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| smallbizlady:    | Welcome to #SmallBizChat, a weekly conversation where emerging small business owners can get answers to their questions. #smallbizchat   |
| TaiGoodwin:      | RT @smallbizlady: Good evening Tweeps! We're about to get the party started. <a href="http://is.gd/kah0a">http://is.gd/kah0a</a> #smallbizchat                                 |
| smallbizlady:    | Tonight I have a new member of the #smallbizchat team to introduce Tai Goodwin is joining us as the new co-host of our show  |
| CathyWebSavvyPR: | supposed to be NOW! sorry - 8pm ET @themojocoach helps us get our balance&biz "mojo"back: <a href="http://is.gd/k5CgO">http://is.gd/k5CgO</a> 8 pm ET #smallbizchat            |
| lhkellett:       | Hi everyone. I'm happy to be able to join in tonight. Need a little work on my 'mojo' these days!#smallbizchat   |
| TaiGoodwin:      | RT @CathyWebSavvyPR: No - tonight 8-9pm ET @themojocoach helps us get our balance&business "mojo"back: <a href="http://is.gd/kah0a">http://is.gd/kah0a</a> #smallbizchat       |
| TaiGoodwin:      | RT @hyermish: Ready to get started for this week's #smallbizchat - here is the link... <a href="http://is.gd/kah0a">http://is.gd/kah0a</a>                                     |
| kindracotton:    | @lhkellett Agreed, everyone needs a little "mojo rejuvenation" at the start of a new year! :) #smallbizchat  |
| smallbizlady:    | My social media PR pal @cathywebsavvypr is still part of our team, but she's blowing up so she'll hang out w/ us when she can #smallbizchat                                    |
| Jungle_Gardenia: | RT @lhkellett: Hi everyone. I'm happy to be able to join in tonight. Need a little work on my 'mojo' these days!#smallbizchat <--me too!                                       |
| smallbizlady:    | Welcome to our virtual assistant @SoniaSchenker #smallbizchat  |
| TaiGoodwin:      | Hi @Kindracotton - welcome to the chat! #smallbizchat  |
| smallbizlady:    | Q: What's the focus of #Smallbizchat? A: To end small business failure by helping you succeed as your own boss #smallbizchat   |
| TaiGoodwin:      | @lhkellett Welcome to the Chat! #smallbizchat  |
| JDEbberly:       | RT @smallbizlady: Tonight: new member of the #smallbizchat team to intro Tai Goodwin is joining us as new co-host of our show #SmallBizChat                                    |
| neenjames:       | You know that both @smallbizlady and @themojocoach are both going to #NSAUN - watch out Atlanta #smallbizchat  |
| smallbizlady:    | Now on #SmallBizChat at 8p ET @DebiSilber @themojocoach getting your life balance and business "mojo" back <a href="http://is.gd/kah0a">http://is.gd/kah0a</a> #smallbizchat   |
| JDEbberly:       | Heads Up to my followers for extra tweets as I join SmallBizChat already in session #SmallBizChat  |
| CathyWebSavvyPR: | Thanks @smallbizlady The new year is keepin' me busy - caught a break tonight - so I can be here - always good info #smallbizchat  |
| hyermish:        | RT @smallbizlady Q: What's the focus of #Smallbizchat? A: To end small business failure by helping you succeed as your own boss.   |
| neenjames:       | great to finally be on with you @mpaynknoper would be so proud #smallbizchat   |
| SeaStefan:       | RT @JDEbberly Heads Up to my followers for extra tweets as I join SmallBizChat already in session #SmallBizChat ... I as well.   |
| smallbizlady:    | Welcome to @themojocoach <a href="http://www.TheMojoCoach.com">www.TheMojoCoach.com</a> she helps clients achieve their ultimate body, mind, image and lifestyle #smallbizchat |

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| CathyWebSavvyPR : | P.S. the center column of the Tweetgrid ( for those using it) should pickup when our guest starts tweeting (hopefully) #smallbizchat   |
| TaiGoodwin:       | @JDEbberly Hi JD - Nice to connect with you again! #smallbizchat   |
| JDEbberly:        | WOW!!!! THis is gonna be good!! @TaiGoodwin is now a member of the SmallBizChat Team!! WOOT!!! :) :) #SmallBizChat   |
| ellenlange:       | I'm getting real-time search results at TweetGrid <a href="http://tweetgrid.com/">http://tweetgrid.com/</a> #smallbizchat  |
| TaiGoodwin:       | @SeaStefan Welcome to the chat! #smallbizchat  |
| seobrien:         | Hate that I can't make it tonight - PRT @SmallbizLady #Smallbizchat A: To end small business failure by helping you succeed as your own boss   |
| PatRobeck1ofHis:  | I'm getting real-time search results at TweetGrid <a href="http://tweetgrid.com/">http://tweetgrid.com/</a> #smallbizchat  |
| mentormarketing:  | @JDEbberly evening #smallbizchat   |
| ellenlange:       | @ellenlange joining #smallbizchat  |
| mentormarketing:  | how Are you #smallbizchat  |
| themojocoach:     | Hi Everyone! So excited to be here! #smallbizchat  |
| CathyWebSavvyPR : | RT @smallbizlady: Welcome 2 @themojocoach <a href="http://themojocoach.com/">http://themojocoach.com/</a> helps clients achieve ultimate body, mind, image & lifestyle #smallbizchat |
| JDEbberly:        | @TaiGoodwin The last time you cohosted this fine chat - You revolutionized my life!!!! :) :) :) #SmallBizChat  |
| mentormarketing:  | @CathyWebSavvyPR Hi Cathy Happy NY a little late #smallbizchat   |
| TaiGoodwin:       | @seobrien You can get the chat transcrpt tomorrow! #smallbizchat   |
| SeaStefan:        | @TaiGoodwin ...Thanks ... looking forward to it. #smallbizchat   |
| CathyWebSavvyPR : | @mentormarketing same here - hppy New years to you as well #smallbizchat   |
| TaiGoodwin:       | @themojocoach Welcome - so excited to learn from you tonight on #smallbizchat  |
| smallbizlady:     | Q1: Q1 WHAT ARE SOME OF THE COMMON HEALTH ISSUES YOU OFTEN SEE WITH SMALL BUSINESS OWNERS? #smallbizchat   |
| JDEbberly:        | @mentormarketing Nice to see you here on #SmallBizChat   |
| VIVAssistants:    | Hello #smallbizchat :)   |
| themojocoach:     | A1: The most common problems I see are stress related illnesses, chronic disease, stress, frustration & overwhelm. #smallbizchat   |
| JDEbberly:        | RT @smallbizlady Q1: Q1 WHAT ARE SOME OF THE COMMON HEALTH ISSUES YOU OFTEN SEE WITH SMALL BUSINESS OWNERS? #smallbizchat #SmallBizChat  |
| TaiGoodwin:       | @JDEbberly And now I'm getting to work with @SmallBizLady! #smallbizchat   |
| CathyWebSavvyPR : | RT @smallbizlady: Q1: Q1 WHAT ARE SOME OF THE COMMON HEALTH ISSUES YOU OFTEN SEE WITH SMALL BIZOWNERS? #smallbizchat   |
| TaiGoodwin:       | RT @smallbizlady: Q1: Q1 WHAT ARE SOME OF THE COMMON HEALTH ISSUES YOU OFTEN SEE WITH SMALL BUSINESS OWNERS? #smallbizchat   |

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| JDEbberly:       | @TaiGoodwin Lucky, LUCKY YOU!!! :) :) #SmallBizChat  |
| TaiGoodwin:      | @mentormarketing Welcome to tonight's chat! #smallbizchat  |
| smallbizlady:    | RT @themojocoach: A1: common problems I see are stress related illnesses, chronic disease, stress, frustration & overwhelm. #smallbizchat      |
| JDEbberly:       | Q1 They often don't get enough exercise #SmallBizChat  |
| smallbizlady:    | Q2: WHY ARE STRESS RELATED ISSUES SO COMMON? #smallbizchat   |
| lhkellett:       | For me and many of my cohorts, it is stomach issues - related to stress #smallbizchat  |
| JDEbberly:       | Q1 Not making enough time each day to unwind properly #SmallBizChat  |
| TaiGoodwin:      | RT @VIVAssistants: Hello #smallbizchat :) Hi and welcome to the Chat!  |
| JDEbberly:       | RT @smallbizlady: Q2: WHY ARE STRESS RELATED ISSUES SO COMMON? #SmallBizChat   |
| themojocoach:    | A2: It's a combination of many things but with the small business owner, it's usually due to where we place our priorities. #smallbizchat      |
| TaiGoodwin:      | RT @smallbizlady: Q2: WHY ARE STRESS RELATED ISSUES SO COMMON? #smallbizchat   |
| themojocoach:    | 2B: Many of us put our work at the top of the list. This usually means that health & wellness gets pushed to the bottom. #smallbizchat         |
| VIVAssistants:   | A1: Stress related illnesses, anxiety and perhaps depression. #smallbizchat  |
| yourjobmyoffice: | Happy new year #smallbizchat friends!  |
| CathyWebSavvyPR: | A1 - I know for me - not enough exercise is my downfall - especially since my dog passed away & winter weather #smallbizchat                   |
| JDEbberly:       | Q2 Often small business owners are transitioning from traditional employment which is a MAJOR stress in itself #SmallBizChat                   |
| themojocoach:    | 2C: We take care of ourselves if we have any time, energy & motivation left after all of our other priorities are taken care of. #smallbizchat |
| JDEbberly:       | RT @themojocoach: A1: common problems I see are stress related illnesses, chronic disease, stress, frustration & overwhelm. #SmallBizChat      |
| CathyWebSavvyPR: | RT @themojocoach A1 Most common problems I see are stress related illnesses, chronic disease, stress, frustration & overwhelm #smallbizchat    |
| smallbizlady:    | @lhkellett I had stomach issues in the early years of my first business. Fast food and lack of drinking water were big issues #smallbizchat    |
| themojocoach:    | 2E: For many people, we'll live this way until a health crisis or illness forces us to make changes. #smallbizchat                             |
| SeaStefan:       | Q1 ... In any project, take TIME to relax. You'll be so much more productive later! #smallbizchat  |
| neenjames:       | A@: How do you advise business owners to make themselves a priority? #smallbizchat   |
| JDEbberly:       | RT @themojocoach: A2: It's a combination of many things but with the small biz owner, usually due to where we place priorities #SmallBizChat   |
| JDEbberly:       | RT @VIVAssistants: A1: Stress related illnesses, anxiety and perhaps depression. #SmallBizChat   |

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| smallbizlady:    | Q3: WHAT CAN A SMALL BUSINESS OWNER DO TO FIND MORE BALANCE? #smallbizchat   |
| JDEbberly:       | RT @themojocoach: 2B: Many of us put our work at the top of list.This usually means health & wellness gets pushed to bottom #SmallBizChat                |
| TaiGoodwin:      | RT @themojocoach: 2E: For many people, we?ll live this way until a health crisis or illness forces us to make changes. #smallbizchat                     |
| themojocoach:    | A3: There?s really no such thing as balance because your attention is given to whatever you deem important at the time. #smallbizchat                    |
| SeaStefan:       | RT @themojocoach: 2E: For many people, we?ll live this way until a health crisis or illness forces us to make changes. #smallbizchat                     |
| ellenlange:      | it seems we always feel we should be doing something to grow the biz #smallbizchat   |
| doggdaze:        | RT @themojocoach: 2B: Many of us put our work @ the top of the list.This means that health & wellness gets pushed 2 the bottom #smallbizchat             |
| JDEbberly:       | RT @themojocoach 2C We take care ourselves if we have time,energy&motivation left after our other priorities are taken care of #SmallBizChat             |
| lhkellett:       | I struggle w/ adding a workout to work, kids, family obligations, volunteer work... It seems to always drop off the list #smallbizchat                   |
| JDEbberly:       | RT @themojocoach: 2E: For many people, we?ll live this way until a health crisis or illness forces us to make changes #SmallBizChat                      |
| CathyWebSavvyPR: | A1: one upside of working from home - I get fewer colds as I am not in the office w/ othes on a daily basis #smallbizchat                                |
| JDEbberly:       | RT @smallbizlady: Q3: WHAT CAN A SMALL BUSINESS OWNER DO TO FIND MORE BALANCE? #SmallBizChat   |
| TaiGoodwin:      | RT @smallbizlady: Q3: WHAT CAN A SMALL BUSINESS OWNER DO TO FIND MORE BALANCE? #smallbizchat   |
| themojocoach:    | 3B: The key is to make the decision to view health&wellness as important too #smallbizchat   |
| VIVAssistants:   | A2: sometimes working by yourself or alone is a factor; taking on too much #smallbizchat   |
| CathyWebSavvyPR: | RT @lhkellett: I struggle w/ adding a workout to work, kids, family obligations, volunteer work...It seems 2 drop off the list #smallbizchat             |
| JDEbberly:       | RT @themojocoach A3 There?s really no such thing as balance because attention is given to whatever you deem important at time #SmallBizChat              |
| themojocoach:    | 3C: The result-You?ll have more energy, confidence, be more productive & positive. #smallbizchat   |
| CathyWebSavvyPR: | RT @themojocoach: 3B: The key is to make the decision to view health&wellness as important too [yes!] #smallbizchat                                      |
| WorknMomJournal: | Having balance is an intentional act. You have to think of it as part of the process to successful biz #smallbizchat                                     |
| TaiGoodwin:      | RT @themojocoach: 3B: The key is to make the decision to view health&wellness as important too #smallbizchat   |
| ThePRLady:       | RT @JDEbberly: RT @themojocoach: 2B: Many of us put our work at the top of list.This usually means health & wellness gets pushed to bottom #SmallBizChat |

