



Coffee Chat: Practice What We Preach: Building Your Learning Habit

11:00:39 From Michelle Pessoa : 👍

11:00:42 From Tricia Ransom : Tricia invited Fireflies.ai here to record & take notes. View Security & Privacy info: <https://fireflies.ai/policy>

Type:

'/ff leave' - Remove Fireflies

View Realtime notes here:

https://app.fireflies.ai/live/01KH72QKR0SMA9VMTZYA6966NE?ref=live_chat

11:03:26 From Betsy Spetich : I've been having good luck creating images with ChatGPT.

11:03:34 From Connie Halvorsen : Reacted to "I've been having goo..." with 👍

11:06:32 From Michael Dalessandri : Wonderful! It's Friday!

11:06:59 From Connie Halvorsen : Reacted to "Wonderful! It's Fri..." with ❤️

11:06:59 From Carla Goldberg : Good Morning. It's my second time and glad to be here.

11:07:14 From Connie Halvorsen : Replying to "Good Morning. It's m..."

Glad you came back, again, Carla!

11:07:20 From Carla Goldberg : Reacted to "Glad you came back..." with ❤️

11:08:07 From Cynthia Lewis : Reacted to "Just did this in Cha..." with ❤️

11:08:40 From Maureen Flanagan : Replying to "Just did this in Cha..."

Is that Melanie from the WDNC movement?

11:08:51 From Michelle Pessoa : Replying to "Just did this in Cha..."

No, it's me.

11:09:21 From Connie Halvorsen : Reacted to "Just did this in Cha..." with 👍

11:10:00 From Maureen Flanagan : Replying to "Just did this in Cha..."

Stick a yellow highlighter behind your ear and wear a few pairs of readers and you may have yourself a Halloween costume. :-)

11:10:13 From Cynthia Lewis : Reacted to "Is that Melanie from..." with 😊

11:10:17 From Cynthia Lewis : Reacted to "Stick a yellow highl..." with 😊

11:10:25 From Cynthia Lewis : Reacted to "No, it's me." with ❤️

11:11:45 From Barbara Nuss : Michelle! What were your prompts?

11:11:55 From Tricia Prince : Effective learning

11:11:59 From Betsy Spetich : Urgent requests, projects, etc.

11:12:00 From Jessica Koleno : Definitely time. Time to learn and time to practice/apply.

11:12:00 From Maureen Boland : distractions

11:12:39 From Barbara Nuss : Too many other deadlines that are MUST do today, that's there's no time left for things that are nice to do.

11:13:02 From Connie Halvorsen : Reacted to "Too many other deadl..." with 👍

11:13:07 From Cynthia Lewis : Reacted to "Too many other deadl..." with 👍

11:13:10 From Carla Goldberg : I schedule it and then someone else's issue comes up and I don't say no. :(

11:13:27 From Victoria Nelson : Sometimes just being overwhelmed and not knowing where to even start. Maybe the overall topic feels daunting.

11:13:39 From Connie Halvorsen : Reacted to "Sometimes just being..." with 👍

11:13:40 From Maureen Flanagan : Reacted to "I schedule it and th..." with 🙌

11:13:43 From Connie Halvorsen : Reacted to "I schedule it and th..." with 👍

11:13:55 From Betsy Spetich : Yes, Maureen. Feeling that you can take the time for yourself instead of focusing on others.

11:14:05 From Maureen Boland : priorities for others trump my own

11:14:19 From Barbara Nuss : Replying to "I schedule it and th..."

Scheduling is a must. And it's okay if we're not perfect. Do our best,

11:14:25 From Michelle Pessoa : I'm distracted by wanting to be more creative than I'm allowed to be.

11:14:29 From Cynthia Lewis : Reacted to "Sometimes just being..." with 👍

11:14:29 From Maureen Flanagan : Reacted to "Yes, Maureen. Feelin..." with 👍

11:14:42 From Betsy Spetich : Replying to "priorities for other..."



11:14:50 From Maureen Flanagan : Reacted to "I'm distracted by wa..." with 🙌

11:15:02 From Cynthia Lewis : Replying to "I'm distracted by wa..."

This! I try to do elearning challenges on my own time 😞

11:16:06 From Jessica Koleno : I feel like I have to multitask when I'm on a webinar trying to learn; and then I miss a lot! Not a great multitasker

11:16:08 From Connie Halvorsen : Applying it is my main issue. I'm learning too much all the time to retain and apply it appropriately. I need a checklist to help me decide if it is worth retaining and where to retain it where I can go back and find it later. I also don't take time to reflect very often.

