- **Prioritization**: Organizing tasks in order of importance to streamline workflows and focus.
- **Privacy**: Safeguarding personal and professional data, especially within digital minimalism frameworks.
- **Problem-solving**: The process of finding solutions to complex or difficult challenges in business and technology.

This set of words can serve as foundational concepts in developing curriculum, marketing materials, or strategic plans, reflecting Ai-Minded's commitment to cutting-edge, practical, and minimalistic approaches to AI education.

Maybe name our business or program "Quantum Leap"

Or "Quantum Leap

Productivity/Learning/Organization, Entrepreneurship, Mastery, Efficiency....Etc for the 3rd word

QPP

QPL

QPO

QPE

QPM

Edited

Will review above when I arrive. Finishing up at rec center then grabbing a bite maybe Stella's I'll let you know then I'll be at LT good to go.

I'll be there in 30

Attachment stored in iCloud:  
IMG\_4333.HEIC (Image)

Talk about a niche within a niche

Well that sounds Fabulous

"Ai powered leadership " is worth looking at keywords around I missed that one. Leadership was my undergrad major at university of Delaware so it fits my credibility profile I suppose

Very low search volume on VidIQ

<https://snusme.com/>

4/28/24, 9:12 PM

I for what it's worth audited a terrible job at transcription... lol

It's not to used in the future, in case you try for any reason. Messed up a lot of words doesn't even sound like anything we spoke about.

4/29/24, 8:13 AM

Morning, my dad is here on surprise pop in visit. Arrived yesterday. Might bring him by LT today but not sure the plan. Very much trying to continue where I left off. I'll let you know but also might not go to LT and still find heads down where I can

4/29/24, 9:36 AM

Liked "Morning, my dad is here on surprise pop in visit. ..."

He's here because my family thinks I'm going through depression and anxiety and covering it from myself and them. From all the family stuff I put on myself and carry every day.

They organized an intervention of sorts - just my dad arriving yesterday and Melissa coordinating so not like a real intervention but they have been worried and sat me down.

I'm in the doctors waiting room office with my dad Melissa's at work today.

So just wanted to be honest about what's going on. I mean, I'm not denying I'm not fully myself and struggling with the surprise intervention but they know me best so I'm all for help. Will see what the doc says and I'll be in touch

I woulda never guessed. You've been good to me and feel your energy has been good. Haven't seen ya stressed out, just speedy like me from our work

I'm here for ya, you got my support. Maybe they went overboard, but in a good way. It's nice to have people who love and care for you like that

Allow yourself to release and dump all that crap you've been feeling

Mention the awesome breathwork... lol

Don't get on any heavy anti-anxiety/depression drugs is my only opinion... aid they suggest, ask for whatever is most mild

Zoloft they said

I'd prefer Lexapro. Milder, if you can ask. If not, I understand.

Took it, doctor friend suggested it as most mild years ago. Zoloft a little heavier.

Either way, you'll be ok

I took Lexapro and was very happy. My sister thought Zoloft was heavier on her system than when she took Zoloft.

However, won't have to be on it long term

Gut health is next thing we'll easy work on. Just through the food you eat. 70% of you Serotonin is produced in it .

This will be an easy fix

Don't feel bad about all this, by the way. I've been there and it's not a big deal ((:

4/29/24, 2:14 PM

I'm heading to LT

Way behind on shit

Don't let it worry you. Is what it is.

4/29/24, 4:36 PM

Figured out the LastPass. Just a variation I didn't try

May 10th. Let's have a party. Does that work for you. My house. We could call it a launch party, or not. Just thought of that. Might help spread the word and it could be our timeline to complete the course.

Either way ...I wanna get these positive things to look forward to on the calendar

Invite some friends and those that can help us move forward also. Maybe we invite Jeremy's guy to meet in person

Edited

Loved "May 10th. Let's have a party. Does that work for y..."

I'm gonna add a bunch of stuff to the calendar to mold our recurring cadence on paper just fyi your phone will be buzzing . Open to suggestions and changes

Liked "I'm gonna add a bunch of stuff to the calendar to ..."

4/29/24, 7:25 PM

Working on competitor analysis. I confirmed you can't get demographics from VidIQ of viewers or subscribers on competitor channels due to privacy policy. Confirmed with VidIQ and Social Blade

Just letting you know, as before you thought you could

Enjoy your time with dad

Liked "Working on competitor analysis. I confirmed you ca..."

Can you please check out the analytics on "mind mapping" "mind mapping for X" "mind mapping for Y" and related ?

<https://shop.elsevier.com/books/mind-mapping-and-artificial-intelligence/guerrero/978-0-12-820119-0>

Free book on tape with some other service that is good but it's textbooks and this popped up

4/29/24, 10:08 PM

➔ Replying to you, 2024-04-29 19:31:45: « Can you please check out the analytics on "mind mapping" "mind mapping for X" "mind mapping ... »

Did this type out correct?

➔ Replying to you, 2024-04-29 19:31:45: « Can you please check out the analytics on "mind mapping" "mind mapping for X" "mind mapping ... »

Please explain further

➔ Replying to you, 2024-04-29 19:31:45: « Can you please check out the analytics on "mind mapping" "mind mapping for X" "mind mapping ... »

Are they books?

Google or YouTube search volume are the analytics

I'm seeing a bit more mind mapping content with good views and I'm curious how the keyword is looking

OK, you meant these is keyword

Yea

I was walking the dog earlier. It's popped up in my head and we can just talk about it tomorrow. I'm gonna crash early.

Edited

And Bruno just confirmed for 10 am Wednesday so some prep for that tomorrow i need to plan and run things by you

Me too  
long day for you  
And a long day for me  
Sleep well

Loved "Me too  
long day for you  
And a long day for me  
..."

4/30/24, 8:43 AM

123 days left to reach \$1,000,000

Edited

4/30/24, 9:49 AM

\$8,130 a day  
Love it !!!

Well make great things happen.

I have a recorded manifestation recording from Joe Dispenza we can do (in our own space and time) daily that will help with making it possible. Do it at night before bed

Bruno is the key or is it key to this pathway...

4/30/24, 12:38 PM

Let's do it. The manifestation. Guide us

4/30/24, 2:36 PM

I'm inside thought I saw you

You did point I'm grabbing some vegetables at the market. I'll be in in a second.

Get me something with sugar and white carbs please

4/30/24, 5:33 PM

Do you have a drill and drill bits?

Yes

Power drill and most accessories

May I use it tomorrow. Have to help someone for like an hour in sometime between 12pm-2pm

A good looking woman at that... Lol



Haha so I'm like your wingman in a way here

Your wing-nut man

4/30/24, 8:24 PM

Laughed at "Your wing-nut man "

➔ Replying to you, 2024-04-30 18:23:43: « Haha so I'm like your wingman in a way here »

Exactly

Of course I'm at dinner with pops and wife I'll grab it tonight and charge it

Loved "Of course I'm at dinner with pops and wife I'll gr..."

I want to meet dad before he leaves, for sure

Liked "I want to meet dad before he leaves, for sure"

So you need a standard Phillips head bit or anything special?

Just working with wood screws?

And what (or who) is getting screwed tomorrow?

She has a drill and the screw driver tips. But I need drill bits, to make the holes. Would like the drill just to be safe, if hers isn't up to par.

*Attachment stored in iCloud:  
IMG\_5307.heic (Image)*

30 year old I mentioned that I fooled around with. acupuncture school. She got a little cold feet I think because of our age difference, but suddenly touching base more now.

Sent me that picture after we went out once

*Attachment stored in iCloud:  
IMG\_9837.heic (Image)*

Need a set of these if you have

➔ Replying to you, 2024-04-30 21:21:31: « So you need a standard Phillips head bit or anything special?

Just working with wood screws?

And wh... »

Anchoring blinds (the posts into wall) she was drilling the hole with the screwdriver tip and didn't realize... Lol

I need to drill a hole in (her...lol) wall to put anchors in

➔ Replying to you, 2024-04-30 21:21:31: « So you need a standard Phillips head bit or anything special?

Just working with wood screws?

And wh... »

Her name is Chanelle

➔ Replying to you, 2024-04-30 21:21:31: « So you need a standard Phillips head bit or anything special?

Just working with wood screws?

And wh... »

You need a stud finder

➔ Replying to you, 2024-04-30 21:21:31: « So you need a standard Phillips head bit or anything special?

Just working with wood screws?

And wh... »

She already has one!

➔ Replying to you, 2024-04-30 21:21:31: « So you need a standard Phillips head bit or anything special?

Just working with wood screws?

And wh... »

Ha!

*Attachment stored in iCloud:  
tmp.gif (Image)*

➔ Replying to you, 2024-04-30 21:21:31: « So you need a standard Phillips head bit or anything special?

Just working with wood screws?

And wh... »

Did you ever get a Kratom straining net? Because I have one now for you if you didn't.

➔ Replying to you, 2024-04-30 21:21:31: « So you need a standard Phillips head bit or anything special?

Just working with wood screws?

And wh... »

Nah I'm old school. Last brew I used a fine metal strainer and it served as a lackluster fill-in but the brew was still good

Attachment stored in iCloud:  
73622101181\_\_9897333F-CFD0-4E55-9192-2074FE66AEBF.HEIC (Image)

➔ Replying to you, 2024-04-30 21:50:22: (Image)

Perfect. Should I just show up in a tool belt only

hahahaha that made me chuckle

Is it a big job? I have two batteries, but I'm only locating one.

➔ Replying to you, 2024-04-30 21:21:31: « So you need a standard Phillips head bit or anything special?

Just working with wood screws?

And wh... »

Well, you're getting a strainer net and you'll be happy for it. Let's very little sediment through, but you get every bit out

You continue to impersonate Santa on a daily basis. Both the 38 and the 10 year-old thank you

➔ Replying to you, 2024-04-30 21:52:29: « Is it a big job? I have two batteries, but I'm only locating one. »

Just an apartment and she has drill too. Just not the the bits for boring holes.

"That's what she said"

Oh, so you only need drillbits then i got it now easy breezy

And they come fully charged

Attachment stored in iCloud:  
IMG\_3512.heic (Image)

She has this and tried to drill into wall with it.. lol

Attachment stored in iCloud:  
73620625527\_\_2FCEEC62-044D-4A16-8CE6-C4FE4A8292D2.heic (Image)

➔ Replying to you, 2024-04-30 21:53:28: « You continue to impersonate Santa on a daily basis. Both the 38 and the 10 year-old thank you »

Benjamin Buttons

Attachment stored in iCloud:  
IMG\_4354.PNG (Image)

Ah the smell of smoldering drywall

Wasn't there an audio file to transcribe from today's chat

It's in Recordings JR & SB in Notion named Template

Also in our shared folder.

I'm listening now and putting notes into the 2 Template Pages you created today

Attachment stored in iCloud:  
PNG image.jpeg (Image)

Attachment stored in iCloud:  
IMG\_4356.PNG (Image)

I'm shootin blanks

Attachment stored in iCloud:  
IMG\_9066.heic (Image)

Oh my lanta

Look at me

Can't keep up

Notion

Also in our Google Drive of Hello@

Attachment stored in iCloud:  
IMG\_9067.heic (Image)

I took good notes and put all info you wanted in each template in notion

Attachment stored in iCloud:  
RPreplay\_Final1714533642.MP4 (Attachment)

Attachment stored in iCloud:  
73622647921\_\_266C4764-F994-45D8-BD75-906D5FC35AC8.heic (Image)

Attachment stored in iCloud:  
73622649349\_\_3230DA9A-9D5D-4BC9-A069-100F29C0BE38.heic (Image)

Yes great I like. I bet AI could fill our our template each time you give it a competitor

Shit my video was me talking

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

This is still rough. Collecting all the video ideas from various searches and SWOT . Will narrow based off SWOT

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

Loved "This is still rough. Collecting all the video idea..."

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

I used Ai for some of, if not all of these video ideas. Played with ChatGPT, VidIQ, and Notions AI

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

You can still see it though. In my video. I created a prompt (create bullet points) and made it a favorite. So when the pop up comes up after I highlight a video idea, highlighting the text in Notion (like "5 things to know about ..."), I just hit the little AI symbol after highlighting text. And click my action "create bullet points" and it creates the 5 things to know about X

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

Loved "You can still see it though. In my video. I create..."

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

Can't hear voice if that was intention

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

Yea it went through my headphones mic in the other room

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

It's a nice little feature I haven't used before

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

For tomorrow . I'll be there around 9

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

Liked "For tomorrow . I'll be there around 9"

*Attachment stored in iCloud:  
IMG\_9071.heic (Image)*

I took your screen recording and put it here so I can follow... lol

*Attachment stored in iCloud:  
73622741603\_\_7BDFA3B0-775A-40B9-968C-4212711A7C21.heic (Image)*

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

Put this inside the Page

In notion, so I can follow what you did if I need.

Good stuff: Organization at its finest

Edited

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

In notion, so I can follow what you did if I need. Good stuff

➔ Replying to you, 2024-04-30 23:21:20: « RPreplay\_Final1714533642.MP4 »

Liked "In notion, so I can follow what you did if I need..."

I will start sprinkling screen recordings around and tagging you in them, I should really just record quick ideas for various things like this or help with a feature

➔ Replying to you, 2024-04-30 23:21:20: « RPREplay\_Final1714533642.MP4 »

Yes, they'll be like small little tutorials we can put in Notion for whatever page it relates to

This is good idea

remind to chat about standardizing file naming conventions tomorrow

I'm out

➔ Replying to you, 2024-04-30 23:21:20: « RPREplay\_Final1714533642.MP4 »

Likewise. Just got home

5/1/24, 8:52 AM

Be down no later than 9:20

I forgot when I texted about the the 10am with Bruno . Best I take it here then I'll come down. Shouldn't be a long call

Liked "I forgot when I texted about the the 10am with Bru..."

5/1/24, 11:03 AM

Was calling to let you know Im coming into town for early lunch with my dad was going to swing by LT before or after. I moved lunch up earlier so I could have a longer stretch starting early afternoon - early evening to work

Let me know we heading down soon. I also have your drill bits in the cart to lend out

I'm here

Hour call with Bruno went well. Was mostly me sitting on hold while he located files. He has high urgency. We agreed I'd come back with assessment within a week and discuss "how we interface / contract" for the short term, what I see in it for me, what I want to do be a part of it or less, etc

So we have a proposal to prepare . It's a seriously complicated effort I have to learn up

However I can assist

5/1/24, 1:27 PM

I'll be down in 30 min or so. Gonna finish here with the dog and rinse off then come down until 7:30pm.