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| PatRobeck1ofHis: | a2 stressed because people forget what they are alive for, business isn't it. #smallbizchat   |
| themojocoach:    | 3I: Exchange any unproductive time during your day for time spent on making yourself healthier & happier. #smallbizchat                   |
| TaiGoodwin:      | RT @themojocoach: 3C: The result-You?!! have more energy, confidence, be more productive & positive. #smallbizchat                        |
| JDEbberly:       | RT @themojocoach: 3B: The key is to make the decision to view health&wellness as important too #SmallBizChat                              |
| lhkellett:       | @smallbizlady Fortunately, I stay away from fast food, but the water thing is a big issue for me - and regulr exercise #smallbizchat      |
| JDEbberly:       | RT @themojocoach: 3C: The result-You?!! have more energy, confidence, be more productive & positive #SmallBizChat                         |
| WorknMomJournal: | Spend less time on chores, spend quality vs. quantity time with kids, engage spouse #smallbizchat   |
| TaiGoodwin:      | RT @WorknMomJournal: Having balance is an intentional act. You have to think of it as part of the process to successful biz #smallbizchat |
| JDEbberly:       | RT @themojocoach: 3I: Exchange any unproductive time during your day for time spent on making yourself healthier & happier #SmallBizChat  |
| mentormarketing: | I actually tripple schedule my workout that way I get at east 1 in a day. #smallbizchat   |
| JDEbberly:       | RT @WorknMomJournal: Having balance is an intentional act. You have to think of it as part of the process to successful biz #SmallBizChat |
| doggdaze:        | RT @themojocoach: The key is to make the decision to view health&wellness as important too #smallbizchat                                  |
| lhkellett:       | RT @worknmomjournal: Having balance is an intentional act. You have to think of it as part of the process to successful biz #smallbizchat |
| smallbizlady:    | @VIVAssistants I agree isolation is a problem. water and eating salad and picking my battles more effectively helped a lot #smallbizchat  |
| TaiGoodwin:      | @lhkellett After seeing supersize me - that was enough to scare me away from fast food! #smallbizchat                                     |
| CathyWebSavvyPR: | RT @themojocoach: 3I: Exchange any unproductive time during your day for time spent on making yourself healthier & happier #smallbizchat  |
| ellenlange:      | Learning to focus and remove clutter-i found myself overtweeting the other day #smallbizchat  |
| TaiGoodwin:      | RT @WorknMomJournal: Spend less time on chores, spend quality vs. quantity time with kids, engage spouse #smallbizchat                    |
| hyermish:        | Good idea! RT @mentormarketing I actually triple schedule my workout that way I get at east 1 in a day. #smallbizchat                     |
| TaiGoodwin:      | RT @themojocoach: 3I: Exchange any unproductive time during your day for time spent on making yourself healthier & happier. #smallbizchat |
| CathyWebSavvyPR: | @themojocoach A3 - Since no one can see me in home office - I put on upbeat music & dance (when I need a lift) #smallbizchat              |
| JDEbberly:       | RT @TaiGoodwin: @lhkellett After seeing supersize me - that was enough to scare me away from fast food! #SmallBizChat                     |
| TaiGoodwin:      | @ellenlange Welcome to the chat! #smallbizchat  |
| smallbizlady:    | Q4: WHAT ARE A FEW TIPS TO EAT HEALTHIER DURING A BUSY DAY? #smallbizchat   |
| JDEbberly:       | RT @ellenlange: Learning to focus and remove clutter-i found myself overtweeting the other day #SmallBizChat                              |
| PatRobeck1ofHis: | Overtweeting? LOL RT @ellenlange: Learning to focus and remove clutter-i found myself overtweeting the other day #smallbizchat            |

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| hyermish:        | RT @themojocoach 3C: The result-You'll have more energy, confidence, be more productive & positive. #smallbizchat                          |
| VIVAssistants:   | A3: My #1 recom a schedule and your own structured day. Between blank and blank it's biz, it really helps! #smallbizchat                   |
| JDEbberly:       | RT @smallbizlady: Q4: WHAT ARE A FEW TIPS TO EAT HEALTHIER DURING A BUSY DAY? #SmallBizChat  |
| CathyWebSavvyPR: | A3: is anyone using a Wii fit to get in a bit of work out time in home office/living room? #smallbizchat                                   |
| doggdaze:        | RT @themojocoach: 3I: Exchange any unproductive time during your day for time spent on making yourself healthier & happier. #smallbizchat  |
| themojocoach:    | A4: Always start with a healthy breakfast.It kick-starts your metabolism #smallbizchat   |
| JDEbberly:       | Q4 Stay away from fast food, eat plenty of veggies, cook at HOME #SmallBizChat   |
| JillKoenig:      | If u don't take care of yourself, u may end up being the one who needs 2be taken care of. U are # 1 priority #smallbizchat                 |
| TaiGoodwin:      | RT @smallbizlady: Q4: WHAT ARE A FEW TIPS TO EAT HEALTHIER DURING A BUSY DAY? #smallbizchat  |
| TaiGoodwin:      | RT @themojocoach: A4: Always start with a healthy breakfast.It kick-starts your metabolism #smallbizchat                                   |
| themojocoach:    | 4B: Preplan your day.make sure you have some healthy snacks/meals & plenty of water to keep you nourished & hydrated. #smallbizchat        |
| smallbizlady:    | RT @feliciajoy Forget balance. Focus on wellness. By definition u can't be balanced & successful. Balance is a fallacy. #smallbizchat      |
| lhkellett:       | I keep 5lb weights in my office and try to do 2 minutes of something every hour - it helps keep me a little limber! #smallbizchat          |
| VIVAssistants:   | @SmallBizLady absolutely! For me keeping healthy snacks, a plug in tea kettle, green tea and water are very helpful. #smallbizchat         |
| WorknMomJournal: | RT @JillKoenig: If u don't take care of yourself, u may end up being the one who needs 2be taken care of. U are # 1 priority #smallbizchat |
| JDEbberly:       | Q4 Schedule times to eat during the day, avoid nibbling on sweets all day - AVOID those sugary soft drinks! Drink Water #SmallBizChat      |
| themojocoach:    | 4D: Balanced meals prevent an energy surge & crash & prevent a binge because you got too hungry or ate too much sugar. #smallbizchat       |
| TaiGoodwin:      | I stay away from sugary breakfast foods! #smallbizchat   |
| ellenlange:      | I try to exercise early, before I even touch my computer in the AM #smallbizchat   |
| CathyWebSavvyPR: | Q4: EAT HEALTHIER TIPS 4 Small biz? I lost 30 lbs a few yrs ago - & kept it off - plan alternate gd snacks #smallbizchat                   |
| missshanda1:     | @SmallBizLady #smallbizchat eat fruit throughout the day- <a href="http://bit.ly/fgCLRB">http://bit.ly/fgCLRB</a>                          |
| JDEbberly:       | RT @themojocoach: A4: Always start with a healthy breakfast.It kick-starts your metabolism #SmallBizChat                                   |
| TaiGoodwin:      | RT @JillKoenig: If u don't take care of yourself, u may end up being the one who needs 2be taken care of. U are # 1 priority #smallbizchat |
| PatRobeck1ofHis: | I luv oatmeal.RT @themojocoach: A4: Always start with a healthy breakfast.It kick-starts your metabolism #smallbizchat                     |

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| SGIcares:        | RT @SmallBizLady: Q4: WHAT ARE A FEW TIPS TO EAT HEALTHIER DURING A BUSY DAY? #smallbizchat < pack veggies like carrots & celery              |
| TaiGoodwin:      | @JillKoenig Welcome to the chat Jill! #smallbizchat   |
| JDEbberly:       | RT @themojocoach: 4B: Preplan your day.make sure you have healthy snacks/meals & plenty of water to keep u nourished & hydrated #SmallBizChat |
| doggdaze:        | RT @themojocoach: Balanced meals prevent an energy surge & crash & prevent a binge because u got 2 hungry or ate 2 much sugar. #smallbizchat  |
| SeaStefan:       | Don't over-schedule your day. Leave some time to catch up on things that go on too long #smallbizchat   |
| WorknMomJournal: | I snack on special K multigrain cracker, Energizes you throughout the day without overfilling #smallbizchat                                   |
| smallbizlady:    | @VIVAssistants I completely stopped drinking soda too which was a big help too. #smallbizchat   |
| JDEbberly:       | RT @themojocoach 4D Balanced meals prevent energy surge & crash & prevent binge because u got too hungry or ate too much sugar #SmallBizChat  |
| themojocoach:    | @feliciajoy I agree! Don't agree w/balance b/c you're focused on 1 thing or another #smallbizchat   |
| JillKoenig:      | Workout 1st thing in the am. Will energize you & it's a great way to start the day! #smallbizchat   |
| JDEbberly:       | RT @SeaStefan: Don't over-schedule your day. Leave some time to catch up on things that go on too long #SmallBizChat                          |
| smallbizlady:    | Q5: WHAT ARE SOME UNHEALTHY HABITS YOU OFTEN SEE WITH YOUR SMALL BUSINESS CLIENTS? #smallbizchat  |
| VIVAssistants:   | Agree! RT @JDEbberly: RT @themojocoach: A4: Always start with a healthy breakfast.It kick-starts your metabolism #SmallBizChat                |
| JDEbberly:       | RT @smallbizlady: @VIVAssistants I completely stopped drinking soda too which was a big help too #SmallBizChat                                |
| CathyWebSavvyPR: | A4b dont; ski breakfast - high protien etc. 4 sck I substitute carrots, sm amt nuts & pretzels 4 chips & cand bars #smallbizchat              |
| BlueFlyWeb:      | Good chat -- learning a lot listening to everyone else! #smallbizchat   |
| JDEbberly:       | RT @JillKoenig: Workout 1st thing in the am. Will energize you & it's a great way to start the day! #SmallBizChat                             |
| SGIcares:        | RT @WorknMomJournal: I snack on special K multigrain cracker, Energizes you throughout the day without overfilling #smallbizchat < me too!    |
| JDEbberly:       | RT @smallbizlady: Q5: WHAT ARE SOME UNHEALTHY HABITS YOU OFTEN SEE WITH YOUR SMALL BUSINESS CLIENTS? #SmallBizChat                            |
| themojocoach:    | A5: We think we can only have a dysfunctional relationship with people but we often have it with food too. #smallbizchat                      |
| TaiGoodwin:      | RT @JillKoenig: Workout 1st thing in the am. Will energize you & it's a great way to start the day! #smallbizchat                             |
| TaiGoodwin:      | RT @smallbizlady: Q5: WHAT ARE SOME UNHEALTHY HABITS YOU OFTEN SEE WITH YOUR SMALL BUSINESS CLIENTS? #smallbizchat                            |
| smallbizlady:    | RT @themojocoach: A5: We think we can only have a dysfunctional relationship with people but we often have it with food too. #smallbizchat    |

