

The Blueprint _ February Focus- Alignment

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good, talking, alignment, intentional, comfort zone, work, voice, mantras, opportunity, steps, outer, space, blueprint, place, exit, feel, shadow, whole notion, validate, stay

SPEAKERS

Kim

Kim

If you have any questions about coaching, Jen is the one who helps with the signups. She is helping me design things behind the scenes and get things together so if I cannot answer the question for you, please whisper Jen or email me. We can put my email and Jen or I will respond back to you if you have questions about coaching. All right. Okay, so today's conversation is been related to a continuation so we're doing a February Focus and so that's our word. Write that down. If you're not, let's go ahead and get our pens out.

Kim

Okay, we're talking about alignment this month, the whole month, every session is going to be about alignment. All right. And we want to make sure that we are mindful because when our alignment is working feels like a firing line. Awesome, right? We have our professional stuff going on, we're feeling really grounded. Like we're taking care of ourselves, getting enough sleep, eating on time, making sure that we are you know, saying yes when we need to say yes to saying no. Sometimes the alignment gets off. And it can be a core a variety of reasons that the alignment isn't present. Okay. It could be something with our health. It could be something with our environment. Sometimes it's among the people who are around us. Those of us who have children or our caretakers, and sometimes we have to put more of our energy to outside of things than inside things. Okay. And so we want to make sure that we're connecting back and being aligned because when we're out of alignment, what happens? We don't show up as our best selves, we show up our shadow.

Kim

For those who have not taken the Alp free, we can get that link into the chat because you want to know what those shadow behaviors are. The minute you start to show up in your shadows, it really means that something is missing. You're not investing in yourself in the right way. And we want to talk today about how to get that back and how to think about the steps and so you're going to come out with a blueprint. Literally today, you're going to come up with four things that you're going to do to make sure

that your inner and your outer alignment are working. Okay, there's the link. Shadow there is right there. If you want to take the Free Self Assessment and then you can determine if you are an affirmer, an achiever, or an assertor. That assessment will help you know this is how I am going to show up at my best and when I'm out of alignment. What happens when I'm operating in my shadow behaviors because people will experience you whether you are in your shadow, or whether you are at your best morning navigate to get to see thank you for being here. Give me a follow. Awesome, awesome DJ for sure. Exclamation point shadow there's the link to take the ALP free it takes less than a minute. For you to seriously have announcement be like Monday today, but it's not Monday, it's Tuesday but it's not Monday, so nonetheless go give Aboney a follow.

Kim

So take the take the assessment and then let's jump into today's conversation. I want to make sure that we spend some time here so I'm not going to do a very long recap. These are our mantras for January. I'm going to be guiding you through our conversations. The entire month of February sands a day for to hear there that there are announcing streams that overlap with some things that I'm doing heavy black history month to everybody. Hopefully you are taking advantage of doing some things that will further your knowledge on our history or the history of black Americans and African Americans and what their contributions were and are continuing to be.

Kim

Before we dive into this, let me just jump in here I myself will be participating in furthering that and bringing that professional development to an organization that is specifically looking to advance their professional development for their black employees. I'm doing it through their employee resource groups. So I've been invited to do a three part series for them on for their black employees and the allies. And it's all around how they can increase their visibility. So this will be internal to them. So I have two sessions in February and then I have one in March that will be related to women's history month. So I'm excited. That's how I am one of the ways that I have supported my history will be going in and taking my gifts to be able to use them elsewhere. So there's many, many opportunities to volunteer data service to go further your education, tons of opportunities for you to lean into that encourage you. All right. So let's quickly roll through our mantras, just in case any no one has written them all down or do you need a refresher? And then we'll get to today's mantra today.

Kim

This was our first one for January, this is where we opened up, which is a better you will attract better. I think this one speaks for itself. So how you act? Positive mindset, positive vibes, good energy will interact that if you put it out there, how you act, talk and behave, will in fact be what you get back. You may not necessarily get it back in the way that you'd give it out. And I want to emphasize that because sometimes it's like about money \$5 I'm gonna get some money back. Sometimes you might not get the money back. Sometimes someone will pay for your food. Sometimes it will be a different act of service or act of kindness. Ultimately, though, you have to be okay knowing that the way you put it out there may not equal the way you get it back but if you act better, you will attract better and it goes for the same. We think about negative or low vibrational or low energy vibes. If you put that out there, that is what you will find yourself.

Kim

So this was the this was the roadmap for how we do better. It's the start stop continuing method. I'm actually going to make this a blueprint resource because I use it so frequently, and it's going to be available. My website, which is also under construction right now and it's also going to be available to anyone that may need it with the definitions of start, stop, continue. And an example of that everyone can use a professional one and the first of all, I get a lot of opportunities to use this. So I'm just going to make it there. Yes. See that the website is coming along. Shout out to Jen who was managing that on my behalf. I come in and I say these are the great things that I want you to Jen says I will take that off your plate for you. And she does. So she was working with our developer who was also a designer, so I got to him one and he's doing all the things so the website will be available soon. It resources up there as well.