I'm up at the studio working inside. Let me know when you get here.

I'm here

Liked "I'm here"

5/1/24, 10:06 PM

I think you're awesome!

It's a time when you got a lot of people pointing out the negative, but I really have been impressed with you from day one. This is one small element that is out of sorts, and it doesn't make all the rest bad.

Giving you good vibrations



Appreciate you. Thank you. Really

Peep that business plan in notion

I will. In the Course Creation Studio now

Got good list of Keywords and will send link when done.

These are a mix of ours, the course I do and everyone else's that relates

Yea just started feeling organized but I left off in the studio section. That will be tight soon

My pops is reading the plan now and watching the 24 minute recording in the LT studio we did just to show some context . Will be good to get feedback shortly he's got a good eye for this and doesn't hold back which is good I want people to break the model

Edited

Im listening to it on my walk with Lucy here and I like how it's formed . Forcing placeholder ideas in areas we had gaps was a good exercise for me to get through every part of a model that will ultimately change but grounds it for the time being

Loved "Im listening to it on my walk with Lucy here and I..."

5/2/24, 9:00 AM

Heading to LT for the full day. Let's crush

Let's focus a course #1 today

Be there by 10:30.

Sounds good. Was up late working till 2am

Nice man no rush

5/2/24, 12:12 PM

2 TimeCode Pieces Sean did with this character called Larry Sting

[https://youtu.be/\\_pUIwCkD0wk?si=QabAFXuSy\\_bh6GPu](https://youtu.be/_pUIwCkD0wk?si=QabAFXuSy_bh6GPu)

<https://youtube.com/playlist?list=PLnBu4TPTAT2R4cT26kg-rMdgaPiMX4exL&si=saYci0BrIDBn-HgG>

5/2/24, 2:29 PM

Returning

<https://us.nothing.tech/products/ear>

[https://www.dropbox.com/scl/fi/6caqhyc3foyesmxez3lzv/01\\_NUMBER-61.mov?rlkey=yymqq3gtpy0eij9x4ldg7rb9s&dl=0](https://www.dropbox.com/scl/fi/6caqhyc3foyesmxez3lzv/01_NUMBER-61.mov?rlkey=yymqq3gtpy0eij9x4ldg7rb9s&dl=0)

Race Car Driver 16year old TimeCode just produced

5/2/24, 6:33 PM

<https://www.notion.so/theaiminded/Enhancing-Engagement-Through-the-Emotional-Search-Funnel-Insights-for-The-AI-Minded-Academy-772a4fad360f45f68344c6ed97cb6b8b?pvs=4>

This a thing I came up with and I translated it to content we could apply and teach. Curious your thoughts

Edited

*Attachment stored in iCloud:  
Enhancing\_Engagement\_Through\_the\_Emotional\_Search\_Funnel\_Insights\_for\_The\_AI\_Minded\_Academy.pdf (Attachment)*

Not sure the notion link worked on mobile here is a pdf . No rush on reading not urgent

*Attachment stored in iCloud:  
IMG\_9078.PNG (Image)*

First link

Ok nice. You'll notice multiple conversations blended in to this

Good

By the way. When we used word Evangelist in a conversation over past week or 2, we didn't say Brand Evangelist.

I've totally heard of a Brand Evangelist

I just added a few keywords to the bottom of that article I just wrote

Liked "Good

By the way. When we used word Evangelist in ..."



5/3/24, 10:59 AM

What availability blocks this weekend do you have to do some photography? We need to take candid and professional photos for our content bank to avoid stock imagery. We will use for various purposes but the more settings, backgrounds, light variations, etc the better. If you look at Tiago's pages he has really nice pictures of himself. I don't need a ton of me but the red sunglasses shot i want bc I can do a lot with those in editing. Things like me working, people talking, macro close ups of keyboards, etc. also better headshots of us both

This is a major series of tasks beneath the course launch project.

partial photography and partial broll videography

Lets plan it today just planting the seed

Edited

My Hello@ calendar is up to date

Only no-go is Cornhole tournament tomorrow 5:30pm and on

Ok think through the shots so we have a good plan I'll do the same

On the way to the mental institution as we speak

*Attachment stored in iCloud:  
E41E095F-D3E1-4CCC-8608-1FEAB0DAD5E2.png (Image)*

Also, we will do this, but we can build our picture stick pile as we go. We don't need to go all out on many different photos right now.

So let's get some, but don't need to go overboard.

Even Tiago may have started smaller and built as he went with things like photos.

So let's do some for sure, but don't have to make it crazy amount, is what I'm saying

Right only need a few

Also really like idea of name of company something close to this

"Quantum Leap Productivity"

QPL is nice acronym

Subtitle or motto "Ai-M Higher"

And i made that sheet with Words relative to each letter in Quantum Leap that highlights a lot of our core concepts in Notion

Edited

Quantum Leap can be used in front of everything we teach, each concept or principle 😊

Quantum Leap Learning

QL Technology  
QL Entrepreneurship  
QL Ai  
QL Mindfulness  
QL Efficiency  
QL Organization  
QL Mastery

hope today goes well. Talk later

5/3/24, 2:58 PM

Sent you an email with a link regarding course host platforms and competitor analysis research. It's not all the way done, but it is began.

Edited

Also

Full side-by-side chart of Keyword Analysis (VidIQ vs Answer the Public) in link below

Edited

<https://www.notion.so/b4dcb3c56c1e4929be61a676e029474f>

5/3/24, 6:37 PM

This him?

Attachment stored in iCloud:  
bruno.heic (Image)

Attachment stored in iCloud:  
IMG\_0366.heic (Image)

Attachment stored in iCloud:  
PNG%20image.jpeg (Image)

I knew it. My gut was right

He's a scam artist

He never signed the NDA, left me a very very strange voicemail, emailed me virtually nothing to look into after our call this past Wednesday, then followed up with what I thought of literally one PDF he shared. I just emailed him an hour ago to align face to face next week, then felt my gut telling me I needed to do a background check

Oh, this is Jeremy's Guy!?

You send this to Jeremy ?

Yup

And yup

I'm done. Gonna be working later

How you doing? We'll talk later, but hope things were positive

5/3/24, 9:39 PM

FYI, I really like you dad.

Haha he's a fan as well. You guys hit it off

Attachment stored in iCloud:  
IMG\_9082.heic (Image)

Attachment stored in iCloud:  
IMG\_9084.heic (Image)

Tucker!

He would be a good actor

You guys are all men of many skills

5/4/24, 11:50 AM

I'm working a few hours at GulfPerk at the moment

I'll sync with you soon. Lets plan on working all day tomorrow if you're good with that

All is good on my end

Feeling good

Sounds good

5/4/24, 2:58 PM

Cancelled ChatGPT team plan. Too expensive at \$60 a month. Will explain. I have backup replacement idea. Expires tomorrow at some point fyi

Ok

Individually we can pay \$18 month

You go ahead and get yours. I'll help optimize it with custom instructions or just copy them you should still be able to maintain the account

Claude 3 just released on iOS so I'm gonna get that now at \$20 month so we have both

Consolidated all Competitor info into their own pages in one place. Was getting scattered.

Sent email also

Edited

<https://www.notion.so/theaiminded/TEMPLATE-Swot-Competitor-Courses-bee888d3a1c84b61b624c07c6f2899ab?pvs=4>

Liked "Claude 3 just released on iOS so I'm gonna get tha..."

I was doing the same so thanks for finishing hopefully you saw my progress and continued or whatever you did is fine I'm sure

Means to tell you I was doing it

Thank you

Every person has all info in one spot

And I found all scattered info and put all into single pages for Tiago, Ali Abdaal, etc

Liked "And I found all scattered info and put all into si..."

Good for tomorrow ? Best time?

Any

Ok 9am Lt

Liked "Ok 9am Lt"

5/4/24, 4:20 PM

Except for YouTube and my to do's all my pages or info are in second brain in appropriate or coordinating places

Feels good to be organized. Got to go back and definitely redo things.

I did a basic XMInd.ai map for all competitors: links are in their pages

Tonight I continue Course hunt for competition on all platforms.

Seems like a lot of our competition do skills share and not many were listed on Udemy per ChatGPT

You can see some of the courses and platforms under the competitors pages.

I know you're probably swamped in your own thing but if you look at all those competitor pages, it's pretty cool cause it has a lot of information about each one of them

Ok great let's use Udemy Insights to firm up our confidence

Based on your findings, what are the primary keywords to design the first course around? Broad question and maybe in notion already

I'm sure we'll put stuff on you to me, a lot of the others ironically, were in Skillshare

Edited

Enjoy the evening with your dad, going to the cornhole tournament, then working after that around 8:30 PM

I'm here at Lt until 630 just getting into it

Come say hi, but this time my back isn't to the room so you can't give me a heart attack

5/4/24, 8:36 PM

We killed it tonight in Cornhole

5/4/24, 11:09 PM

Awesome man. Make any cheddar?

Payment in pride rather?

Either way. Winners are winners no matter a prize .

I had a breakthrough today personally. Not professional breakthrough like cracking a specific code in business model

But it will 100% help

Feeling really good right now

➔ Replying to you, 2024-05-04 23:10:01: « Payment in pride rather? »

Tournaments not over, but we got a lot of winning to do to even make it

➔ Replying to you, 2024-05-04 23:10:01: « Payment in pride rather? »

Liked "Tournaments not over, but we got a lot of winning ..."

➔ Replying to you, 2024-05-04 23:11:11: « Feeling really good right now »

Excellent. Good having Dad here

Yea man. We cracked that nut together the right way

It's time

See you in the am. Don't worry about exactly 9am. Come fresh no matter the time and let's fuckin go

Attachment stored in iCloud:  
tmp.gif (Image)

5/5/24, 12:18 AM

Attachment stored in iCloud:  
tmp.gif (Image)

5/5/24, 7:29 AM

Grabbing breakfast with Melissa before her 11am shift so I was thinking I could meet at 9am. Let's shift to meeting at 10:30-11am doesn't have to be a specific time just around there

5/5/24, 9:04 AM

Liked "Grabbing breakfast with Melissa before her 11am sh..."

5/5/24, 12:15 PM

I'm eating upstairs, fyi

Back down in 5-10mins

5/5/24, 2:38 PM

Coming back now

[https://grow.google/certificates/en\\_us/certificates/ai/?utm\\_source=youtube&utm\\_medium=paidvideo&utm\\_campaign=ha-yt-aie-rmkt-aie\\_\\_geo%E2%80%94US\\_\\_aie-ads&wbraid=ClgKCQjwudexBhCcARJHAAZ5eHIXFPAa-348Tvs-I0duaG1i8XAitELYnwG1Y74UTEz5K3bbz-d2JMzVKs9T8cdBXpXqVz20aZ7ECsi7-BoC1EMjBoaAtjw](https://grow.google/certificates/en_us/certificates/ai/?utm_source=youtube&utm_medium=paidvideo&utm_campaign=ha-yt-aie-rmkt-aie__geo%E2%80%94US__aie-ads&wbraid=ClgKCQjwudexBhCcARJHAAZ5eHIXFPAa-348Tvs-I0duaG1i8XAitELYnwG1Y74UTEz5K3bbz-d2JMzVKs9T8cdBXpXqVz20aZ7ECsi7-BoC1EMjBoaAtjw)

This was a YouTube ad

We are officially competing with Google

\$49

Liked "We are officially competing with Google "

5/5/24, 4:40 PM

[https://www.youtube.com/watch?v=LQRuaP2VFfA&t=398s&ab\\_channel=AliAbdaal](https://www.youtube.com/watch?v=LQRuaP2VFfA&t=398s&ab_channel=AliAbdaal)

Meant to send earlier

Casual watch. Not urgent

5/5/24, 7:05 PM

Udemy Sent code so I can log in

To your Helium email

It's probably gonna expire by the time you get this message so could you let me know when you're ready and I'll try to login again and it'll resend the code to you

Or the other account. Whichever has the course I looked at today, please

Ready

Done and should be sent

One sec

445442

My bad had to get my own code sent to get into an account to just get another code for ya

Good?

Yes

Thank u

Yes sir

See you in the am

Liked "See you in the am"

Tomorrow afternoon we film

Will share my plan

5pm I have to be short call, other than that totally free

6pm

Cool

You still out with dad? How long will you be out if so? Might come if for a bit

Just sat down at LT I got two hours before Melissa is home

Getting you Udemy in a few min

Thanks, no rush

Have to make a password for the gmail account as I have it setup to login through my gmail

Ok all set. Check out last pass. Also, in Notion, go there first. Under "About Us" you'll see a new page at the top just under "about us" called "COMPANY ADMIN"

Has all details for Udemy so we can both see it

Its weird how I have two because they had to revive one and split them up to reactive my old one

And I disabled 2-factor authentication for the one account so no more of those annoyances

5/6/24, 9:09 AM

Hey this is unplanned, but I'm going to take today off. I was heading to Low Tide and got a call from a doctor melissa wants me to see and he can see me later. It's all fine at this point I'll do whatever moves this forward . But it's a major distraction. I should be back in the afternoon but may just not force anything I'm up in the air

No worries, my friend. I got a lot of research I can do.

Liked "No worries, my friend. I got a lot of research I c..."

Don't let it bother you, go with the flow.

Had a call feeling last night that we are going to make a lot of money. Millions 😊

I have that feeling too....Despite this...and in large part ...because of it

Can I get your advice?

Im getting smothered. Managed. Moved around and discussed like I'm not in the room.

I'm thinking of telling everyone this isn't working for me. I'm going to clam up and shut down at this pace.

They tell me I'm getting better, then say I'm not. That I can't see it. They put me on drugs on a Friday, by Monday they want another doctor to change it.

I've been so receptive to everything. In my gut, I know it's not the path. It's not for me. And it won't work. And when it doesn't work, just more distraction, appointments.

"This is going to take a long time."

"Trial and error"

That's the narrative I'm told.

I want to run. I believe for the right reasons. Run towards my own remedy, by myself, within myself. Designed for me, by me.

Melissa has 6 days off starting Wednesday. That would be a window of time for me to do this myself.

Leave. With a plan. With purpose. Not to run from "this" but run towards it. But run nonetheless.

