

GDL Feb 9, 2023

Hello by the lovely Annie Bosco country superstar who will be at uh the tonight at the Beverly Glenn Um Welcome welcome welcome to Good Day Live If you're new to the show we're so happy You're in the studio with me and Natasha Kyle Today is what's today Today is December 9th December 9th You got it today December 9th We are with you today December 9th How many times you say it is it December 9th February It is February You you bought me yesterday That's weird I don't know Maybe because there was a magical time in December where we just felt like there was just like energy or it doesn't December to September maybe November rhymes I don't know what that is That's about But anyway it is February double check February the ninth We're so happy that you're in the studio with us We've got some special guests So make sure you don't go anywhere and if you're new to the program make sure you hit that follow button We are the feel good show on Amazon We have incredible guests fun games and just a great old time I feel like I need to speak in country I was gonna say uh good lyrics lyrics Yeah Um we got a very special week coming up Um we got Valentine's week Let's take a look at what's coming up Pretty good Segway Oh no or not What happens when you're on Segway Correctly I thought you put that up there This is a live show People You never know what's gonna go I know But it it was up and segway into something else I have to I have to it Ok I have to work I have to wait This isn't just a fun and game and I could just sit here and talk all day What No Uh let's see what's gonna happen It's a talk show Yeah Ok Ok Ok There you are There you are you are you good good good Yeah Yeah I'm a little more excited than usual How you doing I'm so excited Guess what we got Yeah we do Yeah it's a big week It is a big week with very big guests Big very big not like size wise but like oh yeah No no no they're great guests Great following huge social media stars and and we're so so so excited to be sharing the love with them and with you and you can be involved on this very very special week It's going to be a big week We have chocolates and we have stars Yes What else do you need You don't That's it That's it Besides water Da da da You need water anyway We want you to get involved It's a very special week Do not miss out on this opportunity because this is our biggest week yet On Good Day live Can't wait to see you guys there Yes we can't wait to see you there Yeah Filmed all day It's a live show It's a live show Welcome to the live show in case you guys are recognizing my ad living skills Um We got the chat let us know

where you're tuning in from We want to know how your Thursday is going so far It's hot in L A today Is that what's going on right now You feel hot feel a little little funky little fun fun If you're not getting any of these inside jokes make sure you hit that follow button and you go to good underscore Day live on Instagram and Good underscore Day Live on tiktok or also on youtube and all the socials and more so you will not be missing out That's how we work Why we work is to give you a good day Why we work You're probably not having one so we'll help you out Why do you think they're probably not having a good day I can say these things You can't say these things I can say this is this is my lane Every time I put a grumpy day like a hump day Maybe a Thursday or Tuesday Even Mondays Me Friday You wait I don't understand Happy go lucky Joyous you grinch Like wait you know Monday Monday is the beginning of a new week A fresh start The next holiday You are a nerd You are a big nerd Um we got a lot of uh some entertainment stuff that I wanna talk about What what what the entertainment let's get into it Uh let's get into it Let's get into it this past weekend Yeah I finally saw Black Panther too Oh how was that For a very good memorial for Chadwick the late Chaz Chadwick Bozeman who was it was well done I thought it was better than the first one to be honest with you Um I have not I have not seen either so I'm excited to the first one is like very commercial I heard that I heard that I wouldn't like Wakanda or it wasn't meant for me My best friend the elephant in the room is did a white person or a black person say a black person a person said she goes it's not made for you And I said of course it's not made for me First of all it's I mean it's like being like that's like someone telling me Top Gun wasn't made for me Like it's possible It's not possible not possible It's possible It is possible I don't I don't know but like she's not called white Top Gun No I don't think it was because it was because I'm white She just said it's because maybe it is Who knows I don't want to get into it I don't whatever your friend said your black friend that's racist You can't say that to someone This film is not made for you If you said that to her she'd probably first of all I would never say that because it's inappropriate It is inappropriate It's like me trying to say uh the black I can't do it I can't do it Um The black shaman wants you to call him the black shaman He does That's what he goes by the word the in front of black I can't do it It makes me so uncomfortable It's like calling me Michelle the white host I can't do it I've gotten better though I've gotten better because that's his name and that's how he wants to be referred to Um let's uh be uh passed away I want to give a special shout out uh uh Yeah R ip um If we can pull that up Um Yeah Uh

that's uh this is on Instagram So I'm just pulling up my Instagram because this is what I do 1920 That's a full life Congratulations though There we go Um Special Shout out everyone's um giving their condolences and that is a full life You're right I've you know it's interesting There's never enough time and there's you just like you always want more whether you're 100 and five or 25 Speaking of age when I hit 35 I wish I was 25 when I was 25 I wish I was 15 So you gotta enjoy life You wish you were always in the past What's up with that I think No I ever since I was little I was like I can't wait I I think everyone does wish they were younger I disagree Like it's better with age Yeah We know how you think Michelle most people do wish they were younger Um from a perpetual standpoint OK That's fair Uh Listen um this is interesting uh actress Melanie Linskey who was um in she's in a ton of stuff She what she was in um Yellow Jackets The remember that that show that we're talking about She's also she's also in 2.5 men She played the crazy next door neighbor Oh that's her Yeah Yeah Yeah She's very talented Oh she's in um Last of us Yeah And she's good in that I saw that episode and and Adriana or I'm sorry Adriana Adrian her body in the last of us saying is now deleted The America's next top model alum shared a picture of her in the show saying that her body says life of Luxury not post apocalyptic That's true I know But why why do we what is the need to comment on people's bodies So much It drives me insane She was living in a world where you starve and she was a plus size model She's not plus size in this picture She's she looks like she's wearing like a jack Well you know there are thicker body types personally I don't think it's appropriate to put it on social media That's why he deleted But again it's not I don't think it's a good personally in the real world I don't think that's a good thing to say but it didn't fit in the story Everyone was very skinny and here she comes looking like she's been eating you know I should say it No she definitely shouldn't say it But you know what makes me happy Social media at times makes me so happy This is a guy who did Disney characters using the treadmill This is Aladdin Aladdin Oh look at what he that's so funny Look at that Oh here's buzz Look at the body really just costumes No but look at how he moves his body It's just like you can you can see the embodiment of the character There's another guy that I would say like 10 times Look at look at the candlestick You there's a guy who actually does the like Jackie Chan run the Tom Cruise run all these uh the the pirates of the Caribbean run and he's spot on spot on Yeah No costume same outfit But like the the the body movement is just there like this guy like that Yeah Yeah I thought that was super fun Um and then um we got