Kim

Second mantra is we are not revolving we're evolving. This comes from my great Brittany patient Hicks through her coaching, which is HR past she specifically coaches, HR professionals where I opened myself up a little bit to HR and others, but she makes a good point here right? We are not staying stuck in the same patterns the same mindsets, the same ways of thinking are evolving and I think that was very clear and speaks for itself. Takeisha also says we don't hustle backwards, right? So that means that we're not going to give away any of our currency, energy, love, emotion, physical currency, right money and in a way that's going to allow us to overextend ourselves right, or that we have to live in a way that doesn't be in alignment with our means. We want to get a return on our investment. So you're not going to give away your currency and hustle backwards. We're going to be thoughtful about how we spend that currency. So that we can take those innovative steps. Emotion, emotional intelligence over emotions all day, right as well as mine.

Kim

Emotions are the things that we feel and emotional intelligence is the way that we respond to. This is how we can be intentional about saying, I know for a fact that what I don't want to do is react. Somebody right now, react equals emotions. Response equals emotional intelligence. To say that again, react equals emotions. You react to someone's emotions, response equals emotional intelligence. You can respond from an intelligent, rational, thoughtful place. When you give yourself the opportunity to pause, listen, think, reflect, even ask for some time to say thank you for that. You know what I don't really know what to do with it right now. Can I have a moment to get back to you? Sometimes that moment is five minutes sometimes it's the next day right? But react is when we what we do to our emotions. Responses what we do coming from emotional intelligence. This is really important because this algorithm right here, the React response can be the difference between you finding yourselves in a really good positive mindset, right and operating at your highest potential or coming from a shadow place and sometimes when we react over respond. It's our shadow that if you want to know what those shadow behaviors are, scroll back up and look for that. Or you can just put exclamation point coaching on excuse me shadow in the chat and it'll allow you to see what we talked about opportunity over acquisition last Thursday. And what we know about opportunities and this is really a set of circumstances that makes it possible to do something you see underneath there in the picture is this favorable combination, a favorable combination of whatever those things are important. Steve, Happy Tuesday to you Thank you.

Kim

It's check your opportunity over your opposition and sometimes the opportunities for you to recognize yourself for the here's the definition of opposition and resistance is a way to get something for we are the way that is against ourselves. We are the thing that gets in the way of knowing if this is going to be helpful or harmful. How do I spend my time getting out of my own way? And what that looks like and we talked about sort of the steps navigate opportunity over acquisition. What we know is that the first few steps are really around making a decision to see this opportunity in front. Yes, is the answer. That's the decision part. Now we've said yes to the decision now which direction do I go? And I'm not gonna be intentional about sticking with this. Or am I thinking about reverting and going back to what we're comfortable?

Kim

Sometimes even if the spirit of saying yes, we understand that we can redirect it, but that redirection may be to get us away from the negative mindsets of people, the environment, the situations, right? The resources that are not in service. And sometimes that redirection is to keep us from being who we are. We need to redirect ourselves out of space. And it doesn't mean that we're not going to have a challenge right? The road from the bottom of the mountain to the top is not always a straight line. There's going to be twists and turns. And you have to be intentional about saying I'm okay accepting those challenges. I'm okay leaving behind things, people situations, negative opportunities that are not in service to me so that I can go forward because when you get redirected, sometimes those challenges are intentional causes, places where you have to check in with yourself and understand, "am I speaking from a shadow or am I operating at my best to be able to achieve what it is that I want?"

Kim

So there's the brief recap of everything that we've done up into this point and now we're in February, right as of last week. Today, we are going to talk about alignment. So that's the word that we write down. Here is your opening mantra. This is an original Kim Gem, when your inner work starts to match your outer voice, alignment is present. Let's write that down. When your inner work becomes your outer voice or starts to master outer voice. Alignment is present. What do I mean by that? Say it one more time when your inner work becomes your outer voice or starts to match your outer voice alignment is present. And you see the word are there. There's all these words I want you to write down the ones that are jumping out to you change transformation right? All of those things that are there, right? What else development is there a new start? Are there opportunities there? Adaptation? Open mind? Fear? Is there risk? There's so many things that we experience when we do our inner work. What exactly do I mean by inner work?

Kim

Inner work is anything that you do to take care of yourself on the inside. This could be mental work, so therapy, meditation, it can be things like journaling it could be breathing techniques that you may employ to to help keep your emotions in check. It could be reading or writing daily affirmations. It could be participating in any type of social groups or social communities that ensure you are able to freely express or connect with others that are experiencing similar things as us or maybe not, but you can learn from him. It's finding outlets for you to create for you to express for you to release emotion,

frustration, anything inner work is however you take care of yourself. It's eating better. It's wellness, right? Sometimes we think about wellness is only exercise, it's not wellness is exercise, it's nutrition. It's choosing to take better care of yourself vitamins, it is the opportunity to get out in nature, if that's your thing. It's finding the thing that you want to connect to and really being intentional about connecting to and saying you know what? To absolutely see those as getting their sleep.

Kim

Rest is a whole part of that inner work for me in our work. has been finding a new set of daily vitamins to help make sure that I've got the energy to do what I need to do especially as I am embarking on new challenges my schedule has been evolving a little bit. I've also come through some massive wins in the last few weeks, personally and professionally. And so because those winds are coming, I'm now able to create more space. So I've got to make sure that I'm using my energy the right way and so it wasn't for a few months. And I was just pushing through and my work was getting done but I was struggling on some of my inner work. And so for me the inner work was pausing to say what are the vitamins that I really need to be taking them and am I giving myself the right nutrients. And I wasn't and now introduced six new vitamins every day to my life. And it has made the world of difference in not only my ability to produce as someone who is a leader and executive industry contributor, right but also as a coach, as a mom, for myself when I think about the things that I want to be able to do. And it's just been as simple as let me spend a few minutes doing some research.

