

14:02:04 From Annette Ramrattan : yes yes
14:02:06 From Curtis Starks : Yes sir
14:02:10 From Rensby : Yes Yes.. Not very loud though
14:02:24 From Curtis Starks : you are extremely low
14:02:27 From Annette Ramrattan : low
14:02:49 From Annette Ramrattan : yes
14:03:02 From Curtis Starks : 7
14:03:04 From Annette Ramrattan : 7
14:03:05 From Mark Miranda : 5
14:03:07 From Ondrea Lynn : 5
14:03:25 From Rensby : yea a bit, still pretty low
14:03:25 From Rensby : 6
14:04:24 From Curtis Starks : Cant hear anythin
14:04:37 From GRusso : no audio
14:04:43 From Pat Pilla : no audio
14:04:50 From Rensby : same
14:05:00 From Curtis Starks : AJ no audio, its shoeing you mute
14:06:02 From Rensby : 10
14:06:03 From Annette Ramrattan : yES
14:06:04 From Ondrea Lynn : 10!!!
14:06:05 From Curtis Starks : 10 plus
14:06:06 From Pat Pilla : Great
14:06:08 From GRusso : 10
14:06:35 From Annette Ramrattan : Started Cleanse
14:06:42 From GRusso : great progress building content.
14:07:14 From Ondrea Lynn : Did the like champagne ! Another transformation beginning in
January 2ppl are already in
14:07:15 From Rensby : Great training sessions this week.
14:07:33 From Curtis Starks : Launch my 28 day program and pumped from the mastermind
14:07:46 From Patrick Doherty : got a few people, some paid/some non paid to commit to my
next 21 day transformation this Monday. so I'll be creating my first Facebook group for them
14:08:16 From Curtis Starks : Hey AJ are you talking
14:08:28 From Celeste Rains-Turk : ya I don't hear anything anymore
14:08:47 From Patrick Doherty : same
14:08:50 From Rachael Takesaka : same
14:09:01 From Ondrea Lynn : He said give him a minute as he fixes his mic. Ci
14:09:09 From Rachael Takesaka : Oh damn lol scared me
14:09:12 From Manny Love : hahaha
14:11:21 From Pat Pilla : Can't wait
14:11:28 From Annette Ramrattan : nice!
14:11:46 From Manny Love : such an amazing and valuable seminar!
14:12:02 From Pat Pilla : Magnificent
14:12:04 From Curtis Starks : It was kick ass
14:13:15 From Curtis Starks : live event
14:13:17 From Ondrea Lynn : LIVE EVENT!
14:13:18 From Manny Love : live event
14:13:22 From GRusso : live event
14:13:22 From Rensby : live event!

14:13:23 From Pat Pilla : live event
14:13:25 From Annette Ramrattan : live event
14:13:26 From dustinmartorano : Live Event
14:13:26 From Patrick Doherty : live event
14:13:32 From Rachael Takesaka : Live event
14:13:35 From Curtis Starks : Already schedule jan 12th
14:13:39 From Rachael Takesaka : SD in March
14:14:23 From Manny Love : Win - wake up at 6AM throughout wk, creating a sick routine and accountability structure ..and performing next Fri (dec 14th) for improv show
14:14:40 From Pat Pilla : yayyy Ondrea
14:14:46 From Pat Pilla : Curtis rocks
14:15:31 From Curtis Starks : Heyyyy Pat
14:15:35 From Celeste Rains-Turk : thank you 🥹🥹💕💕💕 hahahahaha ur amazing. I appreciate you
14:16:11 From Curtis Starks : The event was super awesome I left ready to change lives and mine
14:16:25 From Rachael Takesaka : I love that
14:16:36 From Pat Pilla : Didn't matter. You still changed lives.
14:16:45 From Pat Pilla : No matter the size of the event. just do it!
14:16:54 From Celeste Rains-Turk : yesss to events 😍
14:17:00 From Pat Pilla : Go Manny!!!!
14:17:17 From Manny Love : thanks Pat!
happy bday Celeste
14:17:24 From Curtis Starks : I started the primal roar every morning
14:17:32 From Manny Love : same here Curtis!
14:17:59 From Curtis Starks : Manny it feels so good....man im horse from it
14:18:05 From Celeste Rains-Turk : I recently tried launching an event and sold one ticket! hahahahaha soooooo I'm gunna refund her meet up w her for a coffee and see what we can do :p I didn't give enough time to launch!
14:18:14 From Celeste Rains-Turk : committed 😍😍
14:18:15 From GRusso : committed
14:18:15 From Rachael Takesaka : COMMITTEDDDDDD
14:18:16 From Ondrea Lynn : COMMITTED
14:18:17 From Rachael Takesaka : Lol
14:18:18 From Manny Love : committed
14:18:19 From Curtis Starks : Commit
14:18:26 From Annette Ramrattan : COMMITTED & A MUST!
14:18:34 From dustinmartorano : Committed.
14:18:35 From Rensby : Commit!
14:20:26 From Curtis Starks : both
14:20:28 From Rachael Takesaka : Man lol
14:20:30 From Rachael Takesaka : Men
14:20:34 From Rachael Takesaka : let it rain
14:20:35 From Rachael Takesaka : Hahah
14:20:39 From Curtis Starks : Busy moms and Busy Dads
14:20:40 From Celeste Rains-Turk : bikini competitors in their improvement season
14:20:43 From Ondrea Lynn : spiritual women
14:20:44 From Rensby : Not sure