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| TaiGoodwin:      | RT @themojocoach: A5: We think we can only have a dysfunctional relationship with people but we often have it with food too. #smallbizchat                                       |
| JDEbberly:       | RT @JDEbberly: RT @smallbizlady: Q5: WHAT ARE SOME UNHEALTHY HABITS YOU OFTEN SEE WITH YOUR SMALL BUSINESS CLIENTS? #SmallBizChat  |
| CathyWebSavvyPR: | @themojocoach To me balance is making sure to plan & incorporate time in yr schedule 4 all you need. not l at once?? #smallbizchat   |
| themojocoach:    | 5B: Binge,mindless, social&emotional eating behaviors have us struggling with food, weight & health for years, often decades. #smallbizchat                                      |
| JDEbberly:       | RT @themojocoach: A5: We think we can only have a dysfunctional relationship with people but we often have it with food too #SmallBizChat  |
| themojocoach:    | 5C: Some are just bad habits & something like emotional eating for example, is a way to soothe, calm, numb & relax. #smallbizchat  |
| hyermish:        | RT @themojocoach A5: We think we can only have a dysfunctional relationship with people but we often have it with food too. #smallbizchat  |
| VIVAssistants:   | A4: a protein rich bkst, granola bars, carrot sticks and nuts for snack, yogurts and water always in my office #smallbizchat   |
| SGIcares:        | I think I'll jump in the #smallbizchat by @SmallBizLady  |
| doggdaze:        | Without even realizing it I tend to stay really immobile throughtout the entire work day. #smallbizchat  |
| shelleyryan:     | Haven't been "inspired" to make health a priority until I started reading Younger Next Year: <a href="http://amzn.to/e3NPhf">http://amzn.to/e3NPhf</a> #smallbizchat             |
| lhkellett:       | There always seems to be a candy supplier at every small company I go to! With a bowl of candy always full. #smallbizchat  |
| themojocoach:    | 5D: It?s a way of self-medicating.We stuff ourselves to ?stuff? the pain from an uncomfortable emotion we don?t want to feel. #smallbizchat                                      |
| JDEbberly:       | RT @themojocoach 5B Binge,mindless, social&emotional eating behaviors have us struggling w food, weight, hlth for yrs, decades #SmallBizChat                                     |
| JDEbberly:       | RT @shelleyryan: Haven't been "inspired" to make health a priority until started reading Younger Nxt Yr: <a href="http://amzn.to/e3NPhf">http://amzn.to/e3NPhf</a> #SmallBizChat |
| TaiGoodwin:      | RT @themojocoach: 5C: Some are just bad habits - something like emotional eating for example, is a way to soothe, & relax. #smallbizchat   |
| AndreaJPhillips: | @SmallBizLady Plan ahead w a go-to list of easy, healthy choices. My (@ home) instant snack=deli meat & cheese. Protein FTW! #smallbizchat                                       |
| WorknMomJournal: | I see folks brings sugar contents every now and then to the office and evry1 joins the part, very unhealthy #smallbizchat  |
| PatRobeck1ofHis: | come on in, the water is fine!RT @SGIcares: I think I'll jump in the #smallbizchat by @SmallBizLady  |
| doggdaze:        | @SGIcares Welcome to #smallbizchat   |
| smallbizlady:    | RT @themojocoach 5B Binge,mindless, social & emotional eating behaviors have us struggling w/ food, weight & health for years #smallbizchat                                      |



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| theinnermarykay: | RT @themojocoach: 5D: It?s a way of self-medicating.We stuff ourselves to ?stuff? pain from an emotion we don?t want to feel. #smallbizchat                  |
| lhkellett:       | @doggdaze set an alarm every hour to remind you to get up and stretch or walk down the hall... #smallbizchat   |
| hyermish:        | @doggdaze I have a fit ball next to my desk which I try to use for an hour each day to help a little #smallbizchat   |
| CathyWebSavvyPR: | A5: smabbiz bad habits: Many of us Work late at night, not turn off computer/email/cell phone/SM #smallbizchat   |
| JDEbberly:       | RT @themojocoach 5C Some are just badhabits & something like emotional eating for example, is way to soothe, calm, numb, relax #SmallBizChat                 |
| SGIcares:        | RT @smallbizlady: RT @themojocoach: A5: We think we can only have a dysfunctional relationship with people but we often have it with food too. #smallbizchat |
| TaiGoodwin:      | RT @themojocoach: 5C: Some are just bad habits & something like emotional eating for example, is a way to soothe & relax. #smallbizchat                      |
| mentormarketing: | I really try to keep my snacks tiny brain burst things. a tangerine, a lifesaver a square of chocolate, not an entire bar #smallbizchat                      |
| WorknMomJournal: | Stop bringing those donuts and chocolates to the break room, We dont need that to do our jobs. #smallbizchat   |
| WorknMomJournal: | #smallbizchat  |
| CathyWebSavvyPR: | RT @lhkellett: set an alarm every hour to remind you to get up and stretch or walk down the hall... [I do thistoo] #smallbizchat                             |
| ellenlange:      | I have put big bowl of clean fresh veggies and fuits in the kitchen-easy to grab in the day #smallbizchat  |
| JDEbberly:       | RT @themojocoach 5D It?s way self-medicating.We stuff ourselves to ?stuff? pain from uncomfortable emotion we don?t want feel #SmallBizChat                  |
| WorknMomJournal: | Sweets and Candy does not tell your employee that you appreciate them. You are making them fat and overweight. Bad for Biz #smallbizchat                     |
| smallbizlady:    | Q6: EXERCISE IS IMPORTANT BUT WE?RE EITHER TOO BUSY OR DON?T WANT TO DO IT. WHAT ARE A FEW TIPS TO MAKE SURE WE EXERCISE? #smallbizchat                      |
| JDEbberly:       | RT @CathyWebSavvyPR: A5: smallbiz bad habits: Many of us Work late at night, not turn off computer/email/cell phone/SM #SmallBizChat                         |
| VIVAssistants:   | A5: Not enough water, too much soda which depletes nutrients and not moving, stretching, etc. #smallbizchat  |
| WorknMomJournal: | RT @themojocoach 5D It?s way self-medicating.We stuff ourselves to ?stuff? pain from uncomfortable emotion we don?t want feel #smallbizchat                  |
| hyermish:        | RT @WorknMomJournal Stop bringing those donuts and chocolates to the break room, We don't need that to do our jobs. #smallbizchat                            |
| doggdaze:        | @hyermish That's a good idea. With it close by you don't forget to squeeze in some activity during the day #smallbizchat                                     |
| TaiGoodwin:      | RT @themojocoach: 5D: It?s a way of self-medicating.We stuff ourselves to ?stuff? the pain. #smallbizchat  |

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| themojocoach:    | A6: We need to find our?fitness personality?so we can create a program we like based on our needs, health, likes & lifestyle. #smallbizchat  |
| JDEbberly:       | RT @mentormarketing Really try to keep snacks tiny brain burst things, tangerine, a lifesaver square chocolate, not entire bar #SmallBizChat |
| TaiGoodwin:      | RT @smallbizlady: Q6: WHAT ARE A FEW TIPS TO MAKE SURE WE EXERCISE? #smallbizchat  |
| WorknMomJournal: | Plan to exercise. Do it first in the morning and get it over with. It even helps to energize the rest of your day #smallbizchat              |
| JDEbberly:       | RT @smallbizlady Q6 EXERCISE IMPORTANT BUT WE'RE EITHER TOO BUSY OR DON'T WANT TO. WHAT ARE FEW TIPS TO MAKE SURE WE EXERCISE? #SmallBizChat |
| smallbizlady:    | RT @WorknMomJournal Sweets & Candy doesn't tell yr employee that u appreciate them. U are making them overweight. Bad for Biz #smallbizchat  |
| JDEbberly:       | RT @VIVAssistants: A5: Not enough water, too much soda which depletes nutrients and not moving, stretching. #SmallBizChat                    |
| TaiGoodwin:      | RT @VIVAssistants: A5: Not enough water, too much soda which depletes nutrients and not moving, stretching, etc. #smallbizchat               |
| CathyWebSavvyPR: | @JDEbberly I call a buddy I call at 9:30, we don't chat, just nudge ea. other 2 get 2 bed by 10 #smallbizchat                                |
| VIVAssistants:   | +1 RT @CathyWebSavvyPR: A5: smabbiz bad habits: Many of us Work late at night, not turn off computer/email/cell phone/SM #smallbizchat       |
| themojocoach:    | 6B:it?sbest to get it in before day starts-the day progresses,things come up&exercise is one of the first things to go #smallbizchat         |
| JDEbberly:       | RT @themojocoach A6 We need find our?fitness personality?to create program we like based on needs, health, likes & lifestyle #SmallBizChat   |
| themojocoach:    | keep your gym bag packed & ready, exercise on a lunch break or hit the gym before you come home. #smallbizchat                               |
| TaiGoodwin:      | RT @themojocoach: A6: We need to find our?fitness personality?so we can create a program we like based on our needs, health #smallbizchat    |
| smallbizlady:    | RT @themojocoach A6 We need to find ur ?fitness personality? to create a program based on ur needs, health & lifestyle. #smallbizchat        |
| CathyWebSavvyPR: | RT @themojocoach A6 Find yr ?fitness personality? 2 create a program we like based on our needs/health/likes/lifestyle #smallbizchat         |
| themojocoach:    | 6F: The key is to find a way to get exercise in & stay motivated while bringing results. Find out your ?why.? #smallbizchat                  |
| CathyWebSavvyPR: | RT @themojocoach: keep yr gym bag packed & ready, exercise on a lunch break or hit the gym B4 you come home #smallbizchat                    |
| TaiGoodwin:      | RT @themojocoach: 6B:it?sbest to get it in before day starts-the day progresses #smallbizchat  |
| My_WebEvent:     | Q6: I have to schedule exercise like an appt. When I look at my calendar, I know that time is filled! #smallbizchat                          |
| JDEbberly:       | RT @themojocoach: 6B:it?sbest get it in before day starts-the day progresses,things come up&exercise one of first things to go #SmallBizChat |
| kellimorganp:    | Late to #smallbizchat. Hopefully, I can catch the end of it. #smallbizchat   |

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| smallbizlady:    | @themojocoach what do you tell ppl who work from home about exercise? #smallbizchat   |
| doggdaze:        | RT @TaiGoodwin: RT @VIVAssistants: Not enough water,2 much soda which depletes nutrients & not moving/stretching #smallbizchat                            |
| CathyWebSavvyPR: | @themojocoach that's harder if you don;t leave home ever day - just on meeting days - but packe dGym bag does help #smallbizchat                          |
| JDEbberly:       | RT @themojocoach: keep your gym bag packed & ready, exercise on a lunch break or hit the gym before you come home #SmallBizChat                           |
| CathyWebSavvyPR: | RT @My_WebEvent: Q6: I have to schedule exercise like an appt. When I look at my calendar, I know that time is filled! #smallbizchat                      |
| VIVAssistants:   | A6: doesn't have to be gym workout just stretching, someone mentioned sm weights. Be aware, look away from screen. #smallbizchat                          |
| JDEbberly:       | RT @themojocoach: 6F: The key is to find a way to get exercise in & stay motivated while bringing results.Find out your ?why.? #SmallBizChat              |
| themojocoach:    | Get it done as soon as you can.I put my kids on the bus &workout b4 the day starts #smallbizchat  |
| shelleyryan:     | A6: Seriously. Read "Younger Next Year" for fitness inspiration: <a href="http://amzn.to/e3NPhf">http://amzn.to/e3NPhf</a> #smallbizchat                  |
| TaiGoodwin:      | RT @themojocoach: 6F: The key is to find a way to get exercise in & stay motivated while bringing results. Find your ?why.? #smallbizchat                 |
| TheAfter5Edge:   | Just joining #smallbizchat ! Better late than never!  |
| JDEbberly:       | RT @My_WebEvent: Q6: I have to schedule exercise like an appt. When I look at my calendar, I know that time is filled! #SmallBizChat                      |
| mscynt:          | RT @CathyWebSavvyPR: RT @My_WebEvent: Q6: I have to schedule exercise like an appt. When I look at my calendar, I know that time is filled! #smallbizchat |
| JDEbberly:       | RT @shelleyryan: A6: Seriously. Read "Younger Next Year" for fitness inspiration: <a href="http://amzn.to/e3NPhf">http://amzn.to/e3NPhf</a> #SmallBizChat |
| CathyWebSavvyPR: | @TheAfter5Edge good to see you - happy new year! #smallbizchat  |
| smallbizlady:    | RT @themojocoach: Get it done as soon as you can.I put my kids on the bus &workout b4 the day starts #smallbizchat  |
| TaiGoodwin:      | @TheAfter5Edge Welcome to the chat - glad to have you! #smallbizchat  |
| themojocoach:    | Put your gym clothes on when you get up. It's a reminder and then you're 1/2way there @smallbizlady #smallbizchat   |
| doggdaze:        | RT @smallbizlady: @themojocoach what do you tell ppl who work from home about exercise? #smallbizchat   |
| mentormarketing: | any of you in NYC may find bodylocal.com of value for finding exercise options. #smallbizchat   |
| TaiGoodwin:      | RT @shelleyryan: A6: Seriously. Read "Younger Next Year" for fitness inspiration: <a href="http://amzn.to/e3NPhf">http://amzn.to/e3NPhf</a> #smallbizchat |
| JDEbberly:       | RT @smallbizlady: RT @themojocoach: Get it done as soon as you can.I put my kids on the bus &workout b4 the day starts #SmallBizChat                      |
| Jungle_Gardenia: | Get a trainer ... Great motivation to exercise for those who can afford it! ;-) #smallbizchat   |

