Chat Log (Abridged)

00:17:05  Susan Mull: Hi, everyone!
00:18:31  Olivia Ford: Welcome everyone!
00:19:04  Susan Mull: Wow! Superstars! I wanna cry, I'm so happy to see you! 😁😁😁😁😁 #happytears
00:20:00  Susan Mull: I just ran a 5K this morning, for the Race Against Racism, Lancaster! Woohoo!
00:22:27  Gina Brown: Hi Yolanda!
00:24:02  Jyoti Surve: hiyyyy
00:24:18  Michelle Kohler: hi everyone
00:24:48  Courtney Biddulph: Hi Everyone!!
00:27:36  Gina Brown: Love you too NuNu!
00:28:47  Olivia Ford: Hi everyone!
00:29:30  Olivia Ford: <3
00:31:06  Susan Mull: Ciara - you look great!
00:32:30  Susan Mull: I am participating in a Visionary woman project with INTERFAITHPHILADELPHIA! It's helping me through this craziness!
00:35:06  Michelle Kohler: this is great! thank you ladies for doing this
00:35:17  Olivia Ford: Redefining beauty in these times: "After this whole pandemic, I might not need to have my eyebrows waxed all the time ... In my head and in my world, I am beautiful!" - instant classic CiCi quote!!
00:35:35  Krista Martel: AGREE!
Susan Mull: this is amazing!

Susan Mull: ooh- genius - work internally - I found this - Alicia Keys, "time for yourself is such an important thing, you're able to vibrate on another level"

Olivia Ford: CiCi: A vision board can help bring out things we may need to change - and crafty, creative activity like this are relaxing <3

Olivia Ford: CiCi asks: What is everybody doing to help stay relaxed and focused?

Olivia Ford: @Susan: Oooooo love that - Ms Keys is so brilliant!

Olivia Ford: CiCi: This pandemic has been hard for people who find it hard to be alone - but it can be a time to address things we've been avoiding and get ready for when the world opens back up

Michelle Kohler: yes SOOO appreciate the salons, doing my own hair and nails does not work for me!

Courtney Biddulph: still working and trying to find my way and address some issues I been putting on the back burner

Juliana Hawawini: Me too! Website.

Olivia Ford: CiCi: Has anybody tried or started anything new in the past weeks? It's fine if you haven't! I've been working on my website <3

Breklyn Bertozzi: I have job interview via zoom today at 4 for a peer engagement coordinator position

Krista Martel: yay Sandra!

Olivia Ford: CiCi: "Are you bored or are you resting? It's hard to tell sometimes - I'm so used to being so busy all the time"

Susan Mull: I'm walking and jogging a lot! I am finishing books - reading Ta-Nehisi Coates, The Water Dancer, and read The Yellow House about New Orleans, by Sarah Broom - the best memoir I ever read, I'm teaching my 8th grade grandson his end of yr. Language Arts curriculum - we're reading The Diary of Anne Frank, including art, poetry, reading the book and the play!

Krista Martel: also doing a lot of cooking here, and using it as a creative outlet.

Krista Martel: Wow, Susan! That's amazing! I love hearing what you are all doing!

Evelyn Scalice: I've been spending a lot of time with my daughter and doing school work with her. I also just purchased a 30 day workout program and this is my first time doing something like this. today was day 3 and I love it

Susan Mull: thanks - I'm trying to be grateful and not be sad and stressed!

Gina Brown: I've started doing Yoga and meditation...the meditation is going better than the Yoga. Lol

Susan Mull: yes! mindfulness!
Susan Mull: oh, Ciarra you are wonderfully eclectic!

Krista Martel: CiCi "one day I will wear a business suit" :)

Juliana Hawawini: CiCi, you are such an inspirational teacher! This is perfect!

Jyoti Surve: I first thought her tee says “heart”... naaah, it says “HEAL”. love that!!

