**Creative WILLpreneurs – Call #1 Transcript**

**Part 1**

**Elena Deutsch**: Okay.

**Elena Deutsch**: but I don't know if you've noticed I did turn off. Hello, Elizabeth! I did turn off that AI summary that some of you were like, What is this? Alright? So that is no longer.

**Saren**: Thank you. Maybe. Thank you.

**Elena Deutsch**: Yes.

**Elena Deutsch**: Hello, Elizabeth! Welcome, welcome back! Are you back from your trip? Are you still? Are you still away.

**Elizabeth Ebanks**: I. We extended it by one day because my brother's family could come in, so we're still on the trip. But then I was like. Oh, I have. I have a well entrepreneurs, and so

**Elizabeth Ebanks**: it's working out.

**Elena Deutsch**: Okay. Great, terrific, terrific! Excellent! Yay, alright!

**Elena Deutsch**: So good! And here comes Michelle. Hi, Michelle! Hi! Michelle!

**Michelle**: Thank you. Sorry I'm late.

**Elena Deutsch**: No, you're fine. I'm got just got chills. I just like gonna cry a little bit, which is all good, which is Elena is known to cry

**Elena Deutsch**: so I am so

**Elena Deutsch**: happy, just tingly.

**Elena Deutsch**: deliciously excited for the journey that we are all about to go on. So I'm so glad you are all here at this very moment to kick this off together.

**Elena Deutsch**: So did everybody receive a creative willpreneurs playbook? And if you, if you can open it. Okay, great. If you're able to print it out, if you want it as a word document, let me know I could. I could drop that into the chat, and you could, you know, make a copy of it and type into that. If you need that.

**Elena Deutsch**: So

**Elena Deutsch**: deep breath in.

**Elena Deutsch**: let it out. We're gonna start with a little grounding, and then we will get into introductions and motivations. So I think you all have the agenda, I said to the other day, and then it went out in the second reminder email today, and then we will dive in alright. Sound, good.

**Elena Deutsch**: alright, great. So just push away from your computer any amount, even if you just like, leave it where it is, or your body where it is. Just

**Elena Deutsch**: just

**Elena Deutsch**: take a breath and look out the window, or just look around your space.

**Elena Deutsch**: Just notice any, maybe patches of light

**Elena Deutsch**: on the wall or ceiling.

**Elena Deutsch**: Look behind you.

**Elena Deutsch**: look at the ceiling. Look at the floor.

**Elena Deutsch**: let your eyes settle on something that just makes you smile.

**Elena Deutsch**: could be an object could stir a memory

**Elena Deutsch**: and

**Elena Deutsch**: let your eyes come to close as you put your left hand on your heart and your right hand on your belly, you can lean back. If that feels good, you can sit up right very spine to the sky if that feels good. Just notice what's feeling good in your body right now

**Elena Deutsch**: and then. Notice your breath.

**Elena Deutsch**: You don't have to do anything different.

**Elena Deutsch**: Just notice

**Elena Deutsch**: breathing in.

**Elena Deutsch**: done out. Notice what's happening. Your body on the exhale. Do your shoulders relax any amount?

**Elena Deutsch**: Hmm!

**Elena Deutsch**: And then feel

**Elena Deutsch**: your feet connecting to the earth.

**Elena Deutsch**: Feel your hands touching your skin, your clothing.

**Elena Deutsch**: feel the sensation, the different textures available to you just within reach, maybe even touching your chair or the

**Elena Deutsch**: thing you're sitting on.

**Elena Deutsch**: and then letting your ears just take in any ambient sounds, noticing what you notice.

**Elena Deutsch**: notice things that are further away.

**Elena Deutsch**: They're just things that are closer in like maybe your breath.

**Elena Deutsch**: or even your heartbeat.

**Elena Deutsch**: And from this place of greater presence I invite you to imagine there's a beautiful circle of light surrounding you

**Elena Deutsch**: and that circle of light.

**Elena Deutsch**: It's like a beam shining down on you, and then it expands and it expands, and it kind of sucks all of us into its beam, and it teleports us to a magical, beautiful location.

**Elena Deutsch**: could be like

**Elena Deutsch**: one of those beautiful long tables in a vineyard

**Elena Deutsch**: beside of Brooke.

**Elena Deutsch**: Maybe there are twinkle lights around.

**Elena Deutsch**: Just

**Elena Deutsch**: imagine, everyone here is at that table, and your seat has your name on it.

**Elena Deutsch**: You pull it out and you sit on it in.

**Elena Deutsch**: And you look around this room.

**Elena Deutsch**: this table of other amazing women, souls. Humans

**Elena Deutsch**: who are embarking on this journey with you

**Elena Deutsch**: just give a silent hello around the table, even if you've never met each other yet in person.

**Elena Deutsch**: little silent hello around the table.

**Elena Deutsch**: and know that you have a seat at this table. You are here

**Elena Deutsch**: for some divine purpose, calling to help you step into

**Elena Deutsch**: yourself, your business, your life in a new way.

**Elena Deutsch**: Give yourself huge credit, just like, imagine, there's like a big giant hand that like is coming around and patting everyone on the back.

