

# Blueprint

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## SUMMARY KEYWORDS

avoidance, blame, blueprint, work, good morning, avoid, procrastination, folks, move, behaviors, procrastinate, talk, put, action, stream, feel, space, week, Thursday, place

## SPEAKERS

Kim

**Kim** 00:10

Good morning everyone. Happy Thursday to you. Thank you so much for being here. Welcome to another edition of The Blueprint. And we are flying through this month of April already. We just started it over the weekend and now we are almost seven days in. What that says to me is that we're showing up for ourselves and you're learning. You're doing all of the work, and it makes me even more excited to be here with you for another conversation but to also hear back from you all of the things that you're learning, you're doing and how you're growing. Some of you have reached out to me over the last couple of weeks, especially during March, and certainly at the start of April to tell me how you're feeling about all the things that we're doing and learning as a community. I could not be more proud as someone who's a new streamer that's building community. I love this and it's something that I look forward to during my week. So thank you for being here. Welcome to The Blueprint for anyone that is new or if this is your first time or you've been way away from the stream for a while. Just a quick regrounding and reintroduction of why we are here.

I am a Career Strategist, an HR leader. I help people think about their careers but also how to really cultivate all the tools or skills that they need to do three key things right. My mantra is "everybody should be the boss of their own blueprint". And what that means is that at any point in time, you should have access to the knowledge, skills, capabilities and resources that are going to help you operate at your highest potential. To add value to whatever work you may own or are responsible for and most importantly so that you can show up as your most authentic self. Because when you are authentic and you are being you, you don't have to hide any parts of you or feel like you have to minimize that you speak from a competent place. And when you are that confident, that's what increases the value that you have, or you add to whatever you're doing. And that is really truly the way that you are operating at your highest potential. So it is an iterative mantra. I want you to do these things. And then you're able to do them organically because you're owning this journey that you're on every day. So that is the reason why we do this.

Streaming three days a week Monday, Tuesday, Thursday morning at 8am Eastern Standard Time. I know that might be early, but I'm a firm believer that mindset is everything. And we start off setting the tone and the energy around our mindset and hope you carry that through your day wherever you go. Different meetings conversations, environments that you're in with people, whatever that looks like- the goal was for you to sharpen your tools here understand how to use them. Get your toolbox

ready because you've never know what tool you're going to need during the day and how we are going to be able to use those things not just individually but sometimes you got to put some of these companies themselves. That is who I am what The Blueprint is about. Why we are here and we have these conversations.

We are doing a very intentional dive for the month of April. The theme this month is moving from avoidance to action. We're going to dive into our presentation in just a little bit. We're going to say good morning to some folks we're going to do a little housekeeping ahead of next week. And we're going to make sure that everybody's got what they need in terms of their schedule. Alright, so thank you for being with us this morning and smiling. I hope everyone is doing well. Happy to have you here. Whether you're active in the chat, whether you're taking in some nuggets, get yourself ready for your day, whatever that looks like.

Let's jump in a little bit. A little housekeeping ahead of next week. Before we jump into our presentation today so there will be no stream next Thursday, April the 13th. I have been invited to go moderate panel that day. There is an event here in Atlanta called the Black Sports Business Symposium. Atlanta is the host city this year and next year for the past three years. That's how they're cycle is, so I am jumping in on ESPN is the presenting sponsor. And so they've invited me to come and moderate a table for them. And so I'm going to go do that. But it is very much a production in a day of prep that leads up to that. And so I don't want to try to compress or reschedule The Blueprint in a time where we're going to be trying to overlap I don't want to miss out on anything. That is I don't want to shortchange what we are doing in The Blueprint. So instead of trying to reschedule it or push it to a different day, I am going to cancel the stream for that Thursday. And then we will pick up the following week. So next week, there's only two streams Monday and Tuesday. I thought about streaming on Tuesday morning, but I've got a prior appointment. So I don't want to move that around. So just two streams next week, Monday, Tuesday only. I will edit the schedule for next week on Monday so that no one forgets and you're not seeing that in your reminders for those of you who have set reminders. So Monday and Tuesday will be the days that we stream and then the following week. We should be streaming like normal. As of now there's no changes. But I will keep you all posted for that.