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| JDEbberly:       | RT @themojocoach: Put your gym clothes on when you get up. It's a reminder and then you're 1/2way there @smallbizlady #SmallBizChat                                      |
| smallbizlady:    | Excited about @themojocoach on #smallbizchat tonight 8-9 PM EST - sharing how to get your business mojo back: <a href="http://is.gd/k5CgO">http://is.gd/k5CgO</a>        |
| JDEbberly:       | RT @Jungle_Gardenia: Get a trainer ... Great motivation to exercise for those who can afford it! ;-) #SmallBizChat   |
| My_WebEvent:     | RT @themojocoach: Put your gym clothes on when you get up. It's a reminder and then you're 1/2way there @smallbizlady #smallbizchat                                      |
| CathyWebSavvyPR: | @VIVAssistants @JDEbberly thanks for the Retweets #smallbizchat  |
| doggdaze:        | @lhkellett will have to remember the alarm method. Before I know it hours have passed by with me staring at the computer. #smallbizchat                                  |
| lhkellett:       | RT @themojocoach: Put ur gym clothes on when u get up. It's a reminder and then you're 1/2way there @smallbizlady #smallbizchat - Good one!                              |
| TheAfter5Edge:   | Thanks! Happy 2011 indeed! RT @cathywebsavvypr: @TheAfter5Edge good to see you - happy new year! #smallbizchat   |
| CathyWebSavvyPR: | RT @Jungle_Gardenia: Get a trainer ... Great motivation to exercise for those who can afford it! ;-) #smallbizchat   |
| themojocoach:    | @JDEbberly Yes! Even if it's only to help you set up a program #smallbizchat   |
| TaiGoodwin:      | Smallbizchat Live now: <a href="http://is.gd/kah0a">http://is.gd/kah0a</a> #smallbizchat   |
| My_WebEvent:     | @mentormarketing Hello there! Thanks for the great article! Happy New Year! #smallbizchat  |
| JDEbberly:       | @themojocoach My "WHY" is I feel SO GOOD after the workout!!!! :) :) :) #SmallBizChat  |
| WorknMomJournal: | Good to see you @TheAfter5edge #smallbizchat   |
| CathyWebSavvyPR: | A5 I was glad that my mom's older computer in the Poconos wouldn't let me tweet or use Faebok - read, hiked, talkd last wkend #smallbizchat                              |
| doggdaze:        | RT @themojocoach: The key is to find a way to get exercise in & stay motivated while bringing results. Find out your ?why.? #smallbizchat                                |
| themojocoach:    | Great to find a reward system that works for you too. Anything to help you stay motivated #smallbizchat  |
| AuthenticNoise:  | RT @themojocoach: Great to find a reward system that works for you too. Anything to help you stay motivated #smallbizchat  |
| TaiGoodwin:      | For even more great content join the #Smallbizchat Linkedin group! <a href="http://bit.ly/smallbizchatonlinkedin">http://bit.ly/smallbizchatonlinkedin</a> #smallbizchat |
| mentormarketing: | @My_WebEvent Glad It turned out well. Happy NY to the crew there. #smallbizchat  |
| smallbizlady:    | Q7 WHEN RUNNING YR OWN BUSINESS, ESPECIALLY FROM HOME, IT'S DIFFICULT FOR MANY OF US TO ?LEAVE THE OFFICE.? ANY SUGGESTIONS? #smallbizchat                               |
| themojocoach:    | @JDEbberly Perfect! #smallbizchat  |
| My_WebEvent:     | @CathyWebSavvyPR Sometimes you need to go off the grid for awhile and recharge! LOL #smallbizchat  |
| JDEbberly:       | RT @themojocoach: Great to find a reward system that works for you too. Anything to help you stay motivated #SmallBizChat  |

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| themojocoach:    | A7: Having my business from home, it's helpful to physically leave the office & shut the door behind me once my kids come home #smallbizchat   |
| Jungle_Gardenia: | @CathyWebSavvyPR Thanks for RT! #smallbizchat  |
| CathyWebSavvyPR: | RT @themojocoach: The key is to find a way to get exercise in & stay motivated while bringing results. Find out your "why" #smallbizchat   |
| themojocoach:    | 7B: Shutting the door reminds me that that part of the day is over & it's time to move back into my role as wife and mom #smallbizchat   |
| JDEbberly:       | @themojocoach That has been my pattern for literally decades. Also - I LOVE TO WALK!!! :) :) #SmallBizChat   |
| smallbizlady:    | For tips on #smallbiz success subscribe to Melinda Emerson's blog at <a href="http://bit.ly/3x5Gm2">http://bit.ly/3x5Gm2</a> <a href="http://www.succeedasyourownboss.com/">http://www.succeedasyourownboss.com/</a> #smallbizchat |
| TheAfter5Edge:   | Anyone have Comcast? There are TONS of classes exercisetv (on Demand). 10 mins... 30 mins.. Easy to fit into your day! #smallbizchat   |
| smallbizlady:    | If you know a small biz owner who could use some advice tell them to follow @SmallBizChat and join us on Wed 8-9 ET #smallbizchat  |
| JDEbberly:       | RT @smallbizlady Q7 WHEN RUNNING YR OWN BIZ, ESPECIALLY FROM HOME, IT'S DIFF FOR MANY OF US TO ?LEAVE OFFICE.? ANY SUGGESTIONS? #SmallBizChat  |
| mentormarketing: | I also use the door shut method to separate me from the office #smallbizchat   |
| TaiGoodwin:      | RT @smallbizlady: Q7 WHEN RUNNING YR OWN BUSINESS, ESPECIALLY FROM HOME, IT'S DIFFICULT FOR MANY OF US TO ?LEAVE THE OFFICE? #smallbizchat   |
| themojocoach:    | 7D: It's important to realize that there'll ALWAYS be more so pace yourself for the sake of your health, your wellness&sanity! #smallbizchat   |
| smallbizlady:    | For even more great content join the #Smallbizchat Linkedin group! <a href="http://bit.ly/smallbizchatonlinkedin">http://bit.ly/smallbizchatonlinkedin</a> #smallbizchat   |
| CathyWebSavvyPR: | @My_WebEvent yup - I don;t do it often enough - although I'm a geek w/o a smartphone - it helps w/ wkr/life balance #smallbizchat  |
| JDEbberly:       | RT @themojocoach A7 Having my biz from home, it's helpful to physically leave office & shut door behind me once kids come home #SmallBizChat   |
| juliepower:      | RT @smallbizlady: If you know a small biz owner who could use some advice tell them to follow @SmallBizChat and join us on Wed 8-9 ET #smallbizchat  |
| TaiGoodwin:      | RT @mentormarketing: I also use the door shut method to separate me from the office #smallbizchat  |
| smallbizlady:    | Q8: HOW DOES STRESS AFFECT OUR HEALTH? #smallbizchat   |
| CathyWebSavvyPR: | RT @themojocoach: A7: Having my biz from home, it's helpful 2 physically leave the office & shut door once my kids come home #smallbizchat   |
| TheAfter5Edge:   | A7:Make it a habit to go out for lunch! Networking & food in one! Meet clients, business prospects, friends... never eat solo! #smallbizchat   |

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| JDEbberly:       | RT @themojocoach 7B Shutting door reminds me that that part of the days over & it's time to move back to role as wife/mom #SmallBizChat                        |
| icjamie:         | @SmallBizLady find a class (like Zumba) you enjoy or an exercise buddy/coach. Make an appointment for it. #smallbizchat  |
| JDEbberly:       | RT @mentormarketing: I also use the door shut method to separate me from the office #SmallBizChat  |
| smallbizlady:    | If you have some expertise to share here? how to be a guest on #Smallbizchat <a href="http://bit.ly/4r5KEZ">http://bit.ly/4r5KEZ</a> #smallbizchat             |
| themojocoach:    | A8: When we're stressed, we're not interested in making healthy choices, reading labels #smallbizchat  |
| JDEbberly:       | RT @smallbizlady: Q8: HOW DOES STRESS AFFECT OUR HEALTH? #smallbizchat Q8: HOW DOES STRESS AFFECT OUR HEALTH? #SmallBizChat                                    |
| TaiGoodwin:      | If you know a small biz owner who could use some advice tell them to follow @SmallBizChat and join us on Wed 8-9 ET #smallbizchat                              |
| My_WebEvent:     | @themojocoach Agree, a healthy life is about finding balance in all areas of your life...physical, financial, family, faith... #smallbizchat                   |
| JDEbberly:       | RT @icjamie: @SmallBizLady find a class (like Zumba) you enjoy or an exercise buddy/coach. Make an appointment for it. #SmallBizChat                           |
| themojocoach:    | 8B: We want comfort foods) because we're looking for the feeling we felt when they were served to us long ago. #smallbizchat                                   |
| TaiGoodwin:      | Post: @Smallbizlady's 7-Step Course Correction in Your Small Business <a href="http://bit.ly/cGhY2b">http://bit.ly/cGhY2b</a> #smallbizchat                    |
| mentormarketing: | A8 Stress made me go grey before my mom did, Now that is saying something. #smallbizchat   |
| TheAfter5Edge:   | A7: Have something for a client that is close? Take a break & walk! Personal touch/service & a break for you! #smallbizchat                                    |
| themojocoach:    | 8D: Stress also suppresses the immune system. A weakened immune system puts us at risk for many illnesses & diseases #smallbizchat                             |
| My_WebEvent:     | @CathyWebSavvyPR Absolutely, it's about balance! #smallbizchat   |
| CathyWebSavvyPR: | RT @TheAfter5Edge A7 Make a habit 2 go out 4 lunch! Networking & food in 1! Meet clients/biz prospects/friends never eat solo #smallbizchat                    |
| JDEbberly:       | RT @themojocoach: A8: When we're stressed, we're not interested in making healthy choices, reading labels #SmallBizChat  |
| TaiGoodwin:      | RT @themojocoach: A8: When we're stressed, we're not interested in making healthy choices, reading labels #smallbizchat  |
| AuthenticNoise:  | RT @TheAfter5Edge: A7: Have something 4 a client that is close? Take a break & walk! Personal touch/service & a break 4 U! #smallbizchat<                      |
| JDEbberly:       | RT @themojocoach: 8B: We want comfort foods) because we're looking for feeling we felt when they were served to us long ago #SmallBizChat                      |
| SeaStefan:       | RT @themojocoach: 7D: It's important to realize that there'll ALWAYS be more so pace yourself for the sake of your health, your wellness&sanity! #smallbizchat |
| JDEbberly:       | RT @mentormarketing: A8 Stress made me go grey before my mom did, Now that is saying something #SmallBizChat   |
| VIVAssistants:   | A7: Helps to have a designated office. If not, simply putting things out if sight helps. Out of site out of mind! #smallbizchat                                |

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| smallbizlady:    | For of you guest blogger for <a href="http://www.succeedasyourownboss.com">www.succeedasyourownboss.com</a> my 5 day a week blog schedule will start Monday next week. #smallbizchat |
| PatRobeck1ofHis: | If you have stairs at work, you can get a good workout fairly quick. #smallbizchat   |
| Jungle_Gardenia: | A7 - I take the dogs out, one at a time. There are 2 and it definitely gets me out regularly. #smallbizchat  |
| JDEbberly:       | RT @TaiGoodwin: Post: @Smallbizlady's 7-Step Course Correction in Your Small Business <a href="http://bit.ly/cGhY2b">http://bit.ly/cGhY2b</a> #SmallBizChat                          |
| sharlyn_lauby:   | A7 Try to have an office door, so you can close it and leave work. #smallbizchat   |
| TaiGoodwin:      | RT @themojocoach: 8B: We want comfort foods) because we?re looking for the feeling we felt when they were served to us b4. #smallbizchat   |
| mentormarketing: | @JDEbberly I knew you were gonna pick that to RT Thanks LOL #smallbizchat  |
| CathyWebSavvyPR: | RT @themojocoach 8D Stress also suppresses immune system. A weakened immune system puts us at risk 4 many illnesses & diseases #smallbizchat   |
| TheAfter5Edge:   | A8: Your health is always priority! Without it, u can't work! So do what it takes to relieve stress. Give urself "time out" :) #smallbizchat   |
| themojocoach:    | 8E: Stress also affects our ability to heal,affects our nervous sys,digestive system,reproductive sys,hair,organs,everything #smallbizchat   |
| hyermish:        | @themojocoach Do you think that the problem might be that we weren't "taught" how to eat by anyone? #smallbizchat  |
| JDEbberly:       | @mentormarketing Same here - Stress in my job in 1995 made me old and bald before my time - Corporations are ruthless #SmallBizChat  |
| My_WebEvent:     | RT @JDEbberly: RT @themojocoach: 8B: We want comfort foods because we?re looking for a feeling... #smallbizchat  |
| feliciajoy:      | {Exactly!} RT @themojocoach: @feliciajoy I agree! Don't agree w/balance b/c you're focused on 1 thing or another #smallbizchat   |
| smallbizlady:    | RT @hyermish: @themojocoach Do you think that the problem might be that we weren't "taught" how to eat by anyone? #smallbizchat  |
| doggdaze:        | RT @themojocoach: Stress also suppresses the immune system. A weakened immune system puts us @ risk 4 many illnesses/diseases #smallbizchat  |
| TaiGoodwin:      | RT @hyermish: @themojocoach Do you think that the problem might be that we weren't "taught" how to eat by anyone? #smallbizchat  |
| JDEbberly:       | RT @themojocoach 8D Stress also suppresses immune system. A weakened immune system puts us at risk for illnesses & diseases #SmallBizChat  |
| My_WebEvent:     | RT @TheAfter5Edge: A8: Your health is always priority! Without it, u can't work! So do what it takes to relieve stress... #smallbizchat  |
| TheAfter5Edge:   | A8: Who takes their vitamins daily? I admit... Sometimes I forget! But today I remembered :) Health first! #smallbizchat   |
| themojocoach:    | Unfortunately, many of us were taught to eat when we're happy,sad,bored,angry,etc.We need 2learn healthier strategies #smallbizchat  |

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| JDEbberly:       | RT @themojocoach 8E Stress affects our ability to heal,affects our nervous sys,digestive system,reproductive sys,hair,organs #SmallBizChat                        |
| mentormarketing: | @JDEbberly Too true RE corporate life #smallbizchat   |
| hyermish:        | Too late for me on that one... Lost long ago... RT @themojocoach 8E: Stress also affects our ... .. hair #smallbizchat  |
| smallbizlady:    | 8a I think meditation and yoga is very helpful to relax #smallbizchat   |
| JDEbberly:       | RT @hyermish: @themojocoach Do you think that the problem might be that we weren't "taught" how to eat by anyone? #SmallBizChat                                   |
| AuthenticNoise:  | Working out helps alleviate stress. I guess I better get in the gym #smallbizchat   |
| TheAfter5Edge:   | Happy to be here indeed :) RT @taigoodwin: @TheAfter5Edge Welcome to the chat - glad to have you! #smallbizchat   |
| TheAfter5Edge:   | Thanks! Great to see you also! RT @worknmomjournal: Good to see you @TheAfter5Edge #smallbizchat  |
| My_WebEvent:     | RT @themojocoach: Many of us were taught to eat when we're happy,sad,bored,angry...Need 2learn healthier strategies #smallbizchat                                 |
| JDEbberly:       | Corporations do not care about their workers. They only care about MONEY. Period. Believe Me - I truly KNOW #SmallBizChat   |
| TaiGoodwin:      | @TheAfter5Edge I have to remember to take iron daily and vitamin D esp since I live in MN #smallbizchat   |
| themojocoach:    | @JDEbberly lol! #smallbizchat   |
| JDEbberly:       | RT @smallbizlady: 8a I think meditation and yoga is very helpful to relax #SmallBizChat   |
| sharlyn_lauby:   | @smallbizlady @hyermish @themojocoach I eat better when I work at home. Make a healthy soup in the slow cooker vs grab & go. #smallbizchat                        |
| mentormarketing: | Yogarapture.com has great yoga session music tracks RT @smallbizlady: 8a I think meditation and yoga is very helpful to relax #smallbizchat                       |
| JDEbberly:       | RT @AuthenticNoise: Working out helps alleviate stress. I guess I better get in the gym #SmallBizChat   |
| CathyWebSavvyPR: | RT @smallbizlady: 8a I think meditation and yoga is very helpful to relax #smallbizchat   |
| smallbizlady:    | 8b as entrepreneurs we are naturally drawn to workaholism which is why its important to schedule time to de-stress. #smallbizchat                                 |
| VIVAssistants:   | RT @CathyWebSavvyPR: RT @themojocoach 8D Stress also suppresses immune system. A weakened immune system puts us at risk 4 many illnesses & diseases #smallbizchat |
| themojocoach:    | stress creates aging, wt gain, illness & disease.Our bodies r a billboard telling the world what's going on inside #smallbizchat                                  |
| AuthenticNoise:  | RT @SmallBizLady: 8b as entrepreneurs we R naturally drawn 2 workaholism which is y its important 2 schedule time 2 de-stress. #smallbizchat                      |
| themojocoach:    | @sharlyn_lauby Great! #smallbizchat   |
| TheAfter5Edge:   | Keep healthy snacks around your work area. So when you're busy you're forced to reach for the carrots, nuts, fruits... #smallbizchat                              |
| VIVAssistants:   | RT @smallbizlady: 8b as entrepreneurs we are naturally drawn to workaholism which is why its important to schedule time to de-stress. #smallbizchat               |



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| JDEbberly:       | RT @smallbizlady 8b as entrepreneurs were naturally drawn to workaholism which is why its important to sched time to de-stress #SmallBizChat |
| smallbizlady:    | 89c I think that praying daily is helpful for the business and your stress level too. #smallbizchat  |
| TheAfter5Edge:   | @sharlyn_lauby @smallbizlady @hyermish @themojocoach Very true! Definitely easier to eat healthy while working @ home #smallbizchat          |
| themojocoach:    | @TheAfter5Edge Yes! #smallbizchat  |
| AuthenticNoise:  | RT @SmallBizLady: 89c I think that praying daily is helpful for the business and your stress level too.< I agree! #smallbizchat              |
| JDEbberly:       | RT @themojocoach stress creates aging, wt gain, illness,disease.Our bodies r a billboard telling world what's going on inside #SmallBizChat  |
| CathyWebSavvyPR: | @themojocoach I think one of the biggest unspoken stressor is lack of sleep - small biz owners often work late etc #smallbizchat             |
| smallbizlady:    | Q9:WHAT ARE SOME OF THE DANGERS OF STRESS? #smallbizchat   |
| PamelaM:         | @SmallBizLady A8: read Inner Game of Stress by Tim Gallwey to learn how stress effects and can be "handled" #smallbizchat                    |
| JDEbberly:       | RT @smallbizlady: 8c I think that praying daily is helpful for the business and your stress level too #SmallBizChat                          |
| PatRobeck1ofHis: | RT @smallbizlady: 89c I think that praying daily is helpful for the business and your stress level too. #smallbizchat                        |
| TaiGoodwin:      | RT @themojocoach: Unfortunately, many of us were taught to eat when we're happy,sad,etc.We need 2learn healthier strategies #smallbizchat    |
| themojocoach:    | @CathyWebSavvyPR So true! #smallbizchat  |
| hyermish:        | I've found that bringing my lunch might be much healthier, but it isn't as much fun as getting out of the office for a break. #smallbizchat  |
| TheAfter5Edge:   | @SmallBizLady Agreed. Just as you schedule & remember that client meeting, schedule time for you & stick to it!! #smallbizchat               |
| TaiGoodwin:      | RT @smallbizlady: Q9:WHAT ARE SOME OF THE DANGERS OF STRESS? #smallbizchat   |
| mentormarketing: | one thing I am trying this year is to litterally pack myself a lunch for work every morning before I go upto the office. #smallbizchat       |
| smallbizlady:    | RT @PamelaM: @SmallBizLady A8: read Inner Game of Stress by Tim Gallwey to learn how stress effects and can be "handled" #smallbizchat       |
| themojocoach:    | A9: Stress creates physical, mental, emotional wear and tear. #smallbizchat  |
| smallbizlady:    | @PamelaM good suggestion! #smallbizchat  |
| AuthenticNoise:  | RT @themojocoach: A9: Stress creates physical, mental, emotional wear and tear. #smallbizchat  |
| CathyWebSavvyPR: | A9 A stress reducer can include a hobby. Just met a photographer - takes camera everywhere - quick pics #smallbizchat                        |
| doggdaze:        | @themojocoach How often would you suggest a person should break during their work day (ie. every 2hrs, every 4hrs)? #smallbizchat            |
| JDEbberly:       | RT @TaiGoodwin: RT @smallbizlady: Q9:WHAT ARE SOME OF THE DANGERS OF STRESS? #SmallBizChat   |
| DVStrategies:    | A4: Also remember to hydrate. Keep jug of water on desk and enjoy "ocean cocktail" whenever you want. #smallbizchat                          |

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| TaiGoodwin:      | @PatRobeck1ofHis Thanks for the recommendation - I will check it out #smallbizchat  |
| PatRobeck1ofHis: | @smallbizlady Praying without ceasing is even better! #smallbizchat   |
| themojocoach:    | 9B: It?s hard to imagine though b/c we think a phys cause causes a physical pain-stub your toe, it hurts,but think about it? #smallbizchat          |
| TheAfter5Edge:   | A healthy you leads to a healthy business!! Remember that! The work is always there but will your health always be there? #smallbizchat             |
| kindracotton:    | @mentormarketing That's great that you take that time and preparation on a daily basis. #smallbizchat   |
| CathyWebSavvyPR: | A9 _ I often schedule a whole 1/2 day photo outing - but I need to include the quick sanity hits 2. #smallbizchat                                   |
| wildheart4vr:    | RT @PatRobeck1ofHis: RT @smallbizlady: 89c I think that praying daily is helpful for the business and your stress level too. #smallbizchat          |
| TaiGoodwin:      | RT @themojocoach: A9: Stress creates physical, mental, emotional wear and tear. #smallbizchat   |
| wildheart4vr:    | RT @JDEbberly: RT @smallbizlady: 8c I think that praying daily is helpful for the business and your stress level too #SmallBizChat                  |
| VIVAssistants:   | A8: During spring/summer I have my lunch outside, take care of my plants-reduces my stress, gets creativity flowing #smallbizchat                   |
| themojocoach:    | 9C: You hear something-your face reddens with anger, you?re embarrassed-you flush, you?re upset-your stomach hurts #smallbizchat                    |
| JDEbberly:       | Q9 Stress can lead to severe depression. Exercise and therapeutic discussions are important to maintain wellbeing #SmallBizChat                     |
| PatRobeck1ofHis: | Bejeweled Blitz can reduce or increase my stress, LOL. #smallbizchat  |
| CathyWebSavvyPR: | @themojocoach A9 when I'm behnd the camera - I forget about EVERYTHING else - very relaxing & stress reducing #smallbizchat                         |
| smallbizlady:    | RT @mentormarketing one thing I am trying this yr is to pack myself a lunch every morning before I go up to the office. #smallbizchat               |
| lhkellett:       | Ah, lack of sleep - I was wondering when that topic was going to come up! #smallbizchat   |
| TXStateOCIR:     | RT @smallbizlady: 8b as entrepreneurs we are naturally drawn to workaholism which is why its important to schedule time to de-stress. #smallbizchat |
| JDEbberly:       | RT @themojocoach: A9: Stress creates physical, mental, emotional wear and tear. #SmallBizChat   |
| themojocoach:    | 9E: These emotions release stress hormones & chemicals.Over time, these chemicals cause huge wear & tear. #smallbizchat                             |
| AuthenticNoise:  | Stress causes breakouts which leads to adult acne. #smallbizchat  |
| DorethiaConner:  | RT @themojocoach: A9: Stress creates physical, mental, emotional wear and tear. #smallbizchat   |
| TheAfter5Edge:   | @doggdaze @themojocoach I think the # of breaks depend. Some have longer attn span than others. No right/wrong answer #smallbizchat                 |
| kindracotton:    | I think working with someone or having a #smallbizchat  |
| TaiGoodwin:      | RT @doggdaze: @themojocoach How often would you suggest a person should break during their work day #smallbizchat                                   |

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| smallbizlady:    | RT @dogdaze: @themojocoach How often would you suggest a person should break during their work day (every 2hrs, every 4hrs) #smallbizchat    |
| CathyWebSavvyPR: | @VIVAssistants since my dog passed away - I've started to walk myself around the yard 10 mins 3x a day LOL #smallbizchat                     |
| AcneBuzz:        | RT @AuthenticNoise Stress causes breakouts which leads to adult acne. #smallbizchat  |
| CathyWebSavvyPR: | RT @themojocoach: 9E: These emotions release stress hormones & chemicals. Over time, these chemicals cause huge wear & tear. #smallbizchat   |
| JDEbberly:       | RT @themojocoach 9B Hard to imagine tho b/c we think phys cause causes physical pain-stub toe, it hurts, but think about it? #SmallBizChat   |
| kindracotton:    | I think working with someone or having a "health accountability buddy" helps to. Someone to help you stay focused. #smallbizchat             |
| hyermish:        | RT @themojocoach 9C: You hear something-your face reddens with anger, embarrassed-you flush, you're upset- stomach hurts #smallbizchat       |
| VIVAssistants:   | A8: if you have a hobby you are passionate about (I love photog/gardening) then incorp into your day for stress reduction #smallbizchat      |
| smallbizlady:    | RT @DVStrategies: A4: Also remember to hydrate. Keep jug of water on desk and enjoy "ocean cocktail" whenever you want. #smallbizchat        |
| CathyWebSavvyPR: | @themojocoach all this talk o stress is...well stressing me out LOL ;-) #smallbizchat  |
| JDEbberly:       | RT @VIVAssistants A8 During spring/summer I have lunch outside, take care of plants-reduces my stress, gets creativity flowing #SmallBizChat |
| kindracotton:    | It's amazing how much a person checking in can make sure you stay on task, especially when you expect the inquiry. #smallbizchat             |
| themojocoach:    | @TaiGoodwin Get up at least once every hour for a walk/stretch. Bad for your back/knees etc. 2sit still 4long #smallbizchat                  |
| TaiGoodwin:      | RT @TheAfter5Edge: A healthy you leads to a healthy business!! #smallbizchat   |
| TheAfter5Edge:   | A9: Stress = sluggishness, sickness, weak immune system, low productivity. All translate to less business! Take care of #1 #smallbizchat     |
| CathyWebSavvyPR: | RT @kindracotton: I think working w someone or having a "health accountability buddy" helps to. Someone 2 help U stay focused #smallbizchat  |
| JDEbberly:       | RT @themojocoach: 9E: These emotions release stress hormones & chemicals. Over time, these chemicals cause huge wear & tear #SmallBizChat    |
| smallbizlady:    | RT @JDEbberly: Q9 Stress can lead to severe depression. Exercise & therapeutic discussions are important to maintain wellbeing #smallbizchat |
| TaiGoodwin:      | @PatRobeck1ofHis And I love family fued! #smallbizchat   |
| CathyWebSavvyPR: | RT @themojocoach: Get up at least once every hour 4 a walk/stretch. Bad for your back/knees etc. 2sit still 4long #smallbizchat              |

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| JDEbberly:       | Q9 When forced to work with corrosive ppl in a corporate setting - Over time it stresses you into premature old age #SmallBizChat                                     |
| TheAfter5Edge:   | RT @taigoodwin: @TheAfter5Edge I have to remember to take iron daily and vitamin D esp since I live in MN #smallbizchat   |
| Jungle_Gardenia: | @JDEbberly Thanks for RT ... forgot this--> #smallbizchat Oops!   |
| AuthenticNoise:  | RT @CathyWebSavvyPR: RT @themojocoach: Get up at least once every hour 4 a walk/stretch.Bad 4 yr back/knees 2sit still 4long #smallbizchat                            |
| smallbizlady:    | @themojocoach @doggdaze Get up at least once every hour for a walk/stretch.Bad for your back/knees etc. 2sit still 4long #smallbizchat                                |
| CathyWebSavvyPR: | RT @JDEbberly: Q9 Stress can lead 2 severe depression. Exercise & therapeutic discussions are important 2 maintain wellbeing #smallbizchat                            |
| JDEbberly:       | RT @AcneBuzz: RT @AuthenticNoise Stress causes breakouts which leads to adult acne. #SmallBizChat   |
| doggdaze:        | RT @themojocoach: @TaiGoodwin Get up at least once every hour for a walk/stretch.Bad for your back/knees etc. 2sit still 4long #smallbizchat                          |
| My_WebEvent:     | I find a naturally have to get up and move around. Especially when I hit a wall. Amazing what moving does to clear ur mind! #smallbizchat                             |
| DVStrategies:    | RT @smallbizlady: If you have some expertise to share here?s how to be a guest on #Smallbizchat <a href="http://bit.ly/4r5KEZ">http://bit.ly/4r5KEZ</a> #smallbizchat |
| mzayfert:        | RT @CathyWebSavvyPR: RT @JDEbberly: Q9 Stress can lead 2 severe depression. Exercise & therapeutic discussions are important 2 maintain wellbeing #smallbizchat       |
| PatRobeck1ofHis: | @TaiGoodwin Any thing to take our brains off work, right? #smallbizchat   |
| sharlyn_lauby:   | Or Angry Birds. ha! ==> RT @PatRobeck1ofHis: Bejeweled Blitz can reduce or increase my stress, LOL. #smallbizchat   |
| kindracotton:    | @AuthenticNoise @CathyWebSavvyPR @themojocoach: I think you should get up more if you work on a computer all day. #smallbizchat                                       |
| AuthenticNoise:  | RT @sharlyn_lauby: Or Angry Birds. ha! ==> RT @PatRobeck1ofHis: Bejeweled Blitz can reduce or increase my stress, LOL. #smallbizchat                                  |
| kindracotton:    | @AuthenticNoise @CathyWebSavvyPR @themojocoach: I dont underestimate the importance of having an ergonomic support chair. #smallbizchat                               |
| DorethiaConner:  | RT @smallbizlady: RT @doggdaze: @themojocoach How often would you suggest a person should break during their work day (every 2hrs, every 4hrs) #smallbizchat          |
| smallbizlady:    | Q10: Sometimes our lifestyles (spouse, family, biz) can affect ur sleep. What?s the link btw a lack of sleep & our health? #smallbizchat                              |
| TheAfter5Edge:   | Make exercise fun! Partner up! Take walks with a business partner! Who said biz mtgs should just be over coffee? Get active! #smallbizchat                            |
| TXStateOCIR:     | I took on a "hobby" to cope with stress and found my mission. #smallbizchat   |
| PatRobeck1ofHis: | MythBusters proved that if in a fog and needing to focus, a quick slap to the face helps! Ask a friend! #smallbizchat   |

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| smallbizlady:    | If you have some expertise to share here?s how to be a guest on #Smallbizchat <a href="http://bit.ly/4r5KEZ">http://bit.ly/4r5KEZ</a> #smallbizchat   |
| JDEbberly:       | @sharlyn_lauby Angry Birds only made me want to throw my iPhone into the Potomac River lol - Can't get past Level 8 #SmallBizChat   |
| CathyWebSavvyPR: | @VIVAssistants I alsostarted volunteering a couple of times a wek at the local animal shelter socializing cats walking dogs #smallbizchat   |
| themojocoach:    | A10: When stressed, we?re not sleeping well & will look for more energy through sugar & caffeine #smallbizchat  |
| smallbizlady:    | A blog post with a more detailed Q & A with our guest comes out on Thursdays on @Smallbizlady?s blog: <a href="http://bit.ly/3x5Gm2">http://bit.ly/3x5Gm2</a> #smallbizchat                   |
| TaiGoodwin:      | RT @smallbizlady: Q10: Sometimes our lifestyles can affect ur sleep. What?s the link btw a lack of sleep & our health? #smallbizchat  |
| themojocoach:    | 10B: The empty calories coming from sugar is one of the easiest ways to gain weight. #smallbizchat  |
| Crangoose:       | It takes a toll on your body.....kills slwly. Not good. RT @SmallBizLady: Q8: HOW DOES STRESS AFFECT OUR HEALTH? #smallbizchat  |
| TheAfter5Edge:   | RT @smallbizlady: A blog post with a more detailed Q & A with our guest comes out on Thursdays on @Smallbizlady?s blog: <a href="http://bit.ly/3x5Gm2">http://bit.ly/3x5Gm2</a> #smallbizchat |
| kindracotton:    | @DorethiaConner I like to take a break after 45 minutes of working. Not a long break. Just enough for a brief walk & water #smallbizchat  |
| AuthenticNoise:  | RT @Crangoose: It takes a toll on yr body.....kills slwly. Not gd. RT @SmallBizLady: Q8: HOW DOES STRESS AFFECT R HEALTH? #smallbizchat   |
| lhkellett:       | No one ever lies on their deathbed and says "I wish I had spent more time at the office". Change jobs if stress is too bad. #smallbizchat   |
| themojocoach:    | 10C: It also leaves us groggy which makes us less productive during our day. It also makes us irritable & less patient #smallbizchat  |
| hyermish:        | RT @PatRobeck1ofHis MythBusters proved that if in a fog and needing to focus, a quick slap to the face helps! Ask a friend! #smallbizchat   |
| JDEbberly:       | RT @themojocoach: A10: When stressed, we?re not sleeping well & will look for more energy through sugar & caffeine #SmallBizChat  |
| smallbizlady:    | Q11: WHAT?S THE BEST WAY TO START LIVING A HEALTHIER LIFESTYLE AND MAKING CHANGES THAT LAST? #smallbizchat  |
| JDEbberly:       | RT @themojocoach: 10B: The empty calories coming from sugar is one of the easiest ways to gain weight. #SmallBizChat  |
| CathyWebSavvyPR: | @kindracottonyes, my "good" chair finally gave up the ghost, my other chair = not so good; I almost had carpal tunnel yrs ago #smallbizchat   |
| TaiGoodwin:      | @Smallbizlady latest post: There's No Better Time to Start a Business: <a href="http://ow.ly/3z4SN">http://ow.ly/3z4SN</a> #smallbizchat  |

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| DorethiaConner:  | RT @smallbizlady: If you know a small biz owner who could use some advice tell them to follow @SmallBizChat and join us on Wed 8-9 ET #smallbizchat   |
| femme40:         | RT @JDEbberly: RT @smallbizlady: 8c I think that praying daily is helpful for the business and your stress level too #SmallBizChat  |
| JDEbberly:       | RT @themojocoach 10C It leaves us groggy which makes us less productive during day. It also makes us irritable & less patient #SmallBizChat   |
| CLK_Shortcake:   | RT @smallbizlady: A blog post with a more detailed Q & A with our guest comes out on Thursdays on @Smallbizlady?s blog: <a href="http://bit.ly/3x5Gm2">http://bit.ly/3x5Gm2</a> #smallbizchat |
| sharlyn_lauby:   | @JDEbberly I need to break down and get the Mighty Eagle. #angrybirds #smallbizchat   |
| SGIcares:        | #smallbizchat People tend to snack during the late night this can cause one to pack on the lbs.   |
| doggdaze:        | RT @smallbizlady: Sometimes our lifestyles can affect ur sleep. What?s the link btw a lack of sleep & our health? #smallbizchat   |
| JDEbberly:       | RT @smallbizlady: Q11: WHAT?S THE BEST WAY TO START LIVING A HEALTHIER LIFESTYLE AND MAKING CHANGES THAT LAST? #SmallBizChat  |
| CLK_Shortcake:   | RT @smallbizlady: If you have some expertise to share here?s how to be a guest on #Smallbizchat <a href="http://bit.ly/4r5KEZ">http://bit.ly/4r5KEZ</a> #smallbizchat                         |
| TaiGoodwin:      | RT @themojocoach: 10B: The empty calories coming from sugar is one of the easiest ways to gain weight. #smallbizchat  |
| CathyWebSavvyPR: | RT @smallbizlady: Blog post with a more detailed Q & A w guest comes out Thurs. on @Smallbizlady?s blog: <a href="http://bit.ly/3x5Gm2">http://bit.ly/3x5Gm2</a> #smallbizchat                |
| kindracotton:    | @CathyWebSavvyPR I've learned first-hand recently the importance of having a good chair. My health requires it! #smallbizchat   |
| TheAfter5Edge:   | A10: Lost sleep can never be made up! Scary to think! Appropriate sleep is more than just staying awake - needed 2 b healthy #smallbizchat  |
| TaiGoodwin:      | RT @smallbizlady: Q11: WHAT?S THE BEST WAY TO START LIVING A HEALTHIER LIFESTYLE AND MAKING CHANGES THAT LAST? #smallbizchat  |
| themojocoach:    | A11: Start small, making changes that work 4u.Make 1 change in each area that isn?t working for you. Here are a few ideas? #smallbizchat  |
| CathyWebSavvyPR: | RT @lhkellert: No one ever lies on their deathbed and says "I wish I had spent more time at office". Chge jobs if stress 2 bad #smallbizchat  |
| themojocoach:    | 11B: Nutrition-can you leave over a few bites of food at dinner,drink more water,make a healthy substitution? #smallbizchat   |
| TaiGoodwin:      | RT @themojocoach: 10C: It also leaves us groggy which makes us less productive during our day. #smallbizchat  |
| DorethiaConner:  | @kindracotton that sounds like a good plan, I'm a 2 hour lady... I like to get in a groove then re-energize.. #smallbizchat   |
| smallbizlady:    | 12 Steps Toward Reinventing Yourself in 2011 <a href="http://t.co/IHwEwcp">http://t.co/IHwEwcp</a> via @secondactmag #smallbizchat  |
| kindracotton:    | A11: I think the best way to start is JUST DO IT! Don't plan too much or you'll never get started. #smallbizchat  |
| CathyWebSavvyPR: | RT @PatRobeck1ofHis MythBusters proved that if in a fog & needing t2 focus, a quick slap to the face helps! Ask a friend! LOL #smallbizchat   |

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| themojocoach:    | 11C: Fitness-can you walk 1 day this week,increase the intensity,exercise with a fitness DVD,take the dog for a run? #smallbizchat                                |
| TheAfter5Edge:   | A11: Commit to it mentally & take small steps. 15 mins to start & increase. Schedule it in calendar & stick to it! #smallbizchat                                  |
| VIVAssistants:   | A11: remember that it takes 21 days to form a habit. Start, let it flow, see it through and don't give up! #smallbizchat  |
| AuthenticNoise:  | A11 make a small change like one soda a day. don't go cold turkey, you'll become mean and stressed defeating the purpose. #smallbizchat                           |
| CathyWebSavvyPR: | RT @smallbizlady: Q11: WHAT?S BEST WAY TO START LIVING A HEALTHIER LIFESTYLE AND MAKING CHANGES THAT LAST? #smallbizchat  |
| JDEbberly:       | RT @themojocoach A11 Start small, make changes that work 4u.Make 1 change each area that isn?t working. Here are a few ideas? #SmallBizChat                       |
| TaiGoodwin:      | RT themojocoach: 11B: Nutrition-can you leave over a few bites of food at dinner,drink more water, #smallbizchat  |
| themojocoach:    | 11H: The key is to just start. Consistent steps in the right direction over time bring big results! #smallbizchat   |
| JDEbberly:       | RT @kindracotton: A11: I think the best way to start is JUST DO IT! Don't plan too much or you'll never get started. #SmallBizChat                                |
| CathyWebSavvyPR: | RT @themojocoach: A11: Start small, making changes that work 4u.Make 1 change in each area that isn?t working for you. #smallbizchat                              |
| hyermish:        | @CathyWebSavvyPR Time to smack us both... #smallbizchat   |
| JDEbberly:       | RT @VIVAssistants: A11: remember that it takes 21 days to form a habit. Start, let it flow, see it through and don't give up! #SmallBizChat                       |
| AuthenticNoise:  | RT @themojocoach: 11H: The key is to just start. Consistent steps in the right direction over time bring big results! #smallbizchat                               |
| jenniferbourn:   | @themojocoach Thanks for all the great tips on today's #smallbizchat  |
| TaiGoodwin:      | RT @themojocoach: 11C: Fitness-can you walk 1 day this week,increase the intensity,exercise with a fitness DVD? #smallbizchat                                     |
| kindracotton:    | A11: Plus they say doing something for 21 days turns it into a habit. I'm trying to adapt positive habits now. :) #smallbizchat                                   |
| smallbizlady:    | @SmallBizLady shares her secrets to becoming a successful business owner - Examiner.com <a href="http://t.co/zMaVWQy">http://t.co/zMaVWQy</a> #smallbizchat       |
| themojocoach:    | @jenniferbourn Thanks for being here! #smallbizchat   |
| JDEbberly:       | RT @TaiGoodwin: RT @themojocoach: 11B: Nutrition-can you leave over a few bites of food at dinner,drink more water #SmallBizChat                                  |
| PatRobeck1ofHis: | @hyermish @CathyWebSavvy Thanks for RT love! #smallbizchat  |
| DryerBuzz:       | evening #smallbizchat   |
| kathgiovanni:    | RT @CathyWebSavvyPR: RT @lhkellett: No one ever lies on their deathbed and says "I wish I had spent more time at office". Chge jobs if stress 2 bad #smallbizchat |
| TaiGoodwin:      | RT @AuthenticNoise: A11 make a small change like one soda a day. don't go cold turkey, I so needed that advice #smallbizchat                                      |
| JDEbberly:       | RT @hyermish: @CathyWebSavvyPR Time to smack us both... #SmallBizChat   |
| AuthenticNoise:  | RT @TaiGoodwin: RT @AuthenticNoise: A11 make a small change like one soda a day. don't go cold turkey, I so needed that advice #smallbizchat                      |

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| themojocoach:     | @hyermish sheesh! :) #smallbizchat   |
| CathyWebSavvyPR : | RT @themojocoach: chng 1 thing 4 better Nutrition, Fitness. [I'd add better sleep, connection w ppl etc] #smallbizchat   |
| PatRobeck1ofHis:  | @AuthenticNoise Is that a game? I have heard it mentioned quite a bit. #smallbizchat   |
| JDEbberly:        | RT @smallbizlady: @SmallBizLady shares her secrets to becoming a successful business owner - Examiner.com<br><a href="http://t.co/zMaVWQy">http://t.co/zMaVWQy</a> #SmallBizChat |
| kindracotton:     | RT @SmallBizLady shares her secrets to becoming a successful business owner - Examiner.com <a href="http://t.co/zMaVWQy">http://t.co/zMaVWQy</a><br>#smallbizchat                |
| My_WebEvent:      | @themojocoach Thanks for the great tips tonight! Great #smallbizchat   |
| hyermish:         | @themojocoach My office is close to a couple of nice places to eat. When the weather permits and I didn't bring food, I walk.<br>#smallbizchat                                   |
| CathyWebSavvyPR : | RT @themojocoach: 11H: The key is to just start. Consistent steps in the right direction over time bring big results! #smallbizchat  |
| BenitaTyler:      | RT@My_WebEvent I find a naturally have 2get up/move around. Esp. when I hit a wall. Amazing what moving does to clear ur mind!<br>#smallbizchat                                  |
| AuthenticNoise:   | RT @PatRobeck1ofHis: @AuthenticNoise Is that a game? ive hrd it mentioned quite a bit. < yes U cn find it on a iphone or Droid<br>#smallbizchat                                  |
| themojocoach:     | @CathyWebSavvyPR connecting is key! Our relationships are good/bad 4our health! #smallbizchat  |
| smallbizlady:     | Next week on #smallbizchat Howard Yermish @hyermish on Social Customer Relationship Management for Small Businesses  |
| themojocoach:     | @hyermish Great! #smallbizchat   |
| smallbizlady:     | Thanks to our guest, @themojocoach on getting your life balance and business "mojo" back <a href="http://www.theMojoCoach">www.theMojoCoach</a> #smallbizchat                    |
| kindracotton:     | @DryerBuzz Good evening, there's a great chat on getting your business mojo back coming to an end. :) #smallbizchat  |
| PatRobeck1ofHis:  | Today! RT @themojocoach: 11H: The key is to just start. Consistent steps in the right direction over time bring big results!<br>#smallbizchat                                    |
| TaiGoodwin:       | Next week on #smallbizchat Social Customer Relationship Management for Small Businesses with Howard Yermish @hyermish  |
| BenitaTyler:      | RT @themojocoach: 11H: The key is to just start. Consistent steps in the right direction over time bring big results! #smallbizchat  |
| CathyWebSavvyPR : | @hyermish yes - I've started walking to the phrarmacy & local deli - well - I was before it got cold! #smallbizchat  |
| smallbizlady:     | Roll call, who?s on @Smallbizchat tonight? Give me your best 140-character commercial. #smallbizchat   |
| TheAfter5Edge:    | RT @smallbizlady: Next week on #smallbizchat Howard Yermish @hyermish on Social Customer Relationship Management for Small Businesses  |
| JDEbberly:        | RT @smallbizlady Next week on #smallbizchat Howard Yermish @hyermish on Social Customer R'ship Management for Small Businesses #SmallBizChat                                     |
| smallbizlady:     | Get a free chapter of @SmallBizlady's new book: Become Your Own Boss in 12 Months <a href="http://bit.ly/asEgeR">http://bit.ly/asEgeR</a> #smallbizchat                          |



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| hyermish:        | RT @smallbizlady Next week on #smallbizchat Howard Yermish @hyermish on Social Customer Relationship Management for Small Businesses                                      |
| CathyWebSavvyPR: | RT @themojocoach: connecting is key! Our relationships are good/bad 4our health! #smallbizchat  |
| PatRobeck1ofHis: | @AuthenticNoise Oh, don't have either, not online huh? #smallbizchat  |
| TaiGoodwin:      | Fantastic job @themojocoach! thanks so much for sharing your wisdom! #smallbizchat  |
| bbgunz:          | Clear out your snack stash in your home RT @SGIcares: #smallbizchat Ppl tend to snack during late night , can cause one to pack on the lbs.                               |
| ellenm53:        | RT @CathyWebSavvyPR: RT @lhkellett: No one ever lies on their deathbed and says "I wish I had spent more time at office". Chge jobs if stress 2 bad #smallbizchat         |
| DorethiaConner:  | RT @smallbizlady: Next week on #smallbizchat Howard Yermish @hyermish on Social Customer Relationship Management for Small Businesses                                     |
| JDEbberly:       | RT @themojocoach: 11H: The key is to just start. Consistent steps in the right direction over time bring big results! #SmallBizChat                                       |
| smallbizlady:    | If you found this interview helpful, join us on Wednesdays 8-9p ET follow @SmallBizChat on Twitter for info. #smallbizchat  |
| Jungle_Gardenia: | RT @themojocoach: 11H: The key is to just start. Consistent steps in the right direction over time bring big results! #smallbizchat <-- Amen!                             |
| JDEbberly:       | RT @smallbizlady: Get a free chapter of @SmallBizlady's new book: Become Your Own Boss in 12 Months <a href="http://bit.ly/asEgeR">http://bit.ly/asEgeR</a> #SmallBizChat |
| themojocoach:    | @smallbizlady Thanks so much for a great chat! #smallbizchat  |
| TaiGoodwin:      | RT @smallbizlady: Get a free chapter of @SmallBizlady's new book: Become Your Own Boss in 12 Months <a href="http://bit.ly/asEgeR">http://bit.ly/asEgeR</a> #smallbizchat |
| smallbizlady:    | Thank you to @TaiGoodwin our co-host and social media coach pal. #smallbizchat  |
| CathyWebSavvyPR: | RT @TaiGoodwin: Next week on #smallbizchat Social Customer Relationship Management 4 Small biz w/ Howard Yermish @hyermish  |
| smallbizlady:    | Thank you to virtual assistant Sonia @YourJobMyOffice, she?ll get a link to the transcript out Thurs am on @SmallBizChat #smallbizchat                                    |
| JDEbberly:       | RT @themojocoach: @smallbizlady Thanks so much for a great chat! #SmallBizChat  |
| themojocoach:    | For more great stuff head over to <a href="http://www.themojocoach.com/">http://www.themojocoach.com/</a> See you there! #smallbizchat                                    |
| TaiGoodwin:      | RT @smallbizlady: If you found this interview helpful, join us on Wednesdays 8-9p ET follow @SmallBizChat on Twitter for info #smallbizchat                               |
| AuthenticNoise:  | RT @PatRobeck1ofHis: @AuthenticNoise Oh, don't have either, not online huh?< u know I never checked. it might be #smallbizchat  |
| JDEbberly:       | @themojocoach THANK YOU so much for bringing so much clarity to this chat tonight!! :) #SmallBizChat  |
| smallbizlady:    | The focus on #Smallbizchat is to end small business failure by helping you succeed as your own boss. #smallbizchat  |

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| doggdaze:        | RT @themojocoach: @CathyWebSavvyPR connecting is key! Our relationships are good/bad 4our health! #smallbizchat  |
| themojocoach:    | Thanks everyone for being here! Great to connect with you! #smallbizchat   |
| hyermish:        | @themojocoach Thanks for the great advice tonight. Now to make the changes a little at a time so they stick. #smallbizchat                               |
| AuthenticNoise:  | RT @SmallBizLady: Next week on #smallbizchat Howard Yermish @hyermish on Social CRM for Small Businesses< Can't wait!                                    |
| DVStrategies:    | @CathyWebSavvyPR A7 Esp important 2 stay connected, make lunch/tea plans w/ others when you work from home. #smallbizchat                                |
| themojocoach:    | @JDEbberly Thank you! #smallbizchat  |
| EmpowerU2day:    | Phyllis Avery Author, Speaker Coach with Empowered You! teaching people to stop comparing -live authentic lives #smallbizchat #smallbizchat              |
| DorethiaConner:  | @smallbizlady ur next week's topic on social relationship mgmt is going to be a good one, I just chk'd out zoho crm this week #smallbizchat              |
| smallbizlady:    | Next week on #smallbizchat Customer Relationship Management for Small Businesses with Howard Yermish @hyermish   |
| JDEbberly:       | @themojocoach Thank you for joining us tonight, Debi - We really enjoyed it!! :) :) #SmallBizChat  |
| TaiGoodwin:      | RT @themojocoach: @smallbizlady Thanks so much for a great chat! #smallbizchat   |
| TaiGoodwin:      | RT @TaiGoodwin: RT @themojocoach: @smallbizlady Thanks so much for a great chat! #smallbizchat   |
| themojocoach:    | Have a great night everyone! #smallbizchat   |
| CathyWebSavvyPR: | RT @DVStrategies: A7 Esp important 2 stay connected, make lunch/tea plans w/ others when you work from home. #Smallbizchat                               |
| My_WebEvent:     | RT @smallbizlady: Next week on #smallbizchat Customer Relationship Management for Small Businesses w/ Howard Yermish @hyermish                           |
| CathyWebSavvyPR: | RT @themojocoach: For more great stuff head over to <a href="http://www.themojocoach.com/">http://www.themojocoach.com/</a> See you there! #Smallbizchat |
| BenitaTyler:     | @kindracotton Try habitforge.com. I'm finding good success with it :^)) #smallbizchat  |
| ClickWisdom:     | RT @hyermish @themojocoach Thanks for the great advice tonight. Now to make the changes a little at a time so they stick. #smallbizchat                  |
| lhkellett:       | Thanks for all the inspiration tonight! #smallbizchat  |
| JDEbberly:       | RT @DVStrategies: A7 Esp important 2 stay connected, make lunch/tea plans w/ others when you work from home #SmallBizChat                                |
| PatRobeck1ofHis: | @themojocoach Thank you for coaching us! #smallbizchat   |
| themojocoach:    | @ClickWisdom Slow and steady wins every time! #smallbizchat  |
| JDEbberly:       | RT @themojocoach: For more great stuff head over to <a href="http://www.themojocoach.com/">http://www.themojocoach.com/</a> See you there! #SmallBizChat |
| PatRobeck1ofHis: | @smallbizlady Thank you for hosting us! #smallbizchat  |
| BenitaTyler:     | RT @SmallBizLady Next week on #smallbizchat Customer Relationship Management for Small Businesses with Howard Yermish @hyermish                          |