Kim

Let me start to ask questions of people who have experienced things. What did they do? How did they feel what works for them, and then being open to say if it doesn't work, all I have to do is make an adjustment, right? We talked about adapting and adjusting more so than surviving and advancing. Your girl Kim Blue was in a place of survival. I was not advancing. I was just surviving. And instead of surviving, I wanted to adapt so that I could adjust because adapting and adjusting was what equals. And that's what I feel like I'm doing now is more in a space of thriving, right and being really intentional about acknowledging the work that I'm doing. And so when I look back at this, right, my inner and outer, were not in alignment. My inner work was things like I got to have conversations.

Kim

Listen, folks, sometimes inner work is vulnerability. Okay, let me be very clear about that. Somebody wrote that down. Sometimes inner work can be vulnerability. So for those who are making a list, you want to drop down some things underneath into work. Christy, you thank you so much for being here. Happy Tuesday to you Tantrum just celebrated his partner anniversary. Tantrum always good to see. So when we think about this whole notion of what it means to do your inner work, let's write those things down. So inner work equals vulnerability, because you have to be vulnerable enough to say, this is where I am. This is what I don't have. This is what I need. This is the relief that I have to be okay acknowledging your struggle, whatever your challenge is. That's the inner work. I need to be journaling. I need to be getting worse. I need to be thinking about how what my wellness regimen is. Whether that's saying I'm going to walk 10,000 steps every day or more. Whether that's going to be I'm going to cut out sugar, I'm going to reduce my caffeine intake. What are those things that do you best when you are managing your inner work?

Kim

Sometimes inner work is saying I'm going to officials asked in your work and sometimes be getting a coach, a therapist, mentor and advocate a sponsor, they are the same thing. You're going to be more productive. It's the smallest of things that may keep you from being your best. The things that are on the inside ladies and gentlemen, reflect our outer voice. Sometimes we say things sometimes we feel things externally. Right because our insides are all awry. This whole notion of I'm not feeling my greatest and because I'm not feeling my greatest, I'm going to talk in that mindset. I'm going to think in that mindset. I'm going to act in that time, already not feeling great. So instead of going for a walk to get some fresh air and I'm just going to sit here at my desk in my office, and I'm not going to be you know I'm not going to do with the thing I'm going to lean into, you know, whatever it is that is not great for me.

Kim

Right now we're talking about food. There's a ton of things that could come into this sometimes sleep is the thing that people use to escape, right. Sometimes it is not taking care of ourselves emotionally but knowing we need to. So inner work is a new thing that needs to happen. When we think about all of the stuff that helps us take care of ourselves. Again, inner work let's make this list meditation, journaling, therapy, exercise or wellness. Vulnerability is inner work. It's actually speaking out loud. So add to that list. I gave you some to start with what what is your inner work look like? Because you have to do the work every day. It's no different than going to work. You do your job every day. But you have to take care of yourself so that you can show up at that job every day.

Kim

Good morning Classics. Good to see you. Happy Tuesday to you. Thanks so much for being here. So when we think about this whole notion of our inner work, let's put our put our mantra back up there. We want to make sure that our inner work aligns with our attaboys because here's the thing, when your inner work is not in alignment with that part of the equation is not in alignment. You're tired, you're hungry. You are not exercising. You're not taking your vitamins, you're not meditating, you're not journaling, you're not in therapy. You don't have the right environment around you. You're disorganized about this organized I mean, emotionally disorganized, right? I talked about emotional disorganization almost a year ago. We're going to do a whole nother stream just around that because if we're not organized emotionally that will keep us from showing up at our best in work and in professional or other social settings.

Kim

When we are not working, when we are not receptive to change all of that plays into this whole notion of how our inner work comes in. When our inner work is out of alignment. Our outer voice reflects that. We show up in a way that is less than ideal or not our most authentic so we actually are more representative of our shadow than we are who we are. And I'm not saying that our shadow was bad. What I'm saying is our shadow can be an indicator that we need to do something more with our immune or work. Okay, it's good. You're always wants to be in some of those shadow behaviors that you see yourself that you may learn that you're in right you want to be manipulative. You want to be you know, condescending, you want to be controlling. You want to show up in your shadows, but we've got an opportunity to do the work and allow that inner work to put us in a better place.

Kim

All of those things are intentional. All of those things are the ways that we can make sure that our inner and our inner outer is aligned. When we talk about our outer voice, what do I mean by that? That outer voice is the way to go experience. You know how you go to work. And you're already feeling some kind of way, right? We haven't had your coffee hadn't had your breakfast. You have a meeting right? You get out of your car and the person that you probably care for the least is the person in the parking lot and they're saying good morning and they want to talk to you before you even had a chance to like get in the door in the morning. Whatever that may be checking your email, right, connecting with folks. Maybe getting your desk set up and appropriate way whatever that might be. There just talking to your life, I just wish they would stop or that they would go away or get out of my personal space, whatever that is, right. But there's always that person or persons who are just in your space immediately.