Thank you Nikki Walker and Marcy Queen for the congrats. I was very exciting to be able to go back and very much a testament to all of the things that I do. There is the young prince himself. Good morning. Good morning. Good morning Miss JDK. How are you? Good afternoon. Should I say to you is afternoon there where you are. So nice to see you. Thank you so much for being here. Thank you for the well wishes. Yes, very excited to come back so nice to interact with some of my former colleagues that some of the many, many faces I used to work with. So that is what I will be doing next Thursday. But I will certainly recap and share with everyone how exactly that goes. All of the things that they promoted. Jim nice to see it nice to see you. Thank you so much. To remind us, I'll remind everyone to use Monday, next week for Tuesday, and I'll do my best to make sure that we put a note in stream elements so that it is reminding folks that there's no stream on that Thursday we'll get that down just so that everyone can remember. Miss KV Good morning. Appreciate the well wishes.

So, and again thank you all for the love and support of him take over Tuesday was a success. He was feeling really good afterwards. He was like Mommy, how did I do and I was like, you did excellent. He is feeling really confident in his ability to make a comeback. So there'll be another opportunity maybe when he's out of school in a few weeks to bring him back and let him do another Tuesday Takeover. So he's, he could be a part of the blueprint again, and I don't know what we'll do

that time. Maybe it was his affirmations or maybe he will have another topic that he would like to speak to everyone. So whatever that is, he will make his way back. All right. So that's the housekeeping that's happening this morning. And wanted to make sure that we were ahead of all of that so that you could have that on your schedule. If you are not following me on Instagram, then let me encourage you to do that. There are posts and reminders that go up about what the topic is going to be in place and we are working on getting some more interactive things up there so that you all can be in the know and certainly interact with me outside of the stream.

Good morning. Hello. Nice to see you. Happy Happy Thursday to you. I appreciate that. Thank you so much for being here it tells me that you are ready to do your work. Hobbs actually said to me, this is the stuff I know I'm supposed to be doing. So thank you and that's what it is. That's what it is. That's what's worth it for me. That's what makes this space that we hold for ourselves and each other worth it when people say this is the work I know I'm meant to be doing. Marcy Queen the bulk of my Instagram. You can follow me personally right as well as professional so the the professional Instagram is at kblueconsulting. And it's all lowercase one word together. And the personal Instagram is at true TRU\_BLUE2 and they are both listed in my channel so you can just connect to me right from there and go follow. And thank you Hops for the reup. I appreciate you your support. Thank you for being here and for supporting this space right and I know you're getting I know you're getting things out of there, right because you've made that clear I appreciate you.

Okay, so did I miss any other questions that are in there before we jump into today's conversation? Because not everybody's like a morning agenda so UK Hobbs came in Martian Queen let me know if you still need to put that Okay. Thank you. Okay, just making sure I didn't forget you. Alright, so we've been talking about avoidance and how that is not a strategy. The theme for April is all things moving from avoidance towards action and acknowledging all things that get us to a place where we understand that avoidance is truly not a strategy. And when we employ it as a strategy, it does not often get us where we think we should be. Sometimes it invites in a little bit more complexity or distraction than we really might want to take on. So let's jump into our presentation.

We're moving from avoidance to action. And there's all of the Instagram handles and everything that you can follow me there. So all of that is where you can follow me and let's jump right in. So when we think about this, here's our breakdown for the month. What we're going to do each week, and this is certainly for anybody who is either missed it or we need to go back and understand what is going on. And mostly to also recap what our foundational Kim Gem is, which is avoidance is not a strategy. And when we employ it as a strategy, how does that have impact on the things that we're doing and how we're moving. So, there's the little one is moving in the background so hopefully there's not too much ambient noise Okay, I've asked him to keep it down, but he's mad and sometimes he forgets.