**Elena Deutsch**: So you get a little nice pat on the back. Feels like a little little warm massage, and that warmth

**Elena Deutsch**: spreads through. You

**Elena Deutsch**: notice any fears or trepidations, any nervous excitement?

**Elena Deutsch**: Just say hello to that part of you, too.

**Elena Deutsch**: Just give a silent

**Elena Deutsch**: appreciation for yourself, for what you did to have to show up here today all you had to arrange and juggle and coordinate.

**Elena Deutsch**: and then let your mind come to your motivation for being here today, your being here this year.

**Elena Deutsch**: How come you chose this.

**Elena Deutsch**: and what you would love, love, love to experience.

**Elena Deutsch**: and when you are ready, begin to wiggle your fingers and toes.

**Elena Deutsch**: Huh!

**Elena Deutsch**: Put your shoulders

**Elena Deutsch**: body, move about in any way that feels good.

**Elena Deutsch**: beautiful, and when you're ready you can open up your eyes and turn your video back on

**Elena Deutsch**: lovely, lovely.

**Elena Deutsch**: and let's go around and have you introduce yourself with the introduction questions I put into the

**Elena Deutsch**: agenda. So where you live, where you are in the world at this moment, and where you usually live, if you're not there.

**Elena Deutsch**: where you are in your will journey, a little little background, little context.

**Elena Deutsch**: And what motivated you to say? Yes.

**Elena Deutsch**: And if if something came to you for what you would love, love, love for this experience. Please please share that as well.

**Elena Deutsch**: So I'm gonna start with you, Sarin.

**Elena Deutsch**: You know what I'm good. Let's go ahead, sarin, and then we'll go on my top screen and I'll just go around. Go ahead, sarin, please. Kick us off.

**Saren**: I live halfway between New York City and Albany.

**Saren**: I am currently in New York City, headed out to Jackson Hole tomorrow morning for a work trip that I have extended by 2 days. I've never extended a work trip before for 30 years, so I'm doing it now.

**Elena Deutsch**: Operation.

**Saren**: Where am I? My will journey? I started will in 2018, and plugging along, still working at firm

**Saren**: but, like everything has shifted is shifting. And there's been a lot of changes for me

**Saren**: even this year which has been really cool. And this is gonna relate to what I'd like to experience

**Saren**: What motivated me to say? Yes, no.

**Saren**: And what do I want to experience? The thing that just came to me was to roar out loud.

**Elena Deutsch**: Roaring out loud, I love it!

**Saren**: And that's what this year has been happening a lot more for me. I'm like

**Saren**: more me, I'm more loud. I'm more putting it out there in like all sorts of ways. And this is coming from a person who doesn't like people.

**Elena Deutsch**: Beautiful.

**Elena Deutsch**: Thank you, Sarin. Alright.

**Elena Deutsch**: Kathleen.

**Elena Deutsch**: can you go next? Please?

**Kathleen Fong**: Hello, everybody! I'm Kathleen. I live in Westport, Connecticut.

**Kathleen Fong**: and I last worked as a lawyer more than a year ago. I decided.

**Kathleen Fong**: After many years at general counsel and different companies, and before that litigation, that my last job was my last lawyer, gig and

**Kathleen Fong**: I think I had been feeling that for quite some time. But I just I think the idea of what's my next step outside of a lot has always been really overwhelming and difficult to just

**Kathleen Fong**: figure out a plan, a structure to move forward. So

**Kathleen Fong**: it's been really

**Kathleen Fong**: eye opening and really cathartic to go through will and find that I can get to those answers. I can feel comfortable in

**Kathleen Fong**: starting something different, something out of law. And I basically recently just finished Module 6. I finished with the transform program with Elena.

