Impromptu Zoom Meeting - December 07

VIEW RECORDING - 51 mins (No highlights)

@1:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Shazia.

@1:03 - **Shazia - Consultant**

Hi.

@1:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

How are you?

@1:06 - **Shazia - Consultant**

I'm good.

@1:06 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

How are you? Good. It's just you and me if we still have another minute, but we'll see.

@1:12 - **Shazia - Consultant**

It'll be a private Q&A. that's fantastic.

@1:18 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And how has it been going for you since you've been in the course?

@1:22 - **Shazia - Consultant**

You know, my sales are increasing.

@1:25 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's great.

@1:26 - **Shazia - Consultant**

It's the power in my work has come back because what happened, I realized is I kind of left sales subconsciously and I started focusing on a leadership that doesn't work.

And I'm like in my head, like thinking, you know, my arrogance, seeing, know, like I can do better. Just, you know, let me show you.

And, you know, and they're just, they're not in that place of that kind of transformation right now. So I just went into a different world altogether.

And your courses allowed me to reflect on what is it that's missing that, you know, for me to do my job.

And it's just, you know, it's just very simply doing my job. What I'm happy to do.

@2:13 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That's good. I'm so happy for you. That's great.

@2:17 - **Shazia - Consultant**

I love it. And it's great.

@2:18 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

like to hear.

@2:19 - **Shazia - Consultant**

Yeah. And every day, and, and you know, I kind of like sometimes I want to achieve higher targets and so on.

And then I've come to a realization that right now what works is if I enroll one person a day, you know, my target is 18, come on.

And 18 is, you know, is, is, is a good number. And if I can just play with, you know, the game of one a day, that works really well.

@2:44 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And if I get a better list, fantastic.

@2:46 - **Shazia - Consultant**

So that flow is back in and it's just, you know, just one a day and just really make a difference.

Get in their world, really listen to what you said is listen to them. What do they want? want. And I get that I was listening to them, but again, with the arrogance of wanting to fix them and tell them what I think is the right thing, rather than actually really listening to what they want.

So, yeah, yeah, thank you. Well, that's music to my ears.

@3:18 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Hi, Elliot.

@3:19 - **Shazia - Consultant**

Beautiful.

@3:20 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Elliot came on wearing the right color. It's just us chickens right now. So I'm going to let in a couple of the, here's Emma coming in, just because this is really a clean up session for any questions.

Yeah, buts, how abouts, what ifs, what if you bumped into or also sharing what you've accomplished like Shazia just did, which is very exciting, what's results that are coming out for you of participating.

So it's really your call to ask anything that's unclear that I can coach you in that I can support you with.

Does anybody have anything you want to share result wise? or questions that you want to clean up. The mop up.

Nothing. Okay. you guys are funny.

@4:13 - **bryce bronstein**

Yes. Hi, Jeff. guess I could try to arch the loop. So what has me beyond these calls is my deep, deep, deep admiration of you.

@4:27 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I mean, whatever you're doing, I would want to be around. Oh, that's very sweet.

@4:32 - **bryce bronstein**

Thank you. And it's the truth. I just want to say that there isn't a fit I don't think right now.

It hasn't, there hasn't been, you know. So that's kind of, so, so like when you say like you have anything to say, I'm not, I'm not, or do you have any questions or anything that's unclear for you that you need to get clarified so you can put it into action.

Well, when I say there isn't, it isn't a fit. It's that, It's been a hard journey for me to hold myself to account.

It's just been, and now I just made a new promise. I just made a promise. all this time I had no promises.

Just want you to know. Except for the promises I made to myself. For instance, I start to swim every day.

I don't have to think about it. I made a promise and that's what I do. I'm in recovery and a food disorder.

I've kept that promise for 42 years. But with the, and I still work, I still, today's a work day for me, which is why I was late.

But, but I did make a promise to myself and to someone else that I would get this book done.

And, and. Nothing has worked. Absolutely. Nothing has worked. So, but now I'm re-promising. So my problem...

@6:09 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, let me offer you something because getting this book done is conceptual. So it's hard to keep a conceptual promise.

know, swimming every day, that's actionable. Getting a book done is like, well, what does that mean? So you can...

You could promise... Don't take mine, you make up your own, but you could promise to write 10 pages a day.

Or you could promise to write every day for half an hour or three times a week or whatever. Those are actionable.

Get the book done. I don't think you're going to get traction with it.

@6:40 - **bryce bronstein**

I see, I see. the question is... Okay, so the question is... Well, so... And I... In the domain of what's true?

I know that... I know that... I made a promise, okay? And that promise is true and real for me.

The promise to have it accomplished is very important today. That hasn't gone away.

@7:13 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. Do you have a by when?

@7:15 - **bryce bronstein**

I'm thinking March.

@7:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay. But if your word doesn't have a by when, it's not a real promise.

@7:22 - **bryce bronstein**

I'm thinking, you know, could well, I could say by March, it would be finished written.