So, this week, we have talked about a lot of framing. We have really dug into what avoidance is what it looks like. We're talking about behaviors, how it shows up today we're going to get into the behaviors and and you see there we're gonna talk about how it masks itself and a little bit of what that impact looks like for those behaviors. And then next week, we're going to go ahead and talk about how we move from avoidance towards action, and what that looks like. So when we do something, what do we do in the moment where we understand that avoidance is the thing that we're doing and how we get away from that. So we're going to get that done in two days. And then the third week is where we're really going to think about electronics. And there's my Instagram, there's both IG handles right there so you can follow for sure. And then week three, we're going to get into action planning, what are the

critical tools that you can use to help you recognize self awareness right, but recognize how you move in towards action.

What are the things that you're doing? What are you feeling? And then how do you overcome that or how do you work through it? Sometimes you don't overcome it. Sometimes you work through it, and then that is how it dissipates or moves out of the way because you actually have to know for yourself. I was afraid and I did it anyway. And this is what I was afraid of and this is why I was afraid and here's how I got where I'm going and then we're going to spend the last week of the month doing some summary and reflection. And getting really clear about saying what else would help us stay in this action as we move towards growth mindset and managing ourselves so that these new behaviors and the things that we've learned those are always the things that we go to. When we learn something new, when we create a new habit, sometimes we revert or we retreat to old habits that come from trauma or triggers or any other experiences that we may have that are that seem familiar that come from a place where we automatically protect, defend, preserve whatever the case may be.

Keep that in mind as we think about the month of April and then as we move towards the end of that month, I will start to share with you what we're going to do for May and I'm also open to some ideas so if there are things that you want me to talk about, please drop them in the chat. Miso power, if you're in here do not know you don't have to say anything if you're doing your thing, but week three is where we're going to go back into growth mindset and fixed mindset, because that sort of gets us set up for the summary reflection piece, and we're going to weave that in there. In case you're wondering how we bring that in, that's where it's going to go as we talk about moving forward in that direction.

Of course we did some meaning making earlier in the week. This is just a recap. I won't really read it but there it is to for you in terms of how you think about avoidance understanding what it is said differently. It looks like dodging things or not upfront, stepping in and dealing with things or just saying I'm not gonna I'm not gonna engage at all I'm just gonna let it go and I have to do anything about it. I don't want to do anything about it. I actually want to just not deal with it at all, and leaving it to, you know, throwing caution to the wind leaving whatever to happen happen and sometimes that's not the best way to engage. And what we know is that it is intentional. And we're purposeful in that choice. Right? When you are purposeful in a choice. It feels a certain way. You know what it feels like when you're resolute in something when you're like, I know I'm confident I know it I understand it. It's the same thing here where you're just like I'm just not going to deal with it. You still have that lingering conversation in your mind that you've committed to not making that choice? And what we know is that no response is also a response. No response is also a response and when we don't respond, we choose to remain.

What we know is that choosing to evolve or choosing to remain. And we're going to talk about the evolution a little bit today as we prepare to transition into next week. But what we know is that when we choose to remain, we're saying everything around me is fine. Even if it's not fun, I'm not ready or willing to dig into anything. Circumstances are all right. I don't want to make any adjustments. I don't want to do the work. I have accepted that this is my norm that nothing is going to change that things cannot get better or they will not get better if I do anything. What's the impact that I can have? What's going to be different? If this has been the way it is my entire life? And so why would anything change? Now, all of the reasons we choose to say I'm not going to even respond. I'm not going to even deal with that. And this this can be up to things like an email, a text message, right? We talked on Tuesday about leaving somebody on read or being left on read when you're waiting for a response or expecting a response and understanding how that needs to impact you how it's impacting them. Right?

Sometimes we're waiting on a response so that you can move forward in something and someone else is avoiding it. We haven't even gotten to someone else's avoidance. In fact, you will. That's what we're going to talk about later on today. When someone else's behaviors, avoidant behaviors now slow you down, which then stirs up a whole set of feelings in you. We're gonna get to that in just a moment when we talk about those behaviors. We only got through three of them. So we're going to recap and then do the other two, and then move forward with the rest of the focus for today. Remember, sometimes we are impacted externally by what others do. So when you're waiting on somebody else, and they are avoiding things because they have chosen.