Kim

Because you're now taking in that energy you're trying to be polite, your inner work is messed up. And that outer voice that you are going to speak with is from that place of annoyance disturbance on the unsettled being less than ideal when it comes to the fact that you have not had a chance to just take care of yourself. And that's as simple as that. When we talk about inner work. It's this notion of taking care of yourself, but your outer voice is going to come across rude, short, disrespectful, not interested, very bothered, low vibrational with no energy. All of that is going to be how your outer voice sounds and people wouldn't be like what's wrong with so upset? Or this is when you get the need to get up on the wrong side of the bed or you show up to a meeting and you're frustrated. You're not organized because you haven't taken care of yourself. And I'm telling you ladies and gentlemen, the first thing that you should prioritize is the way that you take care of yourself because if you don't, your outer voice is going to be salty, sour, disrespectful and nobody is going to want to deal with you.

Kim

Then you're going to be trying to figure out why is everybody keeping their distance? Why is everybody like dealing with a certain way? How come I'm not able to make the traction that what it is because your outer voice is reflecting the inner disarray. You have to find alignment there with the two. If you want your outer voice to be better, then you have to take steps to do what you need to and this means you have to do some work. When you don't do the work, your outer voices your shadow. When you begin to do the work. Your outer voice is the alignment between I am feeling good. And you will start to reflect that in your voice. You use different words you'll use different statements. You'll actually openly say things like I'm happy. I'm feeling good. I'm proud of this. Your language will change your word economy will change right? When you listen folks, let me give you an non traditional example of introvert.

Kim

Before sometime in December, I think maybe you're in January, I don't remember how to be in January. Okay, I told mylifejourney that I was ready to cut my hair. Now, if you remember it was very very, very long as well. But I told her that I wanted to cut my hair and I had my reasons for wanting to cut it. You know I didn't think came to the 7 year mark with my locks in December. But I was ready for change. I was ready to feel lighter and active thinking about and told mylifejourney that I had been on and the things that were really coming to closure. And so I was ready to make that transition. She asked me why. Why are you interested in cutting your hair? And I said because I've gone through so much

transformation over the last seven years. And it feels like this phase of my transformation is complete but I've been doing this work for so long. I'm seeing myself going to speak different I'm embracing new things. And so she said well what do you think so I'm ready to five inches. Right? Well past what you can see now you can see all of it. Right but that five inches represented me doing that inner work and it's an outer reflection of me. It was going to be seven which would have been a little shorter, but I like to not do something super fast. So I kept that in five. Because I had been doing that outer work, keeping my hair long, felt like it didn't match where I was. All of that length, all of that heaviness all of the weight of my hair versus losing some of it and having more space, more room to really do things with so the minute she put it I felt better. The first thing I did, the first thing I said to her was I am so happy and I have been ever since. Right. I have been happy and absolutely a lot right the whole symmetry of seven inches right for seven years. I only cut off five because five of those seven years were really, really severe. But I've come through a lot of stuff on the other side of this hair.

Kim

I have come through my first year of entrepreneurship successfully without you know suffering too many challenges. You know, I had challenges right? I came through my first year of streaming without, you know, too many issues or feeling like I wasn't making any impact. Right from where I started to where I was. I came through my first year of laying myself off and out of corporate America. Right so I have a lot of firsts, right? My divorce was finalized last year. So it just got that new. So like all of these things had started happening. And I was coming through this but as I was doing my inner work as I was streaming, right as I was going to classes meditation, as I was finding my way to exercise again as I was being intentional about saying my wellness to check and adding these vitamins back into my diet. As I was opening myself up to be like I miss certain things in my life. I want to get back to doing certain things, reading watching documentaries, right being outside with my kid to genuine records. So many things were happening to me on a personal level. So not to hear my inner voice change. I could hear inner mantra starting to shift that's where it's some of these new mantras are coming from.

Kim

I'm not hustling backwards. I am evolving. Right I am being intentional about how I am moving forward. So some of those words that are up there in this Wordle that you see my growth is happening right in front of me. But most importantly, my inner work was reflecting that outer voice, taking more risks, being intentional about saying what I'm wanting to do. I told you all last year that I was manifesting my millions in 2024 I am I don't know what it's going to look like and I don't know how it's going to present it so but I am manifesting what those million dollars, okay. And they will be there this year and every year going forward. Because that is what I'm going to do and then it will give me the opportunity to invest. But my outer voice is now starting to reflect my inner work. And so I wanted to take a step for an outer extension of that. So I cut my hair and I let go of some of the weights that I was holding on to because I was ready. I wanted to be new I wanted to have less I didn't want to feel like some of the things that I had been holding on to their cutting your hair. Were very representative of some of that stress some of that growth. Some of that challenge. Now locks came at a time where I needed to not worry about my hair but still feel competent about and about how I was presenting myself. And it literally so supported me through some of the most multiverse years of my life. And so I cut some of that. So I didn't have to carry that into 2024 right because eight is the number of new beginnings and so there was a lot of

symmetry of chaos. And so that symmetry is a great parallel to what we mean when we talk about our inner work and voice. So how do we get there is the blueprint for steps. Okay.

Kim

Four steps is what you want to write down how do we get to making sure that our inner work itself matches our outer space? Here is the blueprint. The first step is validating your knowledge. What do I know about myself? What do I like about myself? What is the information that I have to share? What is the information that I need to validate your knowledge? What do I want to make sure I'm talking about leaning into checking the lines every single day? What does that look like? And how is it going to be beneficial if I continue to let that be a part of my journey? When you can validate your knowledge when you are confident and comfortable with what you know and what you don't know. Because sometimes you need to be confident in what you don't know. Because confidence in your voice whether you are knowledgeable or whether you are owning something that you don't know, isn't any less competent, right? There's nothing more empowering, saying You know what? I actually don't know but I know someone who does or Hey, I see this as an opportunity to go do some discovery. So you have to validate your knowledge because that validation of knowledge allows you to be confident in your voice.