@7:28 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay.

@7:28 - **bryce bronstein**

Like not published, but not published, but written by March. So I have to say that I am thinking of working, I know you're offering a group program starting in January.

@7:41 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, January 18th, I think it starts.

@7:44 - **bryce bronstein**

So so and it's on Thursdays though or Tuesdays, Thursdays here, I'm going to put the link in the chat, which has your discount.

@7:51 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's Thursdays from 11 45 to 1 p.m.

@7:55 - **bryce bronstein**

So it's like lunch hour, East Coast time. Yeah. So. So that's a possibility because that's a promise. Okay, the promise.

Now I have a promise.

@8:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay.

@8:06 - **bryce bronstein**

Of March, yeah, you got to get the day in March because March has like 30 something. I just want to say, so up to now, I wasn't on the board with a promise.

Yeah, I get it. Okay, so I've been coming, but. Yeah. So that's what I want to say. But I get the difference that I'm going to have something finished by March such and such.

I have reason now to create a structure to see that occur.

@8:32 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Totally. And you should just talk to dad. He just finished what?

@8:35 - **bryce bronstein**

240 pages of his memoir.

@8:38 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Oh, it all happened in the group coaching session that's ending like next week.

@8:42 - **bryce bronstein**

Yeah, but did he, did he have any stops?

@8:44 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Was there anything in his way? You know, you'd have to ask him, but he was, he kept his word about doing two stories a day.

Sometimes he did more than two stories a day. was exactly. And in the group coaching sessions, we have a whole thing about three actions a day on this thing.

@9:00 - **bryce bronstein**

I've actually stay on this thing. So it's like it's a structure that supported him in fulfilling on them.

@9:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

But he's got, I mean, this thing is like this big. I was like, dad, you know, there's like this double printing, double sided printing you could do.

@9:11 - **bryce bronstein**

So I think he likes looking at it so big, you know, it's a big accomplishment. So that's what I'm up to.

I'm fairly certain that I'm going to do the January 18th it's how many weeks?

@9:24 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's three months.

@9:25 - **bryce bronstein**

So it ends in the end of March. Oh my God. Yeah, that's perfect.

@9:29 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

There we go.

@9:30 - **bryce bronstein**

Okay. So that's the structure I'm going to use.

@9:32 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So there you go. That's where I'm at. Now you got a word in the matter.

@9:37 - **bryce bronstein**

So now you got a game. No word, no game. Yeah, yeah.

@9:40 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I'm going to sign up for that. Great. The link is in the chat. Take it.

@9:43 - **bryce bronstein**

We are almost full right now. I hate to say it. Okay.

@9:46 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

doing it now.

@9:47 - **bryce bronstein**

Go for it.

@9:48 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

go now. Miller. Yeah, you got it. It's right there in the chat.

@9:51 - **bryce bronstein**

And that's the one that gives you the discount. Perfect. Great.

@9:55 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

welcome aboard. Game on. All right. Thank you. Hi. Sure. Right, you want to share either results that you've produced or questions, things that I want to clean up for you, whatever you need.

@10:09 - **Emma Luyendijk**

Yeah, I kind of made this note about the end of last class, because I had this question. I'm trying to know I can't find it.

@10:19 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So I'm just going to go something else. Okay, it's good to see you every week though.

@10:23 - **Emma Luyendijk**

It's like that's going to be delight to see your face. It's like old times. Yeah, I guess I think if I'm hitting it right, I remember roughly what I was thinking about.

We were talking about your word. I think we were talking about your word. make yourself and I was going to ask a question about it, but I thought it might muddy the beautiful message you were saying to the grooves.

@10:54 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I was like, I'm going hold it for this week. This is the cleanup week.

@10:57 - **Emma Luyendijk**

So whatever it is, I'll pop it up. So I thought about. you know, you're giving your word a lot and into the weeks even leading up to two weeks ago when that was a part of the course.

I was thinking about how like giving your word and my word has been one of the few like touchstones of like my core.

And while that's a good thing, I have seen and examined and kind of reflected on over the past couple of few years about how sometimes even those things you can and is a touchstone can sometimes become identity and sometimes then become actually contorted.

And sometimes I've noticed how like I have over the times over the years made like my word is in the day all I have.

And so I don't want to give my word on something that I can do something if I think there's a possibility that I can't get it done.

And while that's admirable because you don't want to break your word, I found that sometimes. times, and certain times where oftentimes that's allowed me to keep me from giving my word at all.

@12:08 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Right? it's like a crutch. You end up going, well, I'm not 100% sure on how to accomplish that. So I'm not going to get my word to it.

Yeah, that's definitely not the way you want to use your word.

@12:18 - **Emma Luyendijk**

Even like a few years ago, friends of mine, like, we're like, Hey, Brian, so I'm going to go see past the furious tomorrow at four.

And if you want to be there, that's cool. I'm not going to ask you if you want to come because I know you're not sure and just go leave it up to you.