People choose avoidance every day. People choose avoidance every day. They may not call it avoidance. They may just say I'm not going to call that person back and pay that bill but I'm not going to do it. I know I should have probably dropped this thing off but I'm just riding around with it in my car for the next two weeks. I have done that. Okay, let me just be clear, everything that I'm saying to you. These are things that I have done, or that I have experienced. Good morning David Keith, nice to see you. Happy Thursday. Welcome to The Blueprint. Avoidance folks looks very different. And so there's your avoidant behaviors. And then what happens when you're avoiding something that somebody else is avoiding something you're trying to meet in the middle? Okay.

We do things we avoid; we avoid things because we're trying to prepare ourselves for the work or the response for the energy. We're talking about how avoidance is not a strategy my friend so welcome in we're doing the work. What brought you here, your hard hat in your steel toed boots? Because apparently that's the uniform for the blueprint these days. We are talking about our own avoidance and what happens when it meets somebody else's avoidance because remember, now you've got two people who are intentional. Two people who are choosing to just remain where they are and not all of that needs each other. And so what does this look like? And this is where we left off, Tuesday. We are talking about how a waste is not a strategy game. Get your notes out put your boots on because we are doing the work today. It's all good stuff. Right? We're here together. So happy to have you all right, folks. This is what it looks like. This is what it looks like. Oh, Edie good morning or good afternoon. Thank you so much for being here. Welcome to the blueprint. Happy to have you with us. All right. So folks, we started with three behaviors on Tuesday.

Let's recap those and then let's go on to the other two. And the reason we started there is because today, we are going to go into what happens when I'm avoiding something and someone else is avoiding something and nothing gets done. Right. We are meeting in the middle. Okay, so you're riding around with this package in the car that you need to put in the mail and somebody else is riding around with something that they need to do and then it doesn't get done. And there's frustration and there's anger. And we're going to talk about this, right? We see one of these behaviors is not dealing with emotions. We're gonna get into all of that and it shows up in different ways. What you see here is sort of the umbrella term that I'm putting, but there's a bunch of stuff that goes underneath all of this. Okay? So we started with silence, right when people get quiet when there's no talking when there's no engagement. Right? It is the choice to say, I'm not going to engage my use my voice. We're not going to talk you right when we say Tuesday, if I just don't say anything about it, maybe they won't mention it. Maybe they won't do anything else. Maybe I can just avoid it. Maybe they won't bring it up if I don't bring it up. Right. I

don't have to discuss it or we don't have to talk about it. Anybody ever been in a meeting with their leader their boss appear in a conversation with somebody and you just are saying I just want to get through this? And maybe they don't bring it up? Because I'm hopeful that that will buy me some

more time so that I have an opportunity to do this thing that I haven't done. Good morning, Dr. Donna Dundas, nice to see you. Blessings right back to you. We choose silence to fuel our procrastination. That's why you see procrastination ride over the silence, right? Procrastination is going to just delay or postpone on purpose with the intention does not do it at all. Whatever that looks like. What that procrastination does is it gives us more reasons to stay in that space where I'm just saying, I don't really want to deal with it, someone just procrastinate. But in our procrastination, we know what we should be doing. And we're probably very aware that if we don't do something about it, there's going to be an outcome. We are literally getting in our own way. We are literally saying, I know what I should be doing. We drove past the post office, UPS, FedEx package is all there, all ready and we ride right past and we look at it and go "oh, I should probably stop there." I don't have time. I don't have time because I left too late. I left too late because I was fascinating doing something else. And now this is five days that I've been running around with this package in the back. Then when we move from procrastination, what do we do we start to build up blame things or were dishonest and little ways in sometimes silence and procrastination.

The more you know, the better that you do because guess what? I bet you want to guess whose voice is going to be in your head the next time you ride around that package in your car the next time you have an opportunity to go do something. Kim Blues voice is going to be in your head saying but if I avoid it nope, let me just go pull right into the UPS and guess what the relief that you will have for not procrastinating. And it's going to give you that space to show up in this. Folks, I promise you but I'm telling you when it's done, the relief that you feel that you don't have to be silent, that you no longer have to procrastinate, that none of these are the things or the spaces you have to stand because then what happens when you procrastinate? Let's go back to that. The blame comes in. I did I meant to say that and I did not folks so let me let me stop right here. Just pause for just a minute.