A place to go. To sit peacefully. To be creative. To meditate. To breathe. Figuratively. Literally. The space between. I need that.

No meds that make me dull. No drugs. Clean food. Clean air. No doctor who doesn't know me. No more searching for solutions in a system that routinely fails. That can't be there when you need it, then prescribes you, bills you, churns you, writes notes about you, files you with the others. It's demeaning. It's wrong.

Where could I go? To get this space? No souls, no friends, no screens.

This will be a series of texts to answer this. Give me to ponder and send

One thing is drugs are only a short term fix and eventually fail.

They won't like my answers, but my first thought is appease them in their suggestions and advice (quietly knowing you'll adjust other parts of you life. Diet, meditation, and also some exercise (in form of yoga and breathwork).

I found peace in my strict diet, designed to address the production of serotonin production and other happy hormones in the body.

Thinking of meditative places/spaces...

Liked "This will be a series of texts to answer this. Giv..."



Running is a good one also, outside. Gives you exercise and for me is calming after doing for a while. Find a path somewhere that you like that give a peaceful space. Kills 2 birds with one stone. Its a space all to your self

Can do all this health things and there is no doubt your energy will be more centered and Melissa will see the results.

Edited

When we get together later, gonna share that one meditation, guided you can do at night or morning with headphones on.

Overall answer is consistent and somewhat strict regime of diet, breathwork, meditation, exercise that isn't too arduous. Simply need to be consistent. I am working getting back and consistent with the exercise and meditation.

Diet alone has transformed my stress hormones. I truly have had many moments over the past 4 months with this change alone how I stay so balanced in feeling stressed, anxious, and even down. It just doesn't exist anymore.

6 months ago I was feeling down at times and anxious at times and went back on Lexapro. But I did it for 1-2 months but my diet allowed me to quit asap and have never felt this balanced

But appease dad while he's here, tell him what he wants to hear, and Melissa, but change all these other factors and there is no doubt you'll feel and "react" better within your relationship.

I think therapy is great, but it has to be someone you feel has a great approach that you feel and agree with. Have to sell Melissa that you may need to jump around till you find the right person.

Psychiatrists are pro drugs in my opinion (as MD's, and not as strong on alternative ways to deal with the root cause of things or give coaching advice. They believe in drug therapy first

Simply tell them (dad and Melissa) you are all in on improving. They'll hear any disbelief in meds or medical approach as resisting getting better (in their minds)

My best friend and ex is a pro at all these approaches and is a Naturopathic Doctor and manager at clinic. I can put you in touch with her, who can test and suggest tests to run (blood and hormone) to see exactly what's low or off), that contributes to imbalance and many times, getting this straight is a simply answer most people don't see as the biggest problem.

I went to an MD Doctor at an anti-aging clinic, had my blood work ran and he found that I was extremely low in Magnesium, B-12, and something else. I had really low energy and other stress issues and he gave me healthy, non drug path to change. I thought I may be low in Testosterone (which could be happening for you, maybe). He is great and he is a Doctor who is a 60year old triathlete who believes in natural remedies to issues, where chemicals, hormone imbalances are usually main cause of most our issues

<https://tampahealthcenter.com/>

Dr Heim. He's in Tampa. Insurance will pay for \$300 blood panel and you'll pay \$300 for consultation to read it and make suggestions to what you are dealing with and Natural solution

Biggest thing you need to let Dad and Melissa know is you are committed to improving and making them feel you are all in.

At same time they need to know you can't change in a week, it's a process, and your committed to it. They need to know from you "Please be patient, can't change in a day"

Step One: Dr Heim

Step 2: change in diet for gut health and supplementation from Heim's tests

Step 3: meditation, breathwork, exercise (running: no cost, gives you time to yourself in good environment you choose to run)

Can tell Heim about issues others think you have and he'll be able to diagnose or help with in a way you'll be happy with

Can take Lucy on your runs also

<https://youtu.be/nM53O-DYSS4?si=fUdfwZO-eqncJ8DH>

Dr Heim is completely in lines with this guy who is one of my go to gurus

5/6/24, 4:13 PM

*Attachment stored in iCloud:  
IMG\_9105.heic (Image)*

You been in Udemy by chance. Was working earlier but past couple hours this keeps happening when I'm typing in keywords to search?

Closed it, reopened. Makes me think we are both in it possibly and this is why

5/6/24, 8:19 PM

How today go? How ya doing?

Still having same issue above. I was in a grove earlier but can't continue. Makes no sense other than thinking you are in it also.

Strange

5/6/24, 10:47 PM

Hey I stepped away from the phone today I'm really okay

Should have let a few people know

I was a bit worried... lol

What's plan for tomorrow?

Also, read my previous message about Udemy. Stopped working with keywords. And I was on a roll

9am

LT

The error message wasn't because it was not a word on in the search. I reused good ones and still wouldn't work.

See you tomorrow

5/7/24, 8:20 AM

More like 10-10:30

Ok

5/7/24, 9:21 AM

I got stories lemme tell ya. See you soon

I got a funny one myself. Yours I assume may not be humorous for some reason

I'm inside LT

Too hot

5/7/24, 12:35 PM

Gonna meet up with someone around 5pm for a couple hours.

Free before & after if needed in person to collaborate

Ok I'll be back around 2

Have hit limit yet, but did you update LastPass for 1st Udemy Account?

5/7/24, 5:36 PM

I'll check on that this evening. I apologize I just can't stay awake on these meds. Like I have to immediately find a place to lay down. For someone who hasn't taken a nap in maybe a year, it's all very strange. I literally couldn't stay awake and that's after sleeping so much

I'm meeting my dad for a beer then going to LT

5/7/24, 7:38 PM

Let me know when you are going to LT. Almost complete with full Udemy research

I'm not going to listen to anyone I decide to not listen to. I'm going to cure my own self

Loved "I'm not going to listen to anyone I decide to not ..."

It's the only way. The medical path is a temporary bandaid and it's really simply lifestyle changes to become Super Human

On my way soon. There in 20

I'm here

5/8/24, 9:01 AM

On way from the house be there in a couple minutes

Ok I'm at table

5/8/24, 4:42 PM

Attachment stored in iCloud:  
voicemail-12915440096.m4a (Audio)

This for you?

Sly, you could sign up for free downloaded course. They needed phone so they could call also.

See if free download from Digital Marketing Institute was sent for signing up

5/8/24, 6:46 PM

I sent you the emails I got from the digital marketing Institute attachment was included in the second of two emails I forwarded from them. I will move my proton email over to you via LAST PASS later tonight so you can access it, as needed. It's a burner/boerner account. Ha!

Edited

Laughed at "I sent you the emails I got from the digital marke..."

5/8/24, 10:19 PM

I ❤️ ChatGPT for what it can do

Over & Out

Attachment stored in iCloud:  
Best v.1.m4a (Audio)

Unenhanced audio. Still going to re-record once again tomorrow, but these mics are awesome out of the box. Figured out how to use

Attachment stored in iCloud:  
Best v.2-enhanced.m4a (Audio)

Slight enhancement to original

5/9/24, 1:48 AM

Have to shoot at 10am for couple hours.

I'll look at tomorrow and be at LT by 9am

5/9/24, 8:04 AM

Ok I'll be there. Assuming the shoot is in Gulfport but feel free to join me afterwards. I might swing by. It's at skatepark or ?

Gamer shoot in office upstairs

Skater hopefully tomorrow

Got a professional skater who just threw out first pitch at rays game interested

[https://www.instagram.com/kris\\_markovich?igsh=Y2ozdzZtNDlycnNu](https://www.instagram.com/kris_markovich?igsh=Y2ozdzZtNDlycnNu)

*Attachment stored in iCloud:  
IMG\_9121.heic (Image)*

*Attachment stored in iCloud:  
IMG\_9119.heic (Image)*

Pretty good artist too

*Attachment stored in iCloud:  
IMG\_9123.heic (Image)*

5/9/24, 10:51 AM

Scheduled a call later with my old business partner, David Gritz. The one I had success with and still a great relationship. He's always full of crazy good insights. He knows the online course business model better than I do. Tremendous resource. He says he has a joint venture course idea to collaborate on and "can guarantee traffic". We are aiming for 4 or 5pm today

Edited

Liked "Scheduled a call later with my old business partne..."

5/9/24, 12:54 PM

Out for lunch I'll be back later . Beautiful day out. Hope shoot is good.

I have an investment to share later just so I don't forget

*Attachment stored in iCloud:  
IMG\_9127.heic (Image)*

*Attachment stored in iCloud:  
IMG\_9129.mov (Video)*

Gamer

Loved "I have an investment to share later just so I don't..."

5/9/24, 2:48 PM

We are done, fyi

I'll be back in 30. Seeing my pops off

Loved a movie

On call outside be wright in

Good call. Just finished . Got us a client so to speak. To build course and funnel around. A very very good one at that.

Very very cool

5/9/24, 7:58 PM

Probably back in 10 to 15 minutes, but the front door is unlocked, but if it's not the hidden key is in the plant at the front door

Back door might also be unlocked, but you're welcome to hang out out back if you can't get in

Ok, just got here, so I'll be out back

5/10/24, 8:35 AM

10am for me this morning. Gonna say hi to Melissa's sister and all that jazz. #culture

Liked "10am for me this morning. Gonna say hi to Melissa'..."

I waited around for nothing. They went from the airport to Stella's so I am getting Lucy out and then I'll come down.

5/10/24, 12:57 PM

I have to take a shit so just running home quickly, but I will be back in the library

Liked "I have to take a shit so just running home quickly..."

Returning now

Liked "Returning now"

5/10/24, 4:16 PM

Attachment stored in iCloud:  
voice text - Welcome to Ai-M.mp3 (Audio)

Pretty good sound. Thinking through applications of this

Yeah, pretty smooth. Sounded real.

[https://maps.app.goo.gl/bydbq6rxx5BT5cMH6?g\\_st=i](https://maps.app.goo.gl/bydbq6rxx5BT5cMH6?g_st=i)

Probably \$11 Fritz my cornhole teammate who dumps for his lawn service

even though my car was dirty, I forgot to tell you car wash membership period. Point these are one of the little luxuries. I'm not gonna give away right now for \$26 a month... Lol

run it through whenever I want.

5/10/24, 8:47 PM

Let's play pickle ball soon.

This can be our physical outlet. Or at least the start of it.

Let's play to conclude the daytime shift tomorrow

Otherwise, sweating will be crazy

Liked "Let's play to conclude the daytime shift tomorrow"

Yes. Depending, I may have dinner over a friends in evening. If not, Sunday am or evening for sure

Also,

I think we should go upstairs at Grassroots some mornings. One thing for sure there, no distractions. It is always quiet, people barely ever talking

Ok let's go early Sunday morning pending anything I'm forgetting with Melissa and sis in law . We have dinner tomorrow night as well so agree on the change

Attachment stored in iCloud:  
IMG\_4501.heic (Image)

Never took note of this big Bertha or a tree down the street but she's a beaut

9 or 10 am tomorrow morning?

10

LT

Liked "10"

Were you thinking somewhere else?

Liked an image

5/11/24, 3:19 PM

I can duplicate the template and work on it "without" adding it to our Notion? Or am I simply watching and learning and waiting to play on the template.

FYI, I understand NOT to put it into our Notion yet, but curious if I could duplicate it and work on it to learn, WITHOUT actually putting it in Notion?

Just don't want to take a step I can't undo

For learning as he teaches in curious if I should Duplicate and work through the exercises without actually putting it into our Notion?

Hope this makes sense...

Thank u

➔ Replying to John Roman, 2024-05-11 15:19:33: « I can duplicate the template and work on it “without” adding it to our Notion? Or am I simp... »

you know what you're right, he did mention that in one of the videos that you could duplicate it into your own account

➔ Replying to John Roman, 2024-05-11 15:19:33: « I can duplicate the template and work on it “without” adding it to our Notion? Or am I simp... »

I think he said you could duplicated as much as you wanted and various places like a personal notion but double check that

➔ Replying to John Roman, 2024-05-11 15:19:33: « I can duplicate the template and work on it “without” adding it to our Notion? Or am I simp... »

And you have my green light to get your hands dirty in it so then you can show me things and catch me up

➔ Replying to John Roman, 2024-05-11 15:19:33: « I can duplicate the template and work on it “without” adding it to our Notion? Or am I simp... »

We both have to be proficient so I don't know why I was saying not to duplicate it

➔ Replying to John Roman, 2024-05-11 15:19:33: « I can duplicate the template and work on it “without” adding it to our Notion? Or am I simp... »

Also, Melissa and Barb went to go now instead of 7 PM tonight so it just means we're leaving now and I don't think it will be long trip and then they are just chilling this evening so I can get a longer stretching starting when we get back

So I can put it in my “John's Workspace” is where to put it?

➔ Replying to John Roman, 2024-05-11 15:19:33: « I can duplicate the template and work on it “without” adding it to our Notion? Or am I simp... »

I am going to come back to Low Tide once we get back and then I have no evening plans minus meeting them for ice cream later, but that is down the street from Low Tide

Also, with Notion, there is a feature that is taking snapshots of our Notion and so even if you bring it over and we want to scrap anything you do we can go back to the version of Notion we had before you duplicated the template. So there really isn't any risk of doing anything

I figured it out, thanks

Put it in my Workspace

We decided to do the beach instead, so I will be back afterwards

Back in a few min still there ?



Yes

We had another police encounter

Attachment stored in iCloud:  
tmp.gif (Image)

Gulfport 911

5/11/24, 7:56 PM

Attachment stored in iCloud:  
IMG\_9154.heic (Image)

So the band is actually pretty good. And the guy you met who is the medical rep? Who is my friend, this is his brother who put the band together. Paul, my friend has two brothers, this guy being one of them who lived in the Caribbean islands for 10 years years playing music

5/11/24, 9:50 PM

Nice! my hunch was off. Glad to hear it. Library tomorrow? I have to run an errand in the am with Melissa we are dumping that wood. Then I'm good. LT or Library?

Library good

Will text eta

5/12/24, 10:48 AM

Taking dog out then library .

Probably close to 12pm for me

We are heading to Stella's so join us if you'd like to. I'll check out LT crowd and see if it's quiet in case we go there. See you soon

Liked "We are heading to Stella's so join us if you'd lik..."

LT is super chill at the moment and I'm grooving so you cool meeting here? I got the table

5/13/24, 8:19 AM

Just got to Low Tide. Here until 10 AM to start the day and then I'm thinking better focus at the library today.