So you know, I was like, that was the first time I was like, Oh, damn, this is a, wow, I really am like holding on to like the diligence of my word to where like, actually, it's not serving me.

And so I've been thinking about that and working on that. And I guess I didn't really, I don't really notice necessarily what I wanted to say or get coaching on or something to reflect on that.

But just noticing a recognition on and things like that that I have found over the years that I hold dear but can see how even the branch of things can, if contorted actually constrain you.

@13:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Right. Let me speak to it a bit for everybody. That is using your word as a prediction, not a creation.

So, if you can't see the pathway, you don't give your word. It's like if you don't know exactly how you're going to, that's not really a word, that's a prediction.

So if you want to develop muscle with your word, you have to create things that you don't know how to accomplish because that word rearranges your molecules and develops you.

Otherwise, you don't have to give your word to breathe. I mean, you're going to breathe most likely. mean, is there a chance you won't breathe?

Not building but creating from nothing. So you have a blank canvas. What do you want your life to look like in a year from now?

@15:08 - **Emma Luyendijk**

That's a creation then you figure out how to get there Right certainly and and and hearing you talk about that kind of made me realize but I think are two separate But equal things is that like there's you know, there's the word to yourself Which I think of course is what which that part the creation and development that part Though certainly needs, you know work in many areas.

I feel like I'm better than giving my work to others because it's the letting someone else down Yeah, that's the attachment you have so they'd have to because I want to which leads, you know out of goodness, but it leads to actually not Collaborating and then kind of staying stagnant and what you want to achieve because you can't build it alone Yeah, exactly.

@15:53 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

that development happens not only in your work to yourself, but in your word to others. So if for instance David sends you an

auditions as I need this tape, you know, by tomorrow at 9 a.m. And you don't know how you're going to get it done.

You say yes, and then you get it done. You do it all the time. You know, I see how you do that.

So that's an example of not a prediction, but a creation. Right now, has there ever been a time where you didn't get, you know, you saw it wasn't going to get done in time, how you honor your word?

See, honoring word, which is, you know, the ultimate integrity. It's not about keeping your word. There are times you're not going to keep your word, you know, your plane might be delayed or whatever.

But how you always can honor your word is the moment, the moment, not like right before the time you said you were going to get something done by it.

But the moment you see it's not going to get done. You get in communication with whoever is impacted by that word and you let them know, listen, I know I told you that, you know, by March 30, whatever is it, or 31 days, whatever 30th that I'd have this book done.

And but now it's, you know, March 15th and I can see that I'm going to need another two weeks.

So I want to repromise. So I want to revoke my promise. I want to give you a new word so that you're functioning inside of word, not inside of circumstances or unreality.

And part of that has to do with being really related to reality because most people aren't. So they're like, Oh, yeah, be there as soon as I can, whatever that time is.

We don't know. Or, you know, they're on 115th street and they're like, Oh, I'll be to you in, you know, in like 20 minutes.

And it's an hour on Mapqua, you know, so it's like not being connected to reality. Keeps your word weak.

But when you are powerfully related to reality, you can have a word that causes magic, like literally can create things like doubling your income, like, you know, all sorts of things like that, like, you know, losing 20 pounds in a month or whatever, you know, your thing is, um, and especially to other people.

So if you were to sign with a new agent say listen we're booking a series regular this this year that's that's the game I'm playing is I'm gonna book a series regular this year and then you're going throughout the year and pilot season comes and goes and you know it hasn't happened or whatever come June you could be like I want to relook at this word and look at what are the strategies that we have in place so what are the actions I need to take so that this gets fulfilled by December 31 because that was my word so I'm still in that game so what do I need to do

what who do I I need to do a workshop with who do I need to you know like there's a thinking and planning from your word not from the circumstances does that make sense.

@18:38 - **Emma Luyendijk**

For sure yeah I mean I think about like honoring your word is kind of the difference in how I'm viewing it you know I was saying I seeing how like giving my word to me was like you must keep no matter what and but knowing the reality is that you can't always led me to not giving it out in order to not fail at giving it in the first place right but like that's not building it.

anything new and I can maintain what I have at that, but we've talked about that before that that's my thing is, you know, feeling like I Down here and you know, of course is more where there's more stuff in life that are that are your life things are created whatever that feels like you're managing and Sometimes you're like I don't even have the time to to do to do this to finish this script with my bud to finish That door to you know, I think back few years ago doing this short film I'm like now I'm like, man, I don't know if I could do that right and I just dropped everything back then and I'm like and sure Life is you know times are different, but like But like I feel like not putting my word out or like they can risk it that it might be have to be Not broken but honored by well, yeah, and you might fail you might fail at what you promised or I might have to always you know keep like read, you know Re-adjusting what was the word instead of recommitting like

When I need to like?