Kim

The second thing, speaking from a competent place, right? One of the mantras that I live by and it is a Kimblue original is your voice is your greatest currency. So you have to use that currency of your voice to relay what you know, right? You have to be able to relate your knowledge and your needs, the knowledge that I have or don't the needs that I have or don't whatever it is, would you use that voice confidently to share the knowledge that you have? Would you have to be okay, knowing what you know. And you know, knowing what you don't. Once you have used your voice and competence to speak those things, you then have to get comfortable potentially exiting your comfort zone because that competent voice is either going to present you with an opportunity to learn or do something different or operate in a different capacity. Or it's going to show you man let me tell you where I've been for so long. I've been stuck in the same mindset in the same rhythm and the same practices in the same environment with the same people all of those things right? All of those things are intentional.

Kim

If you continue to stay in the same place, right, so remember last April, when we did our whole series on avoidance, as long as you stay in your comfort zone avoidance will be your strategy. I can avoid talking about that I can avoid dealing with that. I can avoid having to think about what that means. I can avoid the work that comes with that. Okay, I can avoid all of that. I don't have to be present, right? Absolutely. Stupid voice is not a strategy. But when we stay in our comfort zone, guess what? avoidance is a strategy that we employ even though as a blueprint boss, that's not the way that we we operate in avoidance not being a strategy. We operate an action being our strategy. And that action that you want to take is exiting your comfort zone. You have to get out of the space or you have to be open getting out of the space. And saying this is what I do every day. It's the same thing. It's the opportunity for waiting for conditions to be right. Anybody in here ever say Well, I'm gonna wait until this is right. But you know what? I'm not going to leave now because that's what my job now. Right? This might not be good. Or if I step away now I can't do it now or there's reasons right? Mostly that's related to our comfort zone. I'm comfortable here I know how to navigate a sofa fall if I have a misstep. I've got

my safety nets. I know where I'm going to land. There's some intention about doing some of those things right. So we will stay in our comfort zone until where we are going to say someone sent me a video.

Kim

Actually, I found it I was gonna say someone said to Esther, she was like people so there's a musical artists name is Patrick. Specifically a Gospel Artist but he uses all types of music. And I saw a video the other day on Instagram and he talked about that. He said anytime that you have to move up or move forward, it requires an abandonment of the space that you're currently and until we feel that we're going is worth it or is ready we will stay in the space that we are adding to. Grant, good morning. Good to see you. Thank you so much for being here. Happy Tuesday. Happy New Year. How are you? Hope you're doing? Well. Thank you so much for stepping in and saying and so as of right, we're talking about the alignment between our inner work and our outer voice and how to do that and I'm sharing this video that I saw on Instagram. That's not true, but he was talking about the fact that in order for us to move forward or to move up we have to abandon the space that we're in. Right? Absolutely see love the example of being the chair and he said in order for me to get out of this chair to go somewhere else, I have to leave this chair physically. Basically cannot stay here if I want to go there. This is the same thing ladies and gentlemen, he's talking about your comfort zone. Okay? If you want to go to a different place if you want to achieve higher, build more, do greater step into bigger applicator. The next whatever this is that you want to do be seat, you have to leave the space that you're in, in order to go to the thing you actually have to abandon that there is a level of abandonment and tacit whenever we think about this notion of abandonment until we know that where we're going is worth if people stay where we are. That is a choice. And in knowing that we're staying where we are now we're creating this alignment with our inner works and our outer voice. Right really ready to quit this job. I really wish that I had a different opportunity and wish that the right job would come along. Right. I really wish that I could do all of these right? And we keep saying what we wish we could do except we're not doing anything to change our circumstances. So we're going to stay in the chair.

Kim

The chair becomes our comfort zone that relationship becomes that our comfort zone, this manager that we don't have alignment with becomes our comfort zone, this job that we're in this title that we're holding on to the social communities that are not pouring into us become our comfort zone and we choose to stay there because if we abandon this, for the unknown of that even though we know where we want to go, that unknown journey may not be worth it and until we believe that we are worth it or that that is worth it. But that we're equipped to do or take that unknown journey. You'll stay right where we are. Because why would we abandon our why would we abandon it? The comfort of somebody write that down? Why would we abandon our own comfort for the discomfort of the the unknown is what is going to lead us to our next to our higher calling to our greater to our bigger to our if we are not ready to abandon this space right exit our comfort zone. We will be here until we're right. The Morning Dedication good to see thank you so much for being here Happy Tuesday to you.

Kim

One of the things mylifejourney and I say to each other: where were you six months ago? Six months ago it was what September? Where were you in September, ladies and gentlemen? Good morning

Sparrow. Good to see you. Thank you so much for being here. Happy Tuesday. Go give to this girl a follow. Thank you. Where were you six months ago? And is that we could say: Where do you want to be six months from now? And six months ago ladies and gentlemen, are you in the same place that you were in today? If you were somewhere six months ago that you said you didn't want to be you're still there now that tells me that your inner work and your outer alignment are not there. Good morning. Good morning. Good to see you. Thank you so much for 14 months of being a blueprint boss. I appreciate you it's easy to see.