Be there in 15-20.

10am I go to pickup product and back by 11

Ok no worries come whenever

Got a music video to show you. Turned out great

My editing wheels are well greased now

FLYLIGHTER IS AVAILABLE !

5/13/24, 11:12 AM

I'm at the library

I just saw this text

I am driving back to my house right now to grab lunch with Melissa and we have a call with our accountant in five minutes. I'm in the process of doing my thing in notion if you look at the task board from the current notion set up we have been working out of it has a yellow icon. You will see it, but I am starting to add a bunch of projects and two of them are in there right now so take a read and I will see you at the library to help guide, but I have others attic projects and tasks that will ultimately be redone in ultimate brain. The new notion we will have very shortly. This is a voice text so hopefully it's readable.

We should start using voice memos to text. I always like it when I have that habit better than string.

Looked at Notion, my Tasks you created

Liked "Looked at Notion, my Tasks you created"

Just using your own intuition on knowing what needs to get done just stream thought everything under your purview you think needs to get done so we have some things to talk about and decide migrate over to our project board on the updated Notion

I'm gonna go talk to Stephen about Video stuff right now

Let me know when at library

5/13/24, 1:08 PM

Heading there now I have until 630

Liked "Heading there now I have until 630"

I have arrived

They have a private meeting room here available to reserve or first come first serve. Nothing fancy but I'll show you. It's free until 2pm today, the it's closed most of Monday and Tuesday afternoons for their passport photo services and unavailable all day Saturdays. Otherwise it gets very little use if we need to hash out stuff without being loud

5/13/24, 3:30 PM

Be in shortly

I'm back

5/13/24, 6:09 PM

Attachment stored in iCloud:  
73733096149\_\_5D54DB7A-9C2C-4E61-BC3C-854C04EB14AF.heic (Image)

Classic Steve

5/13/24, 7:49 PM

Attachment stored in iCloud:  
tmp.gif (Image)

5/14/24, 8:43 AM

Done

5/14/24, 10:58 AM

Taking a second to write back in a bit

Liked "Taking a second to write back in a bit "

5/14/24, 4:18 PM

Were you waiting on me to text? I've been back at LT for a minute but heads down in motion so no need to come or work at home don't matter today

I'm getting close

Working at home.

Good stuff.

Tomorrow I have till 4pm, then last film shoot 4pm-7:30pm

Loved "I'm getting close "

5/15/24, 6:38 AM

I'm up with the sun today. Feels good. Getting work done before my 11am doc appointment in Largo. Melissa going with me. Will eat up a chunk of today. Will text eta when I know it

5/15/24, 7:58 AM

Sounds good. Up myself and will be working until our 4pm film shoot. This will be last day I am needed until final shoot around 31st of the month. Then it's done

I appreciate you and all your hard work... just throwing that in



Right back at ya

5/15/24, 2:52 PM

Will be back around time you're leaving. Will be at LT heads down all good on my end diagnosis is PTSD

Liked "Will be back around time you're leaving. Will be a..."

Your own personal Vietnam?!

Wish ya didn't have to go through all this.

It's okay. No biggie. Glad to be on top of it. What more important is the fact that I just cashed in my free Kratom through clover app. So it's a good day.

Edited

5/15/24, 6:52 PM

Attachment stored in iCloud:  
IMG\_4608.HEIC (Image)

Keep the wheels turning on the rebrand I'm stuck on naming and we have a little time, but I was messing around with some branding color schemes and like this pallet

Quantum Leap "something"

I'll work on it

Still at filming

I'll be at Low Tide by 815 if you're still there

5/15/24, 9:44 PM

Just seeing this. Had dinner just finished.

Let's start tomorrow at LT outside if it's still cool-ish, then library opens at 10am or would be a good day to head to Grass Roots tomorrow for fresh regroup

Your call. Melissa off tomorrow so my place is option as well

But like to get out preferably

5/15/24, 10:46 PM

That works

GR earlier the better. If hot out we can go to GR

Ok I'll meet you at LT before 9

Liked "Ok I'll meet you at LT before 9"

5/16/24, 8:46 AM

Running behind

10-15 after

Attachment stored in iCloud:  
city8.jpg (Image)

I may have to skip grassroots I'll call you in a few

Liked "I may have to skip grassroots I'll call you in a ..."

Unexpected but I gotta sign for a package from FedEx it says eta before 11am but can't track where it is at. So don't want to hold you up if you wanna go to GrassRoots. I got the cart today so I can be at LT once it arrives

Or just meet at Lt

Sex doll finally came in I see

I'd be excited too

I got the Mexican. Half off

Call her Guadalupe

Or Chalupa

AI-sexy

Aixey

5/16/24, 11:12 AM

Signing now ugh

Library or LT?

LowTide pretty calm right now

5/16/24, 4:43 PM

*Attachment stored in iCloud:  
Screenshot 2024-05-16 at 4.41.37 PM.jpeg (Image)*

This is my desktop wallpaper on my laptop. Darker take on this. I will remove the horizontal lines I think you're right it's busy. This would look tight without the checkers and just vertical lines with heavy overlay to make whatever is on top pop

5/16/24, 7:55 PM

Heading to Low Tide we can sync if you were there, but then I need it downtime to make progress

If it's crowded, i may go find another spot. I'll let you know.

Edited

Working from home and gonna stay on it

Cool good stuff

Grass roots tomorrow ?

Yes, what time?

You going separately in Cart?

Although doable on one charge and careful route planning ...

Some fun ones I created in ChatGPT-4o

Got other renditions that we could pull elements from and copy onto a final version

I asked for red sunglasses and one just for you

*Attachment stored in iCloud:*

*4421e580-bdea-4928-9f69-db5186b9a1d9.heic (Image)*

*Attachment stored in iCloud:*

*0fd9e71e-2789-409b-965d-57313fd1a7fb.heic (Image)*

*Attachment stored in iCloud:*

*c1bde3a7-bb26-4067-a36e-6a0b12f55d5c.heic (Image)*

*Attachment stored in iCloud:*

*5fc56e78-5b47-4238-b29b-03fcda9400be.heic (Image)*

*Attachment stored in iCloud:*

*f18563f1-5b6c-401e-a10d-c48972706a17.heic (Image)*

Not perfect, as some faux pas, like not completely making sunglasses in one or covering ears completely with headphones in one... but we could edit a combo we like... lol

Change the balloon to our company name

Evolution of Productivity

Quantum Revolution

Quantum Evolution

Could always reuse a trademark I have but actually not sure bout that but it was HeliumIQ - "rising with intelligence"

Not that but can start to think of names with that type of syntax . Opens options up. Run through gpt to get ideas maybe

I like those designs. Gets the brain going. On to something

➔ Replying to John Roman, 2024-05-16 21:20:12: (Image)

Love this one

Let's step away from quantum just solely for exercise we are stuck on it

We need a simplistic logo so let's run with gorilla angle and know everything is changeable and we are just going to start saying go, make it, put the logos in notion in whatever dimensions we determine based on placement needs within the marketing plan, varying file types and files sizes for the most minimal amount we could need for launch. Which is the logo done bright version and darker version, icon done one bright version one dark, one favicon, then move on to banners and such. Can make folders in Canva and organize there. Notion integrates with Canva. I just set it up but I don't know if it's a team integration or if each use does it. Store in Canva, integrate access through notion. Lots of vids out there. One of many projects we have

Liked "We need a simplistic logo so let's run with gorill..."

➔ Replying to you, 2024-05-16 20:48:29: « Although doable on one charge and careful route planning ... »

Ideas for names we can better brain storm together. More creative that way in a think tank.

See you tomorrow. You didn't specify about time and if you are taking your cart to GR for sure? Or I didn't understand your response clearly

5/17/24, 1:13 AM

- Let's meet at 9am at my place (unless you suggest earlier).  
-if earlier than 9am no probs there just text me eta I'll be up  
-then to grassroots if I could score the ride that would be most welcome and thank you sir.

Edited

5/17/24, 7:48 AM

Good morning

I'll Be there 8:45-9am.

Ok

Text when here I'll come out. please don't knock

9am cool? Dog run

Here

5/17/24, 10:32 AM

Canva stuff coming soon didn't forget

5/17/24, 12:40 PM

How long you'd like to stay?

Whenever

5/17/24, 4:09 PM

Back around 5 at LT

5/17/24, 5:20 PM

Just spoke to April Thanos for 45 minutes. She asked me to speak to city hall about AI and learn how a government can get quick wins with it, dispel concerns, etc

May 22nd

And possibly help build out stuff on their website . More to follow

Liked "And possibly help build out stuff on their website..."

You at LT?

Yes

I'm at the inside table but is packed here

5/18/24, 10:20 AM

Thank you

Make sure to enjoy the day and disconnect 🌈

5/20/24, 7:10 AM

Good morning.

Let me know time and place you'd like to meet this morning.

Hope you had a good weekend

Morning! I am taking the morning to write and prepare. I will be in town but will meet you at low tide at 11am.

I have never felt more rested

I slept and unwinded so much

Liked "Morning! I am taking the morning to write and prep..."

5/20/24, 9:46 AM

Did our pouches arrive?

No, might be a few days. Have some flavored to give you though. Full can.

I'll buy off ya if I can

Better than zyn

See you at 11am I'm at gulfperk until then I'll be ready

It's a gift, one I bought yesterday.

Gulfperk, not LT? Earlier you said LT. Either good by me, just clarifying from earlier message

I'm atgulfperk until 11 then I'll come to LT to meet

Just getting quiet heads down time after a weekend of rest

Was a great call

Loved "Was a great call "

That YouTube video I shared late last week is worth watching ahead of meeting.

In notion



Under resources - videos

Strategy video? Please send link. One you sent has multiple videos on that page.

Thanks

<https://youtu.be/KhFID54nQrY?si=szm2givKJfn8D5K>

The first 20 min are gold

About selling to the wealthy

Watching now

*Attachment stored in iCloud:  
A78D181C-463A-4789-B032-FA7474E96B56.png (Image)*

Give me 12 minutes to get through first 20 of this video

5/20/24, 2:32 PM

Heading back now got something for you

Liked "Heading back now got something for you "

It's another hug I'll take it

lol

5/20/24, 4:05 PM

Had to shit and bolted home. Might stay here for a bit and come down this evening. Cooler here. Feel free to join after 5pm or so

Liked "Had to shit and bolted home. Might stay here for a..."

*Attachment stored in iCloud:  
FC35C160-6375-4CAF-9A6E-B1F3AD33B858.png (Image)*

Finding some of our English Udemy Keywords: High-Low in Portuguese and Spanish

Beautiful. Good work. It's like being a blind squirrel, trying to find your nuts  
Some on my end. Not many. Also, did I leave my black charger block plugged in?

Edited

Found 8 HiGH-LOW Keywords

A couple in more than just Portuguese and Spanish.

All using our Keywords I charted. Ran out of Insight searches on both your Udemy, so may be a few more

Assume you were using also, so we maxed both out for today

5/20/24, 7:30 PM

*Attachment stored in iCloud:*

*73794060727\_\_F631F44D-FAF2-484A-B21E-DFA4413671E0.heic (Image)*

Notion Workspace Courses all the Way.

High-Low in Spanish, Portuguese, and French. Already had good English ones saved, plus we could copy ole' Thomas Frank and kill it

Only thing would be working in it in those languages, but I believe we could do tutorials in English and simply switch the Notion space to Those languages easily

You coming back out or in for the night?

Also, tons of Udemy Courses are almost 85% off if we decide to buy any to imitate. Unless going YouTube route and not actually buying any we want to mimick

5/20/24, 9:22 PM

Great insights for some reason just never heard these texts comes in. Anyway, good notion progress on my end so that is good news. Making this template way better it's good. But the bones of it are very good, just not great but I can build off this and improve

I've got your cord and mouse

Haha classic

Couldn't ask for a better course to teach in Notion. That was the best one three languages high and low.

I'm working here my bad . Working until Melissa gets home she worked 9-9pm today. Let's do 9am tomorrow then 10am libs

Meeting at 10 AM with some liberals

Edited

Questioned "Remaining at 10 AM with some liberals"

Can you help me rip all the transcripts from Thomas videos?

I know you meant library but you typed LIBS

Haha love me some libs

Libatards

➔ Replying to you, 2024-05-20 21:26:30: « Can you help me rip all the transcripts from Thomas videos? »

Yes, alright if I start on that tomorrow morning?

➔ Replying to you, 2024-05-20 21:26:30: « Can you help me rip all the transcripts from Thomas videos? »

We should divide up which one so that we're not doubling down on anything

Attachment stored in iCloud:  
31980BB0-67FC-4379-A78E-1B84003BFA5A.MOV (Video)

Walkthrough of help I need

5/21/24, 2:25 PM

Attachment stored in iCloud:  
Judy Scully.vcf (Attachment)

5/21/24, 5:13 PM

<https://music.youtube.com/watch?v=Ts4AV1XPTq8&si=0ZQztu6tDMbjAuXV>

<https://music.youtube.com/watch?v=yLVSONVBO1w&si=IDHmSezFUPFJczb0>

These songs are dope. Lebanese Blonde my fav song so far

5/21/24, 5:41 PM  
John Roman unsent a message.

5/21/24, 5:41 PM  
John Roman unsent a message.

5/21/24, 5:41 PM  
John Roman unsent a message.

<https://music.youtube.com/watch?v=zlp7o53dfmY&si=Ntq8WC5dxFCIDCNv>

5/21/24, 8:45 PM

Turning off the ol' phone for the night. see you 9am LT or whenever i will be there early

Edited

Liked "Turning off the ol' phone for the night. see you 9..."

5/22/24, 8:43 AM

runnin a bit behind this morning. be down in a bit

Liked "runnin a bit behind this morning. be down in a bit"

5/22/24, 10:32 AM

i'm thinking cancel cookout and do tomorrow i'm already behind today and wanna work a bit this eve or could be just us and melissa and make it a work dinner at my place . we could do a work shift at my house and run it into din. just getting home and transitioning your way shortly

Didn't know or remember we were cooking out tonight... lol

In near future, Let's do some days working okay your house on Melissa's work days?

yeah, let's do that. She works not today but the next two days.

heading your way now

5/22/24, 12:25 PM

Attachment stored in iCloud:  
Kasey Neth.vcf (Attachment)

5/22/24, 4:20 PM

alex responded on circle i got a notification

5/22/24, 7:25 PM

Attachment stored in iCloud:  
6 of test real speaker.mov (Video)

5/23/24, 8:47 AM

Your house 9am?

no

low tide

melissa sleeping i'll meet you there in 30-40 min

then here later

she's 11am-11pm today

Yes, Forgot about her schedule.

she decided to turn in a sick day, so I'm setting her up and coming down to Low Tide tomorrow. We should be good to work here.