@20:02 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, I'll tell you just from my own experience, really on a weekly, but definitely I think every day I'm looking at, okay, what did I say I was going to create this month and what did I, you know, with this year or whatever, and where am I on track?

Am I not on track? And quarterly, I certainly do it. now it's the end of the year. So I'm looking at the whole year and seeing, okay, where did I meet the measures that I had created with whatever it is, whether it's, you know, projects or money or clients or whatever, you know?

So it's a constant re-looking because none of it is stagnant. Your word is not stagnant. So if you look at your word like, I said it now I'm stuck, you know, it's going to be like the prison of your creation, but your word like anything is, is fluid.

@20:48 - **Emma Luyendijk**

So if you're constantly looking from what is it going to take to fulfill on this word or this promise or, you know, you're looking constantly at what's missing and what actions need to happen.

And that's called being a high performer.

@21:02 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Right. And the difference between a master and anybody else, is a master has failed more times than anybody else has even tried.

@21:15 - **Emma Luyendijk**

Right.

@21:16 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

But unless you're up to something that's going to stretch you, you can't develop. Right. Period. I mean, just look, even any of you, in your exercise, I mean, I'm sure Bryce swims every day, but I'm sure she hasn't been doing the same exact swim every day for the last 20 years.

She develops herself. She goes further. She has longer breaths. Or I don't know because I don't swim. whatever the things are that you do in swimming, it's just like weights.

You're not going to do the same amount of weight. No, you're developing yourself. maybe you won't do all the reps that you would do if it was a lower weight, but you're in a new game.

@21:51 - **Emma Luyendijk**

Yeah. Yeah. Yeah. Yeah. It's just been kind of an interesting insight. then, And the reflections you made on today also kind of help see some in a different light.

think going forward my continued thing that I'm working on and that is even while I feel like there's a variety of things at play, whether like just adulting stuff or hit the stuff or like helping get things together or whatever, over the past few years, there's been a lot more like life things like getting in my wife's from South Africa.

And so we went the whole green card thing and that is, I was like, learned a lot that I can't use again.

But it was different things that are enhancing me and like interesting as a human. But when it comes to continued to build stuff, it's like sort of reaching out to a cinematographer friend and working on this idea that I have, I'd be like, I don't have the time yet.

@22:53 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Right? would not. You don't have the time looking from where you are now and you're not going to.

@22:58 - **Emma Luyendijk**

Exactly. Right. Because it's Just, you know, because the universe doesn't tolerate empty space.

@23:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So it's not like your calendar is beckoning for something to go in it.

@23:07 - **Emma Luyendijk**

Oh, you gotta create a word and then create your calendar. Cool.

@23:14 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, great. Thanks so much. That's great. Okay, who else questions? Yeah, butts or sharing results that you produced over the period of time that we were together in the course.

Or anything that's unclear for you that I can, you know, clarify further. Anything? No, Dorothy, anything for you? Teresa, go ahead.

got it. Can you unmute? There you are.

@23:46 - **Theresa Laurico**

Oh, I love orange on you. Um, so the question I have is like, how do you source someone else's dream?

So I'll give example. I didn't break the where anything like that. But I did have a conversation with a very high-end cinematographer who makes movies and films.

And I said, you know, what would it cost or look like to document the entire experience of wanting to make this happen to it actually happening?

And like, what would that cost? Whatever, whatever. And he got really excited. He's like, oh, well, we could film this and we can add a QR code and we can get, you know, and then we started brainstorming together about how we can make it a social media thing where people look for the love in the city and share it socially and blah, blah, And, you know, then he's like, oh, we can try to get funding from this and that and this.

And then I was like, well, what are you working on? And he had this like canoe trip thing he wanted to do for entrepreneurs.

So we brainstormed on that. So I got his dream source of his canoeing trip and adventure and nature. But I didn't know how to link that to like, what my dreams.

course.

@25:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

What's the love and love and possibility and you don't have to. There's no connection needed. Oh, I mean, if you look at brainstorming about the canoeing thing and all that, what was the what was present in the conversation as you were brainstorming and looking at possibilities for the social media thing.

@25:17 - **Theresa Laurico**

What was present? I just watched myself and I was so excited and lit up and to have somebody who was like, yes, and that was might that's juice right when you're around people that use that language.

Yes, that's awesome. Love it. And what if you thought about this? is it like that kind of stuff. I thought myself being very excited about.

Yeah, I just you were brainstorming with him about his canoeing thing.

@25:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

What was present in the conversation.

@25:51 - **Theresa Laurico**

I just wanted to serve him and give back and create and it was possibility and love for sure.

@25:58 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, so there you go.

@26:00 - **Theresa Laurico**

And support.

@26:01 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So you don't need to link your projects.

@26:04 - **Theresa Laurico**

OK, so like when I go to talk to the mayor, though, like, you know, like I'm a little bit confused on how I would source her dream source while I'm talking about what's possible for the city.

@26:20 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, you ask her what's your vision for the city?

@26:25 - **Theresa Laurico**

OK.

@26:27 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And then whatever she said, yeah, she's going to share whatever she shares. And then you say, you know, like, you'll see what she says.

I don't know if you'll be aligned with her vision or you'll be up. You know, excited about her, whatever.

But you could say, you know, I want to share my vision with you as well. And just share what you're creating.

@26:44 - **Theresa Laurico**

OK, and I wanted to say one big breakthrough I had using your coaching. When you had me actually connect to the fact that, like, the love sign is just like, that's just like a byproduct and that.

the game I'm up to is so much bigger. It made me think of like all the hearts of the trees and how like really like it's for the planet for people for kids for like and when I got that when people came to me with like projects of like you know like with Hal Alrogh's book it's coming out next week and um his main girl was like okay we got to get these people in this best film I'm working with a mayor of New York to do this and in my heart I was like I wanted her to see what you had me see I wanted her to see that it's not about like like she's playing a game for world transformation and impact it was just so much she got the miracle morning in 600 schools in New York City so I wanted her to connect with like what she's really up to underneath what she's really doing um but I wouldn't

I've been able to see that as a leader from that lens, unless I had done what you did to me and got me to connect to my genuine source and how much all these little things are like, yeah, they're check off, you know, like it's one avenue, but it's not the scoreboard.

@28:22 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

And I had those as the scoreboard.

@28:24 - **Theresa Laurico**

That's great. So that was really powerful. And I just want to thank you because it just allows me when I'm talking to other leaders to just really be able to see what's underneath the game they're playing and not the scoreboard.

@28:38 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, I love that. That's beautiful. I call that the vision, not the vehicle.

@28:43 - **Theresa Laurico**

It's like you get focused on the vehicle, but it's not about the vehicle.

@28:47 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I mean, the vehicle be whatever it is, but it's your vision. Like, where are you going? What is the real vision that you have?

And then you'll see all sorts of vehicles. And you can still stay committed to the love sign and all of that.

But as long as you know. That's not the point.

@29:03 - **Theresa Laurico**

Like you said, so much more. It makes you so much more driven like when you really connect with the game, you're up to it's almost like who do I have to talk to?

@29:14 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

What do I have to call? Exactly.

@29:17 - **Theresa Laurico**

We're talking about like the poorest country in the world. Now, how do we elevate the world system so that they win the way we're winning in Canada?

Who do I need to talk to? What phone calls do I need? Like it drives you even more when you're really connected to your dream source.

So awesome.

@29:35 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thank you. And you're welcome. And one other thing just to give you our articulation wise, instead of thinking of it as driving you, think of it as pulling you.

@29:45 - **Theresa Laurico**

Okay.

@29:46 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

you create it out here. So it pulls you being driven is more like from a reason or justification or exactly being pulled is like given by

versus driven by.

@30:03 - **Theresa Laurico**

Beautiful.

@30:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thank you. Yeah, you're awesome. Thanks for sharing that.

@30:06 - **Theresa Laurico**

That's great.

@30:08 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Who else any questions or sharing, you know, what you've accomplished or yeah, but how about I don't I'm not clear about this.

I need some support with this distinction or I didn't ever get that whole thing about red flags or whatever.

Whatever you need. That's the purpose of the session is the bonus. Okay, I'll count to three.

@30:33 - **bryce bronstein**

Can you say something again about red flags?

@30:36 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

don't remember. Sure. The red flags are the thing that happens physically when you're about to be messable with, right?

So if you notice, you know, like, if you notice that what mess is with you is when, you know, people give you feedback or and you interpret that as criticism or something like that, right?

There's something that happens physically in your body, whether it's, you know, Oh, tight chest or a hot face or whatever it is.

So those are the red flags, the physical manifestations of your messable witness because why I want you to catch those red flags is because what is happening when you're being in the world of reaction, when you're being messable with is it's an actual physical thing that's happening.

Your brain physically is firing from the amygdala which is the fire, flight or freeze mode of your brain, right?

So if you can catch the physical symptom of being messable with, which will happen before the thought symptom, like before you realize that you're self doubting or whatever, you'll catch, you know, the thing physically will happen.

If you can catch it, you can intervene in it, create a hack that then gives you space to go down a pre-created road of your dream source or anything else you create in that situation.

So if you interrupt that physical mode that's happening, the brain has a chance to shift over to the frontal cortex, which is where all the creation happens.

@32:07 - **bryce bronstein**

Here you, so with regards to a question, so is it kind of like, it seems to be that it's about creating structures.

Around what, so what, so what I think doesn't work is I leave myself wide open.

@32:30 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

do a to do list.

@32:32 - **bryce bronstein**

And then I say, this is what's on my to do list. But then I get hijacked all the time.

Right. So it's so funny that you're saying, you know, look for this red flag. I don't have to look for the red flags.

If they're happening minute by minute by minute, you know, so I'm most productive when my head is on the chopping block.

It's, if you're coming through the door right now, let's say my house is totally upside down, but you're coming in 30 minutes and 30 minutes.

The whole place will be put together. That's just how my brain works.

@33:03 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Like if I'm more like it's an addiction, that's a lot of people are like that.

@33:07 - **bryce bronstein**

No, no, the occurrence changes entirely.

@33:12 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah.

@33:13 - **bryce bronstein**

The occurrence changes entirely when there's a consequence.

@33:19 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

You know what? Well, there's always consequence. You just aren't present to the consequence.

@33:24 - **bryce bronstein**

That's the thing.

@33:25 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So what you're talking about is being a good reactor because when something happens, like I'm coming over, you're going to now react and clean the house.

That's reaction. That's the same world as what I'm talking about. That's being messable with because it's all externally generated.

It's not your creation. Yeah, right? So when you create, I'm going to clean. I mean, this is like a silly example, but not really.

But if you say I'm going to clean my house on Mondays and Friday or whatever, and then you do that, that's your creation.

That's not a reaction to an external.

@34:00 - **bryce bronstein**

So this is the first time I understand reaction because I thought reaction was No being externally driven is reaction as opposed.

@34:10 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

That's great.

@34:11 - **bryce bronstein**

Okay, so being externally driven is reaction as opposed to Being the source of your creation totally well How could I possibly change that at this stage?

Really?

@34:23 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It's it's like any muscle. It's like any muscle You can rehab any muscle you have a weak muscle all you have to do is create a gym for that muscle And like you just said like creating a structure that gets you practicing And I would go back and look at the recordings and do the assignments again from the course because I think now that you've got this word for March you all of a sudden are in the game differently you're listening differently you can hear Differently so I think it'll be everything I can get exactly totally and and it really is the different It's not like all reaction is bad reaction.

No, you have good reactions to some But he goes, la, la, you're like, ooh, ooh. It's all reaction. But that's very different than creating your love for someone and then fulfilling on your creation.

Every time you create something, right? if Brian creates doing a film with his cinematographer friend or whatever it is, right?

Or you create having this book done by March, that creation and then fulfillment is like a brush stroke on the canvas.

So there's nothing there. Then you create a word and then fulfill on that word. Now there's color there that wasn't there before.

@35:38 - **bryce bronstein**

So with regards to my to-do list, before I even start the day, it's not about writing it down. It's about what can I really be responsible for?

Like what am I going to bring forward?

@35:54 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I think the two, I don't recommend to-do list. I think they're kind of pointless. because they just never end up getting complete.

I'm organized around completion. So I put everything in my calendar. have a, you know what I'll send you guys as a bonus?

@36:09 - **bryce bronstein**

I'll send you my calendar workshop.

@36:11 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

oh, you have it. So watch it, because it's about creating things in your calendar, but not just as a to do, as a context also.

@36:18 - **bryce bronstein**

So if you're gonna swim, why are you swimming?

@36:21 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Like what is the context inside which you're doing that activity and it could be, you know, vitality, it could be, you know, strength, it could be whatever.

But what are you creating by taking that action? And you start creating your life that way, versus just putting stuff in your calendar or not in your calendar on a to do list because there's things to do.

@36:44 - **bryce bronstein**

That's a recipe for overwhelm. Very different.

@36:49 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, it is. It's very different. But I will include like a code to get that thing. just gotta write a note for myself.

The calendar thing, because I think for those of you dealing with things like. that that could be really useful.

It's about 45 minutes and it makes a big difference. So if you if you do it, you know, Josh, could you just say that one thing and say that last thing again, because that felt kind of revelatory, but I just want to sink in.

I'm not sure what I said.

@37:15 - **Emma Luyendijk**

I was about like just what the calendar.

@37:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Oh, yeah, yeah. So, you know, it's not just like having a bunch of things to do that are translated from a to do list to your calendar.

It's about what are you creating, which each of those actions. if you're going to, you know, record an audition, right?

It's not just record the blue bloods audition. No, it's creating opportunity. Record blue bloods or, you know, create connection.

Date night, you know, so you're actually in the mode of creation because mostly we're not mostly as human beings.

We're reacting to what's happening, whether it's good or bad or whether we're effective at reacting or not. Most successful people are very good reactors.

They deal with the fire. They put them out. That's a very different muscle than creation and creation. The world is not organized for us to Exercise the muscle of creation so we have to design the gym for that You know and I use the calendar as a gym.

I mean, you know, I create Everything in my I put showering in my calendar. I I put you know rest.

I put restorative time I'm creating recharging, you know, and I and I rest for a half an hour I mean if I don't do that by the end of the day I'm a zombie You know, it's so it's designing Your life Yeah, I'll send you the the calendar workshop.

I think you like it. Yeah for sure. Okay. Good Dorothy I Just hit on it or I don't know what you hit Yeah, you're good.

@38:56 - **Dorothy McNeill**

Okay. Oh, so I went back to session two and listen to the October tape again and I'm still... what is it just like feeling the shackles come off basically by that thought of starting from nothing?

I think I've been really addicted to anxiety for many, a long time. So I'm actually aware I've been doing a lot of watching that just observing the anxiety.

And so I've been watching a lot of red flags. So it's still overwhelming this whole these sessions and I haven't really done the homework the way like day one day too.

I have not gotten there yet. I mean I watched it two days ago.

@40:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

that you can just be doing it at your own pace, whatever it takes.

@40:03 - **Dorothy McNeill**

This is not for the light-hearted.

@40:06 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

This is for people who are out to create life. That's not just anybody on the street.

@40:14 - **Dorothy McNeill**

So that's all. I'm still really amazed about the foundation. think of grade level of a building. I can first have to dig down to get the foundation.

@40:34 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well said, And that's the process.

@40:38 - **Dorothy McNeill**

But it's a really beautiful site, the grade level of a building. It's nice and flat, it's dirt, and it's...

then the pipes go in, and it's really exciting to watch.

@40:50 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Spoken this, someone in the real estate business, for sure. Well, is there anything I can support you with, anything that's unclear or needs?

one. And even, you know, on your phone, you know, you can access your computer calendar. If you don't know how to do that, somebody can support you.

@42:07 - **Dorothy McNeill**

No, I have it on my phone.

@42:09 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I would stick with that rather than the paper. know sometimes we get used to pay. I know my father is like Mr.

Paper and my husband will not do the computer calendar.

@42:18 - **Dorothy McNeill**

It's so funny to me. It just makes me laugh. He has my calendar on his phone, but not his, you know, so it's like, so people get like used to their thing.

@42:27 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

But I really think it will streamline your effectiveness to have a central location. So you don't have to look in two different places.

That's the other thing about to do list too. You have a to do list, but you don't have it in your calendar.

It's a little bit like you're in a recipe for overwhelm.

@42:42 - **Dorothy McNeill**

Yeah. Okay.

@42:44 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thank you.

@42:44 - **Dorothy McNeill**

That's absolutely welcome.

@42:48 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Anybody else questions? you're seeing, discovering anything I can provide support with. Well, I appreciate you guys being the diehards.

Yes, Brian. I'm like, you're the one still standing at the end of the, yeah.

@43:10 - **Emma Luyendijk**

I just think that the, yeah, this has been really great. I think even in this last session too, a lot of the stuff we've kind of touched on, in particular, you know, Dorothy was talking about as well.

I have so many to do lists. And yeah, I feel, I feel totally burned out because it's like, and I think that was kind of the second thing I wasn't going to talk about, but I was earlier, some of these two principles.

One was like, I'm a man, like a man in my word to give it. It's important. Yeah, yeah, yeah.

Well, we're talking about the second one was like, this principle was, surf me well in my type A kind of like, get stuff done thing is this, as a kid.

But my parents are always like, look, if you get your homework done first, like, then you can have fun.

you can like watch, know, and I'm realizing, you know, as an adult, like your homework's never done. Right. like I would let like friendships and stuff kind of like kind of weakened, but you know, I wouldn't reach out because it'd be like, if I just get this thing done, if I get kind of this, if I take a list first, then I'll, you know, then I'll schedule a time to go hang with Josh, you this all, you know, I'm like, and then realizing over time, like, oh God, like you just, it's never, you never go to finish it.

Like that principle worked in school.

@44:28 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah.

@44:28 - **Emma Luyendijk**

Yeah. Because you have like four things to do in your life. Right. You know, like you're not eight anymore.

Right. But, and so kind of making things real more with a, a calendarized way mixed with the creation and, you know, and creating a vision that I think that that's will be a very useful thing for everyone, for all of us.

@44:55 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

It is. I'm gonna, I'm gonna, I just want to check the link to make sure it works. You know what I'll do, I'll send it to you guys.

I don't know if it's requiring a password or not. So I'll put in what I think would be the, or use the same password that you use to access the recordings if it asks you for a password.

Okay. I'm just going to give you the link in the chat right now so you don't have to wait for the email.

Okay. There's the counter workshop.

@45:23 - **Emma Luyendijk**

Started to like put like estimated links of time beside things for things that I don't know how long it's going to take.

But I guess, know, just maybe putting that into the calendar instead.

@45:34 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Well, if you put it in the calendar, it's you literally are going to put it in a space of time.

So if you put it for two hours and it takes an hour, you have a free hour or vice versa.

If it takes more than two hours, you got to now schedule another block of time. So it keeps it physical, which is what I like about it.

You know, it's not in your head. It's not a memory thing. Theresa, did you click on that link and did it need a password?

Or did it work? If you just click on somebody click on the link, I just put in the thing and see if it actually just takes you there without a password.

@46:07 - **Emma Luyendijk**

Because I don't think I don't think you need a password for this link. Looks good. Now that anything you've known, good download.

