

00:18:30 Les Simpson: Les Simpson lsimpson@wellnesstechplus.ocm 303-579-6881 New Zealand TV show on mediation and healp for Dyslexia www.tinyurl.com/wtphealytv New to US, German medical device.

00:20:49 Thom and Sandy Corrigan: Who wants to do a bottleneck today? Which one on our call has an issue, challenge or opportunity that you want to get some help with today?

00:22:02 Thom and Sandy Corrigan: Feel free to put your name, the name of your business, what you give to your clients and your contact inf here so you can connect with others.

00:24:03 Thom and Sandy Corrigan: Sandy Corrigan303-907-1010 sandy@3to5club.com Helping Small Business Owners get off the treadmill, make more money in less time and help you get back to the passion that brought you into business to begin with. Thom Corrigan thom@cranksetgroup.com 720-515-3151

00:27:29 Martin Malseed:martin malseed here from Ireland ..work part time with an American company which helped me lose 56lbs over 4 months with no exercise .and a good social life ..now help people globally get healthy..my number is 00447929002238 or email

00:28:06 Martin Malseed:martin@wealthcareireland.com Seeking partners globally as well

00:30:52 John Hayes: You're very welcome Martin.
John Hayes here from Waterford, Ireland.
I'll touch base with you later.
Regards
John
+353 (0)86 2583456
john@3to5club.com

00:33:21 Sanjay Gupta: Sanjay Gupta@itcanbepictures.com. We do visual storytelling through video and photography. Environmental Portraits (portraits / headshots of people in the business environment) are usually fun. Feel free to reach out to just chat sanjay 678.923.5382 or sanjay@itcanbepictures.com.
Thanks.

00:35:09 Thom and Sandy Corrigan: In a few minutes are will be in smaller rooms.

00:36:03 Thom and Sandy Corrigan: The questions are: What is your first number? and 2. What number are you paying attention to now and do you need to change the number that you are focused on?

00:36:27 gilkayr: Hey Thom and Sandy, Im in the middle of my shift here and trying to jump in and out of the feed when I can. Just consider me not here because I cant really participate at the moment.

00:37:45 Megan: Dr. Randy- just stay in the main room and we'll be back after a few minutes :)

00:38:42 gilkayr: Sounds good

00:39:13 Kim Nitchman: some of us are entirely online, so the conversations are not necessarily with humans face to face or over phone

00:39:18 John: john@thedistributionsolution.co.uk

00:39:44 Chuck Blakeman:Kim - great issue - let's talk about in small groups and afterward - thx!

00:40:15 John Hayes: Hi Everyone.
John Hayes
Waterford, Ireland
john@3to5club.com
:-)

00:49:48 Megan: Oops, not intentional to mute everyone :)

00:50:36 Connie Ellefson: Connie Ellefson : Connie Ellefson-
landscape design and land development engineering (erosion
control plans, and other exciting plans.) 303-523-3664 -
truewest1@usa.net

00:51:58 AJ Gantt: AJ Gantt Functional Wellness 970-670-6088
performancehub2017@gmail.com

00:53:22 Tom Fanning: Was reminded of that phrase from some years
ago, "How great can I stand it!?"

00:53:42 Michelle Luevane: Michelle Luevane - Synergy CPA Group -
303-335-9692 - michelle@synergycpadenver.com - Tax Planning //
Tax Strategy // Specific to Real estate and business ownership

00:54:10 Kim Nitchman: I'm in Ithaca NY near Cornell and we have a
wonderful vacation home for family reunions and other
gatherings B&B also. TenwoodLodge.com

00:55:11 Megan: [https://fastrak-90-day-dyi-challenge-october-
2020.eventbrite.com](https://fastrak-90-day-dyi-challenge-october-2020.eventbrite.com)

00:55:40 Chuck Blakeman: Success is actually quite predictable, WHEN you
are doing the right thing. What's that one number I need to
kickstart everything else? That's the "right thing".

00:56:15 Chuck Blakeman: When I'm confused, I'm not responsible. Get
clarity, be responsible, and watch your business grow.

00:56:54 Terry: Terry Bryant - tbryant@pashencehcs.com - (678)499-3699
PaShence Healthcare Solutions

00:56:59 Chuck Blakeman: You get what you intend, not what you hope for.
You can't "intend" without one or two numbers to follow. What
are you intending?

00:57:40 Chuck Blakeman: Find a number and get moving. Planning doesn't
create movement. Movement creates the plan.

00:59:58 Terry: What are the products?

01:01:06 Sanjay Gupta: Sandy and Thom, Thanks for hosting this
meeting. I need to get away for another meeting. Thanks a lot.
Sanjay

01:01:53 Sanjay Gupta: Thanks everyone. I have to leave the meeting.
Have a great day.

01:05:06 Connie Ellefson: blog or podcast

01:05:56 Chuck Blakeman: Narrow your audience as much as you can. You
really can't go too narrow to begin with! Pregnant mothers, or
endurance athletes, etc.

01:06:36 Connie Ellefson: qualities of ideal client a growing
list, not all at once

01:06:50 Kim Nitchman: Blinding Flash of the Obvious: John saying
don't want to do what I have to do/should do

01:07:21 Megan: [https://fastrak-90-day-dyi-challenge-october-
2020.eventbrite.com](https://fastrak-90-day-dyi-challenge-october-2020.eventbrite.com)

01:07:34 Megan: [https://rehumanizing-the-workplace-october-
2020.eventbrite.com](https://rehumanizing-the-workplace-october-2020.eventbrite.com)

01:08:30 Connie Ellefson: Chuck,

01:08:54 Connie Ellefson: Oops. Anything from last Surthrivial
that is no longer available?

01:09:41 Megan: megan@cranksetgroup.com

01:09:52 Kim Nitchman: wow, 2021! looking forward to "2020 being hindsight"?!
01:09:56 Chuck Blakeman: PPP is not longer available, EIDL is still available. There is likely to be another round of PPP for companies with reduced revenues this year - stay tuned
01:10:07 Marlon's iPhone: BFO- If you don't know what number to start with, just arbitrarily pick one and go.
01:10:45 Terry: Number help us to ask questions!
01:11:29 Tracy Lufkin: Tracy Lufkin - lufkint@yahoo.com; 303-913-5318; Promoting health and wellness from the inside out | Wellness Partner with Amare Global - the Mental Wellness Company |
01:13:10 Terry: I have to get on another call. Thank you all!
01:13:39 Tracy Lufkin: <http://l1l.is/ymVx5>
01:13:40 Kim Nitchman: Thanks everyone, missed this webinar being every week, but glad to be here today!
01:14:19 Chuck Blakeman: www.3to5Club.com
01:14:51 Brad Smith: Brad Smith. bsmithdo@gmail.com. thanks for a great meeting.