14:20:45 From Annette Ramrattan : new to personal development
14:20:47 From GRusso : 40+ men
14:20:49 From Mark Miranda : women
14:20:51 From Manny Love : don't know specific niche yet -
prefer to work with men, but both in future
14:21:35 From Curtis Starks : 90% are busy moms
14:23:10 From Celeste Rains-Turk : mend their relationship with food, body image, and their new
goals
14:23:15 From GRusso : 2-5% reduction in bodyfat
14:23:29 From GRusso : develop lifestyle eating habits
14:23:53 From Manny Love : Confidence around women
14:24:00 From Pat Pilla : Older women that need encouragement to move past their fears of
moving forward, especially while maintaining a business or empty nesters who need to find out who they
are, since they lost themselves in their day to day life of taking care of their families and ignoring
themselves and the gifts that they have and how to share it.
14:24:09 From Curtis Starks : Busy moms lose 10-20lbs in 28 days
14:24:30 From Manny Love : gotchya makes sense!
14:24:47 From Patrick Doherty : haha
14:25:32 From Ondrea Lynn : activate the body spirit connection... probably not specific! AHHH
this is the part I always get stuck on.
14:25:34 From Annette Ramrattan : tools and strategies to overcome anxiety
14:25:43 From Manny Love : Confidence around women to help you get 4 new dates this month
14:26:18 From Pat Pilla : Help women find their passion and gain confidence when they think
they don't have one.
14:26:39 From dustinmartorano : Help small business owners make an additional\$10,000 in 30
days.
14:26:49 From GRusso : 2-5% reduction in bodyfat within 45 days
14:27:05 From Rachael Takesaka : Completely revamped website, linkedin, and brand story that
will double your leads in 30 days
14:27:35 From Mark Miranda : looking for 5 moms that are looking up loose 8 to 10 lbs
guaranteed
14:27:52 From Mark Miranda : in 28 days
14:27:56 From GRusso : men
14:27:59 From Celeste Rains-Turk : bikini competitors in their off season release guilt around
food in 30 days (struggling w this one a bit on specificity)
14:28:05 From GRusso : 40+ years of age
14:28:06 From Celeste Rains-Turk : lemme know if that's specific lol
14:28:09 From Patricia Rechner : women over 40
14:28:23 From Rachael Takesaka : Ok makes sense linked
14:28:36 From Celeste Rains-Turk : oooo I like that AJ for rachael
14:28:38 From Rachael Takesaka : Lol
14:28:53 From Rachael Takesaka : Yessssss
14:29:01 From Patricia Rechner : helping older women with self sabotage 40& over
14:29:10 From Ondrea Lynn : release body tension or release muscle tension??
14:29:23 From Manny Love : 5 men that want to land 4 new dates in the next 30 days by
randomly approaching in streets, bookstore, coffee shop, etc.
or

5 men that want to land 4 phone numbers in the next 30 days by randomly approaching in streets, bookstore, coffee shop, etc.

14:30:33 From Celeste Rains-Turk : hmmmmm I have no idea lol.

14:31:19 From Rachael Takesaka : I'm looking to help 5 male entrepreneurs with serviced based businesses get 5 new high end clients on linkedin in 30 days. LETS GOOOOOO

14:31:40 From Manny Love : love it Rachel!