Kim

When we think about this whole notion of right so listen, okay. Tater says I want to be a lot of wins. That's fine, but you got to put a ladder and I'm not using I'm just saying right that's it. You have to take your chances. You have to really be intentional about doing that. Because if you are where you were six months ago, and it's not where you want to be and what's the work that you need to do then you have to be vulnerable enough to say, I'm not doing the things that I need to do. I got to get out of my comfort zone. I have to abandon this mindset abandon this thinking, I have to abandon this case people this job to the social circles, right I have to abandon the work that I have been doing to put in the news works to create space to be more aligned to be more intentional, but whatever it is ladies and gentlemen, you have to be okay. Moving forward or moving up but moving away from the space that you're in. And when we talk about the inner and outer alignment, you have to exit your comfort zone. Sometimes exiting your comfort zone means I gotta give up everything that I know, to embrace everything that I've done. Are you willing to be vulnerable enough to embrace everything that you don't know? And in exiting your comfort zone, you have to prioritize protecting your feet. Because once you step out of that space that you know, now here is where mantras here's where the noise starts to come in. Right? The negative self talk you start to doubt yourself.

Kim

This is where the imposter syndrome creeps in. This is where all of the things that we get to a place where we say I don't know what I'm doubting myself and I don't think that I can really do this or am I worth that or why me or what am I really going to get out of this is really what I want to do. We have a whole conversation with ourselves that disturbs our peace. So you have to protect your morning Hobbs Good to see you. Happy Tuesday to you. Right we start talking to ourselves and we disturb our own peace. We're here to serve their own peace. I have to where I was able to foster mom. And I would think to myself, I don't even know why. I don't even know why I'm here. Why did they even choose me for this role? I don't even think that I can truly do this. What in the world? Do they see me right? How am I supposed to compete with these other people who've been doing this work for years and years? And I've been here for 10 minutes, right? I'm just I'm constantly invalidating myself. I am constantly operating in my shadow thinking I was talking to myself in a way that was not ever been in the diagnostic stream to tell us about this whole notion of speaking kindly to yourself. From an affirmation standpoint, from a mindset standpoint, right.

Kim

The Kim Blue version of that is word economy. How are you saying identifying that you're supposed to be How are you validating your scope? Whether it's an affirmation, or whether it's saying these are the strengths and these are the things that I add to a situation when you do with the blue? Let me be

intentional about saying you know what, I've had success when I do XYZ that's talking kindly about yourself. It's no different than saying, I am worthy of love. And Grace, right? That's, that's a mantra. Whatever it is or an affirmation. It's the same thing as the folks in the chat are saying yes, I have gotten in my own way. I have been, you know, I have been the person that has talked down to myself that I have not been kind to do that. I've done that before. And it takes work everyday. You got to show up every day in that inner work, so that you can be better about how you show up because your outer voice reflects your inner work. And when they're not there, that's what we're talking about. There's a misalignment so when you don't protect your peace when you actually disturb your own peace you use words. You don't speak life into yourself. You keep yourself in that zone of comfort. Because when you keep talking to yourself or when you keep receiving receiving negative messaging or when you keep receiving things that are not going forward. You can confirm why you should stay where you are your own. Instead of up are why you need to move out of your exit out of your comfort zone and go to what your next year.

Kim

So, you can confirm your comfort or you can upgrade your exit. Either way, you own that. It is your choice. Confirm your comfort zone or affirm your exit. I would want to affirm that exit any day of the week, right and sometimes it's really hard because the rest of the video that tight and I'll see if I can find it and post it but the rest of the video goes on to talk about because sometimes the greatness sometimes the opportunity right so the blessing to prep is sometimes the opportunity for the gift is in the exit. You actually have to move out of your comfort zone in order to keep the peace that you've seen. You want to stop disturbing your peace get out of your comfort zone. Because when we then are out of our comfort zone and we are intentional about protecting our peace, now we can have alignment because when we validate what we know, when our voice is confident of what we know or what we don't know we're comfortable sharing that when we get out of our own way or exit our comfort zone we can open ourselves up to get peace through releasing ourselves from the space that we've been in and then going towards our gifts going towards our next being intentional about saying this is where I want to be absolutely at least in the medical system.

Kim

This space that we are in this comfort zone will always look the same. You know why? Because you're in it. It is not until you exit that you start to see things differently. Not only that, when you exit the comfort zone you create more space to receive. But sometimes you have to exit because that comfort zone is full of all your creature comforts. All the things can keep you comfortable, you've got your warm blanket right but exiting the comfort zone means I have to step out into the cold a little bit. I got to venture into the repple use the wilderness. I have to go out into the wilderness to be intentional about all of these things. Am I going to have peace in the wilderness? Who am I going to encounter out there? What am I going to encounter out there? How am I going to be intentional about saying no? Am I going to be able to fight off these demons these battles these negative thoughts? What happens on days where I feel like I don't have it?

Kim

Where do I need to go and get is everything that I need to be on the outside of my comfort zone? Because I've already curated it here. So if I go outside of my comfort zone, am I going to get what I

need? Is it going to be there and will I find peace, peace and peaceful peace in my decisions? Decent knowing that I'm moving towards peace? What it is that I need to move away from if you're with me last spring we talked about migration and evolution, this whole notion of migration moving away from or towards something so that we can evolve into whatever our next is the morning champ lifestyle Good to see thank you so much for being here. Happy to say that you can take care of myself, Paula, she's fabulous. And I'll just leave it at that. If you're on the highway to the dangerzone... G class Good to see you as well. Thank you for being here. Today follow as well. Listen, listen do class. If you're on the highway to the dangerzone then you gotta go back and validate your knowledge. I'm gonna give you a real intentional effort. For me real intentional response to your to your question. People ask and when it came to grounds, good to see thank you so much for being here. Listen, folks, if you're on the highway to the dangerzone okay.