**Kathleen Fong**: and

**Kathleen Fong**: over time have come to

**Kathleen Fong**: appreciate that. There are certain things, certain passions I have that kind of knew I had, but never thought I could make it into a business. So

**Kathleen Fong**: Once I finished the program, it was kind of like what's next? And it was really timely that Atlanta started this group, and

**Kathleen Fong**: I thought this would just be great, you know, just to figure out what the next steps are so I

**Kathleen Fong**: would like to, I guess.

**Kathleen Fong**: Just be more expansive on that that journey and not lose momentum.

**Kathleen Fong**: So that's where I am.

**Elena Deutsch**: Beautiful welcome.

**Elena Deutsch**: Alright! We're getting good our birthday woman.

**Elena Deutsch**: Hilary Sobel. Happy birthday! So.

**Hillary Sobel**: Hello!

**Elizabeth Ebanks**: And birthday.

**Elena Deutsch**: Kick off your.

**Hillary Sobel**: Hey? What's.

**Elena Deutsch**: Suspicious.

**Elena Deutsch**: Beginning to this year.

**Hillary Sobel**: It. It really really is. And I was writing about that in my morning pages I can't imagine anywhere else. I would rather be at my birthday than right here with all of you. So thank you. I know I'm about to cry to Elena.

**Hillary Sobel**: So where am I? My will journey? I've been with Elena, and will since the middle of 2020.

**Hillary Sobel**: I left the day to day practice of law

**Hillary Sobel**: in October of 2,021, and have never been so happy.

**Hillary Sobel**: I do a few legal gigs for friends, and realized the more I do that which is is winding down. But I have realized that

**Hillary Sobel**: leaving the wall is absolutely 1,000 the right thing for me.

**Hillary Sobel**: I was motivated to say yes to this opportunity for 2 reasons, one, as I always tell everybody. If Elena says she's doing something, I am right there with her, because, whatever it is.

**Hillary Sobel**: it's gonna be brilliant. It's gonna be eye opening. She's gonna give me tools to help me find the things I didn't know I had in May.

**Hillary Sobel**: and the other is, I've started to formalize a business that I've been doing for about

**Hillary Sobel**: 10 years, and

**Hillary Sobel**: it made sense, especially

**Hillary Sobel**: when I think about the timing of this, and

**Hillary Sobel**: having my birthday chart read for me last year by another will. Member Jenny.

**Hillary Sobel**: who said, You know, like the next 18 months are going to be foundational for you. It's not that

**Hillary Sobel**: things aren't going to happen, but they're gonna click off after that 18 months. And so I'm a year into that. 18 months will be by the end of the year, which dovetails with some of the goals I have, which is to not need

**Hillary Sobel**: to do any legal work to offset, say things so I don't have. I don't need that for my bills, so

**Hillary Sobel**: I'm here to see

**Hillary Sobel**: what's next, and

**Hillary Sobel**: work with all of you and Elena to.

**Hillary Sobel**: you know. Work that all out.

**Elena Deutsch**: Write it, write it right.

**Elena Deutsch**: kicking off your birthday this next, this next 6 months.

**Elena Deutsch**: putting that rest of that foundation in place. Yes.

**Elena Deutsch**: beautiful

**Elena Deutsch**: Melissa.

**Melissa Hall**: Hello, I live in Arlington, Virginia, just outside of Washington, DC.

**Melissa Hall**: my will journey started very end of 2020,

**Melissa Hall**: and by

**Melissa Hall**: April of 21. Thanks to Will and Elena, I got out of Big Long into my 1st in-house job.

**Melissa Hall**: Kind of took a will pause, because in house job, and it was people know me crypto. So it was a little insane then came back to Will

**Melissa Hall**: end of 20

**Melissa Hall**: 2, I guess, and then got laid off like a week later. So you know universe is helpful. And

**Melissa Hall**: through my will work and other things that came together, I ended up starting my own firm.

**Melissa Hall**: I have at this point 2 clients working on a 3.rd I basically. And my 2 clients are other law firms that don't have my expertise.

**Melissa Hall**: So I love working for myself.

**Melissa Hall**: It's

**Melissa Hall**: like pretty fun, although

**Melissa Hall**: I'm working on like improving my office. It's it's bit of a mess.

**Melissa Hall**: And what made me say yes

**Melissa Hall**: was a combination of

**Melissa Hall**: Hilary and I got to see each other for like an hour in New York, and Hillary is like help. Do it. Do it.

**Melissa Hall**: Then, Elena, I got on the call, and wasn't. It was like, well, let's talk about it. And then my gut was like, you know what my second client finally just paid me, which counts as a windfall, cause I don't count on that money. It's like why the hell not so like

**Melissa Hall**: I. It just felt right in in the moment. It feels right now. So

**Melissa Hall**: yeah. And I think the challenge for me is to try to figure out

**Melissa Hall**: like I love having my business. But I would just as happily not be a lawyer. So

**Melissa Hall**: the business I'm building. Isn't my dream so trying to figure out all those pieces so it doesn't feel

**Melissa Hall**: I don't know. So it does feel like a dream. I mean? I I mean, I'm using it to

**Melissa Hall**: fun. Dreams eventually live overseas, you know, may happen earlier in my plan, depending how the election.