14:31:49 From Annette Ramrattan : Looking for 5 people that are looking to breakthrough panic attacks

14:31:53 From Curtis Starks : Love it Rachel

14:31:59 From Rachael Takesaka : Thanks guys

14:32:01 From Rachael Takesaka : <3

14:32:15 From Mark Miranda : looking for that 40-year-old busy mom looking to lose 8 to 10 pounds and 28 days guaranteed

14:32:29 From Curtis Starks : I'm looking to 10 Busy Moms looking to lose 10 -20lbs in 28 days

14:32:31 From Patricia Rechner : loose 10 for ne years

14:32:35 From Rensby : Men over 40 lose 3 inches off their waist in 28 days.

14:33:08 From Ondrea Lynn : Spiritual women over 30 lose 10lbs in 7 days

14:33:40 From Rachael Takesaka : woooooooo

14:34:09 From Rensby : * Help 10 men over 40 lose 3 inches off their waistline in 28 days.

14:35:00 From Curtis Starks : How about I want to help 10 Busy moms over 40 years old lose 10-20lbs in the next 28 days

14:35:49 From Manny Love : Can this specific headline go on a paid advertisement?

14:35:56 From dustinmartorano : Rachael, I want that service!

14:36:10 From Rachael Takesaka : Lets get it guys

14:36:21 From Rachael Takesaka : message me you 10xers I got your back lol

14:36:39 From Celeste Rains-Turk : ondreya maybe try "empaths"

14:36:47 From Pat Pilla : Help 5 empty nester woman gain clarity moving forward.

14:37:52 From Rachael Takesaka : Celeste I'm looking to help 5 Bikini Competitors nail their off season diets to come back on stage better than ever@

14:37:54 From Mark Miranda : love

14:37:56 From Patricia Rechner : to fill there days

14:38:01 From Patricia Rechner : i'm over 40

14:38:06 From Celeste Rains-Turk : Rachael I'm not giving them a diet tho 🙄

14:38:11 From Rachael Takesaka : Hahah damn

14:38:16 From Rachael Takesaka : what are you offering

14:38:17 From Pat Pilla : Help 5 women over 40 find themselves again.

14:38:27 From Ondrea Lynn : They want more self care but don't make time for it

14:38:35 From Celeste Rains-Turk : hahahahaha wait I can't do that

14:38:38 From Celeste Rains-Turk : that's not what I do

14:38:44 From Rachael Takesaka : Hahahah

14:38:49 From Rachael Takesaka : girl what do you do

14:39:18 From dustinmartorano : Pat's good for clarity.

14:39:18 From Annette Ramrattan : Help 5 people break limiting beliefs and bring passion to all that they do in the next 30 days

14:39:27 From Celeste Rains-Turk : I help them mend their relationship with food, make peace with their body so they don't feel like a bloated balloon every day, and embrace the off season identity

14:40:02 From Ondrea Lynn : Celeste what if you just focus on the bloat?

14:40:23 From Celeste Rains-Turk : I do only mindset and self love with them not physical diet or exercise :p
14:41:50 From GRusso : celeste, how do you and/or your clients define "mindset" and "self-love?"
14:43:13 From Patricia Rechner : help you be comfortable looking at yourself naked in the mirror
14:43:19 From Pat Pilla : Looking for 5 women over 40 to learn my ninja secrets to obtaining a fulfilling life. haha!!
14:43:24 From Patricia Rechner : G
14:43:25 From Curtis Starks : G
14:43:26 From Rachael Takesaka : All G
14:43:26 From Manny Love : g
14:43:30 From Ondrea Lynn : G
14:43:30 From Patrick Doherty : G
14:43:30 From dustinmartorano : G
14:43:51 From Annette Ramrattan : G
14:46:04 From Rachael Takesaka : P
14:46:17 From GRusso : p
14:47:32 From Rachael Takesaka : 7
14:47:36 From Rachael Takesaka : Lol yahhhhh
14:48:18 From dustinmartorano : AJ, I'm scheduled to post video 3 today. Should I still do this?
14:48:19 From Mark Miranda : Looking for 8 Forty year old busy moms looking to loose 8 to 10 pounds in 28 days!!! Guaranteed! Comment bring it and I will send you the details?
14:48:22 From Curtis Starks : P
14:49:20 From Pat Pilla : lose
14:49:58 From Rachael Takesaka : Kinda wanting to just post it without the CTA below and have it in big text with the background
14:50:00 From Rachael Takesaka : is it ok
14:50:11 From dustinmartorano : BWAHAHAHAHAHAHAHA!
14:50:19 From Patrick Doherty : ha
14:50:42 From Rachael Takesaka : Hhaah
14:50:45 From Rachael Takesaka : heyyyy guys
14:51:55 From dustinmartorano : Nice job everybody!
14:52:24 From Rachael Takesaka : hahha
14:52:28 From Rachael Takesaka : Loose women
14:54:25 From AJ Mihrzad : Hey hope you're well!