Give her a cold lavender towel

5/23/24, 12:46 PM

<https://www.udemy.com/course/notion-course/?couponCode=LEADERSALE24A>

think this is best english notion course to buy. agree?

This has 697 students compared to other I commented on that that has 9,000.

This one update last in 5/2023

Look at all my comments and I mentioned one with 9,000 students

Last updated in April

2024

<https://www.udemy.com/course/notion-masterclass/?couponCode=LEADERSALE24A>



does Udeemy courses like the one I bought have course transcripts available to copy and paste?

I'll look into it

thanks can't tell on mobile

huge if it does but i recall it does not

otherwise we have to play every course and record it then transcribe it, then translate it

Transcript available without timestamps

that's awesome thanks for checking that

We missed the package so it got returned elsewhere. I have to go get it, but it's not far. I'll be in.

need anything while i'm out. ?

Chase down UPS truck who didn't deliver our Snus package cause it needed signature. Gonna have to be home tomorrow probably till 1-2pm for redelivery. First time I didn't require a signature.

Edited

Where are you going?

it got delivered to advanced auto

en route back giddy up

back

5/23/24, 9:49 PM

*Attachment stored in iCloud:  
IMG\_4941.MOV (Video)*

Like's

I like

Sent 2 messages from Notion comments .... Looks like the English one kills it, but if we are to buy a foreign language we should buy both a Spanish & Portuguese one both. French all suck so whatever we do in French will kill it

You'll see the comments saying which ones to buy

4 hours left at the low prices of \$9.99

5/23/24, 11:14 PM

ok i'm on it

let's meet at LT at 9am and then back here my place around 10

5/24/24, 12:09 AM

Have to do home until UPS delivers. Call me and we can talk then. The. Meet after delivery

Liked "Have to do home until UPS delivers. Call me and we..."

5/24/24, 8:53 AM

Ok might have to do LT again melissa likely calling off work today. Heading there for am regardless ill let you know bit plan for LT

We meet Kasey Neth today

I'll translate these new Udemy courses we bought.

Fastest ways to the money Activities

I'll let you know when package received

Ok

Then go back to Frank Thomas and transcribe his stuff after those foreign courses and the English course we bought

please tell Melissa that I hope she feels better

Give that woman a cold lavender towel

5/24/24, 12:36 PM

Remind her to look into Yumi policies for using AI person and voiceover

ok have to familiarize myself with that.

we also have a 2pm virtual call today via Google Meet link in the invite on your calendar

where will you be to take that call. no problem if you take from home if package isn't here or if your rushed

<https://www.perplexity.ai/search/does-Udemycom-allow-.ep4Dby2Qaijxd0aQ1WYw>

also, read this. we have to pivot slightly. i assumed this was the case. investigating other platforms for their terms. glad i checked this first

for the 2pm i wil probably take it from home. i'm at LT now. have to get lucy out around that time so will do it before the 2pm, take the call at home, then return to LT for the 3:15 in person meeting

Liked "for the 2pm i wil probably take it from home. i'm ..."

ensure your browser works with google meet. click the link in the invite and allow for camera and mic settings to be used through your chrome browser . if you don't do a lot of these calls, your browser will stop you and you'll scramble to get the setting and permissions right

i can send you a test link actually and i'll join to confirm you're good

We can pay someone to do live voice over. Do it in English with you and dub real voice over yours

Glad you said, didn't know I was on this meeting with you

5/24/24, 2:15 PM

can you take notes

record on phone

or record

Can you

Pretty Cool. See you at LT soon

Kasey running 10 late she told me, so all good

phew ok good thank you

appropriate to bring lucy with me? would give me a little extra time she would be chill

Bring her she'll be fine

5/24/24, 5:46 PM

driving back now

5/24/24, 8:18 PM

Attachment stored in iCloud:  
A0C87C17-0660-47E5-9D0E-79C9062E322C.jpg (Image)

Attachment stored in iCloud:  
9EE1B5A5-3CA3-40D7-91B9-04A34D4CE94C.jpg (Image)

hit a wall and wanted to get home. check these out tried to tuck in hidden meanings.

anyway, what's your schedule this weekend? and is your tank full? i'm going to get some quality time in with melissa tomorrow looking to get in solid chunks of work for sure. sunday should we good too

Loved an image

Tank's ok. Gonna go out with friend tomorrow night possibly. I'll do some work tomorrow for sure.

Gonna make sure to know when to shut off in between times. Maybe Sunday we meet, but if you are spending time with Melissa tomorrow, we can put off face-to-face till Sunday

Edited

Finishing that start here link that I missed in the beginning of the Frank Thomas transcription stuff I'm doing. Almost done with that and then I'm shutting off today.

➔ Replying to John Roman, 2024-05-24 20:20:45: « Tank's ok. Gonna go out with friend tomorrow night possibly. I'll do some work tomorrow for... »

agree let's do that

➔ Replying to John Roman, 2024-05-24 20:21:33: « Finishing that start here link that I missed in the beginning of the Frank Thomas transcription... »

sounds good to me. good week. excellent job all around

Likewise.

Lots of good happened after our weekend off. Let's make sure to monitor our burnout, cause great connections happened this week

1. Company Name: Mind Design
2. Your Friend (forgot his name) meeting today
3. My friend with Medical Health Clinic
4. Kasey Neth
4. Foreign Language Courses by chance being great SEO for Udemy with Notion Workspace

Edited

Give some good personal time to Melissa, as that will help her feel better also

Liked "Give some good personal time to Melissa, as that w..."

5/25/24, 9:05 AM

[https://maps.app.goo.gl/2pUaRQNm3vWkQHvYA?g\\_st=i](https://maps.app.goo.gl/2pUaRQNm3vWkQHvYA?g_st=i)

Paul's new suggestion

Said they opened recently, lives out the door, ran out bread by 6pm day he tried to get it

5/25/24, 10:10 AM

[https://youtu.be/\\_ZLB7CnMiCQ?si=YbQSqDAZWcmwlbIJ](https://youtu.be/_ZLB7CnMiCQ?si=YbQSqDAZWcmwlbIJ)



Yeah, I saw. He was didn't like the undercarriage on their pizza made him make another one for him. Gave it 7.9

Did you try the pizza?

I know you tried the cheesesteak

no to pizza, yes to cheesesteaks . A+ for cheesesteaks def south philly quality

<https://maps.apple.com/?address=923%20Central%20Ave,%20Saint%20Petersburg,%20FL%20%2033705,%20United%20States&aid=6879657311998868694&ll=27.771296,-82.647411&lsp=9902&q=Pizza%20Box&t=m>

lots of good reviews on this place says better than violet stone pizza. this is next one we are gonna try. place called pizza box

Yeah, Paul loves that place.

Buying the Mac now. You have extra mouse or wireless keyboard

Done deal. Got wireless keyboard for \$60. No mouse, as he needed to test ones he had. If got an extra mouse, let me know

*Attachment stored in iCloud:  
73834397771\_\_85226617-94E4-4022-B72E-FE7FFEAA8271.heic (Image)*

that's dope! you picked it up already?

i might have one. i need two and may have a third apple mouse like mine in the shed i'll have to check but think i do. i also have a fancy mouse that isn't apple. ill see if it still works

i'm at LT now while melissa naps but won't be here long

i can def help you set it up once you get through basic set up and logging into icloud and all that

you will be legit

Excited to be back on Mac

Two years of AppleCare + left on it

I'm going to the beach, to get some sun and water

Loved "I'm going to the beach, to get some sun and water"

5/25/24, 2:58 PM

*Attachment stored in iCloud:  
MACBOOK WALLPAPER.jpeg (Image)*

5/26/24, 11:41 AM

Hope you're enjoying the weekend. How you wanna play the next two days? Melissa working at all today or tomorrow? Make sure to enjoy some time with her. I still have plenty to transcribe and do that doesn't need us getting together if you need time with Melissa, although maybe we can get together tomorrow if she's free to the beach and in the water, it was great and refreshing.

I like the girl in the balloon, but I love the gorilla. Maybe if the girl was in black-and-white also, but balloon is colored.

I like her headphones too

melissa is back to normal and at work today. I have to do an accounting thing for my taxes mishap that will take the next two hours and I'm driving to Low Tide now I'm working until Melissa gets back around 11 PM. Getting the dog out for runs.

Edited

Liked "melissa is back to normal and at work today. I ha..."

She work tomorrow?

No

But we can use the house or whatever

5/26/24, 10:52 PM

Let's meet when Melissa leaves for work at your house....

That work?

What time does she go?

she does not work tomorrow

Edited

Oh. Thought she did

but we can use house

Mistake

yea my bad

what do you want to accomplish at the house

or change of scenery

Liked "or change of scenery "

But if she's home, let's give her peace

got it. she gets home at midnight tonight lemme check with her

ok

LT around 9am

Liked "LT around 9am"

5/27/24, 8:22 AM

Little behind. 9:30 eta

don't rush and no problem

5/27/24, 10:24 AM

<https://apps.apple.com/us/app/1-1-1-1-faster-internet/id1423538627>

<https://www.futuretools.io/>

5/28/24, 8:16 AM

let's start at LT melissa works at 11am

Liked "let's start at LT melissa works at 11am"

5/28/24, 12:18 PM

<https://music.apple.com/us/album/come/1027469593?i=1027470034>

*Attachment stored in iCloud:  
John Roman.vcf (Attachment)*

5257 1st Ave S  
Saint Petersburg FL 33707  
United States

5/28/24, 2:08 PM

can we use studio tomorrow and or thursday ?

5/28/24, 6:12 PM

They are busy editing commercials to turn Into Kratom Comapany. Next week better.

Next Friday we can you meet up with my friend Jill and one of the Doctors who runs the health clinic?

I'll ask Stephen later if any chance for Studio this week. Feels like better next week with all going one, but I'll find out

You still at LT? If so how long

*Attachment stored in iCloud:  
IMG\_9337.heic (Image)*

5/28/24, 8:27 PM

Thanks brother for being you

5/29/24, 8:10 AM

Liked "Thanks brother for being you"

i got my doc appointments blood test stuff today so won't be back until mid afternoon first one is 10am. i'll roll into LT when done.

Sounds good . Appreciate you

likewise brother

my package is arriving at your place between 8:50 and 1:00pm today. i plan to swing by around 2pm to pick it up. if it comes early just wanted to give you a heads up

it's less a package and more of a flat large cardboard fedex envelope

Got it

5/29/24, 11:21 AM

Attachment stored in iCloud:  
stevesclonedvoicewow.m4a (Audio)

Spot on

that is the free version. There is more customization and enhancements. He can make in a paid version, but I don't know the cost. You can add pauses and inflection and all that stuff. I'm thinking of adding a portion to the quote for the book launch opportunity with David, where we do the audio like this.

5/29/24, 1:05 PM

Was at home 10 minutes ago package not here yet FYI. And wait till the max end of the window.

I picked it up meant to tell you

I got a 2 PM docappointment and then I'm heading to Low Tide

Liked "I got a 2 PM docappointment and then I'm heading t..."

5/29/24, 5:12 PM

[https://youtu.be/oGHFY3ml1Is?si=vxtjote\\_3IPpNvgZ](https://youtu.be/oGHFY3ml1Is?si=vxtjote_3IPpNvgZ)

5/29/24, 8:30 PM

<https://apps.apple.com/us/app/captions-for-talking-videos/id1541407007>

McKendree sent this to me

5/30/24, 9:05 AM

Running behind I'll be there shortly

i'm more behind than you

i have a haircut at 10 so i was planning to come by after that

lol.

Actually then,

I have to go get some product over at Pure Infinity Botanicals for tomorrow's shoot.

I'll be back by 11 no later.

5/30/24, 12:15 PM

tomtoc 360 Protective Laptop Shoulder Bag for 13 Inch to 17.3 Inch Laptop, Waterproof Accessory Case

<https://a.co/d/2x0NhxS>

5/30/24, 1:21 PM

Test

5/30/24, 6:33 PM

that went well

Excellent, back in 15mins

Liked "Excellent, back in 15mins"

5/30/24, 10:44 PM

Had a good conversation with melissa. Both gonna work to get through it. One day at a time kinda approach basically what it comes down to. Just wanted to express my appreciation for the hugs and support. Melissa thanks you as well. Youre a good man

And good friend

Thanks again

Loved "Had a good conversation with melissa. Both gonna w..."

Welcome

Good friendship building amigo.

And now i drive to sarasota airport for my friend whose flight changed 10 times resulting in a midnight arrival 50 minutes away

Edited

Drives can be nice. Used to go for long drives to nowhere in particular when I needed to think or decompress

Its not a bad thing and a good perspective. I agree. Text you in the am.

Liked "Its not a bad thing and a good perspective. I agre..."

Beautiful drive over the Skyway

5/31/24, 2:14 AM

Just got home. Texting you so you see in the morning. We are down for grassroots and appreciate the ride. Lets meet you at LowTide at 10am and drive from there. Thanks again

5/31/24, 3:26 AM

Sounds good. Have to be at film shoot by 2pm at LT

5/31/24, 9:43 AM

At LT when ready at 10am

Im just now getting morris up and moving he was pooped so didnt push him. Wont be long i apologize

He offered to pay for an Uber to not hold you up so feel free. We don't mind and can meet you there.

Or come here first. Your call

I'll come over in a bit.

I'm in no rush

Actually, stay there

Haha we are leaving soon and ill explain later

Liked "Haha we are leaving soon and ill explain later "

5/31/24, 12:49 PM

<https://infinetwellnesscenters.com/>

The Health Clinic we'll be talking to. They still need to work on their website my friend said

I build amazing website. Have done dozen paid sites and dozens my own. That's your deal bring me in as needed

Your needed ... lol

You speak it all so fluently. Gave her outline of what we are doing for David

5/31/24, 3:18 PM

Our calendars look good for Mon, Tues 2pm, 3pm to talk to Health Clinic. Either good by you?

