



UNLEASHED 9.10.25 - CHAT

This transcript is auto-generated by Zoom and is guaranteed to contain typos.

00:10:03 Jayne Hood: Yes, yes, yes
00:10:08 Susan DeLorenzo: Oh yes
00:10:08 Christie Miller: Yes yes and yes at times
00:10:10 Wynona Hussack: Yes to all of these!
00:10:16 Jennifer Short: YES
00:10:17 Juliet Rees: yes
00:10:20 Kerry Eddie: Yes
00:11:53 Christie Miller: YES! It rocks
00:11:55 Jayne Hood: Tried it
00:12:00 Kim Rice: Yep, I used it until my fall
00:12:05 Diane Byron: Heard about it but don't really understand what it is
00:12:05 Juliet Rees: new to it
00:12:05 Steven Arthur: I have the book, read it, not tried though
00:12:06 Wynona Hussack: Yes, I have the book but not practiced it
00:12:08 Susan DeLorenzo: Heard about it last year
00:12:15 Kerry Eddie: Been using a version of it for several years
00:12:15 Carole Nowak: Yes, have the book and love the concept.
00:12:21 Jennifer Short: Heard of it but never tried it.
00:12:41 Wynona Hussack: I have tried writing down goals, etc and started the 12 week year, but then life got in the way
00:14:58 Christie Miller: no
00:14:58 Jayne Hood: no
00:14:59 Wynona Hussack: no
00:15:01 Jennifer Short: No
00:15:02 Steven Arthur: NO
00:15:05 Becky Gan: Heard of it but don't know the details of how it works!
00:15:05 Kerry Eddie: No
00:15:06 Diane Byron: No haven't heard of rpm

00:15:06 Juliet Rees: No
00:15:06 Carol Massey: no
00:15:06 Carole Nowak: No
00:15:25 Susan DeLorenzo: Yes. Have it from Back in the day. Long time ago
00:16:33 Christie Miller: EVERYTHING!!!
00:16:40 Wynona Hussack: Reacted to "EVERYTHING!!!" with ❤️
00:30:43 Juliet Rees: I forgot the why and focused on the want! 🤔
00:32:40 Kim Rice: Does it bring you joy?
00:32:56 Juliet Rees: yes!
00:33:16 Juliet Rees: oh, I see what you did there!
00:33:41 Jayne Hood: Reacted to "oh, I see what you d..." with 😊
00:36:20 Becky Gan: Wow that's so beautiful Christie
00:36:45 Wynona Hussack: Beautiful, Christie!
00:36:46 Kerry Eddie: Wow love that
00:38:25 Wynona Hussack: Thank you Sophie! This is hitting deeper and deeper. ❤️
00:39:20 Juliet Rees: Reacted to "Thank you Sophie! T..." with 💖
00:59:19 Diane Byron: Have a call so I have to jump
01:01:20 Kerstin Arnemann: Sophie this is amazing I need to catch the replay to dig deeper
01:03:42 Kim Rice: ME!
01:09:08 Wynona Hussack: Reacted to "Sophie this is amazi..." with ❤️
01:13:21 Susan DeLorenzo: Phenomena!!!!
01:13:21 Jayne Hood: So good! Thank you
01:13:22 Wynona Hussack: Thank you!! this is SOOOO Good!
01:13:44 Jennifer Short: Thank you.
01:13:45 Carole Nowak: Thank you, Sophie! This was so helpful!
01:13:46 Wynona Hussack: Absolutely! Yes!
01:13:47 Becky Gan: Thank you so much Sophie!!
01:13:52 Kerry Eddie: So good thank you.
01:14:13 Kerstin Arnemann: Yes of course
01:14:14 Wynona Hussack: I am in!
01:14:17 Susan DeLorenzo: Thank you, Sophie!!!!!!!! You do such a wonderful job— feels joyful
01:14:23 Carole Nowak: I'm interested!
01:14:24 Kerry Eddie: Yes please
01:14:27 Steven Arthur: So fabulous Sophie!
01:14:33 Juliet Rees: Thank you Sophie and yes to the 12 week year
01:14:34 Carol Massey: Yes
01:14:54 Steven Arthur: Is RPM Tony Robbins a live course?
01:16:58 Wynona Hussack: It does feel joyful!