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| AuthenticNoise:  | Great chat tonight! #smallbizchat  |
| CathyWebSavvyPR: | Pitch: 20 yr PR Coach teaching small biz owners strategies 2 make PR & Social Media work 4 ther biz #Smallbizchat  |
| JDEbberly:       | Check out @TaiGoodwin's Blog <a href="http://careermakeovercoach.com/">http://careermakeovercoach.com/</a> Join her on Twitter ASAP!! :) :) #SmallBizChat  |
| doggdaze:        | RT @BenitaTyler: @kindracotton Try habitforge.com. I'm finding good success with it :^)) #smallbizchat   |
| DryerBuzz:       | @kindracotton thanks - scrolling through now #smallbizchat   |
| smallbizlady:    | RT @shelleyryan: A6: Seriously. Read "Younger Next Year" for fitness inspiration: <a href="http://amzn.to/e3NPhf">http://amzn.to/e3NPhf</a> #smallbizchat  |
| themojocoach:    | @PatRobeck1ofHis It's been fun! All kinds of articles, blog posts on my site <a href="http://www.themojocoach.com/">http://www.themojocoach.com/</a> .Join me! #smallbizchat   |
| kindracotton:    | This was a great chat. As always. Thanks to @SmallbizLady #smallbizchat  |
| themojocoach:    | @AuthenticNoise Thanks! Glad you joined us! #smallbizchat  |
| Jungle_Gardenia: | @themojocoach You're welcome! Great #smallbizchat to start the new year with.  |
| JDEbberly:       | RT @BenitaTyler: @kindracotton Try <a href="http://habitforge.com/">http://habitforge.com/</a> I'm finding good success with it :^)) #SmallBizChat   |
| kindracotton:    | I'm @kindracotton, Small Business Survival Specialist w/@sss4success: <a href="http://www.sss4success.com">www.sss4success.com</a> #smallbizchat   |
| BenitaTyler:     | RT @DVStrategies @CathyWebSavvyPR A7 Esp important 2 stay connected, make lunch/tea plans w/ others when you work from home. #smallbizchat   |
| TheAfter5Edge:   | RT @AuthenticNoise: Great chat tonight! #smallbizchat  |
| kindracotton:    | @doggdaze Thanks for the suggestion, I will try habitforge.com and report back later. :) #smallbizchat   |
| CathyWebSavvyPR: | RT @BenitaTyler: Try habitforge.com. I'm finding good success with it :^)) #Smallbizchat   |
| My_WebEvent:     | We provide webinar, screen share, video broadcast all recorded with the click of a button! <a href="http://www.mywebevent.com">www.mywebevent.com</a> #smallbizchat  |
| TaiGoodwin:      | RT @kindracotton: I'm @kindracotton, Small Business Survival Specialist w/@sss4success: <a href="http://www.sss4success.com">www.sss4success.com</a> #smallbizchat   |
| DVStrategies:    | @SmallBizLady DVStrategies: Providing strategic communications counsel for leaders who are changing the world. #smallbizchat   |
| JDEbberly:       | RT @kindracotton: I'm @kindracotton, Small Business Survival Specialist w/@sss4success: <a href="http://www.sss4success.com/">http://www.sss4success.com/</a> #SmallBizChat  |
| TheAfter5Edge:   | Pitch: Entrepreneurial spirit! Find me at <a href="http://www.TheAfter5Edge.com">www.TheAfter5Edge.com</a> or on Facebook at <a href="http://on.fb.me/g4sqQe">http://on.fb.me/g4sqQe</a> #smallbizchat                       |
| CathyWebSavvyPR: | RT @AuthenticNoise: RT @SmallBizLady: Next week on #smallbizchat Howard Yermish @hyermish on Social CRM for Small Businesses< Can't wait!  |
| JDEbberly:       | RT @TheAfter5Edge: Pitch: Entrepreneurial spirit! Find me at <a href="http://www.theafter5edge.com/">http://www.theafter5edge.com/</a> or on FB at <a href="http://on.fb.me/g4sqQe">http://on.fb.me/g4sqQe</a> #SmallBizChat |
| TaiGoodwin:      | RT @TheAfter5Edge: Pitch: Entrepreneurial spirit! Find me at <a href="http://www.TheAfter5Edge.com">www.TheAfter5Edge.com</a> or on Facebook at <a href="http://on.fb.me/g4sqQe">http://on.fb.me/g4sqQe</a> #smallbizchat    |

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| JDEbberly:       | RT @DVStrategies @SmallBizLady DVStrategies: Providing strategic communications counsel for leaders who are changing the world #SmallBizChat  |
| doggdaze:        | @kindracotton You're welcome. I just got the idea from someone else in #smallbizchat and just signed up for it  |
| VIVAssistants:   | Drats! phone needed to charge. Thanks for the great chat!! #smallbizchat  |
| JDEbberly:       | RT @My_WebEvent We provide webinar, screen share, video broadcast all recorded with click of button!<br><a href="http://www.mywebevent.com/">http://www.mywebevent.com/</a> #SmallBizChat |
| DietAdvisor:     | RT @themojocoach: 11H: The key is to just start. Consistent steps in the right direction over time bring big results! #smallbizchat   |
| EmpowerU2day:    | #smallbizchat thanks for hosting . It was great ! #smallbizchat   |
| My_WebEvent:     | @JDEbberly Thanks for the RT and making our website a link! Happy New Year! #smallbizchat   |
| My_WebEvent:     | @BenitaTyler Thanks for the RT! Nice meeting you on #smallbizchat   |
| DVStrategies:    | RT @smallbizlady: Next week on #smallbizchat Customer Relationship Management for Small Businesses with Howard Yermish @hyermish  |
| My_WebEvent:     | @adamslinda Thanks for the RT! Great tweetchat tonight:) #smallbizchat  |
| PatRobeck1ofHis: | My wife and I run The Bonny Peacock Bnb in NE Ohio. also tweet as @BonnyPeacock #smallbizchat   |
| My_WebEvent:     | @mscynt Thanks for the RT! Have a great evening:) #smallbizchat   |
| VIVAssistants:   | VIVA a virtual business support company specializing: Spanish/English business, Government vendor supp, virtual assistant. #smallbizchat  |
| BBCoachVal:      | RT @TheAfter5Edge: A healthy you leads to a healthy business!! Remember that! The work is always there but will your health always be there? #smallbizchat                                |
| VIVAssistants:   | @JDEbberly Thank you for the RTs it's great to participate with such dynamic people! #smallbizchat  |
| JDEbberly:       | @My_WebEvent I really enjoy helping fine people like you on Twitter. I have never forgotten how ppl helped me on Twitter :) :) #SmallBizChat  |
| VIVAssistants:   | @doggdaze @TaiGoodwin Thank you for the RTs! Very nice to meet you both. #smallbizchat  |
| doggdaze:        | Hello to my new followers @TaiGoodwin @lhkellett @DorethiaConner @SGIcares and thanks to @SmallBizLady's #smallbizchat for connecting us.   |
| My_WebEvent:     | @JDEbberly I agree! The way we reach our goals is helping others reach theirs! Have a great evening:) #smallbizchat   |
| _social_club_:   | RT @AuthenticNoise: RT @SmallBizLady: Next week on #smallbizchat Howard Yermish @hyermish on Social CRM fo...<br><a href="http://bit.ly/eCDuXD">http://bit.ly/eCDuXD</a> #SRM             |
| VIVAssistants:   | @SmallBizLady Thank you for being such a gracious host! #smallbizchat   |
| DVStrategies:    | @SmallBizLady Enjoyed tonight's #smallbizchat . Excellent resources for #businessowners, #consultants #grownupgirlscouts - like me.   |
| mentormarketing: | NEW :: Subscribe :: To Our Online Marketing Mentor Blog Powered by @FeedBurner <a href="http://j.mp/Blog-Sub">http://j.mp/Blog-Sub</a> #smallbizchat                                      |
| VIVAssistants:   | @themojocoach Thanks for the great chat! Nice to meet you. #smallbizchat  |
| WorknMomJournal: | Nice time here, had to go tend to the toddler daughter, will be back next week #smallbizchat  |

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| themojocoach:    | U2! RT @VIVAssistants: @themojocoach Thanks for the great chat! Nice to meet you. #smallbizchat  |
| WorknMomJournal: | All visit me at my blog { <a href="http://workingmomjournal.com/">http://workingmomjournal.com/</a> } #smallbizchat  |
| WorknMomJournal: | Here is my 24hr Work-Life Planner 4 busy people who seek balance - <a href="http://www.workingmomjournal.com/24hr-work-life-planner/">http://www.workingmomjournal.com/24hr-work-life-planner/</a> #smallbizchat |
| habitforge:      | RT @CathyWebSavvyPR: RT @BenitaTyler: Try habitforge.com. I'm finding good success with it :^)) #Smallbizchat  |
| DVStrategies:    | RT @CathyWebSavvyPR: Pitch: 20 yr PR Coach teaching small biz owners strategies 2 make PR & Social Media work 4 ther biz #Smallbizchat   |
| Noireboss1:      | RT @VIVAssistants: VIVA a virtual business support company specializing: Spanish/English business, Government vendor supp, virtual assistant. #smallbizchat  |
| Noireboss1:      | RT @TheAfter5Edge: A healthy you leads to a healthy business!! Remember that! The work is always there but will your health always be there? #smallbizchat   |
| Noireboss1:      | RT @smallbizlady: Thank you to virtual assistant Sonia @YourJobMyOffice, she?ll get a link to the transcript out Thurs am on @SmallBizChat #smallbizchat   |
| SGIcares:        | RT @doggdaze: Hello to my new followers @TaiGoodwin @lhkellett @DorethiaConner @SGIcares and thanks to @SmallBizLady's #smallbizchat for connecting us.  |
| JDEbberly:       | @My_WebEvent You are going to have a banner year! Happy 2011! :) #SmallBizChat   |
| Noireboss1:      | RT @TaiGoodwin: RT @themojocoach: 10B: The empty calories coming from sugar is one of the easiest ways to gain weight. #smallbizchat   |
| Noireboss1:      | RT @doggdaze: RT @smallbizlady: Sometimes our lifestyles can affect ur sleep. What?s the link btw a lack of sleep & our health? #smallbizchat  |
| Noireboss1:      | RT @TheAfter5Edge: Make exercise fun! Partner up! Take walks with a business partner! Who said biz mtgs should just be over coffee? Get active! #smallbizchat  |
| Noireboss1:      | RT @smallbizlady: RT @JDEbberly: Q9 Stress can lead to severe depression. Exercise & therapeutic discussions are important to maintain wellbeing #smallbizchat   |
| Noireboss1:      | RT @TheAfter5Edge: A9: Stress = sluggishness, sickness, weak immune system, low productivity. All translate to less business! Take care of #1 #smallbizchat  |
| Noireboss1:      | RT @smallbizlady: 8b as entrepreneurs we are naturally drawn to workaholism which is why its important to schedule time to de-stress. #smallbizchat  |
| Noireboss1:      | RT @smallbizlady: 89c I think that praying daily is helpful for the business and your stress level too. #smallbizchat  |
| kevinnia:        | RT @Noireboss1: RT @themojocoach: 10B: The empty calories coming from sugar is one of the easiest ways to gain weight. #smallbizchat   |
| DVStrategies:    | I've marked my calendar for next week! RT @SmallBizLady: Join us on Weds 8-9p ET to follow @SmallBizChat on Twitter for info. #smallbizchat  |

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| DinoDinosaur1:  | RT @JDEbberly: RT @smallbizlady: @SmallBizLady shares her secrets to becoming a successful business owner - Examiner.com <a href="http://t.co/zMaVWQy">http://t.co/zMaVWQy</a> #SmallBizChat |
| DinoDinosaur1:  | RT @JDEbberly: RT @BenitaTyler: @kindracotton Try <a href="http://habitforge.com/">http://habitforge.com/</a> I'm finding good success with it :^)) #SmallBizChat                            |
| Margaretjacoby: | RT @sharlyn_lauby: A7 Try to have an office door, so you can close it and leave work. #smallbizchat  |
| smallbizlady:   | Next week on #smallbizchat 1/12 Howard Yermish @hyermish on Social CRM fo... <a href="http://bit.ly/eCDuXD">http://bit.ly/eCDuXD</a> #SRM  |
| hyermish:       | Looking forward to being a guest on #SmallBizChat next Wednesday night. I'll be chatting about Social CRM. Go ahead and ask in advance...  |
| smallbizlady:   | Can't wait! Tonight on #smallbizchat 8-9PM ET @themojocoach will help us obtain balance and kick start the "mojo" in our small biz   |
| bepromotable:   | RT @smallbizlady: The focus on #Smallbizchat is to end small business failure by helping you succeed as your own boss. #smallbizchat   |
| maximumharvest: | RT @smallbizlady: If you know a small biz owner who could use some advice tell them to follow @SmallBizChat and join us on Wed 8-9 ET #smallbizchat  |
| smallbizlady:   | @BusinessBriefs check my blog tomorrow morning <a href="http://www.succeedasyourownboss.com/">http://www.succeedasyourownboss.com/</a> #smallbizchat   |
| smallbizlady:   | Next week on #smallbizchat Howard Yermish @hyermish on Social CRM for your small business  |