Kim

You're the community but you have to validate your knowledge. And sometimes you need to exit that by taking an exit right off that highway so that you can redirect if you were in my stream last week right here is where you may have to direct so that you're not on this channel. When we think about this whole notion of protecting our peace, sometimes we don't have peace because we're in our comfort zone and you can stay in your zone of comfort and be uncomfortable. Sometimes we are the most uncomfortable in ourselves. Sometimes we are the most intentional about saying I don't know how to get out because we're not ready to make a move. We're not ready to make the move our voices that competent. That's that lack of confidence showing up sometimes it's our mental voice. Sometimes it's not right, because we don't know here's the thing. We were not ready to make the exit out of our comfort zone. Our voice is that confident because we don't know what we don't know. We're going to talk about this last year. Remember, Jen if you remember if you're still in here, but I did something called the Johari window where we talk about these four panes of the window what we teach them knowing what we know, knowing what we don't know right? Not knowing what we don't know and not knowing what we want all of these things right but all of these things. All of these things play into it. So this is where and why the work that we do on the inside. has to match the way we show up on the outside because it does and ladies and gentlemen, you are on the highways to dangerous and listen there is no peace in the danger zone or said differently, right? You want to quote the great as the man Good to see you. Thank you so much for being here. Yes, Jen, did we do a Johari Window talk Jen and I mentioned that sometime last year that you remember off the top of your head if not gonna make its way into alignment.

Kim

Let's let's add that and maybe start to work on a visual because I think the Johari Window is going to be very intentional, as we talk about alignment in February. Rebel. Good morning. Good to see you. Rebel is all about like doing the work and doing so through laughter and positivity. Right. And a lot of that I keep always has a good time in here. So that is where you can just go and let your hair down a little bit, get some good laughs and get some practice in but it also is right. Listen, folks. Why are you playing around? Rebel's stream it's a way for you to do your inner work. Okay because that is safe space for you to just let go of some things and blow off some steam in a good way. Safely. Now you can't get too out of pocket because rebel will reign you in real quick. All right. However, that is a great space to be able to go to because sometimes inner work is also laughter It is joy. It is finding spaces where you can

go and click a little bit and now it's kind of got my recalibration back. I'm ready to go do that. So go find rebels, okay, she always gets a good time always is and we underestimate the value of laughter in doing your inner work. So you're adding a lot that can be there. Plus the vulnerable string people do. Okay, go follow her and thank you. Good to see you. Thank you for being here.

Kim

When we talk about that, right because this whole notion of working but I'm so because we don't hustle backwards. If you stay in your comfort zone your voice is not going to be competent and your voice is not going to be confident and you can't be knowledgeable about what's out there. And so now we're working the blueprint in the opposite direction, and we don't have any peace. We don't have some backwards ladies and gentlemen. Okay, so because we don't, you have to validate your knowledge. You have to be able to do all of these things, so that your voice will be competent and validating your knowledge is knowing what you know, and knowing what you don't know. And we're going to talk about that as it relates to the Johari Window. And maybe we'll do that maybe I'll just do that on Thursday since it's so close to the topic. Right? So good to see you. Good afternoon. How you doing? Happy Thursday to our UK fancy words. Go give them a follow. Thank you so much for being here. Fancy words. I hope your day is going well so far. Right?

Kim

When we think about this whole notion of alignment ladies and gentlemen, I don't want anybody to be misinformed. These are the steps or this is the blueprint that I'm recommending. Because when you take this blueprint, it allows you to not be out of alignment with other things, other mantras that we've talked about here, and other ways that we are intentional about saying you know what, this is where we have an opportunity to go do more of what it is that we need to in order to take care, right. You have to validate your knowledge you have to be okay knowing your voice and then using it confidently. You have to exit your comfort zone. I'm doing great. doing really great. Listen, folks, of all of the steps that are here that you see in this blueprint. exiting your comfort zone by far is going to be the most difficult. why? It's because you know it's your space of comfort. It's the thing that gets you it's where you're like, I don't think that I can leave this space. I can't believe I can't believe I can't step outside of these things. Because people will be disappointed What will people say? They're going to talk whether you stay or whether they're going to talk whether you take a professional development and get promoted or whether you stay in a job which has been the same job for 25 years. Do you think she's good enough to go? Yes, absolutely. They're going to have something to say no matter what. So do you mind your comfort zone with the knowledge of I can move forward and potentially do more, be more get more or I can stay here.

Kim

That right there so you can too good to stay where we all so known as that crab in the barrel mentality sometimes because sometimes it is others or the feelings of others that get projected on us that will keep us in his comfort zone for too long, right. And now we're letting somebody else's mantras into our mixtape. And that's not where we want to be. We are now in a space where we're saying you know what, I'm letting somebody else dictate my emotions, my feelings somebody else is trying to you know, determine my piece and really what they're doing is troubling your waters and now you are struggling to swim. Because you're in a conference. That is not where you're supposed to be. And listen when you

get too comfortable. Absolutely leave in the land of the familiar mix. So to say. I've been wanting to apologize. Thanks. Good to see thank you so much for the free feedback. I hope you're having a great day that we're talking about our inner life, our inner voice matching our outer alignment, right so the work that we do on the inside representing the way that people experience us on the outside.