I'm putting together a new program, and I wanted you to be a part of it.

I also want to give you back some \$\$\$ for being an awesome client, cool?

14:55:14 From Mark Miranda : pm them
14:55:42 From Rachael Takesaka : donnneeee
14:57:09 From AJ Mihrzad : Awesome, all you have to do is make a short post on your Facebook profile with a small mention of us working together?

Anyone who signs up from your post, I will give you \$200 cash for helping me out :)

I can send it over if you are cool with it?

14:57:17 From Rachael Takesaka : Woowooo
14:57:24 From Rachael Takesaka : booking calllsssss

14:57:25 From Rachael Takesaka : :)
14:57:32 From Rachael Takesaka : Yah bish hahah
14:57:51 From Manny Love : AJ - my public profile has nothing to do with dating or picking up, i did publish it in the private nice guys fb group though and can use this strategy from friends in the group.
15:02:21 From Rensby : Off to next meeting.. Thx for the awesome session! Cheers! looking forward to our first call.
15:03:39 From Rachael Takesaka : wooohooo :)
15:03:43 From Rachael Takesaka : Yesss
15:03:52 From GRusso : i need to log off. thanks for the info. hope everyone has a great rest of the week.
15:04:34 From Rachael Takesaka : aww you too!
15:04:47 From Ondrea Lynn : What do you say when someone comments and they are already working with you? Offer them the making money bonus?
15:04:54 From Pat Pilla : Set up the calls.
15:05:07 From Pat Pilla : Will work with you each step of the way.
15:05:54 From Curtis Starks : I just got some in my inbox
15:06:09 From Rachael Takesaka : Yesss good job Curtis!!!
15:06:10 From Pat Pilla : yayyy Curtis
15:06:15 From Rachael Takesaka : hhahahah
15:06:32 From dustinmartorano : AJ, I can't wait to use this. I'm assuming a document w/ the copy will be uploaded with this recording on the membership site.
15:06:48 From Manny Love : oh shit - AJ - i posted in my group
15:06:50 From Manny Love : and i got a comment
15:07:00 From Pat Pilla : All workshops are recorded and in our site Dustin
15:07:03 From Mark Miranda : i notice I get the same 20 peeps
15:07:12 From Mark Miranda : out of 5000 friends lol
15:07:14 From Rachael Takesaka : Y'all are awesome good job everyone
15:07:23 From dustinmartorano : Thanks Pat!
15:07:59 From Pat Pilla : Thank you AJ...Great insights
15:08:02 From AJ Mhrzad : Hey hope you're well!

I'm putting together a new program, and I wanted you to be a part of it.

I also want to give you back some \$\$\$ for being an awesome client, cool?

15:08:17 From Manny Love : if a random person comments in the post - and wants to connect - just do warm-up process?
15:08:26 From Pat Pilla : Follow up is key
15:09:18 From Manny Love : happy to help you get this result, but just out of curiosity what are you struggling with now?
15:09:28 From Manny Love : got it
15:09:33 From Curtis Starks : I'm going to kill this shit AJ
15:09:44 From Pat Pilla : You sure are Curtis.
15:09:57 From Manny Love : happy to help you get this result, but just out of curiosity what are your goals with women now?

15:10:23 From Curtis Starks : Pat I'm talking with some one now
15:10:29 From Rachael Takesaka : hahah

15:10:35 From Manny Love : we smoking motor BOAT next time ;)
15:10:44 From Curtis Starks : She's about to post my post
15:10:52 From Rachael Takesaka : yyayayay
15:11:19 From Curtis Starks : ok
15:12:46 From Pat Pilla : Great Tactic
15:12:56 From Pat Pilla : This is what serving is all about.
15:13:20 From Pat Pilla : We all help each other.
15:13:48 From Annette Ramrattan : THANKS AJ! GREAT CALL.
15:14:03 From Manny Love : Thanks AJ!
15:14:06 From Rachael Takesaka : Thanks everyone
15:14:07 From Rachael Takesaka : ,3
15:14:09 From Rachael Takesaka : <3
15:14:15 From Patrick Doherty : thank you AJ
15:14:18 From Pat Pilla : Have an amazing day guys