**Melissa Hall**: So

**Melissa Hall**: but yeah, I'm just happy to be here. And this is such an awesome group. And just really want to take away

**Melissa Hall**: stream motivation and focus. And and that cause I really have a hard time doing homework. And so I wanted to just feel like this is awesome as opposed to being homework.

**Elena Deutsch**: Good.

**Elena Deutsch**: So we'll be doing a lot of the work on these calls. So you're not gonna have homework.

**Elena Deutsch**: I mean, you'll still have some. But but yeah, that's part part of the

**Elena Deutsch**: part of the plan. Excellent. Well, big welcome, Melissa

**Elena Deutsch**: Elizabeth Ebanks.

**Elizabeth Ebanks**: Hi, guys, can you hear me? Okay, sometimes, whatever.

**Elizabeth Ebanks**: So good to see you guys? I am. I live in Denver, Colorado. I'm currently in Richmond, Virginia. That's where I grew up

**Elizabeth Ebanks**: and haven't been here since last September. By.

**Elizabeth Ebanks**: I'm at a

**Elizabeth Ebanks**: firm currently. And my offices here that work remotely

**Elizabeth Ebanks**: in Colorado. So I used to bounce back and forth a lot, but never really now at all.

**Elizabeth Ebanks**: Oh, that's

**Elizabeth Ebanks**: I'm in my happy place in Colorado.

**Elizabeth Ebanks**: And so I

**Elizabeth Ebanks**: you started my will journey. Actually, Hilary, you and I were on the same timeline like did

**Elizabeth Ebanks**: 2020. I ended up getting pregnant. I'd only worked with Elaine a couple of months, but already found that it was

**Elizabeth Ebanks**: moving in a direction that was different than anything else that I had tried on my own 20 years, saying, I've got to get out of this and not doing it. And I took a pause. I got pregnant and rejoined, actually, in October 2021, on the call community call Hillary with you were like, this is my last day, and I was like, Oh, my, gosh, this is this works. So I didn't know. Obviously I didn't know you've been like that.

**Elizabeth Ebanks**: But and then really worked with Elena during that time, the start saying the Yes, no tree and setting boundaries, the firm, my life look very different at the firm coming back in all good ways. And then had the opportunity to join the artist way in

**Elizabeth Ebanks**: 2 years ago, basically

**Elizabeth Ebanks**: and that was like, I've said many times transformative. In so many ways, and just kind of

**Elizabeth Ebanks**: kind of like you, said Kathy. I didn't know what I wanted to do, and then, had you, I had a few passions here or there, and the artist would really just blown my mind. I mean, I'm doing things that weren't even near my list, that things that I thought I would be doing and so I

**Elizabeth Ebanks**: clearly I'm in this group to continue that path. But I had.

**Elizabeth Ebanks**: I have pretty clear goals of what I want to do. How I want to do that is what I want to explore. I have some particular business in mind, like want to kind of go down that entire entrepreneurial path, but then also just exploring a couple of other things. All related to foster care and sexual abuse, prevention.

**Elizabeth Ebanks**: And so and so yeah, like, you will say, I just feel it. I I my intuition, said what she said. I trust her now. And I know I'm supposed to be here. So that's very clear to me.

**Elena Deutsch**: I love what you said. What what you want to do is clear, and how you want to do it is is something that we will definitely all explore how we want to do our businesses.

**Elena Deutsch**: It's gonna be a big part of this. Yeah, so beautiful, Elizabeth. Thank you.

**Elena Deutsch**: Good. And Michelle, our brand spanking newest member, as well.

**Michelle**: Hi, everyone. So see you meet you. So yes, I'm Michelle. I'm brand new to will. This is my first.st This will be like my 1st full program. And I'm so excited to be here. I I think what made me say? Yes, I'm in the Bay Area, California, I think what really made me say yes is

**Michelle**: this year I've really been trying to think of ways to realign my life, and in a way that energizes me. There are parts of being a lawyer that I love, and there are parts that do the opposite of energize me. And so I

**Michelle**: I just want to go down a path that is more aligned with joy for me, and that, you know, when I when I spend my days

**Michelle**: I come out feeling like I I'm expansive and not retracting. And and so that's kind of what what made me say? Yes, I just feel like this is the this is the time, and this is the right thing for me in terms of what I'd like to get out of the program. I think. I have a lot of ideas I'm really excited about, and I get overwhelmed when I think about how to

**Michelle**: turn them into an actual plan and and a go forward path. And so I'm I'm really excited to have the support and to hear others talk about how they're going through those those same things, and to kind of give me ideas. And and also I ha! I have some ideas of what I like to do, but also still in the brainstorming phase. A little bit. So just looking for some creative

**Michelle**: buddies to to kind of bounce ideas off of and get feedback.

**Elena Deutsch**: Excellent. Well, you're in the right place, and Michelle and I had had quite a number of discussions and kind of like in our about will transform this got this. So so I I think you landed in the right place.