some other stuff but uh tell me what you're up to this weekend while I pull up some other stuff Super Bowl weekend Oh yeah Super Bowl weekend It's it's Eagles What is it What's Disney Is that what it's called Is an official term If you dance the dance If you dress up like a Disney character you're Disney Bound You're kind of Disney Bound No you look like you're fresh out of a Disney movie right now Little town It's a quiet village every day Like the one before not dress like I'm out of a Disney movie voice Yeah Am I I got the pearls What what Disney Star Wars Pearls Yeah exactly Think about it Just just just just think about it Exactly So I'm not a Disney I'm not like a dress out of Disney You don't Of course I would love to be a Disney character Like I'm not just she just doesn't wear pearls Ok I mean what Disney princess wears pearls Are they not allowed to I always wanted to be a Disney voice so that I put it I put that out there I feel like I feel like there's some character that gets her necklace broken and there's pearls Nothing in a batman's Oh no there is there is uh like something something breaks with pearls on it Who is that They might be aerial right Which would make sense because pearls come from oysters which I don't think she wears a pearl She doesn't wear pearl She doesn't wear a pearl 000 yes Her voice because her voice is in a locket and somebody pulls again Do not watch Disney movies You've never seen me when I was five Yeah Like most people I don't remember the movie at all No not at all She literally gives up black boots Um that she wanted there was a lobster who had a Jamaican accent which didn't make any sense And then all the only other thing I remember is Ariel like pop up on some rock and then a wave comes from behind and I was like yeah Yeah No she literally met the guy like for like oh I love that song You know it used to be on Broadway They had the original um Little Mermaid on Broadway for a couple of years but they were all on roller skates So it was a little dangerous Oh my gosh I wanna be where the people are I wanna see You know that's what I should do this weekend Go to Disney No no good No good I look like a Minnie mouse That's who I look like today I mean with the bow shoes it's Super Bowl weekend Well everyone's watching the Super Bowl I could go to Disney Let's go to Disneyland and Andy's like what I do look like Minnie Mouse You're right I do look like a Disney character That's hilarious I was what you were Right Wow You danced with me one night and this is what I get Wow Wow You know I would like to be on ABC What Oh yeah there is a dancing video We're being told by our producer The Wizard that beat Mr Andy Wman to show what it looked like to dance with me You poor thing You poor thing But then you know I thought about it I was like

you were lucky I'm just kidding We're both lucky This is not your life just sitting there trying to enjoy some lamb like get up and dance OK I have to say I appreciate Andy He reminds me of family that is not here anymore especially when it comes to dancing Yeah Look look look look oh look how cute we are Kai good friends in denture servitude I don't know It's not indentured servitude show Who says that Mr Donny Mos Mr Donny Most What a voice That guy Look you were dancing with me and I continued to dance in the bathroom because I ran away for a second Did not run away Did you really had to go to the bathroom Did you run away I was like gonna go to the bathroom and you were like quickly Thanks for being my dance partner and my co-host in I love the and Anna Danes Anna Dane I think it's an an yeah Yeah Yeah Look so happy that dress You uh you know the story behind the dress the story behind the dress is uh yeah Anna Anna you can call her Anna can I sure why not She No she won't She's an attorney Yeah Yeah Yeah I don't think she would sue you but look how cute We had such a blast I love the vibrato grill It's literally like stepping into la la land We go to the history of uh Anna Dan and uh real quick Yeah Sure I just thought it was amazing that she was never a Oh Yeah Yeah Her son was taking singing lessons Sure Are you sure about that 100% Her child was taking singing lessons and uh are you just like waiting for me to like mess up on a word to like interject Do you want to tell the story No Are you sure I like listening to you It's kind of freaky telling a story while you smile at me Listen waiting for me to make a mistake It feels weird No I just I am proud I'm like a proud doesn't feel like a friend like I have to check just sitting there smiling well Andy knows that Like I had a little O CD when it comes to the show Uh and and people's stories I like to listen to stories and um and then if you quiz me like months later I'll tell you about the people Um that's you just got yourself into a heap of trouble right there All right Let's go to question number one What was the acrobats first name that stood on my shoulders Oh names are can be challenging but it was either uh it was the guy with it started with an N Yeah You want to take a look at it Nathan There you go I told you I'm I'm you know not bad not good I am good What Yeah Right Whatever man Oh Jeez why don't we have her with the expensive products Like she doesn't drop something once a day Anyone on the inter chat can like agree with you on this does not drop something every day playing it playing it's what what what why is it not playing your insurance Liability Roof Oh well all right Well you know they love you I don't know Here play there we go There we go Kyle was so excited to take his shirt off He was like you always say that

you were Kyle the way you got so excited They asked me to take my shirt off and took it off Kyle You got so excited We were like I could take my off I don't think so Yeah 100% the abs I would be like you too if I could be like oh I get to take my I get to wear a bathing suit Like if I have a body like you french fries look at me My hip is gonna break That's James I'm like oh my God Oh my God Get off I started getting protective right around here Yeah because I looked at you I was like it's too heavy and then he kept going and I was like no no no no She said stop she said stop go go He's much bigger than you That's impressive Yeah Yeah Yeah Yeah you're much bigger than me We should try it No no no we shouldn't try it heavier than that person For sure You are Yeah they were acrobatic They were like they were not light but they weren't like heavy They're made to be like to be lifted up you know next time we have that we should do probably one of these What do you think of that They had a really interesting story Nathan had like uh a physical uh situation that like acrobat No Ok No James is the one with the physical problem You know what I swear I'm telling you right now None of this works without the Jim Phillips None of it I think a lot of people have to agree with you on that She pops out of the back and corrects me No the best was yesterday when it was like what the sign the sign of somebody who is like the most what not uh what was it It was like it was so epic She was she said she walked by her hair like flipped that she didn't it it almost like a b Yeah Yeah Yeah We were talking about signs and which is the uh which is the worst which is the Yes which is the worst sign that means the guest is coming on Oh all right Our first guest we got Mrs Miss and Mrs Miss Nora luxury handbag designer I excited to get her on the show Um All the way from San Diego and amazing Um Don't go anywhere We'll be right back after this Stay tuned Stay tuned Here is our jack box If you wanna get it charged up you use this fantastic charger over here This is the output over there and it has an extra cable like this the ability to charge it in your car So that is really cool So we have it all charged up it has here You can press on the display You can see now that it is not drawing any power it is not bringing in any power and it's 99% You want to get them all separate things You can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home if you don't if you want to leave something plugged in to everything and I have a few other things The Arrow Garden I'm making the limit and get like a ton of stuff like three kinds of lips Yeah So like I have so much up in here I have three kind of like that or I mean like Jewel maybe I don't know in here Oh yeah Yeah you have a

phone I know how awesome So what we're gonna do stick it into our jack I don't have this and I'm like I have sunscreen and turn it on the little light and the display on because we are 21 Thank you Here we go That is cool So let's see what else we can fire up today I mean that you can I mean that so cool You see Welcome welcome welcome to the day Have a look at some of the other things Welcome Welcome welcome welcome and um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car The Jay can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home You've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see let's actually put this up a little bit because you'll be able to see the lights So let's put that try and see if you can see that there this all in the name of OK there we go So the little light is on and we have the uh did you see that Ok Turn it on let's turn on the light So you guys can see There we go That is it So we have our voit that is powered up You can see the lights are on over there and this is thanks to our query How incredibly powerful is this tiny little tiny little ba like tiny little box that is amazing So these are the cool things that we can do Thanks To our Jackie Oh my goodness Look at that This powerful little thing can do all of that So here is our Jari Unbox it You wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here You can press on the display You can see now if you're just tuning in for the very first time Welcome to our show with the Lovely Kyle True Blood You're doing well They're doing well And Nora CASS look at this show for having me Yes Fun Drive from San Diego Wow Is that sarcasm or was that actually fun No it was not sarcasm Never sarcastic Never No never I love that Um Tell us what you got here today Ok Um I mean well this is one of my bags that I abuse

and abuse as I was showing you before But um so I am the founder and uh literally everything of 10-K USA which is uh American and American made uh manufacturer of luxury leather bags even though this is all fancy Italian caps skin that you see here the brass uh we make them in San Diego California That's kind of our thing is um we're probably the only American luxury brand that's set to kind of scale and make things happen that produces in the USA That's a big guy Yeah Yeah I'm I'm already in my I'm still in my lane right now But go ahead No I don't But you know I do find it very advantageous to be uh manufacturing in the US Well I make men stuff too I have I have my men friends and they're doing my product testing for wallets Bell and like a bag Like I don't wanna call them Well I don't want to call it a Merse or anything like that But like for travel you know with like you can carry your laptop and carry other stuff and ok that's ok I'll call the that's like very masculine So thank you for the for the marketing You any way I can help but not true not true But this is awesome So you were telling us before we turn on the cameras that like your purses are very special because they fit a lot in them That's like that's like the design trick that I'm really good at is making them look small But since I stick everything in my purse I was showing them all the things that I had in Just look at like this is a tiny little purse it looks tiny and then I show them they're like what do you have in here And I was like let's see um one you just started screaming when she opened the lid she was like oh my God there's so much stuff in there I have to do that So two lip glosses liner Wait look at the size of this thing Oh yeah I know Uh business card a parking ticket ticket I mean and car key is nice So very cute Yeah and this is small It was very small You know that's what bugs me too is I think you know I bought this bag right of it It was like \$1400 and I couldn't even freaking fit my cell phone in it And I was like what the hell did you even do with these bags Yeah Yeah Why I don't even understand women who brought these bags that did not fit a freaking phone in Um I usually hold my phone outside of that's why I was like no that's not how it's going to work when I like the Y in between the N and the Oh no it just doesn't make any sense Like what is the point of this bag Like why do we have the bag of nothing can go in and I don't understand but seriously there are no designers that have seemed to figure out that like uses do need to be useful Yeah that's well yeah I think it's the same thing like they're all like high heels which are basically you know medieval torture devices and you know things that actually you can use that I still like pretty and I use like the super fanciest leather and all that stuff too Like this woman I know Right



What a concept of woman running a company and actually making products for women Light light That is not true for any of the brands that you're probably aware of Yes I learned that about the shoe designers I had no idea Um Well I mean yes if you think about all the names like Christian Lutz is not is not Lana Lutz it's Christian anyway um but that could be a male female name Um I have to ask you a couple questions because that's my job Um What inspired you to start your line of bags Um I worked in fashion when I was much younger I'm not gonna get back but I worked for a startup boutique brand in San Diego Um also and um yeah so even though I was kind of running the show operations wise I got a chance at designing and back in those days before the pandemic we did trade shows which is where buyers usually come and those are rough Yeah And so I did the trade shows and my designs did well and also got copied by people because you know that's good people That's a big yeah I'm not going to name names but we literally had to have someone's camera confiscated because they came to our booth to try to take pictures Wow Yeah And then I remember quitting my job And then I was like oh I miss fashion and then I went to Nordstrom and saw a carbon copy of the bag and it it literally looks like they took it and sent a shot and like make make the same bag And I was like yeah this is why I don't miss it So that's part of why it's great um making stuff in the US from really fancy Italian leather because there's only so many like you know baby cows that they kill and make into fancy leather And I mean I know that sounds horrid but like it's like you're not gonna get the bags you know so once you have a cow farm you're not gonna catch up Yeah exactly And you know you can't it takes a while to make them here You know what I I like a manufacturer or an owner of a company that actually just gets down to the brass tacks Like we want to know where did you get the leather Where did you get the material and that you own That is refreshing Well I mean I really do focus on sustainable goods but the fact is actually that um the height of a cow accounts for 1% of its economic So um it's actually a waste to not make in using leather because you'd be like why don't you use vegan leather Vegan leather is actually made out of PV C which is a toxic product and when it's put into landfills and burned it turns into chlorine gas otherwise known as mustard gas which need to kill people in World War Two So yeah So how do you know this So so when people try to be like oh you do stuff it's like no vegan should be more you know or anyone who wants to focus on sustainability This is the best thing that's available to do That is leather because I get that question a lot I've done the you know I did the work and

that's why I'm you know I do That's that's our that's the investor word for environmentally sustainable goods I love I love that That kind of goes into my next question how you talked about uh you know designing these bags and then people taking photos like how do you protect your Oh OK Your intellectual property How do I do that It really hard in fashion But actually so if you see this part this is little logo hardware I actually have a design pattern on that That's amazing And um I have AAA fabric which you can't see on this back It's not used on here but it's made it's a pattern and that is copyright and stuff But what you can't protect is things like unless you go get trademarks for it it's just like the shape in general stuff but I never run out of ideas because I doing art for my whole life You know you try to copy me but I'll come up with a new concept in like a week So I feel like the designers all designers in any industry are probably in that position Like there's gonna be people trying to copy like people try to copy all the time Right Fine We'll just we're just so ahead of the creativity within like a company that has like a bajillion employees and they don't have to copy like small boutique brands But oh no I mean don't even get me started on Nike We won't go there with Nike Don't worry don't worry about it Um How do you come up with your designs Uh Honestly like I just I usually sketch out something that I think looks cool and then I measure the proportions mouth wise So the reason I'm able to manufacture in the US and actually sell them for less than my competitors is because I have a production process I use fan Fancy Tech It's called Co2 Laser and Industrial Laser Don't they use it on faces Uh No I chop your arm off I wouldn't I wouldn't use it on your face So um no II I basically make the patterns into a computer a drop So where as opposed to the manual ones and then it interfaces with the laser and cuts it perfectly So you know my laser is the best employee ever Never talks back everything perfectly every single time very quickly always shows up on time the best And it also means I can play my other employees more And you know that's part of the whole social responsibility factor with the ESG Yes I have And they're definitely like Michelle questions you want to ask about you you look like you have a question to ask I do You've just been like Mr question role all day all day all day all week Like he does he does he does I want to know when this started and what it's like to raise money Oh gosh Ok So this I started actually go towards the beginning of the pandemic I remember I took a job and they kept pushing my start date and I wanted to do this and my parents were like um why don't you go to London just in case that doesn't work out Why is it always the backup for everyone to get a law degree and

how I get sucked into going to law school I literally you with oh God I know And I graduated and I was like guess what I still don't want to be a lawyer One guest a week has gone to this Yeah The second one this week that says it's a running joke Ok What law school did you go to University of San Diego Oh nice I didn't I just did not want to leave San Diego Yeah Yeah Yeah I know it is though Kind of Um but so yeah and you know once you start to like if you don't finish it's kind of like oh you couldn't cut it So like you get sucked into this huge commitment So then you know I finish and I go for you But that's also why I was able to get my IP without having to pay money So everything leads you to the that's my theory I mean I guess I kind of started like 10 years ago But thanks parents Whatever question Do you watch Emily in Paris Yes Yes I do Are you a fan of like their purses and all that Um you know I like her I never notice her purses to be honest with you I notice her outfits a lot more and bags Yeah It's like she's because she's very like you know it's loud almost but like not I don't know I don't know how to describe it in a way not in a bad way but it's like flamboyant guys I'm just kidding You can go for it She she loves to ask But I have to um did you think about designing when you were a kid Oh no not at all And no I I I'm actually a realist painter I've done fine art I'm getting up to the fundraising thing Fundraising sucks It's horrible I'm not a schmoozer And as I say this I have an investor I can't wait to meet you guys investors tonight I can't wait Um Oh at spring at spring place What's the investor thing tonight Ok I actually I have this great friend Darren and he is helping me out because it's really tough to be a female founder period for so we get so out of all the venture capital funding I think so I'm trying to 1.9% went to women Really Yes Why is that Um That's like the standard It's been about 2% I think we have like one banner a year like 2.2% How many women what what percentage of women make up The actual I have no idea I have no idea But in terms of total funds one So I'm fighting for that The tiniest sliver of the smallest sliver as it is But but you know it's tough So and then as a solo founder it's like you have to spend so much time with the networking and the and stuff and then I'm I'm like I'm trying to I'm a builder and I make stuff like I'm I'm built the factory I sourced all this stuff I did all the IP I design everything so I don't really have all the time for it So that's why I'm saying that it was so fun No I'd rather be actually making stuff But um thank your parents for that though Well they made you go to law school which allows you to do all the other stuff on top of the manufacturing I don't think she wants to talk about it They're going to be like well yeah tell her tell her take the bar and be a

lawyer now And because that are you are you kidding me They still like like why why have you you know why are you wasting your time doing this You know Thank you Thanks for encouragement So listen I still talk to my dad I talked to my dad a million times a day I love you dad if you're watching Uh and he'll say like where are you going today I'm like my show I film every day from Monday to Friday 11 20 to 12 50 And then when I'm not there I'm filming other things and he's like but you know if it doesn't work I'm like I mean if it's working like call me on my life So parents I know they're doing the very best that they can and I know they just love us in very strange ways sometimes but they want the best for us ultimately And I do believe that And I mean it's really cool I mean I think their biggest issue is with me working the insane amount of hours they work and what do you how many hours Yeah exactly They're great great great Uh not this not nearly as many as I worked my first year and a half Doing this which was probably ok I had two I had two Chinese factory managers on separate occasions Tell me that I needed to sleep more and get more rest for my health Not to be stereotypical but that's crazy I know you run a Chinese factory You're telling me that really happened I'm not kidding It's a great story That should be part of your investment story Um I mean I love me I mean yeah 100% If I were an investor I would too And she's an attorney Well not a technical attorney You went to law school Yeah I have a degree You have a doctor or whatever Yeah that's awesome I mean I mean I always find people that have like they're multifaceted are more invest like investable investor invest invest invest Yeah Yeah Generalist specialists now that's like there's like all these new like I don't know probably like someone on I don't know she not a fan either Just like about it I am too I know like yeah it's it's just like I don't even know why they need to make up words It's like that It's just I gotta put you down It's they just they need buzzwords and then it just gets to the point where like I'm going to give you an example for like I went to L A Tech Week like last year and last year everything was like crypto NFT Web three and one of my friends who runs like a really big incubator Um It's called Text Stars and he he like he tweets on me He's like if I if you come to me and pitch and within the 1st 30 seconds say the words crypto or NFT or web three I might like it Yeah And I was like yeah so this year it's like a I everyone's doing a I you know I have to ask where do we see Nora in the next five years What is she doing Hopefully I'll be chilling on a private island that I own after you know my billion dollar exit But you know um no I mean I'm not sure actually to be honest if I do I do spend more you know the investors want to exit pretty

quickly but exit strategy is 3 to 5 year thing and then another startup that you do I love that so much Listen I I think you're an incredible human and uh lovely too I love the I love the bag Um and it's something for you please I like talking about Yes I would love that You do know I have the biggest mouth ever and I'm on a daily talk show and when I wear something I wear it with a lot of love when I love it I wear it to death Um Where can you be I'll find you and this is your camera right here Yeah so I guess the best person to find me is on Instagram Uh If you go to my site you should sign up and subscribe because I right now um I'm only doing custom until I put up my line and you will get a first look before the other designers steal it all Ah nice Yeah So you want to get on my customer list because they're all small batch production Like I said only so many baby cows I'm sorry I love that line so much Only so many cows So each of each person is like they they are pretty special There's not going to be too many of them Well that was the first thing I noticed when you walked into our studio Thank you so much for you Did you didn't even know it was mine Yeah Yeah No I was like I like your bag and I didn't know you were the person that was talking about the bag actually made That's awesome Yes Yes Yes Make sure you check out Nora and make sure you subscribe to her and get a very special bag because there are only so many baby cows Um and uh we wish you nothing but the best um on your venture to create a billion dollar company and exit with a lot of fun and on an island um wherever you are don't go anywhere because we got Mr Eric Bigger coming up next We'll be right back after this this is awesome I love that you could put so much in it which is really fun This was like one of the worst one for our team So here is our Jari Unbox it You wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display You can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home if you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things but oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today

we're gonna push the Jari to the limit and uh we are gonna take a look at the this works what's this This works That car vacuum Awesome Very cool And we could even take a look at Tabi used it And uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our Jari Let's do it this way So you guys can see what I'm doing Turn it on with a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is welcome welcome back to Good Day Live It's a good day to be alive because you know if it's not then I don't know I don't know what to tell you Um Thanks guys and we have with us today Good day live I had dramatic pauses but you kind of I was just I was going all right How you doing A phenomenal man Thanks for coming in Thanks for having me Of course of course Uh What's what's new update us on your life first man What's new Every day is every day is new Here we go Here we go That's a good thing You know I'm into numbers What's the number today Numerology So your personal year number What's your personal year Number one So it's a new nine year cycle So it's a fresh start How different things are changing So in my personal year one and things are just different How do you start How do you know when the night will start So basically you do your off your day and then you do 2023 right So 2023 equals seven My birthday is March 9th and you guys are eight days apart but one and two is 33 and seven is one You are a super fast How do he's number one So it's like fresh start You want the old you is gone It's in the past new everything So I'm just in this new space of letting go of the old and bringing the new I like that Bring it in the new How do we do that How do we er bigger book first That's the short answer actually got here 100 days of wisdom is a book that's currently out that you can get on Amazon go to my Instagram and get it on my website as well But I'm also in the process of doing an audio book You're the voice Well I hope so Who else will be the speaker Some people hire do it all the time Yeah Yeah Yeah Um and I'm just comfortable in this new space of just you know sometimes people always want to know what's next what's new I hate asking that question but no it's fine because it's the lay of the land in L A and I'm just in the space of like taking it easy Um But there's a lot of things that's

that's brewing you're like allowing things to come to you you're not trying to chase Yeah because when you allow it like this interview I mean you hit me up like hey I'm like yeah let's go Yeah I just I'm in this new space of allowing embracing and accepting So life is good That's good I guess as we continue to talk more stuff will come out because I'm I'm I'm trying to take it off We're gonna put you right on the spot So Eric uh for those that don't know is a coach he helps people achieve their dreams Um get them back on track with their with their lives Um You also train people too right You also into fitness um about that Oh cool What's your new concept about that concept is full fitness body psychology and spiritual currency right So everybody wants not everybody but when people work out they go for the body and that's fine But working out is not always about how you look It's more about how you feel and the more you move your body because you know motion changes emotion the better you you feel about life What your thoughts are the more clarity you have And I've been thinking I'm like man the fitness community everyone wants to do you does everyone feel good Do you feel the way you look So I've just been thinking about like what is something different that I can bring to that community outside of helping people move their body tap into the mind the mental fitness you know um body psychology understanding your body regulating your nervous system regulate your emotions when things are all for different And you know there's a little phase I go through in like my classes or my boot camps Um And you know you're working out and incantations I love that It's like I'm getting better every day and every way we at the end I'm asking questions So it's more like you know I want I wanna say motivational fitness spiritual fitness I'm hitting all aspects of the human being You turn your mind body and spirit and I think fitness is another way to improve your mental health you know um along as tapping into who you are right Like because if you think about it right Why do people come to L A for you to be on TV But why do you really want to be on TV You don't really know it's propaganda in a sense they tell you you should be this you should be that But we know things we don't understand you know I know I wanna work out but why I always want to feel better You want the attention what comes after that or you know I tell people is you know when I'm taking on new clients it's like oh don't hurt me I was like they say it a lot because it's a perception right And what I understand now is that most people blueprint on fitness everybody's blueprint is different I didn't grow up with a predominantly fitness health and wellness perspective or background people around me wasn't fit health wasn't priority So how can I

hold someone accountable in that space if they didn't grow up that way Right So I look at things differently from that space because if I'm taking on a client whether it's you know mindset coaching or physical fitness it's like what's your blueprint How did you grow up What was your environment like Uh who did you look up to What were your fears What made you anxious And I think all that goes into the body so the body gets to score and this helps motivate well this helps you know a person get to the root of who they are and what they want from it Because like everyone goes they have a job and they work where they're working for themselves working for someone else But it's like for what reason It's like it's like the world kind of feels like simulation you know like basketball games happen every year baseball games it's just like it's like a process but it's like what are we really doing And for what reason what what purpose are we trying to serve So me I wanna help people heal I wanna help people evolve I want I wanna help people understand who they are outside of social media outside of their environment of where they grew up Because once you get to the root of that life is a little bit I would say it's much easier I don't have to agree Yeah Yeah Because if I'm always shown to be validated to get you you and everyone in here to like me then I'm not living for me And I think part of that uh I did that in my life People Yeah Yeah Yeah I think we do that as Children too because we want to be one fed survive Like it's like a form of yeah you lose yourself in the process and you look at life right Everybody picks a side right You know I'm from Baltimore inner city You know it was really different That's a side I've been in L A 12 years You know it's a that's a side being an actor being an artist It's been on TV That's a side I have you know wealthy clients That's a side So these are all different sides of I play all sides So what I realized over the course of my career and my life I've been trying to protect everybody on all sides I'm protecting you I'm protecting you But it's like you gotta deal with that You have to deal with right Who's protecting me And so now I'm at a space where I'm like this is what it is this is who I am Take it or leave It sounds like the thirties Yeah because you realize when you come from the inner city of Baltimore and it's rough and it's tough and it's challenging it's violent Then you come to LA la land right right on TV And it's just not real life I couldn't think of a more like opposing contradictory or contrasting kind of a city from Baltimore to L A not real life And these people who are from Baltimore who don't understand this world of course so they don't they don't understand the energy that this consists of every day or you have to be on if I get a you know a brand deal like I still gotta go and



shoot the content Of course I still gotta prepare It's you know I have to write the book The book is just not there because I I want a book I have to go and think and be it's like a ritual almost Yeah And so I think I don't want people fitness success business entrepreneurship you know TV shows talk shows to just think this is easy because it looks easy Or like people are paying for writing here Right So TV don't let the people that are having real influence fool you like it's work like respect it too Right Yeah I don't want you to think it's easy You don't take it for granted because people are working It's not just you know like I I wanna to encompass uh the conversation a little bit because I think if I have this right When people think something's easy they really lose themselves and where they're gonna end up is farther away from who they really are because cutting corners and all that really just doesn't align with what a human is because a human in itself is a complicated person So we kind of need to respect that every day Am I nailing this kind of Yeah And it's it's like this right There's sides of yourself of sides of myself I showed and protected because of my lack of information my lack of awareness and I'm the only one on this on on on this on this trail I'm trailing my own way I don't have a blueprint So people might see like oh man you're amazing And it's like yeah but I'm doing what I think I should Do you work in progress Right I don't have a a manual of how to do what I'm doing And so I'm learning trial and error you know trials and tribulations challenges changes It's not just gonna happen because you want it you gotta believe in yourself You gotta go after it and it's days when you don't want to do the work or you don't want to go to the gym like this morning I'm there right now but it's it's been going on for like four months Um coming back to L A in contrast to the um Baltimore So I'm from Jersey Um I I grew up in a suburb but even in the suburb they still call L A district nine of Hunger Games because it's just so different than the rest of the world It just doesn't make any sense right Like this town doesn't make any sense the way it operates compared to other I mean especially Baltimore where it's like everything's right there Everything's like uh there's no fluff Yeah something as simple as I went home for the holidays and you know a few family members and friends opened up and said you know they suffer from seasonal depression It hit me different We don't I can't say we don't experience that here I know I don't the sun is always out It gets it's cold on the east coast You know it is different and there's nothing nothing to smile about when it's cold When I went back it was like uh six degrees Like he was on the ground No one's outside It's miserable Nobody trying to be all happy Go lucky Positive

Like get out of here That's what I'm looking at you like that What I said yesterday how I like go back to Jersey and I say like hey have a nice day to the cashier and like have a nice day There's someone behind you Polarities of life the the the good the bad the night the dark the light And I now I'm at a point like ok let's bring it all together you know 100 days of wisdom That's not this guy who was successful and got on TV Like no I experienced a lot of pain trauma setbacks failure things I saw a grown up I didn't want to see So like is there like a mode that you automatically go to when you're having a setback or a bad day that you kind of use in I get spiritual with it Yeah I can't get with it Yeah Yeah because the physical world that what what is that mindset for you to be calm to calm be calm yourself calm myself down and get in a meditative space Um to think about ok what if I'm having a bad day what's good about it Like last weekend I I was in tears I was releasing like energy you know because I was letting go I was purging Like I was saying I I'm moving into this whole new person and my spirit always tells me like ah yeah you can't do that no more like not not this isn't sustainable Yeah because it's like your soul knows you're at tune with yourself So you know having a breakdown and a breakthrough I always say that when it was really good because it was a release So I get really meditative and I just you know contemplate I just think like OK what's good about this What am I learning here What am I afraid of Right These are the these are real questions What are you afraid of What are you holding on to How tall are you 60 How much do you weigh One 85 So like a big guy like you right How do you how do you remain so sensitive Well I'm not he brought a but he is good at like you know what you know what happened So growing up in Baltimore and you know being very driven you know young man and getting through that those tough periods I used a lot of my mask and energy to protect myself And then I got to this space where I had this all energy like I knew it all And I was just always in my master and it's like bro like you need to relax a little bit feel something missing from you just need to receive like just let someone help you or you're in your own way And so honestly thanks to The Bachelorette that taught me how to be vulnerable That's awesome because it puts you in a position where you can't just do right The mask is to do the feminine is the receiver You know he has a mask you wanna give feminine wants to receive right More nurturing So being in that position being on TV for 10 weeks you can't just I wasn't in control wants to control I had no control So it allowed me to go with him again What is this Why am I here And it showed me that oh if I really just speak my authentic truth I can help myself but help others

because it's bigger than what it what it looks like And I always say don't look it be it but most times it's hard to be it because you don't have the information how to be it That's interesting I was just reading something uh two days ago that was saying uh being is feminine energy like you said you were trying to do to accomplish which is interesting um And doing is the masculine energy So being and doing and I'm really good at doing I'm really good at pursuing I'm really good at getting after it Oh I know all the plays do this do that But I also know that comes with it Oh yeah I know that you hit the walls in the field you said earlier Allow them So I don't know if people who watch it if you know about human design So human design is kind of like your energy archetype Right Of your so there's generator Manifesto Reflector Manifesto Mani generator Yeah It's kind of the same So I'm a generator right So how do you find that out How do you find that out You take a test you got your birthday You know what the enfp Yeah Yeah Yeah I've never done that But yeah but I know what I discovered I was like oh I'm a generator People depend on me for my energy So when it comes to the person I'm a 36 generator which is I'm the role model I'm a martyr So I have to actually do the thing I have to write the book I have to go on the show to understand what works and what doesn't work So I have to wait to respond because I wasn't this people pleasing energy for so long I was just responding and I wasn't waiting And so when I respond I'm doing something because I'm saying yes but not really thinking about it and then I burn out So the show for instance we go back to the show it came to me and when I was on a show I wasn't in control You have to allow the best things happen in my life when I allow them to happen But when I try to go and I don't get as far So having a lot of energy and knowing how to generate that life force I have to wait to say yes That's good for a lot of uh males out there I hope you're tuning in because that's good That's a good um you're headed in the right direction Personally I think with the masculine energy and the toxic masculinity is like a go to term these days I don't believe what you know what listen we need masculine energy 1000% Now again there's toxicity in any kind of energy right So it's not just masculine it's privy to an exclusive to toxicity Um But I do believe that there if we were to identify what toxicity there is I think that mindsets like yours kind of help evolve to clear that out because you know you get to a point where like you can't be superman all day No you can't I want to take the cap off I wanna come home and you have to be you have to be allow allow yourself to be sensitive right It's not sustainable What Always masculine You're just like like he walks around

like oh like I'm a football player you know you do it Well I also played college ball since I was 22 I think I think you're really good at uh at It's interesting because when when I met him I had a different perspective of who you were And then when I got to know him I was like oh my God you're like one of the coolest kindest most generous that actually all the power is in the man is his soft side All your power is because you already know how to move out of your own way and just allow like you were saying you're being to come through not like who you wanna be not what you what you doing I played uh receiver I played offense and defense in college right So who was your prominent position Uh receiver cornerback return kickoff returner So game on a line you want a goal line I mean five yard line went out doesn't matter under pressure love it Are you gonna use more masculine energy or are you gonna kind of take your time and think of how that's interesting How no no in fact no In fact you go feminine like right before the play snaps what you do is you gather yourself in order to do like I can't do anything without being something first So like while the play is being called while we say you know OK OK Break and we got our defensive player offensive play your entire mind is working on uh calming itself to be able to act when they when they when they hike the ball you gotta you gotta you gotta embrace the moment but the moment I'm always like I gotta do it It's like you're gonna 100% That's why we say a lot of attraction and manifestation you know detach yourself from what you want and it'll come to you Yeah that's kind of I mean I I just believe that other side for all men to like tap in more would just help the universe right So let's get into the applicable uh examples of it So like have you had any men come to you and like you've shared this kind of a teaching with them and what kind of if you could share Not too personal but like what are some worldly things you've seen people change according to your teachings Uh So interesting uh timing But so uh a guy I used to coach he was going through a lot in life and I was bringing him in the spiritual space and he was kind of like oh I don't really know Yeah Kind of Yeah Yeah Yeah I'm like cool Like what the spiritual guy right Three months later is in a whole different spiritual evolution and space and this new perspective and paradigm and I knew it would happen if he was open to it but he was trying to control and defeat his problems With masculine energy When you go on a spiritual run you're not in a masculine you're an e feminine So by just doing the prayers or doing the meditations or giving him the information do this at your own time do it when it benefits you or uh uh you know another friend of mine because nothing's overnight

no changes overnight That grew up in a very traumatic environment in Baltimore Uh I think a year and a half ago lost his mom and his grandmother and he would call me he would text me and he was like hey man I'm empty I don't got nothing in me no more That's a good name in the book Yeah Yeah He's like I'm I'm empty and he was holding the tears and I was like man let it go let it go let it go He was fighting me because you know for so long I mean since he was a kid he was 16 he just had to take care of everything And I said that's your strongest trait is when you're breaking down and you're weak because everybody comes to you when you're strong And I just put a video about that Check on your strong friend I'm your strong friend But we want love You want someone to check on us But the pride and ego about being a strong person is that when someone you love and care about is weak even if you're weak you don't know how to be weak because you're so used to them being programmed of you being strong right So you you can't get in that vulnerable state and it's it's it's it's kind of oxy moral cause it's kind of damaging because you're actually helping that person Right Because it's like giving you more energy like oh wow this person don't know I'm weak So let me be strong but it's it's not sustainable It's not it's like the the airplane situation you got to put on your mask first get your oxygen first You can't just give you can't put everyone else's mask mask off without putting your own on Gotta take care of yourself Yeah So I think spiritual currency as I stated earlier is important for all of us because no matter how much money you have no matter who you are we all experience pain and no one is getting out of this life unscathed We all got So I think it's important for all people to know that don't allow again social media the media the people who have everything to think that they're not going through anything they might be going through most That's how I think of it Like I'm like I have people that are coach and train that they have very successful businesses and they're overwhelmed and they don't have enough time and they're under constant stress It's such an American thing we're trying to get there like you look at someone in Ethiopia starting with like a bloated belly and they're smiling from ear to ear for the entire day when you know they're chasing something that's not real It's an illusion You heard it here Listen I always feel like we need to have more time with you and um and it's check on your check on your strong friends Eric This is the Kyle and Eric show I didn't get a chance to like get like a but that's ok That's ok It's ok I love it I love no no no I love I love hearing what you had to say That's ok No no no it was great It was great It was great and er like it's always a pleasure to have you um have a good day

We're so happy that you we're just happy that you're here Um live with us today This is your camera over here I want you to plug away tell people how they can get in contact with you and how they can um get a piece of Eric Bigger Yeah Hey it's really simple Go to Instagram Follow me at Eric Bigger Hit the link tree Get your book We get some season merch and by the way if you guys wanna invest right in a agency a startup agency send me an email at its miracle season at gmail dot com And other than that for more motivation and positivity follow me on all social networks at Eric Bigger That's all that's it And get the book 100 days of wisdom audio book coming out soon on Amazon 100 days of wisdom You heard it here with The Lovely Eric Bigger If you want to invest in something that sounds very intriguing Reach out to Mr Eric bigger Listen I hope you find the good in your day Spread it to whomever you may and we will see you guys on Monday The beginning of our very happy Valentine's extravagant We'll see you guys have a good weekend I was awesome Thank you for being here That was really special That's so cool I love the note What is your uh what are you starting up Uh So you know you have Yeah Yeah