Totally forgot friends name, please remind me.

Calendar shows 5:30pm to the airport

➔ Replying to John Roman, 2024-05-31 15:18:45: « Totally forgot friends name, please remind me.

Calendar shows 5:30pm to the airport »

Aaron Morris

Thanks. Good either day at 2pm, 3pm for zoom?

Monday 3pk

Pm

<https://infinetwellnesscenters.com/>

do you wanna join morris and I + our other lifelong bimbo friend tomorrow for some sandbar party boat excursion for four hours? Guess whose idea it was. Ugh but once there ill enjoy i hear its fun and we have mind altering supplies for it ... its like \$95 bucks boat ride included both ways with beverages and what not provided on boat. Just got booked

Edited

What are the substances? lol

What time?

Molly, adderall, weed, booze

Lemme get the time

Molly is very good have had from this source before

With same three crew downtown st pete late 2023

Molly fun. Give me time when ya find out ((:

<https://www.stpetecoastalcruises.com/stpete-sandbar-party-cruise/?fh-u=1799bc1e-9cf3-43d7-83fb-501b2be8e27c>

Plan on possibly going out after too?

Probably ...the pattern with us three is they stay out until 4am chasing tail and i retire at 8pm which i hope is the case tomorrow. I think a molly and sun does me well and helps me come out of this headspace, but i bet the two hours of sleep i got last night catches up and now way i have the tank for much

I want to do some molly, but would prefer to party after the boat... that cool.

We'll get them downtown for evening Tom-Fuckery

Melissa might like, could do some Molly. It'll help and could be good stuff for her

Or do some together if they can leave some with you

They wanna party tomorrow night as well and i could very well have the mustard in me to partake ill play by ear and wont kill myself if not feelin it and youre welcome to join us, me, or them in any direction the day goes. Im gonna let the winds guide me tomorrow. As for today, im meeting morris at stellas for a drink around 6 or so. Hes stayed at grassroots while i uberred home to get Lucy out. Im not done the proposal im frustrated. Called david and asked more clarifying questions and he requested i send it monday mornign so it doesnt get burried in their inbox today didnt have to request an extention

Liked "They wanna party tomorrow night as well and i coul..."

Catch us there at stellas later if youd like or keep on touch. The world is your oyster my friend

I'll message ya when done with shoot. It'll go till 7 or 8pm most likely

Tomorrow I'll do after boat also

Not sure if its booked up. My buddy said there are three boats and boat 3 was cancelled so they squeezed us into boat 2. Call them or go through site hopefully spot is open

No, I'm gonna skip the boat and meet you guys after

I'll definitely do some molly later if available still... 😊

Roger

Whose Roger?

Kidding... lol

5/31/24, 6:46 PM

Laughed at "Whose Roger?"

We heading to gulfport soon. My other friend bringin his drugs too so who knows tonight likely going down but either we gonna watching the Phillie game somewhere

Emphasized "We heading to gulfport soon. My other friend bring..."

Attachment stored in iCloud:  
tmp.gif (Image)

Drugs!

5/31/24, 8:01 PM

Monday 3pm with Jill and Damon. This could be a great opportunity to make some good money because I have one of my best friends who is the manager and they all trust her. And they're already spending 10 grand a month and throwing shit at the wall.

Ok cool. Well done

No drugs tonight. The the right timing for it



Im told we are going to fergs now

Leaving soon. Low key night

Join if youd like

Ok, Fergs now?

Always welcome

I'll come

Calling uber mow

When you get there, let me know where you're at. It's a huge place inside so from the street facing. Let me know if you're on the left right far in the back, etc..

*Attachment stored in iCloud:  
IMG\_5310.HEIC (Image)*

Liked an image

Couple minutes away see you soon

In front of band

5/31/24, 10:46 PM

<https://www.imdb.com/title/tt0377770/>

[https://youtube.com/playlist?list=FLYuGDnPPobzDkJrMRdzTtPA&si=cYHNd16mXe1\\_-t5K](https://youtube.com/playlist?list=FLYuGDnPPobzDkJrMRdzTtPA&si=cYHNd16mXe1_-t5K)

Grandmother's piece for funeral

6/1/24, 9:57 AM

Skipped the boat booze fest haha

Right call

Yeah, sounded like a bad idea for 10am start time.

What are your plans today? Getting together with those guys later?

It's a pride parade downtown Gulfport so it's gonna possibly be a madhouse there. They're blocking off streets.

I'm thinking of going over to Grass Roots right now. I'm gonna drive down to Low Tide just to see what it's like there but I might turn right around and go somewhere else if it's crazy parking.

6/1/24, 3:43 PM

Morris is just getting up haha he was out crazy late. Chilled with melissa earlier and the three of us are talking about going to fort de sota dog beach early evening. Wanted to see the scene in gulfport at some point but not sure we will. Melissa napping now and morris and i just talking shop in my couch come by if you wanna hang out and talk tech or join dog beach later. I just wanna chill tonight. Id love to get a work session in at low tide around 7-10 or 11pm give or take

Edited

I'm watching the English Notion course we bought to redo in Foreign Languages currently

You guys need to see the racy pics Billy had of the hottie...

Then share with me 🤔

6/1/24, 5:26 PM

100 percent

Willy, Billy, same same but different

I'm dying to get some work done, so I finally got Morris in the shower and we are going to head down to Gulfport and try to catch the end of the festivities and then plan ourselves at Low Tide

How is the notion course?

Heading to LT now

As I'm doing the course I feel it might be best to devise a similar one off our set up. This one, and I'm sure others, make templates for people and teach ways to do things that are different than we do. So might do best to outline one similar to this but work off simple way we started. Because in the end, students will have lots of questions about things and don't want to get stuck in patterns that we may not want to align with.

But the course is good

I follow that i think but ill need clarification to fully get it

Where should I set up video conference call for Monday at 3pm? Zoom, Google?

For the medical spa ?

6/2/24, 2:32 PM

We are headed to Fort De Soto John Beach with Lucy. Feel free to join Morris and I will be at Low Tide for solid evening session.

progress on the course this morning got about three hours in. And then tonight to finish the proposal for David Gritz.

Liked "progress on the course this morning got about thre..."

6/2/24, 6:50 PM

Hanging out with my buddy at his parents house on Redington Beach. Why not see you this evening. Let me know what time you're thinking about tomorrow to meet. Aaron's had a good day so far.

6/2/24, 8:59 PM

Im here but i really just need seclusion honestly just finally some space. Not from you, just a lot on my end need some me time all is good tho and see you in the am. Naturally, text me with anything if something needs an update or wuestion

Sounds good. I went and enjoyed the sunset in the beach this evening.

Good man. Sanity sits on every setting horizon

Nice saying

6/3/24, 7:15 AM

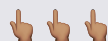
Morris is gonna do Bad Mother coffee downtown st pete. Ill start there but leave for grassroots to work. You goin downtown today? We are leaving around 8am

Didn't have plans till I heard from you. How long at bad mother you think? I'll meet you there depending

Not sure i may just break off and let him do his thing. One wuick coffee there and scoot to grass roots by 9-9:15am eta ish

Meet you at GR then

<https://music.youtube.com/watch?v=pR5p93Rt-S0&si=wfbG-SZB-W33mNeK>



Someone shared this. New and different

<https://music.youtube.com/watch?v=AeedWEyMYYo&si=KqHJzuTsNM-gl4Zh>

Hopping on a scooter now

I'm here

6/3/24, 12:44 PM

FYI, I'm outside downstairs working

Liked "FYI, I'm outside downstairs working"

6/4/24, 8:51 AM

Leaving in a sec Ill be there for the 9am

Ok, here

6/4/24, 3:39 PM

Not sure if Aaron told you I'm taking him to airport?

I thought you were taking him, so by chance I set up haircut at same time and I have to pass the Airport on way and it times out perfect to drop him off.

Leaving at 4:15pm and want to make sure you get back for your computer before I go

On im comig back my bad

Before yoy leVe

Had to take a moment

Liked "Had to take a moment"

I'm coming your way now

Liked "I'm coming your way now"

6/5/24, 8:35 AM

Be down in a bit melissa took off today. Wont be here long tho all good

9:30 I'll be there

Where are you right now? Did you go to Low Tide and leave?

Spoke to Jill this morning. She's try to set up meeting with us in person next week with Gene the owner.

Totally down you gotta do your thing today because of all the chaos. One thing I need a little help with in a short term as to send her some information, not so much about our talk but about what we can do just for an overview for him.

No rush by the way, I'm just assuming maybe that you were here and left. I just got here.

I was, but I'm coming back

Just finished talking and I'm taking Lucy out now for very quick poop and then I'm coming back

Liked "Just finished talking and I'm taking Lucy out now ..."

6/5/24, 3:23 PM

emailed you instructions for harddrive dump

Thanks

I don't have a family plan for Microsoft 365

I had it as an introductory for the first year and now I'm into second year and it's just a personal one. We can discuss when we do our breakdown if it's worth us doing the family plan.

Family plan is 100 and one is \$70 per year

6/5/24, 4:36 PM

If you have it i dont need it at all just a nice to have but i dont like microsoft products just sometimes need word for this or that

Will use your comp if needed for whatever task

Also i found a web site i want to emulate parts of. Can i send to you to break down the website copy into chunked segments in a dedicated notion page so i can quickly grab it when im done therapy as its part of my follow up for the med spa. Also should it spill into tomorrow morning in terms of you sending it, is that okay? I dont think shed do anything extra having it this evening vs tomorrow am but is there a deadline she asked for?

I got into an hour conversation at lowtide with Jeff the nurse and a cop friend he was with thats always there. Talked about AI the whole time very interesting discussion

Edited

Liked "Also i found a web site i want to emulate parts of..."

First thing tomorrow would be latest in my opinion. As long as by when they open

Tomorrow tomorrow morning is fine. Let's just try to get it to him no later than 9 AM.

Then we go to Yoga

Ok

[https://www.eleventh.ai/?utm\\_source=aitoolreport.beehiiv.com&utm\\_medium=newsletter&utm\\_campaign=microsoft-ai-to-predict-disasters](https://www.eleventh.ai/?utm_source=aitoolreport.beehiiv.com&utm_medium=newsletter&utm_campaign=microsoft-ai-to-predict-disasters)

FYI, the so is just about finished with the redo of the website Jill told me

not even sure if that's up and running or a whole new layout is about to be unveiled.

So I wouldn't spend too much time on the website because what they have might be changing in a week

Still may be important to highlight certain things of course, just wanted to let you know that

Check to make sure you got a yoga mat

I may have another one, but I'll have to dig for it

Loved "I got into an hour conversation at lowtide with Je..."

If no yoga mat, a large beach towel will do.

May actually use big beach towel instead myself, so I don't mess up my expense yoga mat

6/6/24, 8:01 AM

I'm heading to Low Tide soon I'm finishing up what we can send

Be there before 9am

<https://www.loom.com/share/af74367a5f21424a9e4e3a2a665b1771>

Yoga sounds awful right now

6/6/24, 1:03 PM

Attachment stored in iCloud:  
IMG\_0053.PNG (Image)

6/6/24, 2:40 PM

Attachment stored in iCloud:  
IMG\_4958.heic (Image)

Attachment stored in iCloud:  
IMG\_4958.heic (Image)

Attachment stored in iCloud:  
IMG\_8954.heic (Image)

Can you accept the connection request on linkedin so i can associate hour profile to the company page

6/6/24, 4:50 PM

<https://youtu.be/Glgfhv7fehU?si=6gMIMQU9Mp-xpkva>

6/6/24, 8:10 PM

Was your comp a 2021 M1 chip or 2023?

Edited

M2 2023

6/6/24, 9:56 PM

Attachment stored in iCloud:  
[giphy.com-media-TrcQjNKDyPx7y-giphy-downsized.gif](https://media.giphy.com/media-TrcQjNKDyPx7y-giphy-downsized.gif) (Image)

Attachment stored in iCloud:  
[giphy.com-media-tkzfoxijYuxNK-giphy.gif](https://media.giphy.com/media-tkzfoxijYuxNK-giphy.gif) (Image)

Attachment stored in iCloud:  
tmp.gif (Image)

Hope today transformed better for ya. Yoga truly changed my day...

Maybe expectations of a date helped too 😂

Loved an image

Ever see the topless Brazilian girl that made it on TV at last World Cup?

*Attachment stored in iCloud:  
IMG\_9388.heic (Image)*

Was actually Argentinian

Let's hope a World Cup is in my future ... lol

6/7/24, 8:41 AM

Will be a little late talking to Melissa

Ok, good luck.

One side note is Jill emailed me around 4pm yesterday about email we were going to send.

We need to get that to her as soon as possible today.

Also, kindness and questions with Melissa (:

Ok. I will I'm sorry. I may also need a place to stay moving forward. I have my friend will but I can't get a golf cart there. Can rent car too packing up now

Let's talk. We can figure it all out. Let me know when and where to talk.

Can stay at our place. There's only a couch beyond our two bedrooms. I'm sure Stephen wouldn't care. I'll ask him.

Call me when you are ready to talk and meet about personal stuff

Got some ideas for short term stay somewhere, but also want to check in when you done talking. Not business

I just got to low tide. Not sure im ready to get in depth about it. Work is good for me, its okay. Things come to me when im focused and i need to focus. My golf cart is packed with my stuff again. This time I have lucy and wont take her back to the house unless something positive happens which i hope does. Maybe she wakes up thinking differently. Shes hurting. Im worried shes going to hurt herself. Thats a lot to hear and dont expect solutions just appreciating your continued kindness support etc. ill keep saying it thank you

I started the convo the right way last night. By the book

Thats where i saw the mental health issues that loom

Im afraid ill push her over the edge just by being

Im talkikg to my parents tonight. Melissa has been calling them i didnt know about that

Thats all for now. Heading into LT after a walk with lucy here in town

Can i put some valuables in your car when you are here?

I'm at house, Snus is coming today and fast.

We are going to Jeremy's tonight still or need to cancel? Just thought about that.

He could let you crash for sure. Has extra bedroom him and I were taking about me moving in maybe in August.

No bed in room, but we could get you blowup from someone

And he is Golf Cart close

I'll come now to grab valuables and come back home for UPS

Dont worry about coming now

Its okay

Thank you tho

I have to sort all my stuff its all over the place anyway. Stay there. Need snus today:)

You can crash at our place Steven sai

Said

uPS says 12pm-4pm window.