**Elena Deutsch**: Michelle, where you're you're clear enough that you don't want to practice law in that way, and you really want to start a business. So I think you're really in the right place and welcome, welcome, welcome, so welcome, all of you. Now some of you have been together like so just raise your hand. If you were in the Creator circle, so you can see kind of who

**Elena Deutsch**: who that was. So that was Hilary, Elizabeth, and Sarin, where? So we were in a mastermind together for 2 years. So they know each other pretty intimately.

**Elena Deutsch**: and then who was on the retreat? The money retreat we did in a year ago in October. So then, Melissa, we were all together in person in October 2024 in Arizona. So they've all met in person. So I love that there's so I just want Michelle and Kathleen you to know kind of some of the history of how people know each other already and are connected

**Elena Deutsch**: so and then everyone has a seat like I said, during our meditation at this table, and you'll hear people saying things to each other. That reference, some deeper knowledge. And now you know how they have access to that and I think it's kind of just like the momentum that you know.

**Elena Deutsch**: the people who've been doing this longer have. I think it's just gonna carry everyone, too.

**Elena Deutsch**: So the momentum from the Creator circle from your will journeys is gonna just really carry carry everyone. So I just wanted to kind of name all that.

**Elena Deutsch**: all right.

**Elena Deutsch**: So in terms of group guidelines, I want this to be a place where you feel completely safe. We're gonna be going deep into energetics. We're gonna be going deep into your blocks. What's holding you back? You're one of the things that I loved, whether or not you got a chance to listen to the podcast. One of the 1st things they talk about, the podcast. Is when you're starting a business, when you're starting something new

**Elena Deutsch**: like you're excited about that. And then all the shit is gonna come up, too. Why, you shouldn't do it so like that's all welcome here, where your ideas bouncing into like creativity accountability, we'll talk about more about that, too. So I just wanted to just name that this space is a place for confidential conversations.

**Elena Deutsch**: for deep and honest connection.

**Elena Deutsch**: for cameras on as much as possible, as much as you can. Cameras on like really changes, the energy.

**Elena Deutsch**: kindness.

**Elena Deutsch**: no shooting. So you, those of you have worked with me longer. No like we watch our language really carefully. We get very attuned to it.

**Elena Deutsch**: And really sharing, showing up and sharing. So those are some of the

**Elena Deutsch**: ground rules I came up with. I wanna make sure those are. You're all in agreement with all of those, and open the floor for additional elements. You would like to be present in our community.

**Saren**: I just wanted to add something to what you said.

**Saren**: which is one of the things I really love about. Will is

**Saren**: seeing over and over again how much the same we all are inside.

**Saren**: And then

**Saren**: we we bring that openness to the table. And also we're also all very inclusive with each other, and

**Saren**: generous and kind.

**Elena Deutsch**: Beautiful.

**Saren**: So those aren't rules. That's just one of the things I've noticed.

**Elena Deutsch**: And to request more of yes.

**Saren**: Yeah, I love that stuff.

**Elena Deutsch**: Me too

**Elena Deutsch**: good. Everyone agree to those things? Sarah said, Yeah, beautiful.

**Elena Deutsch**: Share your insights.

**Elena Deutsch**: What else do people want to add?

**Hillary Sobel**: I think that's probably something that I need to remind myself of. So I'm going to share it with all of you, which is

**Hillary Sobel**: to not apologize so much for how I feel, or the fact that I'm about to start crying. I know that this is a safe place, and so, knowing that I don't think that for that kind of thing apologies are necessary.

**Elena Deutsch**: Beautiful, thank you.

**Kathleen Fong**: I think one thing that comes to mind for me is to just try to be remain authentic, you know, to not.

**Kathleen Fong**: you know, just for me, you know, just to allow things to be organic and not

**Kathleen Fong**: have some structured game plan. It has to be that way. And I think for me. It'd be really helpful to

**Kathleen Fong**: feel that support. To do that, you know. Just

**Kathleen Fong**: not be deterred, I guess so.

**Kathleen Fong**: Yeah, beautiful, beautiful caffeine, to let things unfold and really be yourself in that process.

**Elena Deutsch**: Beautiful. Thank you.

**Saren**: Worth saying. You're always allowed to pass.

**Elena Deutsch**: Yes, worth saying. You're always allowed to pass. And the other thing I was thinking is like, like.

**Elena Deutsch**: you know, what life we're all full, complete humans with life and relationships and struggles and challenges and changes, and

**Elena Deutsch**: you know, like, really show up as much as you can and really take care of yourself

**Elena Deutsch**: if you if if and I think that speaks to the passing like I'm just, I'll all I can do today is just be here physically. That's that's a huge win.