@46:12 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, good. So that's the good. So then you're in. Great. So then you have like workbooks and all that kind of stuff and a video.

@46:20 - **bryce bronstein**

Just I just want to ask the course I just signed up for that from January to April. Was that the course that you originally was talking about?

@46:30 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

group coaching?

@46:32 - **bryce bronstein**

Yeah.

@46:33 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah. That should be January 18.

@46:35 - **bryce bronstein**

Yeah. That wasn't a different course that you said.

@46:39 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Oh, the one day live in person.

@46:42 - **bryce bronstein**

I thought that I saw the course was 1500.

@46:45 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I thought. It should be it's 600 a month, but for you guys, it's 500 a month.

@46:51 - **bryce bronstein**

So it's 1500. Okay. What I knew it couldn't be what I just saw. So it's not clear. So I just did something.

@47:00 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

that ask for $300. Yes, your first payment is $300 and your next two will be $600.

@47:06 - **bryce bronstein**

So it'll be $1,500 total.

@47:07 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, I knew it was something like that. That's right. yeah, yeah. Thanks for clarifying it. Absolutely. The total, it's per month, but you get $300 off because you guys are in this course.

So it's and it takes it off the top.

@47:18 - **bryce bronstein**

Super.

@47:19 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, great. Thanks for getting it clear. Okay, Okay, so you're good with the calendar, but everybody's got that access to that, but I'll put it in the email so you can access it and you'll have it in an email.

@47:30 - **bryce bronstein**

So it's not just in a chat and you lose it.

@47:32 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, it'd be $300. Yeah, yeah, definitely.

@47:34 - **bryce bronstein**

Absolutely. Okay, super.

@47:36 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Sure. Anybody else like questions or anything you need coaching in or want to create? All right, then I guess this is it.

I'm like, I'm happy that you guys showed up for the bonus session. you know, I know a bunch of you, I'll see you at the event in

in January, which is being live streamed. I know Teresa's doing it live stream, so that's good from Canada. But if there's anything else I can ever provide for you, you know where I am.

@48:10 - **bryce bronstein**

As a matter of fact, can I just say about that January 13th?

@48:14 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, you're on mute though.

@48:15 - **bryce bronstein**

I don't know what happened. You just muted yourself. I'm sorry. I just want to say as a matter of fact, I can't do the January 13th date.

But when we start the course, will you be doing the groundwork?

@48:26 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

will be doing a different version of it.

@48:29 - **bryce bronstein**

Yeah, it's more targeted and takes place over a 10, you know, 12 week period.

@48:34 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

So you're going to flesh it out much more. In one day, we come up with the broad strokes, but the group coaching takes it deeper and you know, like that.

@48:43 - **bryce bronstein**

Okay, it's also different being in person with like 40 or 50 people, you know, like I haven't been in the room with people in so long.

I can't wait to actually see people and touch them.

@48:52 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Okay, I mean, that sounded weird. okay. Shazu, did you have something? Yeah.

@49:00 - **Shazia - Consultant**

Just are you still planning on doing something in Paris?

@49:05 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

I am, you mean the retreat that I was thinking about doing? I have it up there, but I am not promoting it, and I would only do it for five people.

@49:16 - **Shazia - Consultant**

Okay.

@49:17 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

You want to know all the things I'm doing? you really want to know? Because I've got a coaches training for anybody who wants to get trained to be a coach.

I'm taking six people total. There's three already. I'm doing a mastery program for entrepreneurs who want to minimally double their business.

That's a year-long program, and I'm doing group coaching, and I'm doing one-on-one coaching, and that's pretty much it.

@49:37 - **Shazia - Consultant**

Okay, really? And are they all up on your website?

@49:41 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

They should be. Well, hold on. The mastery program, yeah, it's on. It's not on the work with me page.

The work with me page has most everything, and then there's a separate page for the mastery program, which is application only.

@49:55 - **Shazia - Consultant**

Okay.

@49:56 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Got it.

@49:56 - **Shazia - Consultant**

Yeah. Okay, great.

@49:58 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Yeah, absolutely. But everything. That should be answered. Or email me, whatever you want.

@50:02 - **Shazia - Consultant**

see them. Yeah, perfect. Perfect.

@50:04 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Thank you. OK, great. All right. I'm in New York until January 16th, and then back in Paris for couple weeks, then back in New York, then back in Paris, then back in New York, till May.

Right. Answer the question in the chat. OK, great. All right. you, everybody. Thank you so much for your participation.

I look forward to continuing to work with you in whatever capacity. if you have any questions ever, just email me.

@50:30 - **Shazia - Consultant**

Thank you.

@50:31 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

Brian knows I'm pretty quick on the email. OK.

@50:35 - **Shazia - Consultant**

Thank you.

@50:36 - **Josselyne Herman-Saccio (dreamreve@gmail.com)**

You're welcome. Thank you. And congratulations, Sazia. Shazia, that's great. you. OK. Take care.