11:16:12 From Regina Doeppel : I do the same thing Carla. It is blocked on my calendar then someone asks something and I get distracted and never get back to it.

11:16:17 From Connie Halvorsen : Reacted to "I feel like I have t..." with 👍

11:16:24 From Carla Goldberg : Reacted to "I do the same thin..." with 👍

11:16:27 From Connie Halvorsen : Reacted to "I do the same thing ..." with 👍

11:16:27 From Jessica Koleno : Reacted to "Applying it is my ma..." with 🙌

11:16:29 From Betsy Spetich : Reacted to "Applying it is my ma..." with 👍

11:16:32 From Michelle Pessoa : Replying to "Michelle! What were ..."

I uploaded a selfie and I prompted "Insert this woman into a heroic scene in a graphic novel."
@Barbara Nuss

11:16:37 From Victoria Nelson : Reacted to "Applying it is my ma..." with 🙌

11:16:38 From Betsy Spetich : Reacted to "I do the same thing ..." with 👍

11:16:45 From Cynthia Lewis : Reacted to "I uploaded a selfie ..." with ❤️

11:16:46 From Connie Halvorsen : Reacted to "I uploaded a selfie ..." with ❤️

11:17:16 From Maureen Flanagan : Replying to "I'm distracted by wa..."

Sometimes I've looked outside of my day job to find creative outlets OR have shifted what may count for creativity at work. What you may take for granted, others may see as innovation and creativity.

If you have access to ChatGPT, use it to make some recommendations for how you may be able to add creativity to your work.

11:17:21 From Connie Halvorsen : Replying to "Michelle! What were ..."

Yes, I would love to hear them again! I obviously haven't been practicing it.

11:17:36 From Michelle Pessoa : Reacted to "I schedule it and th..." with 🙌

11:17:42 From Cynthia Lewis : Reacted to "Sometimes I've looke..." with ❤️

11:17:46 From Michelle Pessoa : Reacted to "Too many other deadl..." with 🙌

11:17:53 From Michelle Pessoa : Reacted to "Urgent requests, pro..." with 🙌

11:17:58 From Betsy Spetich : I tend to just in time learning - when I need to do something I don't know how to do, I research how to do it and then do it.

11:17:59 From Connie Halvorsen : Reacted to "Sometimes I've looke..." with ❤️

11:18:07 From Maureen Flanagan : Reacted to "I tend to just in ti..." with 🙌

11:18:14 From Connie Halvorsen : Reacted to "I tend to just in ti..." with ❤️

11:18:27 From Jason Dreyer : Don't make me thing
11:18:29 From Jason Dreyer : Think*
11:18:36 From Connie Halvorsen : Reacted to "Think*" with 👍
11:18:50 From Carla Goldberg : Reacted to "I feel like I have..." with 👍
11:19:17 From Barbara Nuss : Build it into whatever process you use for task/time management.
11:20:29 From Maureen Flanagan : @Shannon - may I share this checklist with my colleagues? We just had an all-hands meeting yesterday where we each shared a resource (book, podcast, community, etc.) we have used to enrich our learning. Ironically, only 2 people mentioned something about our internal learning resources.
11:20:36 From Shannon Tipton : Reacted to "@Shannon - may I sha..." with ❤️
11:20:42 From Carla Goldberg : Reacted to "@Shannon - may I s..." with 👍
11:20:43 From Connie Halvorsen : Reacted to "@Shannon - may I sha..." with 👍
11:20:44 From Shannon Tipton : Replying to "@Shannon - may I sha..."

absolutely!

11:20:46 From Jason Dreyer : Reacted to "@Shannon - may I sha..." with ❤️
11:20:48 From Carla Goldberg : Reacted to "absolutely!" with ❤️
11:20:59 From Maureen Flanagan : Reacted to "absolutely!" with ❤️
11:21:09 From Regina Doeppel : Reacted to "@Shannon - may I sha..." with ❤️
11:21:20 From Maureen Flanagan : Hoarder = Collector of all things :-)
11:23:05 From Regina Doeppel : Reacted to "Hoarder = Collector ..." with 🙄
11:23:31 From Betsy Spetich : It is structured, but still overwhelming.
11:23:46 From Victoria Nelson : I'm better about curating for my org (organizing things by topic) but not so much for myself (one massive "Resources" folder, making it impossible to find anything).
11:24:01 From Connie Halvorsen : Replying to "I'm better about cur..."

Same here, Victoria!

11:24:07 From Jessica Koleno : I try and block an hour on my calendar for lunch each day. If I'm not eating with my colleagues during that time, I will typically watch a live or recorded webinar while I eat. Then I try to share one big thing I learned to my team in Teams chat so I can remember it and share the wealth with others.
11:24:20 From Maureen Flanagan : @Betsy Spetich - I have way too many "someday" resources in my house and realize that I can access them through our library system and that the work-related have not been touched in many years. I don't want my kids to have to deal with it when I can't, so I am making slow but steady progress and reducing what is in each of my piles or boxes. Each pass through, I make progress.
11:24:25 From Michelle Pessoa : The dog on the right is judging me...
11:24:26 From Connie Halvorsen : Reacted to "I try and block an h..." with ❤️
11:24:35 From Cynthia Lewis : Reacted to "@Betsy Spetich - I h..." with ❤️
11:24:49 From Betsy Spetich : Reacted to "@Betsy Spetich - I h..." with ❤️
11:25:18 From Connie Halvorsen : Reacted to "The dog on the right..." with 😊

11:25:21 From Michael Dalessandri : @Michelle - Jack and Lucy are goldendoodles - say they are always judging.
11:25:23 From Carla Goldberg : Reacted to "The dog on the rig..." with 😊
11:25:26 From Michael Dalessandri : Reacted to "@Michelle - Jack and..." with 😄
11:25:35 From Connie Halvorsen : Reacted to "@Michelle - Jack and..." with 😊
11:25:40 From Maureen Flanagan : Reacted to "@Michelle - Jack and..." with 😄
11:25:48 From Carla Goldberg : Replying to "The dog on the rig..."

Sounds like the dog is mirroring your thoughts. LOL

11:25:49 From Betsy Spetich : @Maureen Flanagan I have boxes of stuff at home, but my work stuff is digital files.
11:26:01 From Maureen Flanagan : Reacted to "@Maureen Flanagan I ..." with 👍
11:26:02 From Carla Goldberg : Reacted to "@Michelle - Jack a..." with 😄
11:26:15 From Michelle Pessoa : Reacted to "@Michelle - Jack and..." with 😊
11:26:37 From Regina Doeppel : Reacted to "@Betsy Spetich - I h..." with ❤️
11:26:38 From Cynthia Lewis : Reacted to "@Michelle - Jack and..." with 😄
11:26:53 From Jessica Koleno : Folders in my email. Or you can forward to x@asana.com and it will automatically transfer the email to my ASANA to do list
11:26:53 From Carla Goldberg : I create the folders and then they just sit there. I never go back.
11:26:54 From Michael Dalessandri : Jack is on my left shoulder and Lucy in on my right shoulder.
11:26:58 From Barbara Nuss : I make a Read This sub-folder of my Inbox and move emails there to read another day. Then I don't read it.
11:27:00 From Connie Halvorsen : Reacted to "I create the folders..." with 😊
11:27:06 From Maureen Flanagan : Reacted to "I make a Read This s..." with 😊
11:27:09 From Jessica Koleno : Reacted to "I make a Read This s..." with 😊
11:27:09 From Carla Goldberg : Reacted to "I make a Read This..." with 👍
11:27:15 From Cynthia Lewis : Reacted to "I make a Read This s..." with 😄
11:27:19 From Victoria Nelson : Reacted to "I make a Read This s..." with 🙌
11:27:22 From Sandra Guzman : Reacted to "I make a Read This s..." with 😄
11:27:24 From Michelle Pessoa : Reacted to "I make a Read This s..." with 🙌
11:27:29 From Michael Dalessandri : Reacted to "I make a Read This s..." with 😊
11:27:47 From Maureen Boland : sometimes i reschedule messages and put in folders
11:27:52 From Regina Doeppel : A few days ago, I was introduced to Notebooklm, thank you Shannon, and I am hoping to be able to use it for my personal learning both organizing and reviewing.
11:28:07 From Connie Halvorsen : Reacted to "A few days ago, I wa..." with ❤️
11:28:09 From Betsy Spetich : I set up separate folders in my email for specific newsletters or other items I receive regularly to send things to look at later. I do flag things I need to look at soon.
11:28:29 From Shannon Tipton : Reacted to "A few days ago, I wa..." with ❤️
11:28:51 From Connie Halvorsen : Replying to "A few days ago, I wa..."

I'm thinking about doing that, but I have always struggled to keep one tool for my resources. I do think it's a great idea!

- 11:28:59 From Shannon Tipton : Reacted to "I make a Read This s..." with 😊
- 11:29:37 From Barbara Nuss : I use training mag live webinars for a good share of my learning. I put the live webinars onto my calendar, then I make it to at least half of them.
- 11:29:50 From Connie Halvorsen : Reacted to "I use training mag I..." with 👍
- 11:29:53 From Carla Goldberg : Reacted to "I use training mag..." with 👍
- 11:29:54 From Maureen Flanagan : I use color-coding on my calendar and purple is my favorite color, so Personal/Professional Development is blocked with purple. I try to have some purple on my calendar each week. Every other Friday, Learning Rebels is marked in purple.
- 11:30:04 From Maureen Flanagan : Reacted to "I use training mag I..." with 👍
- 11:30:06 From Cynthia Lewis : Reacted to "I use color-coding o..." with ❤️
- 11:30:25 From Betsy Spetich : Replying to "I use training mag I..."

Me too @Barbara Nuss. Training Mag Network is one of the folders I set up in my email.

- 11:30:28 From Maureen Flanagan : Replying to "I use training mag I..."

I also listen to the recordings at 1.5 speed.

- 11:30:44 From Barbara Nuss : I use Trello too and I'm wondering the same thing.
- 11:30:57 From Jason Dreyer : Just don't go down a rabbit hole of what else it can do
- 11:31:40 From Cynthia Lewis : I am training/coaching two coworkers on Articulate, Synthesia, Sana, and instructional design so I have a spreadsheet of courses with a rating system on whether it is good enough to share the recording with them. Sort of keeps me accountable to go back and watch them if I miss the live event.
- 11:32:28 From Betsy Spetich : Reacted to "I am training/coachi..." with ❤️
- 11:33:14 From Connie Halvorsen : Reacted to "I am training/coachi..." with ❤️
- 11:34:56 From Jessica Koleno : Looks like Trello supports email forwarding. It's just a different email address for each card: <https://share.google/aimode/i8J30KqzjxblS3tjn>
- 11:35:13 From Sandra Guzman : Reacted to "I am training/coachi..." with ❤️
- 11:35:13 From Shannon Tipton : Reacted to "Looks like Trello su..." with 😊
- 11:35:41 From Barbara Nuss : RE: Email to a Trello Board - Chat GPT gave me the process for emailing to my Trello board. Check out the email-to-board process. You can choose which board and which card to send an email to. Trello creates a specific email address that you use for sending things to a specific card. Will do this.
- 11:36:35 From Victoria Nelson : Reacted to "New for me--just did..." with ❤️
- 11:36:54 From Maureen Flanagan : @Connie Halvorsen - were you referencing the habit to set aside 15 minutes in the morning to hand write these things: Page 1 -- 3 things I am grateful for, Pages 2 & 3 what is on my mind about what I need to do personally and professionally? From that list, it emerges what is taking up headspace and begin to prioritize how to get those things done.
- 11:39:04 From Connie Halvorsen : Reacted to "@Connie Halvorsen - ..." with ❤️
- 11:39:30 From Connie Halvorsen : Replying to "@Connie Halvorsen - ..."

Maybe that was what I was thinking of. That does sound familiar. I'll have to check my notes. I do love this! Copying it again in case I don't have this. :)

11:39:36 From Carla Goldberg : I love this checklist. I'm going to use it and share it with our employees. The ideas are great so I don't waste time thinking in a fog and staring at the computer. :)

11:40:07 From Cheryl Adas : I recently listened to a James Clear podcast, the author of Atomic Habits...said that most people think that it is "lack of motivation" that is holding them back from creating good habits....he said it is really "lack of clarity" that is the issue...

11:40:24 From Jessica Koleno : Reacted to "I recently listened ..." with ❤️

11:40:29 From Cheryl Adas : It seems that is what we are talking about here...developing clarity of direction for ourselves.

11:40:30 From Cynthia Lewis : Reacted to "I recently listened ..." with ❤️

11:40:37 From Maureen Flanagan : Reacted to "I recently listened ..." with ❤️

11:40:47 From Victoria Nelson : Reacted to "I recently listened ..." with ❤️

11:40:54 From Connie Halvorsen : Reacted to "It seems that is wha..." with 👍

11:41:15 From Sandra Guzman : I don't see the checklist in the docs folder. Do you mind sharing again. Thank you!

11:42:33 From Carla Goldberg : The Full Focus Planner is a great help. I had stopped using it and it's calling me back. I hear it whispering to me to get back on track.

11:43:19 From Sandra Guzman : Reacted to "Daily_Learning_Habit_Checklist.pdf" with ❤️

11:45:31 From Sandra Guzman : Reacted to "I use a Standard Wor..." with ❤️

11:45:31 From Cheryl Adas : Reacted to "I use a Standard Wor..." with 👍

11:45:39 From Connie Halvorsen : Reacted to "I use a Standard Wor..." with ❤️

11:45:46 From Connie Halvorsen : Replying to "I use a Standard Wor..."

I love it!

11:46:06 From Tricia Prince : Reacted to "I use a Standard Wor..." with ❤️

11:47:15 From Jessica Koleno : @Shannon Tipton Thank you for always planning all our sessions in advance. I consider this one of my best PD opportunities and it automatically time blocks my calendar, setting aside time for ME to learn!!

11:47:28 From Carla Goldberg : Reacted to "@Shannon Tipton Th..." with ❤️

11:47:30 From Jason Dreyer : Reacted to "@Shannon Tipton Than..." with 🙌

11:47:36 From Jessica Koleno : Reacted to "I use a Standard Wor..." with ❤️

11:47:37 From Maureen Flanagan : Reacted to "@Shannon Tipton Than..." with ❤️

11:47:44 From Connie Halvorsen : Reacted to "@Shannon Tipton Than..." with ❤️


11:47:50 From Connie Halvorsen : Replying to "@Shannon Tipton Than..."

I agree!

11:48:02 From Cynthia Lewis : Reacted to "@Shannon Tipton Than..." with 🙌





11:48:35 From Cheryl Adas : Reacted to "@Shannon Tipton Than..." with ❤️

11:49:33 From jennifer kirby : Reacted to "I make a Read This..." with 🙌

















11:49:35 From Victoria Nelson : Reacted to "@Shannon Tipton Than..." with 
11:49:55 From Betsy Spetich : Sounds like the Getting Things Done process -
<https://cruciallearning.com/courses/getting-things-done/>

I recently took there free miniseries -

<https://cruciallearning.com/courses/getting-things-done/miniseries/>

11:50:04 From Cheryl Adas : Reacted to "Sounds like the Gett..." with 
11:50:05 From Cynthia Lewis : Reacted to "Sounds like the Gett..." with 
11:50:44 From Maureen Boland : Reacted to "@Shannon Tipton Than..." with 
11:51:40 From Regina Doeppel : Reacted to "@Shannon Tipton Than..." with 
11:51:48 From Maureen Flanagan : Replying to "Sounds like the Gett..."

I was just thinking about GTD, especially with the brain dumps. It does help to get things out of my head and onto paper so I can begin to organize my thoughts.

11:52:47 From Connie Halvorsen : Reacted to "I was just thinking ..." with 
11:52:55 From Barbara Nuss : 15 minutes per day doesn't work for me. I'm more into making it part of a process - 1 hour per week instead of 15 minutes per day.
11:52:59 From Victoria Nelson : Share something you learned: My manager and I often share articles of interest with each other and then spend some time in our 1:1 talking about our takeaways. Helps reinforce the learning.
11:53:08 From Connie Halvorsen : Reacted to "Share something you ..." with 
11:53:10 From Jessica Koleno : When I have a tool or resource that I want to remember, I bookmark it within a folder to organize it and also add it to a spreadsheet with tabs at the bottom to organize by graphics tools, interactive tools, audio/video tools, facilitation, productivity, book recs, etc.
11:53:24 From Cynthia Lewis : Reacted to "Share something you ..." with 
11:53:27 From Barbara Nuss : I can't penetrate the noise in my brain in 15 minutes.
11:53:28 From Cynthia Lewis : Reacted to "When I have a tool o..." with 
11:53:30 From Sandra Guzman : Reacted to "Share something you ..." with 
11:53:31 From Cheryl Adas : Reacted to "Share something you ..." with 
11:53:41 From Maureen Boland : Reacted to "Share something you ..." with 
11:53:44 From Jessica Koleno : Reacted to "Share something you ..." with 
11:53:54 From Jason Dreyer : Reacted to "I can't penetrate th..." with 
11:54:43 From Sandra Guzman : Reacted to "I can't penetrate th..." with 
11:54:51 From Maureen Flanagan : Reacted to "15 minutes per day d..." with 
11:54:59 From Maureen Flanagan : Reacted to "Share something you ..." with 
11:55:05 From Maureen Flanagan : Reacted to "When I have a tool o..." with 
11:55:10 From Maureen Flanagan : Reacted to "I can't penetrate th..." with 
11:55:14 From Cynthia Lewis : Reacted to "I can't penetrate th..." with 
11:55:46 From Leslie Fritz : I share with coworkers, often but they aren't the instructional design nerd that I am. Our manager doesn't see value in teach backs. I disagree.
11:55:56 From Connie Halvorsen : Reacted to "I share with coworke..." with 
11:56:06 From Shannon Tipton : <https://form.jotform.com/260344800181044>

11:56:11 From Jason Dreyer : Reacted to "I share with coworke..." with 🇲🇵

11:56:26 From Betsy Spetich : Reacted to "I share with coworke..." with 🇲🇵

11:56:26 From Michelle Pessoa : I create Project folders in ChatGPT and store snippets of ideas there. It sometimes unexpectedly asks me questions about these snippets and random thoughts when I least expect it.

11:56:44 From Carla Goldberg : Reacted to "I create Project f..." with ❤️

11:56:44 From Connie Halvorsen : Reacted to "I create Project fol..." with 👍

11:56:50 From Sandra Guzman : Reacted to "I create Project fol..." with 👍

11:57:00 From Maureen Flanagan : Reacted to "I create Project fol..." with ❤️

11:57:03 From Cynthia Lewis : Reacted to "I create Project fol..." with ❤️

11:57:20 From Cheryl Adas : I have used the Pomodoro technique to keep me focused as well...setting the timer on my phone for 25 min. to focus on one topic I need to get done...and then I can get up and get a drink or look at email. I need to get in the zone sometimes and this helps!

11:57:21 From thomas wivinis : I completed mine. :)

11:57:33 From Connie Halvorsen : Reacted to "I have used the Pomo..." with 👍

11:57:34 From Carla Goldberg : Reacted to "I have used the Po..." with ❤️

11:57:36 From Cheryl Adas : Reacted to "I create Project fol..." with 👍

11:57:39 From Cynthia Lewis : Reacted to "I have used the Pomo..." with ❤️

11:57:42 From Shannon Tipton :

https://www.linkedin.com/posts/shannontipton_okay-mini-rant-coming-ive-been-around-activity-7428106770314686464-0z9t?utm_source=share&utm_medium=member_desktop&rcm=ACoAAAGU7UcBlyM4UtnDWRDPnEwSb7PDVpSXLrc

11:58:29 From Sandra Guzman : Reacted to "I have used the Pomo..." with ❤️

11:59:15 From Jason Dreyer : THIS!!! Most L&D roles were DESIGNED to be order-taker roles.

11:59:24 From Connie Halvorsen : Reacted to "THIS!!! Most L&D rol..." with 👍

11:59:27 From Connie Halvorsen : I have to go to another meeting. Thank you Shannon and everyone who joined the chat for sharing your thoughts and ideas!

11:59:35 From Cheryl Adas : Reacted to "THIS!!! Most L&D rol..." with 👍

12:00:01 From Michelle Pessoa : Me

12:00:03 From thomas wivinis : I am

12:00:09 From Regina Doeppel : 🤔

12:00:16 From Cynthia Lewis : Great session! I have to go

12:00:31 From Cheryl Adas : Thank you!!!!

12:00:41 From thomas wivinis : Watch out for black cats today.

12:00:49 From Michelle Pessoa : They should add dogs in every event.

12:00:59 From Tricia Prince : Thank you!

12:01:24 From Sandra Guzman : Reacted to "Watch out for black ..." with 😬

12:02:02 From Michelle Pessoa : Hey, .5 sec makes you a total loser.

12:02:07 From Carla Goldberg : Reacted to "Hey, .5 sec makes ..." with 😂

12:02:14 From Shannon Tipton : Reacted to "Hey, .5 sec makes yo..." with 😂

12:03:13 From Maureen Flanagan : Reacted to "Hey, .5 sec makes yo..." with 😂