**Elena Deutsch**: you know. And just it's okay to share with us. If there's or something going on

**Elena Deutsch**: that's preventing you from

**Elena Deutsch**: expanding as much as you would like.

**Elena Deutsch**: Is that safe?

**Elena Deutsch**: Yeah, Elizabeth, did you want to add something?

**Elena Deutsch**: Looks like you're Nope, okay.

**Elena Deutsch**: Anyone else? Anything else

**Elena Deutsch**: requests?

**Elena Deutsch**: Know that this that our guidelines can always be revisited, you can always add, we can always add to them.

**Elena Deutsch**: If there's something that needs to be added, please let's add it in. Okay.

**Elena Deutsch**: Sound? Good.

**Elena Deutsch**: Okay. Great. Okay. Good.

**Elena Deutsch**: alright. Just in terms of our structure. Just a little bit about that. We'll go into a little, I'll go into a little deeper, but we'll we'll have these 3 h sessions every 3 weeks. We're meeting on Thursday afternoons, you know. Some of us who are in the Creator circle. We're a little. I was a little attached to Tuesdays, but we're gonna shift to Thursdays. You all should have the schedule, and if that really really does not work for you, let us know.

**Elena Deutsch**: and we'll try and figure something else out. But if you can work with this. Let's go with it. We mapped out the whole year.

**Elena Deutsch**: so so

**Elena Deutsch**: We'll take a break

**Elena Deutsch**: somewhere in the middle. I will be creating these playbooks as we go. Like, I wrote in one of the emails before today, I don't think we will get through this whole playbook today. So we'll continue in this playbook and then playbook to, and it's also allows me. I have. I have, like a, you know, curriculum of content that I want to go through with you, and I also want to be responsive and adaptive to the group's needs. So we'll do that.

**Elena Deutsch**: It allows me more flexibility to meet you with what you need.

**Elena Deutsch**: We are creating a storehouse of our recordings, of the playbooks of additional content in teachable in the course where you access will transform. So that's going to be built as we go. And I have created a resource document that I will make you all able to edit and add to. So we can. You can share resources, share content through that.

**Elena Deutsch**: And then starting, you know, after today I will create a Boxer chat, which I think I think, Michelle, I got your boxer thing. So, Kathleen, I don't know if you've been able to get into Boxer yet.

**Elena Deutsch**: And create that. So send me your handle or connect with me if you haven't yet, and then I'll create our Boxer group. So between our calls, you can celebrate. You can ask questions, you can chat, etc.

**Elena Deutsch**: and then, before we end, today or before, you need to leave, Sarah and I wanna pair you up with an accountability, buddy

**Elena Deutsch**: a new accountability, Buddy and I wanna set the intention I want. I want to split the 3 of you who were in the Creator circle will all be with people who weren't. So we'll we'll start there and and then, and then we'll switch in 3 months I'll check in and how the accountability buddy thing works for those of you who have never done it. You and your buddy will connect with each other. You will

**Elena Deutsch**: share. Figure out your best way of communicating with each other whether it's by phone, by zoom, by text. I highly recommend, at least like a phone, some kind of voice to voice conversation.

**Elena Deutsch**: And for those of you who've been accounted by the buddies, and maybe you just wanna share. What's what's been great about that in some of some of your will work to date.

**Elena Deutsch**: and how that's helped on your journey.

**Hillary Sobel**: One of the one of the things I liked about it

**Hillary Sobel**: is.

**Hillary Sobel**: it's an opportunity to.

**Hillary Sobel**: you know. Just

**Hillary Sobel**: talk to somebody who knows what you're going through at that time and just bounce off ideas.

**Hillary Sobel**: It's like a mini version of these sessions. And so it's nice to have them in between

**Hillary Sobel**: it. There's like a a level of continuity and understanding, and

**Hillary Sobel**: it supplements everything that we do here. I like it a lot.

**Elena Deutsch**: Good.

**Elena Deutsch**: Anyone else.

**Elizabeth Ebanks**: Yeah, I was. Gonna I was just gonna add that on.

**Elizabeth Ebanks**: I like that. It.

**Elizabeth Ebanks**: you know, like, this work is always hard, right? Even if you see the big picture, you know in your heart you can do it every morning, at least for me, and I know I know some of you. Others wake up, and it's you gotta talk yourself back and gotta meditate. You gotta do all the things to believe you do what you are dreaming do, and I find that talking weekly. My action or accountability is

**Elizabeth Ebanks**: help helps me kind of go through that mire in my head along with more pages.

**Elena Deutsch**: Good, good, good.

**Elena Deutsch**: alright, great. Okay, great. So I think just while we're on this and concern, I know you need to leave early. So so I thought,

**Elena Deutsch**: you and Kathleen would pair up first.st Sorry and Kathleen.

**Elena Deutsch**: and then Elizabeth and Michelle, you guys are gonna be time zone. It'll be easier time zone. Wise mountain in California. Let's start there and then Melissa and Hilary.

**Elena Deutsch**: Okay, so we'll start there and then we'll switch 3 months.

**Elena Deutsch**: Hey? Good.

**Elena Deutsch**: Okay, great. So just you can just message each other in the chat, maybe during the break, or we, you know, and just just send your best, your phone number or your best email.

**Elena Deutsch**: I write.

**Elena Deutsch**: anybody need a little break, or you good to keep rolling.

**Elena Deutsch**: You're good. Good. Keep rolling. Okay?

**Elena Deutsch**: Oh, wait! I wanted to say one last thing while we're still on the logistic session. Co-creating some of the best ideas of making this work for you comes from you, so so do not do not like let me know, you know, and say on Le Elena, can we do this? Some of the best things have come from you guys. So let me know, Elena, can we do this? I I want more of this. Can we do less of that.

**Elena Deutsch**: This is this is a new thing. We are all co-creating together. I've never run this program before. So

**Elena Deutsch**: it's yours. It's mine. It's ours. So share your input to help improve it as we go.

**Elena Deutsch**: Okay? So I am very open to that, as I think, many of you know.

**Elena Deutsch**: Okay? So I thought, maybe maybe you want you pair up with your account pair you up with your accountability, Buddy, so you can say hi to that person and talk a little bit about what came up for you. What you see is some of the blockers, and what what you're choosing to do right, what you're committing to choosing to do, and I will swing around and pay a little visit to each of you, and we'll do. We'll take about 10 min for this, maybe 7, 7

**Elena Deutsch**: to 10 min. I'll see where it is. Look.

**Elena Deutsch**: I'll check in at about

**Elena Deutsch**: 10 min after the hour.

**Elena Deutsch**: So let me create

**Elena Deutsch**: me.

**Elena Deutsch**: Okay, Elizabeth, and

**Elena Deutsch**: shrine

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**Part 2**

**Elena Deutsch**: Okay, alright. Welcome back. As I just mentioned, Julia Cameron is doing a virtual workshop at Kripalu. I attended one with her a few months ago, and there's something incredibly magical about being in her presence. Seeing what these tools have helped her create is inspiring.

**Elena Deutsch**: In addition to dozens of books she's written, she made a movie, started singing, and wrote musicals. She's in her late seventies or eighties and has a new boyfriend. She's an amazing human, and it's fun to be on a group call with her.

**Elena Deutsch**: This whole book is about writing for guidance. I don't know if any of you have read past the introduction yet, but it's a sweet meandering through her life. She writes for guidance, receives it, and shares her struggles, like dealing with wildfires in New Mexico and deciding on air conditioning for her house. The book has a mundane quality that's very sweet.

**Elena Deutsch**: We'll go through the book, but it's less about the themes and more about her sharing how she writes for guidance, what she receives, and how it helps her. Let's talk about what you got from the introduction about writing for guidance, as this will be one of our core tools.

**Elena Deutsch**: So, what did you get from the introduction about writing for guidance?

**Hillary Sobel**: It reminded me of the exercise we did in the money retreat in October, where we wrote a letter to money and then had money write a letter to us. It felt similar to writing to guidance.

**Elena Deutsch**: Yes, thank you for connecting that and sharing. How has your relationship with money changed since that retreat?

**Hillary Sobel**: That exercise was a defining moment for me. My relationship with money has improved significantly since then.

**Elena Deutsch**: Great! We're going to do similar exercises, writing for guidance. We'll do it towards the end of each session. It's a core tool I want you to have. Let's try it now. Write a question for guidance and see what comes. We'll write for one to two minutes.

**Elena Deutsch**: Just try to keep your hand moving and see what comes. Finish your last sentence.

**Elena Deutsch**: I'd love to hear what you experienced. What did you get? You can either read what you wrote or share your experience.