I can grab the your valuables if they are at risk in golf cart, if necessary. If not I'll stay here

Edited

I have with me in a bag with my stuff organized and secure with me its safe here just not on cart but better i have my stuff next to me and all good. Im calm. Settling in

Attachment stored in iCloud:  
73946532187\_\_C522E67D-486C-4FA5-B8A1-EE40E1372972.HEIC (Image)

Loved an image

Ok, let's get stuff to Jill as soon as you can. Doesn't have to be perfect, just professional

Sorry again for what you are going through

I'm on it. 60 minutes no longer I promise



Timer set

Video processing

Liked "Video processing"

Got the goods. Be down in 30 mins

If you are going to email it, only send to Jill

jill.munoz@infinetwellnesscenters.com

Not to Damon

You are amazing, this is amazing

Love the simple color stack in the logo

6/7/24, 6:54 PM

Reminder to let me know when to go...

Bag is in the shed, man cave. I drove by and the jeep wasn't there so I put it in the back.

6/7/24, 8:49 PM

Sorry didnt see message until now. Just got home thank you thank you. You a good man. We had a really nice beach session. Tide was low and just laid in two feet of water and talked about normal stuff, had some laughs, felt right. Agreed to talk sunday and give ourselves a break. Good advice

Loved "Sorry didnt see message until now. Just got home t..."

Also celebrating that little (not so little) breakthrough. This is the slingshot moment - the quantum leap :)

Loved "Also celebrating that little (not so little) break..."

Nowhere to go but up from here

Courses are officially ready for accelerated production. Our system, how we do it, and what it will be after improvements over time is knowledge that is ours. Our way is owned by us. Its technically deemed to be classified as Trade Secret. Patents, trademarks, copyright, and the good ol' Trade Secret is the ugly step sibling, and the fourth of four classifications under "Intellectual Property". just like the BigMac and its secret sauce - no one knows every step of the process. They own the process of making it and making it in bulk. Thats what we own. Burger Kings of the world are around corner though and we should assume in a 1-2 years the current process will be saturated with similar. For now, this formula is half of the equation. The other half is the process of how we will produce in bulk and producing in bulk on keywords that are discovered before the others realize the demand

And then taking each asset within the bulk, like a two hour mini course for example, and splicing it up into 10 more digital assets like blogs, youtube videos, etc. thats the addition part of the overall equation - another formula where each formula connects and becomes a more complex and even more proprietary in the sense its more difficult to replicate

And thats how gold is made

Attachment stored in iCloud:  
tmp.gif (Image)

6/7/24, 10:45 PM

Please thank Steven for me i have a bed at home tonight

6/9/24, 9:05 AM

Just sat down at LT. whole day for book launch proposal. No need to spend any time on much else. Im good overall, but another brutal night. Still trying. Still sticking to the plan.

If you come in to LT today, could you bring me one of those over the counter things you gave me before. Sadly i cant find it and im dragging today

Yes

Be there soon

6/9/24, 12:34 PM

<https://www.costco.com/big-joe-pool-noodle-sling-chair%2c-2-pack.product.4000251390.html>

Liked "https://www.costco.com/big-joe-pool-noodle-sling-c..."

FYI, after watching full video you sent to Inifinite Wellness, I could tell AI, as there would be these "blips" sometimes at end of sentences every so often

Yes, I noticed that as well. It was easily assumed to be bad recording, but if you have an ear for it, which people will be developing if they don't have it yet.

It is all slow to the file I uploaded it had the podcast interviewer with a couple words in there, which screwed it up, but I have the company that does working on our high Fidelity clone today

Only big deal is Udemy catching it. Not as big a deal for the students I feel

I just have to make sure the audio upload is three times as long so I have to trim out anybody else in all of the clips

Liked "I just have to make sure the audio upload is three..."

I'm doing that when I get back I'm at Best Buy because my headphones don't work and then I am back to the proposal which is on track for tomorrow and I sent you a payment for Melissa's floating tube thing and I really appreciate it because it helps the cause

I am doing a video to accompany it as that has always worked really well for me for big deals

Do you need anything at Best Buy?

Not that I can think of.

Ok see you later thx again

Going to sunset after Costco. If I see you, it'll be after that

Enjoy brotha

6/9/24, 4:48 PM

Lastpass went down. Not now but just heads up we are dropping it. Setapp has a highly rated password manager that allows for teams and sharing passwords. Free with setapp vs \$50 a year with problems all the time. I exported all mine and our passwords however to prevent massive setback lastpass never comes back online

6/10/24, 6:56 AM

the puddle of puke in the street outside low tide is mine. i ate something or have something. Feels like shOrt term but then all through the night. I have a to do today and am sending proposal. talked to David. he called me yeaterday to share a new ask of theirs to include in proposal. Good stuff and adding. Will share - but will be a first sick day i didnt sleep most the nignt finally done being sick sick. Dont step in my puke - Resurfacing after some rest will touch base hopefully good for LT late afternoon

6/10/24, 8:36 AM

Liked "the puddle of puke in the street outside low tide ..."

Feel better. Sorry to hear that . Rest and recover, then work

Understand about David's stuff however.

6/10/24, 9:45 AM

Going to grassroots

Food or stress get you sick you think?

Edited

I really dont know. Stress maybe, im past "depression" but sadness/levels of hurt are pretty high. Stress when all else is good has never been a problem. Pressure never been a problem but not myself dealing with both to be honest. Melissa was sweet, took care of me, saw her nurse-self and thats the kindest side so felt loved which i havent in uncountable amount of time now. I just dont know why i barfed so much my hunch is neurological response to X - just woke and getting up soon to see how i feel but barf is over thank gawd

Liked "I really dont know. Stress maybe, im past "depress..."

Got you floaties from Costco and Magnesium

6/10/24, 12:17 PM

Ok i only paid you for the floating thing. How much for magnesium and ill add + \$10 for the beach yoga

\$16 total. The beach things were cheaper than online showed (\$6 more for the magnesium and \$10 beach yoga)

Ok so \$16 correct?

Coming your way

Liked "Ok so \$16 correct?"

6/10/24, 4:17 PM

My cart is getting fixed at the moment then home for dog, then finishing proposal, the audio sample i finished first and got it over to the company doing the high fidelity voice clone so that it would be done in 4-5 hours of processing so i could put a audio sample in the proposal. We are good on timing i have the rest close to done

Any word from med spa?

Gene, Owner out of town till next week.

Sent Jill this text

"Not sure if you have to wait till Gene back, but keep us posted on meeting with him possibly next week

Please and thank you (:"

Ok

She'll keep me posted she said

6/10/24, 9:29 PM

How are you feeling?

Was wiped out def not 100 percent. Slept 6-8pm and going to bed now. Getting up super early. Im good

Liked "Was wiped out def not 100 percent. Slept 6-8pm and..."

Sleep well

6/11/24, 9:56 AM

Got a delivery to sign for, and lots to do. The cart is getting finalized and fixed around five, but I may try and make it into town when the package first. I slept 12 hours and have never felt so tired but alas, I have risen and just need you working on cracking the course creation code and the AI voice clone should be done by the time I get down there to Low Tide

Kasey Neth first, then course.

Have outline set. Finish Kasey and we are full boar course

Edited

6/11/24, 2:44 PM

Transcribe on macehisper, then come back to me with your laptop so i can tweak the settings for you to use AI chatgpt 4o within maxwhisper you can use my api if you dropped your paid account. If you still have the paid account ill show you how to use your own api

6/11/24, 6:19 PM

*Attachment stored in iCloud:  
IMG\_9411.heic (Image)*

Which Model do I download ?

Large V2

Dont bother with the others

Edited

You're coming back correct?

when you set up my set app for some reason, it was set up in your email address [steve.boerner@gmail.com](mailto:steve.boerner@gmail.com)

Shows my name, my computer, but your email

6/11/24, 8:01 PM

7b7430f7-9472-4749-acb3-813c72e16f24:fx

Twxt

Steve

6/12/24, 8:49 AM

Good morning,

This is a serious time. And a serious message.

Like a modern spaceship, taking off takes the most gas - the first few feet upwards costs the most.

And Mother Nature.... hasn't been nice.

Mother Nature is who we blame.

Fuck the weather

Fuck Mother Nature.

Fuck her wind, fuck her snow.

Mother Nature...

Fuck that ho.

Fuck her.

No.

Central control has been calling off our flight for this reason,  
or that reason.

... astronauts get dressed,

...then undressed.

The fans want it. They cheer for it. They drive to watch. Miles, miles they drive.  
they park, they arrive.

With each return trip, with each launch delay...

They wonder.

"But the skies are perfect," they say.

Arriving once more, and once more...

they arrive, heads down...

Looking down, not up.

...spending less and less time focused on the launch. I don't blame them. You don't either.

We can blame mother nature. Subconsciously we do.

"Look at that cloud," we say.

"Nope. Nope. Nope."

"Not today."

The fans arrived again. Distracted as much.

They swipe up, swipe down.

They swipe left, then right.

Then they realize they can swipe from home

"I'll catch the launch on the tv" they say

"I'll catch the launch on the news," they say

"should it ever happen" they think, but don't speak

"We WILL blast off," I say.

Nah, declare.

"We CAN fly."

So let's launch.

The first inch, nah the first centimeter, fuck it...the first millimeter counts as "launched." So long the ground not support us.

And millimeter by millimeter we shall proceed.

What is a millimeter to you?

What is a millimeter to me?

Me?

One millimeter = One video.

One video completed.

One video posted

wherever. No matter

1 minute of content...produced.

1 minute of post-able, relevant content, no less than 60 seconds...per person, per day.

1 minute of content equals one millimeter.

I am responsible for it. Every day.

You are responsible for it.

Every day.

You are not my roadblock.

And i am not yours.

I am my roadblock.

And you are yours.

Fuck Mother Nature.

Fuck that ho.

Fuck her winds.

Let her goddamn wind...

Let that goddamn wind blow.

Stupid ho.

No mo'

1 video a day.

60 seconds minimum.

Per day.

Posted.

Launch already

I have doc appointmentd with melissa 10-1pm

See you at LT

For the launch

Edited

Attachment stored in iCloud:  
giphy.com-media-S99cgkURVO62qemEKM-giphy.gif (Image)

Loved an image

See your cart

6/12/24, 1:36 PM

Left it there overnight

Just got it and brought it home

Melissa picked me up last night

Liked "Melissa picked me up last night"

Be back in 30 ish

Did my spaceship analogy not resonate?

Yes, good stuff

For me it is how we approach every day once we start filming , hopefully by the weekend.

It means doing what has to be done regardless of what's going on. If the weather has us not filming today for our course, then I am doing my millimeter to hit the ground running when we start filming

One millimeter is creating/filming one lesson, starting with the introduction or at least what we can get done in one sitting.

while you're, while your millimeter today (weather conditions) have you finishing David's Proposal & Kasey's Questionnaire....

my millimeter today is to write my own introduction to the course, compile all the best 3rd party tools we'll be having students use for integration, and make sure the course is in line with a beginner like myself, as I'd like to be taught

Boo-yaa!

As far as the one video (60 seconds) that applies to once we start filming. We spoke of this before, about making usable digital content as much as possible, that leads to the \$\$\$

Attachment stored in iCloud:  
tmp.gif (Image)



Let's review the QB test results provided:

### ### Overview

The QB Test provides an objective measure of activity, attention, and impulsivity, and compares the patient's performance to that of a control group of the same age and gender.

### ### Activity

- **QbActivity Score:** 4.1 (99th percentile)
- The patient showed significantly higher activity levels compared to the control group. High activity scores suggest hyperactivity.
- **Time Active:** 88% (Q1), 89% (Q2), 88% (Q3), 86% (Q4)
- **Distance:** 32.8 (Q1), 37.3 (Q2), 30.8 (Q3), 29.5 (Q4)
- **Microevents:** 8.9 (Q1), 9.0 (Q2), 5.2 (Q3), 4.7 (Q4)
- **Motion Simplification:** 31.5%
- These measures show consistent high activity throughout the test duration.

### ### Attention

- **QbInattention Score:** 2.8 (99th percentile)
- The patient demonstrated significant issues with maintaining attention.
- **Omission Errors:** 23.4 (Q1), 11.6 (Q2), 23.3 (Q3), 34.4 (Q4)
- **Reaction Time Variability:** 233 ms
- **Reaction Time:** 684 ms (Q1), 759 ms (Q2), 869 ms (Q3), 799 ms (Q4)
- **Normalized Variability:** 2.1 (Q1), 1.5 (Q2), 1.9 (Q3), 2.3 (Q4)
- High omission errors and reaction time variability indicate attentional deficits.

### ### Impulsivity

- **QbImpulsivity Score:** 1.2 (89th percentile)
- The patient showed moderate impulsivity compared to the control group.
- **Commission Errors:** 2.2 (Q1), 2.4 (Q2), 3.2 (Q3), 3.0 (Q4)
- **DprimeMod:** 7.2 (Q1), 6.9 (Q2), 7.0 (Q3), 7.2 (Q4)
- Commission errors represent the number of incorrect responses, indicating impulsivity.

### ### Interpretation

1. **Hyperactivity:** The high QbActivity score indicates significant hyperactivity, consistent with ADHD hyperactive/impulsive presentation.
2. **Inattention:** The QbInattention score shows the patient has marked difficulty in maintaining attention, common in ADHD inattentive presentation.
3. **Impulsivity:** The QbImpulsivity score, while elevated, is less pronounced compared to activity and attention issues, suggesting that impulsivity, although present, is not as severe as other symptoms.

### ### Clinical Recommendations

- **Diagnosis:** The results strongly suggest ADHD, with both hyperactive/impulsive and inattentive symptoms.
- **Treatment Plan:** Consider a comprehensive treatment plan including behavioral therapy, environmental modifications, and possibly pharmacotherapy.
- **Further Assessment:** Conduct a full clinical evaluation to confirm the diagnosis and rule out other potential conditions.

These results should be interpreted in the context of a comprehensive clinical evaluation by a qualified healthcare provider.

6/12/24, 4:44 PM

OpenAI verification code coming your way

Let me know when ready

Another Code sent

Nothing being charged

Just to open a free account

408145 is your Link verification code.

Another

Capital One

Capital One won't call for this code. The temporary code you requested is 655429. Please use this code to complete your request.

