

GDL Jan 19, 2023

And I with great scarce and this is in her going to be the the nice I I was in change the magic Yeah welcome welcome to Good day live I'm Michelle Murad Today is January the 19th 2023 I'm so happy you're here in the studio with me As you can see my uh co host chair is empty and I got lipstick on my teeth because it's a live show Um Kyle is not here yet Uh but that doesn't mean we are not going to start the party Uh as I said today is January 19 2023 We got some celebrity amazing birthday today Miss Dolly Parton's birthday is today round of applause for Missy part We love her Allen po birthday is today Did you know that Um So and we have a very very special show Miss Shale and it's so weird not having uh Kyle here yet but he's on his way Um What's really great about she is I met her the other day at the Ele Fit Expo She's an Olympic athlete Um She's also adorable and very inspirational and I cannot wait to have her here on the show I've got the chat Let me know where you're tuning in from I wanna see how your Thursday is going so far and we can talk about all these amazing things that are happening here at the studio and I wanna know what you guys are up to on your Thursday This is usually when my cohost asked me how are you or how am I I'm good Uh You know what I've always always loved having a talk show and it really helps having a co hosts But in the meantime let's talk about what's happening today Um We are in Los Angeles California If you're new to the show Welcome Welcome Welcome Want to know where you're tuning in from and what you're up to for Thursday today We have an incredible lineup and incredible guests and also um my good buddy Miss Dra Renee is going to be with me streaming live from Open Closet which is a really great place here in Los Angeles California So you can see us trying on solo Um And uh really um taking advantage of the sustainability um and all those amazing amazing dresses Um But yes we're here in Los Angeles California Um And this is this is uh this is where the magic happens This is where the magic happens Um If you're new to the show we are the feel good show here on Amazon Live So you're welcome And we're bringing nothing but good vibes your way And um Olympians well Olympic athletes which we're really excited about She is incredible and you will enjoy this interview I have a very strong feeling for that Let's take a look at what open closet is like if you're going to stay tuned with us for the day which you should Um Let's take a the closet was all about showing open closet Um So open closet is really great Um It's all about sustainability This looks like my dream closet I

want every piece I want every piece in this closet Basically What you can do is you can rent the clothes You have the dress for about eight days I most likely I am going to be wearing this dress tonight So if you come to the store I wearing the same exact outfits Um I've got the Prada bag in my hand which you too can rent for a nominal fee of what is I think it's like \$300 for eight days Not bad Um And then uh you know you have fun pop some bubbly I think they have some champagne there which I'm starting to like a little bit more and more if I go to more stores Um But in the meantime yeah this is gonna be super fun Me Andrea Verna are gonna be talking dressing and gossiping I don't think we're gonna gossip that much We don't gossip We just share we just share stories Um Dre is an incredible actress She's an incredible host and um one of my best friends So I'm really excited to share this opportunity with her Um And you never know who you're gonna run into at Santa Monica Um You're gonna run into me like that Uh same shoes same dress same smile and red lips Um And you never know what kind of celebrities are going to be there It's going to be a really fun event They're gonna be stylists there Um so come on down to open closets and I will be happy to say hi and see how you're doing how your Thursday is doing Let me know where your Thursday is doing I got the chat right in front of me It's weird not having my co-host but he's he's in roots and we're really excited to have him here Um but yeah Edgar Allan Poe's birthday is today Did you know that Andy Did you know that Edgar Allan Poe's birthday is today Oh look he's here Oh my gosh Kyle True Is in the building everyone Let's give a round of applause for Kyle True I did not notice you How did I not notice you I think I was too much in the moment Um let's break to a quick commercial Let's get Kyle up here So it's not just me All right we'll be right back after this So here is our Jackie 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 wanna 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 query 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 It's 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 Yeah we got it So welcome Welcome back to Good Day Live My buddy's here The energy is definitely different What happened What happened Just a crazy morning You know Clippers broke work was weird My shave the head and they they were giving me some trouble Lots of stuff over here Yeah Thanks for being here Thanks for having me You know I uh I was over there listening about you and Dr Renee and you stated um We don't gossip We share we share was a double eye blink already starting on the double I like yes you can tell the energy has already shifted I love that you're here I mean I think yeah No I think you're you're uh we're Burt and Ernie That's what we decided We're Burt and Ernie Yeah Always good I I mean I hope so I hope it No no no Listen it could be the Michelle show or it could be Michelle and Kyle and based on the song it's Michelle and Kyle because you can't rhyme too much No Michelle Oh Yeah I love you I love you I love you Oh Yeah I can Yeah Yeah Yeah How was your night last night What did we talk about Yeah Yeah Yeah Let's talk about Craig Uh Mr Craig is a fine restaurant owner and uh he his how do I say passion for people is just unparalleled He we spoke to him I spoke to him uh once and you know exactly where you're sitting You got two weeks later I'm like oh hey Craig we we met and I just like preemptively was like hey we met you don't have to say like nice to meet you again We met and he was like I know you were sitting over there you asked me to do this Yeah He said that not to the audience 00 Right Right Sorry Right OK Yeah Um And it was I was just so impressed Were you I was impressed Uh Well I I was just impressed that like you know I mean leave a mark wherever you go Yeah I was proud of you I looked at Andy and I was like oh getting getting the relationship building in

Yes Yes And I feel you know proud like I'm a proud like cohost Thank you  
Yeah you're welcome you know ladies coming up to you being like oh we do  
we know each other I was like I was like good go go I was like like standing  
back being like ok ok I like this one I don't know about that one Did you  
approve Did you approve Uh Not really not really No no no no There was  
one there was one that I was like oh let's let's let's look into this one I'm not  
gonna say it I say it on international streaming No let us know where you  
where are you tuned in before we get to chat I wanna know how your  
Thursday is doing What was the company yesterday What was the name  
again Oh yes Uh uh we met um a really cool guy His name is Matthew  
Thomas I believe from Port and super sweet dude really tall I love people I'm  
tall but he was like no no he was tall tall and he was like I'm in a very  
awkward spot and I was like yeah now I'm in the awkward spot for a big guy  
He was like in the way a lot Yeah And then I moved over and then he was  
like now you're in the hot spot And I was like yeah for those of you who  
don't know Craig's is like a it's like a monumental it's always yeah Yeah And  
I thought for sure last night I was gonna get my picture taken It did not  
happen I thought what if it was like Kyle's picture got taped like they took  
their picture and that night they just like put their cameras down It's just  
because they think I'm you know you're not Idris Elba Idris Elba is like 30  
years older than you I know I've been to I've been for him and you and you  
accept it You're like yes yes you probably no That was Maria Maria Maria Hi  
Maria If you're watching we're we're big fans I know Kyle was one for a  
while Um I told you yes you did tell tell those that are watching That don't  
know I was I was in a meeting with a couple of producers and it looks like  
I'm important I'm not And Howie Mandel was with his entire team Uh You  
are important Yes The way how we thought was like we were we were  
locking down like a \$5 million deal Hey Craig look that guy That's a great  
picture Did you take that picture And uh that wasn't for focus magazine  
Really That's a great shot If you guys aren't familiar focus magazine is  
affiliated with TV And Craig is on the cover of one of the editions Yes And  
it's in a beautiful glass case in the restaurant And uh we were super proud of  
uh Andy Um we love that guy and he's he he's teaching me a lot He's  
teaching me how to be like more of a relationship person What about me Oh  
you you're also well what you teach me is what he taught you So he's like I  
feel like a master that I that's Andy's magazine Um they had focus V and  
now um it morphed into what you see now TV here on Amazon Live we're  
very grateful for all the um the ventures before us Yeah Great And you had a

good night Last night I had an excellent night Last night I love you guys  
What else What else happened last night that you love what else happened  
last night that I loved I mean I just get to spend more time with the people  
that I love I had one drink I drank the whole drink really fast too And and  
then all I did was like hug you all I was like I love you I love you I love you I  
love you I love you I love you I love you I couldn't stop saying how much I  
love both of you Like giving him hugs giving you hugs I was like hugging  
everyone and they were like I was like I love you man It was called a Skinny  
Amiga Was that tequila I don't know what it was but it was delicious and it  
was delightful I wanna give a shout out to uh coffee bean uh brought to you  
from 1963 on cheers Shout out to coffee bean Shout out to coffee bean I'm  
really really really excited about coffee bean Oh I have been known to be  
called the coffee bean girl Did you know this I wait let me let me take you to  
let me take you to what the coffee bean girl is all about Like a song starts  
like that Let me take you to the is this it No that's not it Yeah Yeah I'm one of  
your favorites Good to be here Apologize again You know that was the first  
that was the first for it's not here I don't see my mother would have me Oh  
wait oh wait wait hold on I think I might find out Um Yeah found it Let's  
take let's take a coffee bean girl Welcome to Michi on the street today I'm at  
the grove in Los Angeles California If you've never been here before you  
absolutely should But if you're a new coffee bean girl how do you know that  
in the morning Yeah I'm cool then Totally Just calm down coffee girl I feel  
like know how to process that girl How do you know that in the morning you  
near your place So this is funny Ok So that at the grove um here in Los  
Angeles California it's an outdoor mall which is the actually the mall that it  
made me want to move to Los Angeles Yeah that's how I got sold in Los  
Angeles Really weird because I don't like shopping in indoors I like being  
outside because once I'm indoors I'm like I can't get out Yeah No I just like I  
don't like being in shopping malls Yeah It's a weird thing I like I like Rodeo  
Drive Yeah that's fine But I don't like going to the mall I like going to stores  
I'm what My mom ok let's just say when I don't like going to the mall when I  
was three years old my mom uh I was three years old my mom wherever you  
are in the world My mom you know long story We won't rest her All right I  
love her so much Um ok So uh I was three years old and um my aunt and  
uncle took me to a burger stand a burger stand Right I they go what do you  
want Michelle And I said mm shrimp cocktail They were like wait what Oh I  
was three and at good taste Not fancy Taste good taste And so my mom goes  
oh so they they go they were like what like why did you correct me on the

fancy taste Good taste is not fancy Wrong fan because I don't know it has like a negative connotation Fancy Fancy Feast It's like a cat like fancy Yeah you said fancy fancy is not is not correlated with a cat at all I hear when you say fancy I hear Fancy Feast in my head When I hear Fancy I think of gold I think of brass I think of chandeliers Ok I don't think of cats either but I was just thinking like anyway um so basically uh what my aunt and uncle were like do you given her shrimp cocktail at three And my mom was like no I don't even know if she knew what shrimp cocktail was And then they asked me they said where do you know what do you know about shrimp cocktail And I was like it's giant shrimp and a very pretty uh glass you fancy I know you did But where did you get it from I don't know it's just like it just I woke up like this not like this when I woke up I literally I'll have to like yeah I just knew I just knew nice things I would sit in my like I would sit in my grandfather's car He had a Cadillac and I would just like be like this is my car getting nice things Aren't you doing something today I am Yes I'm going to close Oh yeah Yeah Yeah I'm going to open closet which is in Santa Monica Um What I love about open closet is that it's sustainable and you can rent things like material well sustainable meaning like you're renting so you're not buying and you're not like you're not adding more waste to the world I like it Yeah me too Um And everything is super super super gorgeous Let's take a look let's take a look Um This is cool because you know you can rent celebrities closets you can rent actresses closets you can rent and then that money then goes to uh support charity or it goes to people Yeah or it goes to people uh people's you know pockets and they can do whatever they want with it I love this outfit so much If I could wear it every day I would I almost did almost every eight every day when I met Shay I was wearing that outfit Um And yeah like I'm like boom like because it's such a cute dress and it feels very in alignment with who I am We talked about this too about like clothing being in alignment with like who you are my dream life Yeah Yeah it's like rent the runway but better Yes because you can go into the store if you have an event So say you got like an event right And like somebody goes hey not to you but to me do you want go to like this incredible like events and I'm like oh I don't have a dress Guess what Now I do I can go to open closet go in a b but a boom put it on and then um yeah I got a dress I can wait to open up a men's section Yeah maybe they'll open up a men's section I do have my red car video Which one Oh yeah I've had a couple of red carpets um under favorites Ok Shows a few red carpets Oh yeah So I you know I've done some of events I think trials in this one too on

the red carpet That was our first was our that was our first That was the book signing at the Barnes and Noble with Natasha Graziano Look How cute is that The breast cancer awareness Oh look how cute Confused with the IP L I usually look at these red carpet events This is incredible museum in this one at the other one Which one is that Oh that was one of the first one 00 that's Eugenia Oh because I um yeah there are a lot of different looks that have happened Ah that dress is beautiful That's a rent the runway piece Um I that was my I was so excited for that one I was so excited I'm excited for all of them That oh I love this Kyle This is so cute It looks like Mr Smith I was wearing that dress yesterday Oh were you weird Um I have way too much fun We have a lot of fun on the show Yeah we do Oh so happy to join So happy to be here Yeah What was it like Late June I get a call from Michelle Hey come on my uh my show Come talk to us about your life Why not I come on I see the energy between you two The rest is history I had to come on how to jump on I love this team No I hope you guys love your team at home I find a new one You don't find a new one I was so nervous on the first I was so nervous on the first one Like I was just like oh my gosh I'm so nervous on our first show No no On the carpet You look so dabber I'm like standing next to you Like you know actually my first note from a friend that I hadn't talked to him forever was like uh don't don't carry she's like get rid of the watch and don't carry a bag It's the red carpet It's like if you have spinach in your teeth and I was like that's that's the thing A sizzle 2nd 2nd 1 Uh so women can't wear watches on the not apparently not Um Oh this is introducing me to why can't women wear watches I don't know Kyle That's not I I'm fine with it Yeah Yeah For sure Oh so much fun Yes Oh laughing Having the best time ever Uh oh so cute So oh my gosh that was the that was before that was before that was the same day I think No no no no Oh that was the first day you were sitting over AAA I'm wearing those shoes now Yeah Yeah Yeah Yeah Yeah they're beautiful Yeah Too much fun No Oh look how cute Adorable kit is Nelson Oh Right Yes Having the best time ever It's hard to believe It's only been like a handful of months I'm wearing that dress right now Like seven or eight months I know But that's like a handful and a half Yeah we're like we're doing this every day for you guys out there Um Michelle Michelle is doing it for you guys out there I'm doing it for myself I don't know what you're talking about for anyone else This is for me I I'm following my bliss This isn't even for anyone else Like and other people are happy It brings me even more joy Like I'm what you think That's selfish 00 like it Oh my gosh How sweet Oh well I know Uh who to turn to if I ever

need it in memory What is it in memory In memory But I'm laughing because of an inside joke Oh so much fun Oh I love this And he got like all my like arm I do this like welcome welcome welcome you Yeah Yeah Yeah Yeah 00 Yeah Yeah Yeah Good times That was mine You gotta you gotta get out there Mark I was gonna say I don't think we have footage of me in the chair We have some good footage with me outside of the chair I mean I I'm wearing the same dress but let's take a look at what it's like with you Do you have audio on this Oh this is our BT S Yeah I wear the same IP Oh yeah Yeah that's cool I like that better Ok Oh dude can I do it again I need to take two copy What I need to take two copy what You just wasn't feeling it just wasn't feeling it I know I saw it in his eyes He's like everything I do I do it all you it's not fun I thought it was a ja rule song Wait what I don't know why I thought that No I haven't rapped in a while Ok They get that I'll get that Oh no I'm gonna put it I'm done I want all of those behind You're gonna see that even more It's gonna be music love and lots and lots of chocolate Not mean me Your brand or your logo will get in the hands of some of our biggest guests Um just you know see how you can be involved Yes a lot of chocolate A lot of love We'll see you there Not talk about me I'm not talking about you You are the chocolate the chocolate extra chocolate extra chocolate I almost feel like we should like you should pop the champagne No thank you It's easy because you love 00 I can say no is easy because you can do do do your girlfriend What This is a situation No it was a real girl This girlfriend Yeah because what's her girlfriend To their wife for nothing Wait wait what 00 that's so cute Oh what you want Oh that's so cute You get annoyed with me Why why I didn't say I was annoyed I'm not annoyed Do I look annoyed Don't look annoyed I hope she's like me I hope she's just like me and you just like me and you deal with it That would be amazing I I love you guys together You guys have the best friendship They're so cute I jealous of it a little bit What We have some things They're so close You don't make me shots huh You don't make me make me shots I know you did make me a TV Show I made you a couple of TV Shows Two TV shows Our Magic is the gold This is the magic magic gold See here you said you guys are awesome No for sure We're we're just doing rehearsal aren't we No we're filming Oh shit Sorry And I'm so excited Because we have Valentine's Week coming up on Good Day live Yeah that sounds live show Made me deal with it coming in hot So there there's your reel That that's a real it's a solid reel Like he did the same thing that I did I like went back just now Just like uh when you're sitting next to someone you you the energy rubs off does my energy rub off



on you I'm not usually this excited I know it doesn't look like I'm excited at all but I can go lower you know Yeah Don't I won't don't go lower I won't No I I appreciate it You know your energy's uh infectious Thanks guy You don't have a negative connotation for the word infectious But fancy you have a negative connotation for her I just think of it like cats No Yeah Fancy Feast Fancy No let's let's talk about our very special guest Shay Anderson She's about to be here any minute We're so excited She's known for the 400 m race She uh no she's she's part of the reason why uh the women went to the Olympics in Tokyo on the relay team for 400 Yes Kyle Wow she's 23 She was going to no she's good and she's going to she's going to but she just she just she ran the Olympics in 2020 Tokyo Isn't it amazing She said I I don't wanna this but uh when she comes on she said when she was five years old she went up to her mom and dad and said I wanna go to the Olympics either for figure skating or running You know what I said to my parents I want to go to the Olympics either for figure skating or you could be you could be in the Olympics You know if there was an award show for talking maybe uh maybe there that could be a thing It could be like a competition to see like OK start talking and like when you stop when you find other things to say you lose Michelle you would win 100% I will say I will say my best friend Um we uh when I met her my dad said are you still talking to I was 19 and I was in my parents' house and I was sitting on the bed talking to her and he goes you've met someone who talks just as much as you if not more I think you met your match four We can talk for hours like 355 hours Oh we're usually doing stuff while we're talking like she's cleaning I'm cleaning I'm kind of a clean freak Like when it comes to like my apartment like I'm just like and then things when things get messy and I need to get one actually that would make things I would I would like that get a maid or I don't think they're called maids anymore Cleaning crew like cleaners Sure Uh yeah house manager house manager we're gonna start food food specialists have a person Like I don't think it's called the maid anymore I think that's from like a housekeeper might be like it's like a gatekeeper But no a housekeeper someone who like lives in the house like a like a butler No I don't have a butler Oh ok No one lives in the house except for you know people that pay rent Oh the people that pay rents Yeah But we'll get them in every once in a while because who wants to clean that much Sorry I'm just talking with my friend Shay making sure she's good Yeah Yeah Yeah Yeah Yeah Yeah Yeah Yeah Yeah Sorry Don't mean to be rude just talking with Olympic Athlete No No In these chairs I don't drop it Oh that's true It's like tucked away and I

want to talk to is like uh right here because the or the orange chairs have that slit in the back Yeah Yeah the orange chairs were just like it would just drop Yeah Let us know where you tuning in from We got the chat It's Thursday January 19th here Los Angeles California If you're new to the show I'm Michelle Murad along with my good buddy K true blood Yes People that's me I'm waiting for the interactive chat Hello Yeah Yeah Hello Are you there Are you listening John John John where'd you go John I swear I'm gonna go back find out his tag and then message him and email him We should we've been waiting for you Listen we also have this really cool new feature You can call into the show and be part of our show We did it last night we did Good Night Live which was really cool Um my buddy Adam Fried called me and uh we were able to like get him on the program We were we were just a state This is a PG show We got you on the phone PG 13 like kind of we're pushing the we pushed the PG we're pushing the PG we're gonna be a good show but we're also grown ups we're pretending to be grown ups Ok Um Shall we pull a card We're on the boundary of rated R Ok let's pull the card Um So if you're new to the show we uh this is how we started the show We pulled the card to see what was in store for us I got these in Joshua tree uh in January of 2022 2023 Alright ready to That was the question Tell me about love Ok What's in store for me For love Tell me about love I don't know that's like it's a snake that doesn't seem like what's the number 44 That doesn't seem good Your cards here we go It's not that bad OK Read it The transmute is to convert one energy into another The snake is a powerful symbol of transmutation You're being because you know how they shed Yeah you're being invited to accept its gift of shedding to help you process something important Use this ability to make magic by transmuting its energy into something new and beneficial for your growth Meditate on the symbol When you need some assistance in changing the energy in your life I like that OK So it's shedding something is turning into something else I like when people say like oh like more of your energy don't just stop your energy and start a new one That's impossible to take what you got and move forward is one thing I think that's doable Yes And that's what I was saying to you yesterday Remember like about like how relationships shift and transform if you allow them to you if you just if you just cut it off like Kyle you know Yeah we did I have a question for you and I'm just throwing this out there because I was thinking about it while I was getting ready OK So you cut off all your exes But what if you can we can talk at any point No no no no no OK We just don't So say you get married and you have kids and your wife

doesn't work out You can't not talk to her I don't I don't talk to Would you still be to her Ok So the topic of the topic of yesterday was do you remain friends with your ex And that's different than cutting them off There's an in between there like I don't think it's appropriate to say friends with your ex but I don't think cutting off like blocking and never talking to them again is a thing either I think it's just like you know you go your way I'm doing my mind in the world of love and if you need anything give me a ring you're not going out to dinner any time soon Well you would you would have to stay cordial with your ex-wife if you guys got divorced But like again with an ex wife we're not going out to dinner any time soon Like I like this isn't this is where we differ You start dating a guy he still goes to dinner with his ex I keep having to flip it around for Michelle Huh Yeah Well ok here's the thing I think if you have Children it's good to remain cordial dinner Why does that have to be dinner Can go get lunch What what else is there You're not getting meals with this person anymore Wait there's no more eating there's no more eating No I'm just telling I'm I am telling you because there's you're not you're being naive like you're not If you break up with someone you're not going to get food with them you're gonna get food with the person you just broke up with You're still with them then No I no I no I don't think so You're gonna get meals with your exes No I'm just saying if I got married to someone and it didn't work out and we had Children I would hope that the peace remained Yeah the peace can remain there I've heard people say that they're better friends than they were married and they lunch with your friends I like that idea I like for you You don't like that idea for the person you're dating which is where your contribution depends on how it ended I said it depends on first of all anyone that was still seeing their I would say OK hold on If it's J Lo then no I would not be comfortable with it Their exes their exes at at 10 And they're like yeah I'm sure we're gonna lost my uh I'll be back I mean but also trust Do you trust this person Like if they're getting lunch with their ex No I don't No one should What No this goes back to my this goes back to my ex-boyfriend Mike Um There was so much trust there like he had um a friend that he actually dated Um her name was Christina I think it was Christina I don't remember Um And I trusted him so much that like they if they hung out like it didn't bother me exclusively Just the two of them Well I think they went to like went to lunch a couple of times or like because she worked in the same Oh that's different That it's convenient They're there It's not like they're going out of their way to meet up They're like she's right there Uh we're gonna get lunch I guess it would be weird if

they didn't get lunch What it kind of I mean you guys are in the same building I'm assuming you're getting lunch together at some point So ok so it's ok if they're in the same building there's no like rigid rules here It's just not there's no rigid rules It's just inappropriate to like seek out your ex after the fact of dating out to go get lunch to go get dinner seeking that person How do you think it happens You have to one has to reach out to the other and be like yeah you wanna go get food Yeah here here here here's the thing What if what if this is this was the scenario This was actually the scenario So I was I was brought into this friend group I'm not a jealous guy I'm not I used to drop my uh Sammy No I'm just appropriate like Sammy I used to drop Sammy off at the club because I didn't feel like going to the club Like I wanna go dance I like you can go dance I'm not going dancing and I just drop her off to the club I go read books and then when she was done I'd go pick her up I would I would read and I would I would come back pick her up and go home I said who are you I'm just saying it's not a jealous thing It's just like do you wanna pick up a picture What do you want What are you asking Lucky fingers How this weekend gonna go How this weekend is gonna go I have a I have a double uh deadline Oh So yeah Burn in the books Fire when the fire starts to burn What it starts to spray it What is that It's a black Eye Peas song I've never heard that black eye on It's on my playlist 27 Fire Light creativity Drive purify passion and new opportunities Oh Nice OK I love it All right Not bad Not bad The element of fire can free you from boredom Clear karma I hate boredom Boredom is a Oh man I think that's like my worst thing Clear karma and give you the energy required to take action Be warned though Too much fire sounds like we know can cause also a burn So be mindful of utilizing this energy wisely by using it channeling it creativity creativity creatively not really meditate on the symbol with the assistance Uh with the assistance of a candle to inspire creativity motivation and passion I have a candle You can have a candle Sounds great We'll do that Maybe I'll meditate on fire I can meditate on fire That's like kung fu meditate on fire I feel like I mean I want one more card for me One more for you The question What am I doing this weekend What's this gonna look like for me aren't you Uh Oh D Slacker Did you write back right back D if you're watching We love you So he asked us to lunch He asked me and Kyle and his mom to lunch and your text message back It works for me Kyle hasn't yet to respond No JD Shout out to JD Slacker He's on his second book He's like 28 years old Uh Both of them incredible fictional uh and like mind bending What is in store for me A good I feel like you did the blow on him because

like a friend Lucky Ok That's weird Kind of weird Ok Yeah that's gross Oh we've never had that one Good fortune Oh that's crazy Ok So that looks like a bottom crescent moon right I arrive to L A Literally I'm driving over the highway I see downtown for the first time ever And there's a crescent moon like be in my weekend like I know that Ok All right Can you read it I'm sure we know what it means good fortune That's a good thing What is it Lucky number please What do we get What do you got What do we got What do we got Good fortune no matter what your query uh the universe gives you its blessing It This is also a powerful time for manifesting Manifesting Can I talk to I don't know What did you do last night out with us And so how many did you have last night I don't know Every time he's like 22 Let me get two me and him me and him on the double because I had 11 drink and then he was like OK you're done Yeah Yeah you're done Three seconds Michelle I love you so much I love everyone I love I love Kyle I love Andy I love this random person So I left I have another drink and we were like no you're done I don't drink I don't love the homeless guy outside in two seconds Uh acknowledge this blessing in your life and more will appear Wait acknowledge the blessing and love will appear and oh I was about to say I was like oh yeah OK Yeah All right Yeah I like it I can dig it We got our very special guest Miss Miss and the let's do it She's amazing and wonderful Um We'll be right back after this Don't go anywhere She'll be right back here It's so cute So here is our Jackie 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 query 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 nook 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 There's 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 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 in the air Welcome Welcome back to Good Day Live I'm Michelle Mira If you're just tuning in for the very first time Welcome mom and welcome to our show I got my buddy Kyle Trueblood You do you you do have me Yeah there's nothing for me to say when she says hello in my name I'm just here now and we have the lovely Miss Shay Anderson Hey how are you How are you Yeah great I mean you're an Olympic athlete I mean uh we met a week ago at the L A Fit Expo You're also so you're also a spokesperson for optimum nutrition Is that right Yeah last weekend And I was oh amazing It was so great Getting to meet her Her story is so phenomenal That's why I wanted you on this show because it was so fun And and your dad in the building and your mom and dad were uh at the in the building last weekend too Um what's it like to be an Olympic athlete Well I think it's honestly I feel like you don't really realize you are when you are one like you don't realize you know like when you like kind of like finally achieve your goals sometimes they kind of just go over your head You don't really like I guess get in the moment And um it was kind of like an interesting uh thing for me when I did finally become an Olympian Uh my dad had a health issue right when I qualified So it was crazy because I had so many mixed emotions I was like I wanna celebrate finally make it to the Olympics But then her dad had this really tragic emergency health scare Oh my gosh what happened right after I qualified So I was like I don't know how I could celebrate or be sad right now like emotions So like I think that whole

experience kind of just like delayed my reaction to the Olympics being an Olympian and all that stuff So when people say I'm like oh yeah that's true I am an Olympian but I mean that's interesting that you said and I'm sorry about that but your dad's OK now right Or was he OK OK Good good that in the building um it's incredible that I mean it's not incredible but it's there's this fascinating thing that I've become aware of when this talk show started I had a very tragic thing happen in my life And I think when you're about to hit like something really really big something also equally big comes in your path to like say like are you gonna keep going the direction that you want to go Like are you not to say that you wouldn't be with your dad Right Obviously But like I feel like these are these like little tests to be like uh you know major craziness is about to happen But keep going keep going Yeah So for that test that we had with his health it lasted what Two years Two years Yeah because it just was other stuff building on to what Yeah So but now he's good now we're praying for a clear bill of health It clear 2023 because we don't need it anymore No we don't need it anymore I I'm a big believer in saying what you want and then um believing in it and then it just happens and when I have to bring up this I told Kyle this you said you were what five When you said tell the story what did you say to your dad Well I don't know if I told him I think it was just like a goal that I I told myself ok let's have five So I either wanted to go to the Olympics in either figure skating or track and field when I was five That was a goal of mine Yeah Well because like my dad he he was a really great athlete My mom was a really great athlete and they both like wanted to go to the Olympics So I think just like being born from them just kind of just gave me that like ok I'm I was born from athletes I gotta be a phenomenal athlete myself So yeah what are they For The Olympics were my dad was a track field athlete My mom was a figure skater So I was like I'm either gonna go follow my dad's footsteps or I'm gonna follow my mom's foot How did you know about the Olympics At the age of five My parents used to watch it every single four years We watched swimming gymnastics everything So it was always oh even Winter Olympics So it was the winter Olympics were on or the summer Olympics were on whenever it was that time of the you know Olympic cycle So on TV So walk me through You're at UCL A right Like you find out how do you find out that you're gonna be like an Olympic like part of the Olympic team How did this work So basically we go we have Olympic trials every four years or however often the Olympics are this time It was it was 1/5 year because of COVID Um so you go through uh basically a big track Me it's basically a

whole trials and top three in each event go to the Olympics but it's not like that in every country It's just like that for USA because we just have so many athletes that we have to do trials because we just have so many people that make those Olympic standards Yeah Yeah Yeah that they have to like weve out Ok we're gonna have a big competition to see who really is the best in America to take over to the Olympics So so you so you find out that you are one of those people to go to the Olympics What did mom and dad how did they react Um Well the thing is I wanted I qualified for the relay pool but a week later we had trials for the 400 hurdles and I wanted to make it individually in the 400 hurdles Yeah Um So we were like trying to hold in our excitement because I was like ok still not done I still have another event But then uh a day after the I qualified for the relay school that's when my dad had this emergency situation So I pulled myself out of the just because I was in complete shock very stressed and it was also the end of my season and I was still an NCAA athlete at this time So I had competed for months before this and my body was just tired and just like run down and also just went into shock I just felt like like my body was just like no we're not ready to compete at the best of our ability right now And I also just like my dad was my coach and I was like who's gonna coach me going into the and all that So we decided to just you know just not do it pull myself out of it but I was still able to go for the really pool That's amazing So you went to the 2020 Olympics in Tokyo What was that like for you It was interesting I mean a lot of uh the veterans that were on the Olympic teams prior um they were like you know this experience is so different compared to normal Olympic experience because of the lockdown and everything like COVID Are you scared Not really I mean it was kind of like we were starting to open up like America was starting to open up but Tokyo was still locked down Yeah Yeah So when we got there we couldn't leave the village to go anywhere but to our competition arenas or where we would go practice But for the most part we were like locked in the Olympic village and it just was kind of like sad to me because when we were on the bus to go to competition and all that stuff the whole like city looked so amazing I wish we were able to walk around but we weren't And also one of my big goals like after I knew I qualified I was like OK I wanna eat sushi in Tokyo but they didn't even have sushi sushi I was so sad Like that was like my main goal like like the only thing I really generally wanna do like outside of running Yeah Yeah Is eat sushi Yeah Yeah They didn't have it I think it was just because like a health issue Like you never know if the fish is prepare properly since it is raw Did you have sushi



when you came back though I eat all the time What's your favorite sushi Uh spicy funeral or just salmon sushi I love so hungry Oh my gosh It must be the time of day But also I love sushi Uh coming back to your story about making it Uh Do you get messages about being inspiring from like fans and stuff Oh yeah for sure I think a lot of my fan base is younger generations specifically more like high schoolers and a lot of them are from California because I grew up in California I had a great high school career and so I think a lot of them are still like being inspired just from my high school career and also just seeing how far I've come since then So yeah and it's awesome just being able to see most of them and like hear how how much I've impacted them It's like crazy how like I'm just doing what I'm doing and it's it still impacts people I love that You go to high school Oh sorry go ahead Oh Last one last one So like I I you're saying it's inspiring and you're inspiring people Was is there like a certain story that you had to uh overcome something that was inspiring to people that they know about or you wanna share Well I just feel like my whole story like me and my dad always talk about it I haven't actually had like a full year where I haven't had any interruptions Anything that has like like just I've always had to deal with some sort of adversity and so I I'm ready to finally have that season where I don't but also it is great for people to know like ok like she's still able to do all what she's doing dealing with a lot of crazy stuff And so I think I'm still telling my story like I don't think I have a significant thing that like is my story I think just my whole career is my story Keep running right Keep running running What did we talk about uh last Saturday It was like you were running you were chasing boys or they were chasing you How do we find out you were so fast So what was it I was like I was just like oh I bet I could beat you and then oh yeah Yeah you beat the like you beat the boys and you're like I love that they were chasing you you're running away and you know she's faster than the boys I love that I love that so much And yeah I think it's true Like no matter what you're going through like you just keep moving forward you follow your bliss and you inspire other people along the way Um Kyle asked me uh before you got here he was like why do you do what you do Like you know I love talking if you can't tell and sharing stories not just my own but other other people And I said because it brings me so much joy not because I'm doing it for anyone else because I just love it And I think when you do truly what you love you you just are inspiring people naturally Yeah 100% Yeah I mean I'm already inspired Yeah Yeah Yeah You already oh go ahead Make excuses you know Oh wow I had this happen so I

couldn't get that done And like she's over here like dealing with you know detrimental stuff and winning golds and Olympic uh feats That's awesome That's so awesome Ok so I asked you this last Saturday um that you've already hit like a major goal going to the Olympics And I asked you what's next What's next Well when I was at the Olympics I wasn't able to like medal individually So the next goal is to make the Olympic individually not just in a relay pool and medal individually So and then just possibly set records It's no it's never really ending with track and field You know people break records here and there and like if you set a record maybe in 30 days or one minute it's broken again by somebody else It's always just a track and field is always evolving It's no one's ever just gonna stop and run the fastest and that's gonna be it So it's always it's always a challenge You can't just stop challenge yourself or you could just you know go to different events If you get bored in one event you could go try a different event challenge yourself there So it's always a a new challenge Yeah always a new challenge in high school I had some time off Yeah I played football and it's like track and field Uh main track and field in high school in the spring Right I wasn't playing any sports Looks crazy Let me try it out I don't I I was in track and field in um high school and uh I would wave to people I'm like what like running across country and I was like and my coach is like this is not social hour I have literal like photos of me Like I know I know I did cross country and I would just talk the whole time I talk the whole time I literally would talk the entire time I end up talking That's what Kyle said He said if there were the Olympics for talking I would win because I don't stop talking Um We have fun games if you want to play a game Yeah we have a game called hearing things where you put like headphones on your ears You have to guess what we're saying to you Um uh we also have headbands where you put something on your head and you have to guess what's on your head We have red flag We're like it's all about dating I know you're in a relationship right But you can pretend like you're not And then we just like go red flag or green flag What's your choice Um Did you hear the third one or the second one Ok Um You wanna grab those red flags Can you can you squeeze down Thanks guys It's called red flag But we also have green flag and we're gonna give you a red and green one Natasha our uh right hand is not here right now So we're doing multiple things Oh Is that you and your dad up there on the screen That's so cute Shout out to dad dad's in the building Um Here you go These are for you We'll keep it PG because dad's here We'll keep it PG um All right What All right I asked this to Kyle last night because Kyle's single

I'm single But um but you're in a relationship right So pretend like you are not in one they still talk to their ex Oh here we go Hm It depends to elaborate elaborate It depends on when they were dating Like if it was a long long long time ago and like in the second grade in high school and it depends on like if they hang out with each other or they just talk just to like check on each other But I mean for me I don't really talk to any of my exes Oh ok All right So it it it depends I I agree with that I think it depends It it doesn't just like stop at least like hanging out with them like regularly Not ok like they want to get No that's I mean if they want if they want they dating all the way but if they want to go get lunch then they can invite me to If it if there's nothing wrong I I can't find anything wrong with that that thing So so with the new person not dating I need the battle We have a battle which is under there OK Um Keep a PG ok Respond to everything you say with that's what she said Oh no Red black red black that's terrible Dad Let me say red black red black Dad says red black Um hasn't dated anyone in my 10 years because she's 23 That means that they had No Yeah But I mean that depends on the situation right What do you guys like consider dating Would you guys consider like dating Like just like you call like my generation we call it talking when you're like I think his generation calls it talking too Yeah Well my dad's generation calls it dating Yeah I think dating is when you're officially like boyfriend and girlfriend with each other But like talking is when you're like just getting into a relationship like you know well that person if I'm talking to them should be taking me on dates So I think it's like a both a two What what this look like I think No no no I'm thinking about my question and her question them together I guess I'm talking about uh dating dating If they haven't been in a relationship they they've been talking I would say that's kind of red flag because they could just not have any like they could have trust issues or something not want to get into a relationship I think that was one of your da like trust issues It just I don't trust people off the bat Like that's something that's earned Uh yeah you said that Yeah I don't I think it's weird when people just like trust someone I've just met It's like you All right Yeah Yeah You all right Let's see Let's see Let's see Let's see Let's see No June Phillips Natasha June No it's not Natasha June Phillips No you can't do this You can't say that Um I was on my phone Oh yeah that's a red flag Yeah Yeah Yeah Always But you know what I have to call me all the time because of what we do I'm always on it So I guess I'm a red flag to myself I'm a red flag to myself How did you how did you meet your boy on Instagram Did you Yes he is What did he say Um It was really cringy Really OK So he said

um if I were to come so he was from the east coast So he messaged me he said if I were to come to L A would you go on a date with me But that was fine And then at the end he added asking for a friend and like that part was just so cringy but I ended up responding to it So it's like he's like kind of obviously joking He didn't he didn't want it to be like too serious So we're going to be two years on the 27th of January He lived in Baltimore his parents he grew up in New Jersey area Ok Yeah he's from East Brunswick Oh wow Nice And he moved out here Yes Yeah basically for me of course And he got a great job too So it was like a he's um he does strategy consulting Yeah Yeah he's very very smart Has two degrees He wants to go and get an MB A at Stanford You know he really just wants to you know who should be dating an Olympian two degrees on the way to an NBA We wouldn't be we wouldn't prove anything else I'm kind of protective He was he was there I'm kind of protective I just met you but I'm already like kind of like we're very protective Yeah That one's weird No Yeah No we're not still in fourth grade Come on That's weird That's bizarre Oh here's one has been stalking you since middle school Green flag I love it You love it Absolutely Let's get it going Let's get it started She loves me Why not What do you Well I took stalking very lightly I guess it's not like from like a man to a woman It stalking sounds like very like weird But like if a woman's stalking me it's just like she's like kind of being cute She's just like oh what are you doing You know what I mean Whatever There's no is it the stalking word It's the stalking stalking for me It doesn't sound so aggressive because I don't know in a misogynistic way I'm just not like intimidated by women Fine Fair for me It's a green flag She loves me She loves me is dead Hi Yeah Yeah we're good Is afraid of stoplights What if they break for a yellow Is that a red flag Oh yeah that's I think that's dangerous I've actually had so many No I think yellow just means it's about to turn red We're like right Depends on where you are So like if you're not going to be able to make it before it turns red then slow down but if you're going to be able to make it before it turns red then love it Love it She definitely date someone from New Jersey but you can tell she's been dating someone from New Jersey They're all fast drivers over there That's awesome Yeah What else What else we got Uh no no no I just pick one We can do the no no no What It's it's they're too obvious Always picks their nose We only have two more minutes Ok Ok Ok Let's let let's let shape shape away OK Uh This is your camera right over there with the red light I want you to people know where they can find you or they can learn more about you and all that great stuff OK Hi So my name is Shae

Anderson It was so great being on this show My Instagram name is Shae dot Lynn I post very frequently on there Also My tiktok is the same user name and yeah so thank you for having me on the show Make sure you check out Shay She's gonna be uh like sporting that gold medal one day very very soon Gonna be soon Can't wait to have you back Hopefully you'll come back once you get that gold medal um wherever you are whatever you're doing I hope you find the good in your day and spread it to whoever you may We'll see you guys tomorrow and have a great rest Of your day That's fun Yeah it was fun I liked it Maybe I'll be a talk show host one day you know it attract Good morning They love with great scarce and is in her Want to be the