**Hillary Sobel**: Every time I do this, I'm surprised by what comes out. It feels like it's not me writing; it's a different voice guiding me.

**Elena Deutsch**: Thank you for sharing. Melissa, go ahead.

**Melissa Hall**: I wrote, "Trust the process. Don't overthink everything. There's a freedom and joy here you're trying to access. I'm here to help you see yourself and options more clearly." It flowed easily.

**Elena Deutsch**: Beautiful. Elizabeth, go ahead.

**Elizabeth Ebanks**: I wrote, "Don't think, believe, feel, trust. Keep moving, and I will show up." It was surprising what came out without thinking.

**Elena Deutsch**: Thank you. Kathleen, how about you?

**Kathleen Fong**: I wrote, "It's okay to trust yourself. It's okay if the whole answer doesn't come at once. Keep going." Trust is a recurring theme.

**Elena Deutsch**: Thank you. Michelle, your turn.

**Michelle**: I was skeptical, but once I started writing, it flowed. I wrote about trusting the process and feeling proud of stepping out of my comfort zone.

**Elena Deutsch**: Wonderful. I'll share mine: "Dear Elena, thank you for sharing this tool. It may feel awkward at first, but it breaks the illusion that you are alone. I am always here for you."

**Elena Deutsch**: We'll use this practice throughout. There's an exercise in the book called "20 I Wishes." Let's do it now. Write 20 things you wish for, and make the last one an "I especially wish." Give me a thumbs up when you're done.

**Elena Deutsch**: How was that? What came up for you?

**Hillary Sobel**: It was hard because wishes feel ephemeral and not concrete.

**Elena Deutsch**: Thank you. Anyone else?

**Elizabeth Ebanks**: My wishes started small and then expanded. I found myself wishing bigger as I wrote more.

**Elena Deutsch**: Good. Michelle, how about you?

**Michelle**: My wishes also grew bigger, and I realized I often sweat the small stuff too much.

**Elena Deutsch**: Great insights. Kathleen?

**Kathleen Fong**: I struggled at first but felt more empowered as I continued.

**Elena Deutsch**: Wonderful. Melissa?

**Melissa Hall**: My wishes were initially negative, but they eventually became more positive and goal-oriented.

**Elena Deutsch**: Excellent. This exercise helps us expand our thinking. Let's now talk about what being an entrepreneur means to you. Write down your thoughts and who you admire as entrepreneurs.

**Elena Deutsch**: Michelle, please share.

**Michelle**: Being an entrepreneur means using creativity to match passions with skills to monetize something you enjoy. I admire people who have crafted businesses that fit their skills and dreams.

**Elena Deutsch**: Thank you. Hilary?

**Hillary Sobel**: To me, being an entrepreneur means defining my day, choosing who I work with, and having independence in money and life. I admire my friends Rita and Jerry, who own restaurants and create amazing experiences.

**Elena Deutsch**: Wonderful. Kathleen?

**Kathleen Fong**: Entrepreneurship means having a novel idea, living your passion, and having no limits. I admire people who have changed directions and found happiness in their new ventures.

**Elena Deutsch**: Great. Elizabeth?

**Elizabeth Ebanks**: I think of freedom, spirit, and living a dream, but also hard work and risk. I admire immigrants who start businesses and nonprofit founders.

**Elena Deutsch**: Nice. Melissa?

**Melissa Hall**: Entrepreneurs are creative, forward-thinking, brave, and good salespeople. I admire Sarah Blakely for her creativity and tenacity.

**Elena Deutsch**: Excellent. Now write an "I am" statement about being an entrepreneur.

**Elena Deutsch**: Let's go around and share your statements. Melissa?

**Melissa Hall**: I am an entrepreneur who loves my independence and autonomy and enjoys the validation of my work.

**Elena Deutsch**: Michelle?

**Michelle**: I am an entrepreneur who wants to use creativity to help others while fueling my happiness.

**Elena Deutsch**: Hilary?

**Hillary Sobel**: I am an entrepreneur who loves sharing, building, and creating with my clients.

**Elena Deutsch**: Kathleen?

**Kathleen Fong**: I am confident I can help others in a creative way in the business I hope to build.

**Elena Deutsch**: Elizabeth?

**Elizabeth Ebanks**: I am a mission-directed, powerful entrepreneur rooted in love and well-connected.

**Elena Deutsch**: Thank you all. This is a shift in identity for many of you. Embrace being an entrepreneur and let it become part of who you are.

**Elena Deutsch**: We'll dive deeper into your strengths and human design next time. For now, reflect on today's session and write an insight and one next step from your guidance.

**Elena Deutsch**: Thank you all for a great session. I'll see you next time.