Done

Some models still downloading will take a bit. Tagged you in notion with all related information. Good to go

Saw it, thanks

The best model for transcribing pre-recorded audio on MacWhisper depends on your specific needs in terms of quality, speed, and resource usage. Here's a brief overview of the options available:

Large V3 (Turbo, Pro, WhisperKit):

Quality: High

Speed: High

Size: 3.1 GB

Use Case: Best for high-quality transcription with fast processing, suitable if you have sufficient RAM and processing power.

Large V3 (English Only, Distilled, Pro, WhisperKit):

Quality: High

Speed: High

Size: 1.51 GB

Use Case: Optimized for English transcription with good quality and speed, suitable for mid-range systems.

Large V3 (English Only, Turbo, Distilled, Pro, Low RAM, WhisperKit):

Quality: High

Speed: High

Size: 600 MB

Use Case: Suitable for systems with limited RAM, still provides good quality and speed.

Considering the balance between quality, speed, and size, the Large V3 (Turbo, Pro, WhisperKit) model seems to offer the best overall performance if you have the system resources to support it. For a more resource-efficient option with a good balance, the Large V3 (English Only, Distilled, Pro, WhisperKit) model is a solid choice.

Just an FYI via ChatGPT

6/12/24, 8:37 PM

Lotta good talking and a lot of good walking and I am headed back now to work through closing time at Low Tide to try to get a win today

Loved "Lotta good talking and a lot of good walking and I..."

I'm in for the night. Have a great night.

Hopefully all continues to improve with you and Melissa. All the steps are going in the right direction.

Thanks, brother. I know it's not easy being a part of something with high ambitions, where your partner is as distracted as I have been from the start having someone who has faith in me, keeps me aware that I can do it.

I have faith in you and us. This is a journey. I don't care about the ups and downs. I'm willing to see it through, without getting too high or low. I can be what is needed for us and there may be the same times I'll need the same ((:

.... You 2 going to Yoga?

Loved "I have faith in you and us. This is a journey. I d..."

Yes

6/13/24, 1:09 AM

<https://youtube.com/shorts/suDEI7zbG4s?si=JY60euwmuiG9KNSZ>

6/13/24, 11:41 AM

Coming to LT in 30-60

Working from home a a bit. Will be down in few hours

How was yoga?

Let me know when you get to Low Tide

Here

6/14/24, 9:44 AM

I'll see you at one working at home until then

Ok cool. Im at LT need heads down time. I opted to renew my gulfport house for the month of september and negotiated a solid discount. At a minimum it reduces Melissa's urgency for everything.

It also aligns an "end date" to gulfport that exactly matches the lease end date for our tenants in Philadelphia at our condo that Melissa wants to move back and live in.

I cant see it being a bad decision to provide her peace of mind in that if she does move back that there isnt a month of limbo to kill time borrowing guest rooms from her dad and step mom.

Melissa has a half day today and i committed to going to fort de sota around 4pm

melissa specifically said to invite you and you're always more than welcome plus get to watch the new floating chairs in action. No matter either way just filling you in. We had a good night last night so i think today is good too

Loved "Ok cool. Im at LT need heads down time. I opted to..."

6/14/24, 1:00 PM

Give me a bit on phone with david he just called

Ok, wanna talk in here or out there after?

Let me know when off the phone

I sent him a brief and he wants tweaks before michelle gets it. He wants us on thid but michelle thinks he team should do it

Inside

6/14/24, 3:37 PM

*Attachment stored in iCloud:  
IMG\_9420.heic (Image)*

One of my open windows of a TFrank video... lol

Haha yes

May need our mics. They can't find where they put the Insta mic. We all looked in a lot of bags and not to be found

Edited

Not in its box

6/14/24, 8:19 PM

You'll have to bring it for me the Mike. We looked everywhere and it can't be found.

I tried that plug-in mic, I showed you...I had it was very clear, but it seemed to have choppy moments for some reason. It's also about seven years old.

Anyways, enjoy your night. Remember only good times until work tomorrow.

6/15/24, 10:41 AM

Ok ill bring it . Headin out with lucy for a run then LT

Liked "Ok ill bring it . Headin out with lucy for a run t..."

6/17/24, 7:52 AM

Im at a table on gulfport beach to start the day and have to take the morning to close out my weekend tasks then we can look forward as planned. Im joining melissa for a doc appt she asked me to go at 10am but its close. Unless she cancels that ill be in LT around 11. Sooner if she cancels it

Liked "Im at a table on gulfport beach to start the day a..."

6/17/24, 2:43 PM

One thing your screen recording doesn't show is how to record, or start recording audio.

I'm not gonna actually screen record my audio am I I don't think so. So what am I actually doing to start the recording and where am I recording it on?

I assume my Voice Memos App on my Mac?

This is what I'm doing. Thanks

6/17/24, 7:19 PM

I can call you now

Already recorded 3 hours on "voice memos" with recorder and put into Notion

Shoot that was at 3:50

Just finished

Ok figured it out. There is an audio only feature i didnt show i think glad you got it. Is it transcribed?

I just finished recording.

That's it

Ok

Im an idiot

I'll see if Macwhisper does what it should

Macwhisper has a record feature

Hit command + R

Shit

So dumb

Its new

Wasn't on the recording to use Mack whisper

I know. Thats why im dumb

Try it. No harm tho its just one extra step to transcribe and its the same in the emd

All good

New feature

Liked "Try it. No harm tho its just one extra step to tra..."

Thanks for doing that. It's a arduous task. I'm running out now to pick up birthday supplies and dinner from her favorite spot and I got that printed at CVS. They also do puzzle prints thank you for the final version will go into puzzle

If you wanna talk through anything, let me know. I have a half hour.

FYI, MacWhisper says the recommended Model to use is Large (V2) with The C++ and seems to be working. When I dumped it into that into Large V3 with Whiper Kit it failed

When you look at all the models, one should say recommended next to it

Yea ive read up about all of them it comes down to what system you have and more importantly whats running in the background on your mac that causes the issues. C++ also worked for me. If we record live direct into macwhisper it doesnt matter. Also, i was messing around with the kacey recording and turned her into a portuguese speaker you can download any language within macwhisper, translate any transcript to that language then recreate the english audio into that spoken language

Edited

FYI, when it shows the time after transcription, that means the time it took Macwhisper to do the recording.

Not the length of the audio recorded

That's why yours and mine were different earlier

You are commented @steveboerner in Notion on my Macwhisper recording and transcription of Kasey Neth and my 3 hours reading

OK, that makes perfect sense. Then we are learning it together. Melissa and I are having dinner and I scored some good gifts today. I feel good.

No dad talk or anything else negative... make it a great birthday!

*Attachment stored in iCloud:  
Image 6-17-24 at 8.38 PM.heic (Image)*

6/17/24, 11:51 PM

*Attachment stored in iCloud:  
IMG\_5747.jpg (Image)*

None of this worked. foolish to think it would help in any way. She's leaving. Probably sooner than later

6/18/24, 1:35 AM

Talk in the morning. Ya did your best.

6/18/24, 8:31 AM

Be there by 10

*Attachment stored in iCloud:  
IMG\_5755.HEIC (Image)*

We need to go to Grassroots? Can be there by 9:30

Be there by at 9:30. Where you want to meet or go?

We can talk first

Feel free. I know what I have to do this morning and can meet you back in Gulfport later. I have to be back at my place around 11 am. - meeting the cleaning lady and grtting lucy out of her way while they clean. Was part of the birthday gift, so there's that. Im sitting at Sumitra and about to start. LT is open, just getting floors redone today

I didn't get anything productive done and spent late last night and this morning packing up the cart once again. I dont know what im gonna do and dont mind the alone time for the time being

Liked "I didn't get anything productive done and spent la..."

6/18/24, 10:14 AM

I'm up in studio, we'll talk after the cleaning lady and see what ya need to do with stuff. Can put at our place of course

LowTide done with floors for today and furniture back in.

6/18/24, 12:59 PM

I believe that this was on your Santa's wishlist as a kid... 🤔

*Attachment stored in iCloud:  
IMG\_9440.heic (Image)*

6/18/24, 3:52 PM

Be there in 20

About same for me. Waiting on washer to finish cycle soon, then on my way

All the wall seating is taken at Low Tide or roped off I mean because the floor is not finished there. To be inside, we got to go somewhere else.

Looked inside of Sumitra and their packed.

Do you want me to pick you up and go to Grassroots? We can do that or name another place

You can stay at our place tonight if needed also

She wants to move out. She wont tell me the issues. Last night i gave her my word id do anything to help. Today, shes using my offer i made to provide unconditional support to leverage it into me paying for a second place in St Petersburg so she can move out before she moves back to Philly for good. Without me.

I havent replied. Im just writing this in a iphone notes file to get it out. I need someone to tell me not to send it or to send it or to whatever.

I love her and i dont know what else to do

That's not fair. Let's go talk somewhere soon

[https://www.icloud.com/notes/04bArsR\\_8jw3aJU7P1vjgW0Vw](https://www.icloud.com/notes/04bArsR_8jw3aJU7P1vjgW0Vw)

Come talk to me first

Simply ask for some time to think and respond please.

Don't send a text

Absolutely no to paying for a second place for her to stay, when you can crash at ours or even Jeremy for nothing. Financially it's crazy to for another place for 2.5 months.

Again, let's go talk somewhere

Want me to pick you up?

REPEAT, do not text back yet ((:

Parkin now

At LT

Cleaning needs me to pay cash. Said my venmo test didn't come through, so i gotta drive back, but then i can leave lucy there, so it's easier then

Liked "Cleaning needs me to pay cash. Said my venmo test ..."

OK, I'm leaving my place now again for the second time

Ok

6/18/24, 8:00 PM

*Attachment stored in iCloud:  
IMG\_9786.gif (Image)*

Loved an image

*Attachment stored in iCloud:  
55A617E5-595A-4435-804C-1068E194087D.MP4 (Attachment)*

6/19/24, 3:26 AM

Had time sleeping... may be out late. Text you when up.

Actually enjoyed the time tonight, looks like you did to.

Laughed at a movie

6/19/24, 8:42 AM

Cool with me. Text me later so we can connect.

im heading out of the house soon. My intention this morning is to not return. I asked melissa to join me at 445pm today for therapy with Mark. She wont speak to me. So i asked her to join this session and she doesn't have to speak, only listen. What im going to say i dont honestly know yet

Saddest thing ill ever do but it becomes even sadder that im taking lucy with me today. I need help watching her while im in this therapy session. I figure we will both be at low tide at 430 when i leave. Would you mind watching her when i head to marks and ill be back by 6pm ish



6/19/24, 9:55 AM

Yes, can do!

6/19/24, 11:10 AM

I'm at LT rest of day now.

Where are you till 4:30pm?

Was just told last night there's a gem of a 2 bedroom down the street available in less than a month. I've been wanted a place where Joe lives and he told me last night one just came available and she keeps rent incredible low compared. And the complex is really nice.

Give you details later

Only negative is no pets. But his referral makes me a top of the list to get it

Edited

I was at the rec center. Just packing the cart up some more and getting to see how I am heading your way now leaving in a bit.

Liked "I was at the rec center. Just packing the cart up ..."

Got the big table

6/19/24, 1:04 PM

You ok in there with lucy? Sorry i ran to the cart gor this call in the rain

Just need a minute before i come back

6/19/24, 5:50 PM

Heading back

Liked "Heading back"

Meghan

44 years old (1979)

Architectural CAD design

3 kids (girls): age 22,18, 15

Sign Libra: Sept23-Oct22

Born: Peoria IL

Graduated: Bradley University in Peoria IL

Met on Hinge

Edited

Attachment stored in iCloud:  
IMG\_9446.heic (Image)

Did take screen shot of video she took only

Phone would be (941) area code

Ok i will look. A marriage counselor got back to me im calling her at 7pm then ill find her

Got u

I found who I think is the best therapist for us at a very profile I looked at the one I wanted to call called me back and I booked it for the 27th at 3 PM and she sounds lovely and perfect

I am walking to the car now to come back, so thank you for watching Lucy and now my stuff while I was gone

Liked "I am walking to the car now to come back, so thank..."

6/20/24, 9:08 AM

I will be downtown LT around 10:30-11am

Loved "I will be downtown LT around 10:30-11am"

6/20/24, 11:28 AM

Obviously late. W / melissa still comin soon

Liked "Obviously late. W / melissa still comin soon "

6/20/24, 1:50 PM

What city does megan live in currently

Profile said Parrish, FL

Meghan

44 years old (1979)

Architectural CAD design

3 kids (girls): age 22,18, 15

Sign Libra: Sept23-Oct22

Born: Peoria IL

Graduated: Bradley University in Peoria IL

Parrish ok thanks

I can't seem to download your three hour recorded off notion is it easy to put same file in our Google Drive or icloud

I want to start the clone today takes 5-24 hours

I have in the file the link to MacWhisper where it is stored

In notion

Ok

I'll put recording in google drive and share

6/20/24, 4:11 PM

Attachment stored in iCloud:  
74060705762\_\_016C7D27-D356-49EB-A457-82B30649AC9B.heic (Image)

6/20/24, 6:22 PM

Tuesday 25th, at Infinite Wellness Centers. 11:30-1:30pm

Jill said we should dress nicer, as Gene looks at those things.

A

Edited

Got some basics from Damon, but I asked Jill to get us some info back from Gene about other marketing.

Jill asked me try to send her an email with any of our questions, so we can have some information to come into the meeting with analyze before hand

6/21/24, 9:23 AM

What's your morning looking like?

I have to leave around 2:30pm for haircut, then back 4:30pm

6/21/24, 11:50 AM

I'll be at LT in60 all is ok

Liked "I'll be at LT in60 all is ok"

6/21/24, 4:16 PM

Touching base how are you doing?

6/21/24, 5:27 PM

Ok. Just needed today I can't stay awake it all caught me and I didn't fight it this time. Just awful communication today on my end thx for reaching out

Tuesday big day. Meeting at Infinite Wellness Centers 11:30am

Loved "Ok. Just needed today I can't stay awake it all ca..."

No worries wasn't a big deal

L

6/22/24, 4:56 PM

How ya doing? Checking in. Hope all is well. If need to talk or just need space, I'm here

6/22/24, 8:27 PM

You always have my back. Tuesday ill be ready. Just getting my strength back

Read 6/22/24

Loved "You always have my back. Tuesday ill be ready. Jus..."

Take time to recharge for sure ((: