

# GDL April 20, 2023

<https://silosolo.com/447826>

## Summary

In this video, the host and guest are excited to be in the studio and discuss the special guests, Dr. Pleasant and Eugenia Kina, who are filming a new podcast called 'Five under 20'. Eugenia considers the host an inspiration and they discuss the importance of being open to possibilities. They also talk about small talk and being present. The host mentions Kyle's cooking and hair, and they have a conversation about body image. Finally, they mention Kelly and Mark's Instagram account.

## Silo sample questions

- Who are the special guests in the building?
- What is the name of the new podcast they are filming?
- Why does Eugenia consider the host an inspiration?
- What do the host and guest discuss about small talk?
- What does the host mention about Kyle's cooking and hair?

## Topics

Introduction and welcome

Special guests and new podcast

Inspiration and aspirations

Small talk and being present

Discussion about Kyle

Body image

Entertainment news

## Key Takeaways

- The host and guest are excited to be in the studio
- Dr. Pleasant and Eugenia Kina are special guests
- They are filming a new podcast called 'Five under 20'
- The host is considered an inspiration by Eugenia
- The host and guest discuss small talk and being present

[Click here for the full transcript](#)

[Click here for the source](#)