Krista Martel: Her tshirt says "Healing Is Voluntary" (HIV) --that is her business

Susan Mull: oh, I watched "Uncorked" the other night on Netflix - well, it's about Memphis and the barbecue scene and one of the lines on the movie was - one barbecue joint is famous because Frankie Beverly had a stroke there! Whoa! And Courtney B. Vance is the star of the movie

Olivia Ford: CiCi: "Can't nobody knock your hustle ... They may try to distract us, move us off our squares, but they won't win! I will get up every day and try something"

Susan Mull: CC - this is perfect

Krista Martel: Ci Ci - can you please run for president?

Olivia Ford: CiCi: cutting out and putting up the word "boost" on her board - for those T-cells! - and committing to adherence <3

Courtney Biddulph: letting go is one of the hardest things to get through

Susan Mull: we're all going to be ready to be a political action committee after all this positivity!

Olivia Ford: CiCi: "It really is a choice to be happy. I choose happiness today. It's hard to know what is going on, I have a lot of anxiety ... but I choose happy"

Evelyn Scalice: This time scares me as well. I just keep focusing on the things that are in my control. I do everything I can to keep myself and my family safe

Jyoti Surve: CiCi is a GEM - a sparkle in TWP’s treasure box

Susan Mull: love is bigger than fear!

Evelyn Scalice: love the way the board is looking!

Olivia Ford: CiCi: “At some point *you* weren’t acting the way you were supposed to be acting and someone still loved you …"

Krista Martel: I wish you could see all the smiles you are bringing to everyone's faces, CiCi-- because I know I'm not alone!

Susan Mull: #curtismayfield - I'm so proud of you- I'm so proud to know all of you- sending love!

bose oladayo: You are right Jyoti

Susan Mull: this is so healing!

Maria Mejia: <3
bose oladayo: Yes CiCi we need to love each other no matter what!

Maria Mejia: even love those who hurt us

bose oladayo: Yes Maria

Susan Mull: I'm in the presence of goddesses here!

Maria Mejia: I need some magazines! everything is digital

Olivia Ford: CiCi: "I want to be well so that I can live ... and teach my son healthy habits" <3

Krista Martel: You are doing more than good!

Evelyn Scalice: Yes! nothing like becoming a parent to put all your habits and your upbringing front and center for us to self examine

Susan Mull: I'm on Genvoya too!

Krista Martel: I know Maria--we have to think how we can access magazines for those who may not have them. for those who have printers, you can print things off the internet too.

Maria Mejia: true

Jyoti Surve: someone gimme a little bit of CiCi 😍😍 I need a high!!

Krista Martel: looking up homemade glue... :) https://snappyliving.com/11-recipes-to-make-your-own-glue/

Olivia Ford: CiCi: “I may be concerned about my body but I'm also thinking about the condition of my soul!”

Susan Mull: I listened to Phyllis Hyman this morning, "I don't wanna lose you . . ." I don't wanna lose any of you! 😊❤️

Olivia Ford: CiCi on keeping it simple: "That makes me think of throwing things in the trash can. I hoard everything!"

Juliana Hawawini: I have all my diaries. We can't throw those out can we?

Susan Mull: I have all my diaries . . .

Olivia Ford: OMG CiCi me tooooooooooooooo - I have books from college that I always wanted to read again and never did (y'all, I'm 40) plus pretty much every bag from every conference I've been to ... <3

Olivia Ford: CiCi: I have a box of diaries from probably age ... 10?

Maria Mejia: it's ok not to be ok <3

Olivia Ford: CiCi: "We are all just balls of beautiful insecurity and mess! And it's OK!"

Maria Mejia: us strong women have the right to feel <3 but we will get through so much
Susan Mull: We’re all stardust - think how we sparkle!
Olivia Ford: "We are stardust ... we are golden!"
bose oladayo: Thank you for the courage.
Gina Brown: I’m scared too when speaking or presenting.
Olivia Ford: CiCi: "I’m scared right now. What am I going to do about it? Keep going! ... Years ago I wouldn't have been able to do what I’m doing right now"
Juliana Hawawini: That's a big one CiCi. I feel you.
Gina Brown: yes!!!
Olivia Ford: I believe it! Fear is real for so many of us - I know it is for me! <3
Gina Brown: Hi Maria! Looking beautiful sis!!!
Juliana Hawawini: I would never know you were so scared by watching this.
Susan Mull: Sometimes confronting our vulnerabilities takes a huge amt. of strength!
Gina Brown: I believe in you CiCi!
Evelyn Scalice: It’s been amazing listening to you. dropping gems
Gina Brown: I see my niece is in the room, Masonia <3
Courtney Biddulph: CiCi is amazing and stronger then she knows
Jyoti Surve: @Olivia, I see you. Thank you sooooo much for typing for me
Evelyn Scalice: I started an Instagram page for fitness. I’m not a professional but i share some of my stuff on there
Krista Martel: Evelyn I think is doing exercise
Michelle Kohler: learning new songs on guitar and ukulele
Susan Mull: THANK YOU! The tempo of your speech is filling me with love and the ability to be calm like when we employ Tibetan bowls!
Evelyn Scalice: that’s one of those things I’m trying to be braver about and post more
Krista Martel: I play sax too! let’s do a duet!
Michelle Kohler: love sound of saxophone
Evelyn Scalice: @strongmom_fitness
Evelyn Scalice: lol i wish i could do my nails!
Susan Mull: learn to work the saxophone . . .
Michelle Kohler: I can’t play wind instruments
01:08:38  Jyoti Surve: awwwwwwww 😍 Hello sweet baby

01:08:42  Susan Mull: this was fabulous!

01:08:51  Krista Martel: I've used an app with my son - home workout. it's daily and has been good--about 10 minutes a day. :)

01:08:57  Susan Mull: Play is so important!

01:08:58  Michelle Kohler: can't whistle lol

01:09:27  Krista Martel: we should feature people's musical talents in one of the sessions!

01:09:41  Michelle Kohler: love 😊 this

01:09:54  Michelle Kohler: that would be fun

01:09:59  Gina Brown: OMG I’m going out to find some jacks :)

01:10:00  Olivia Ford: CiCi: "Sometimes I laugh at things that aren't appropriate but it's a nervous laugh!" lol!

01:10:48  Krista Martel: Hi Susan!

01:11:01  Gina Brown: Hi Susan!

01:11:27  Michelle Kohler: hey Susan!

01:11:42  Michelle Kohler: great to see you smile!

01:11:44  Jyoti Surve: @Olivia / you need to save CC's quotes / and have it published in TWP website ... these quotes are a gem

01:12:04  Gina Brown: Can I be the Godmother, CiCi?

01:12:44  Olivia Ford: CiCi: "Our expectations should be a little different than they were a month ago"

01:12:52  Gina Brown: This feels so good!

01:13:20  Olivia Ford: CiCi: "Keep updating and changing your vision as much as you need to ... Even as adults we do change"

01:13:48  Evelyn Scalice: thank you for doing this. This is great

01:13:58  Porchia Dees: ❤️❤️❤️

01:14:13  Olivia Ford: CiCi: “Once your board is done, put it somewhere in your house where you can see it, but be careful who has access to it - not people who may try to sabotage a piece of your vision!” <3

01:14:14  bose oladayo: Again, thank you so much CiCi for this.

01:14:15  Juliana Hawawini: This was such a perfect session CiCi. So much gratitude.

01:14:18  Olivia Ford: AWESOME!!!! <3
Michelle Kohler: thank you all this is amazing! can’t wait to see you all again soon

Courtney Biddulph: thank you CiCi 😊

Juliana Hawawini: Thanks all.

Gina Brown: Love you all!

Jenna Conley: thank you all!!!!!!

bose oladayo: Good bye, love you all. Stay well and safe all.

Jyoti Surve: ❤❤❤❤❤