Kim

This is the blueprint for how to do with these four steps. validating your knowledge has an incompetent voice, exiting your comfort zone protecting your peace and we're talking about what we get out of here how difficult it is to exit your comfort zone or of the steps this one is the most difficult because until you exit your comfort zone you cannot protect your peace because here's the thing. Once you get out of your comfort zone, you will see how much you were harboring all of the things that you were holding on to all of the stuff that was keeping you stuck and you'll realize how much peace you didn't have inside of your comfort zone and how much peace you were trying to get to outside of it, how much peace is available to eat. This and these steps this blueprint around how we get aligned inner and outer is this is literally this mantra and action when your inner work becomes your outer voice alignment is present. You will start to talk different you will start to feel different, your tone and your energy will be different. Your tolerance level for people are not coming out of their comfort zone will be very minimal. That feels like it's like you're doing your work and you're doing your thing and where you used to tolerate things before. Now you hear people say stuff in your life I don't have time for that.

Kim

Today I will speak to you out of habit. This is not what I'm about, right? You actually start to have less tolerance for that type of energy for that type of mindset. And you actually get to a place where you start to shut it down and you're like, I don't want to do that. I'm not on that hamster wheel. I'm not in that revolving door. I'm not going up and down on this roller coaster anymore. I'm only going to write this this is not that this is not these loop de loops. I'm getting off this roller coaster, and I'm about to put my feet on solid ground. You don't have to stay anywhere it's all your choice. really been so good to see you the morning raisin Good to see like two minutes Shelly we're actually finishing up but Shelly on Thursday. Exactly. Maybe not in that quits anymore. On Thursday show you maybe it will be recap because I'm actually going to tie what we're doing on Thursday to something right so it's jelly. We're talking about unreasonable mornings. Okay, we're talking about making our inner and outer voice be aligned. And here's our mantra for today or for this one. Our theme is alignment. That's our February focus on everything in February we're talking about is focused on alignment. We're talking about what happens when your inner work becomes your outer voice alignment is present. If you did and then here is the blueprint for how we work. Knowledge validation, having a confident voice exiting your comfort zone which is the most difficult and protecting your peace. Listen to me folks until you exit your comfort zone your peace will always be disturbed.

Kim

I promise you and you can spend years trying to figure out why you are unsettled. You can spend years trying to figure out why you're unsettled but I promise you the minute you release and let go right surrender the struggle. That is a gift Jen, you got to release to receive that as a captain. Okay. You got to let go so that you can lean in. Those are all gems around how to protect your baby says he only uses outside please. Good morning. Sometimes later, you're outside voices approach is appropriate. But

there are times when you're out that voice has to rest and we respect that we can be confident and know. Exactly. Team Elsa let it go. All of those things. Okay, so listen, that is your blueprint for today. All right, if you need it one more time. Here it is. When your inner work becomes your outer voice alignment is present. We are working on alignment in February sometimes right and I'm gonna post the tattoo video because it's really talks about this whole notion of abandoned, neglected abandoned the place that you are in order to move forward and out of the place that you're in. But until we accept that that is worth it or we are worth it. We will stay in our zone of comfort.

Kim

Good morning. Good to see you. All right, ladies and gentleman with that we are going to look to get out of here to talk to you in the chat. All right. Thank you all for leaning in. Or allowing me to be vulnerable, vulnerable is part of my comfort zone. work that I do because when I say it, it's out there and then there's no going back and then it's real and more often than not. People are like thank you for being vulnerable. And you actually are saying things that I have been wanting to say about and I may not have had the words. Okay. So when we think about what it is that we check in with yourself about comfort zones, check in with yourself about all of the things that you may need to you may need to be aware of that may or may not be unintentionally keeping you in your...good morning Bill. Good to see you. Thank you so much. Have a fantastic, fantastic day. Thank you for coming in and saying good morning. Listen, shout out to anybody who was working, lurking, and commuting and did not say that in the morning readings. But I want to make sure that I do in the in the event that you missed it. These slides will be up on Thursday and we will do a recap I will not do a full recap of all the January mantras. I would just start with today to make sure that we are in alignment with what it is that our focus is for this month. So with that I am going to send you into your third or into your Thursday for comparing us to fast already into your Tuesday with all of the good energy and light that we need that you need to guide you. Sorry, guys. I'm looking to see who was on. Yes, I'm looking to see who's on so that we can raid into. Where have we not been in awhile?

Kim

We just went there you know what? Because we were talking about inner work and we were talking about taking a beat. Let's go see Crazy Beats. Because Rebel your not on it's Tuesday. Okay, let's go see crazy beats. CBT is doing beats breaths and stretches. I've not had a chance to catch her. These uh, you know, I know I'm on my way out. But thank you so much for being here. So can we go see CBT everybody, let's spend a few minutes there, right she's probably going to be doing some rest and stretches and all of those things that are going to be a part of our inner work. So let's go and show her so I did I went over about five minutes you know, because I wanted to make sure that we can find a good place to go to. Spot Tosh. Good morning. Happy Tuesday. Welcome. Alright, when you're ready, thank you so much. Listen, folks. Copy the raid message. I am so so excited about this February focus which is related to alignment. The raid message is in to the in the chat. TNT. My pleasure. Thank you so much for being here. Appreciate all of you. I'm sending you into Tuesday with all of the good energy and light that you need to guide you. Take very good care of yourselves. I will see you all on Thursday morning.