There are some amazing DJs and streamers in here. You guys the DJ tantrum is in here. It's like good morning right please follow. For sure. So many folks in here right. Feel free mods and streamers right to put ones in the chat if you are that and we don't know that that's the case right. So make sure we are following your this community is all about support. Clearly doing the work. There are some amazing minds who support this community. There are some amazing streamers and DJs that are in here as well. Good morning Big Stov. Yes, cat has got my tongue. I do have some coffee here. It just hasn't quite kicked in. So a follow thank you so much. Seems to make ya Good morning. Good morning. Thank you so much. We are all about actions. And listen now that you've written it down, and you've got power, and many of us are in here I see 28 active people but how many folks who are behind the scenes whatever that is and again, virtual of all, good morning and salute to you.

Good morning we started but listen, you got a whole accountability community here to say did you get to the Amazon? What's up with those packages? Did you drop that off? Did you have that conversation? Did you call this person? Did you say what's on your mind? Because until you release that you can't be your most authentic self. And what do we know about being a blueprint boss is that we operate at our highest potential, but we do so, so that we can be our most authentic self. Okay, that's what's important here. That's why silence is not a behavior that we want to engage in. That's why procrastination is something that we want to move away from. This session for the steel toed boots and the hard hats. But listen, folks, we are doing the work. We're doing it. And I'm using real examples of things that we do, because we think that avoidance has to be these big, monstrous things. It does not right it all can be these very small things.

That's why I'm relating it to real life stuff, because we avoid on the smallest of levels, but that avoidance can grow to really really grand things like not dealing with people or situations, not stepping into something out of fear, which could be an opportunity for us to grow and use our gifts and be better, faster, stronger. Whatever that looks like. Good morning. Nice to see you. Thank you so much for being here. And welcome to the blueprint and happy to have you with us. I appreciate you being here. So listen, folks, once we have been silent, and once we procrastinated what happens we get into this space of blame, where we're not operating in integrity. We're saying "well the reason I didn't do that is because (insert justification)". Our procrastination response, this energy that is saying, "I don't actually want to accept these facts. I don't want to accept my own facts and truth and reason about why I did or did not do something. So I'm going to blame it on some other circumstances that I likely could control.

Okay. This is where the blame gets real personal. Good morning. Nice to see you. Thank you so much for being here. We are all uniform that way solidarity came through so waves what the uniform isn't and ask her if she needs circumstances, right. We're here doing the work. This is where it gets real folks. Because of the silence and the procrastination. The blame now comes Yes, marching queen. Absolutely. Absolutely. Absolutely. The blame now comes. I'm going to put this up because I want everybody to see it. Marching Queen says ownership can be painful. But it is necessary. Hold that thought because we are going to come back to that. Especially when we get to isolation. Okay, emotions. Listen, folks, this thing that we're talking about blame when we procrastinate. Hey, Matt, good morning, Tim. Nice to see you. Happy Happy Thursday. Thank you so much for being here. We are in the blueprint doing the work today. So I hope that you are ready. And listen folks to blame comes at our own expense. Okay.

We know we should have done something and we blame outside circumstances that we can control. Let me be clear about that. The procrastination leads us to blaming outside circumstances that we can control. I left too late. I didn't call you back because because I didn't want to talk to you because I didn't want to deal with it because because well because then I got this other call and it ran long and I knew I had time to call you back. But I did this other thing instead. So we just pile in and we feel the space with excuses, reasons, options, anything that will keep us from sitting in the seat of ownership and that is why I just put that statement up there by marching queen who said ownership is painful but it is necessary is to own the space that you're in. This is why you have to own the space that you're in because you create the blame that you speak about. I'm gonna blame it on traffic. Sometimes traffic can be an issue. But even in traffic you can still make a turn into the UPS into wherever it is that you need to be right whatever that is. But the blame does not have to be self inflicted. You can actually keep the blame from being that but it causes you to stand right in the midst of whatever your heat is.

Sometimes your heat is fire. Sometimes your heat is truth. Sometimes your heat is awareness. Sometimes your heat is ownership. Sometimes the heat is being able to say, I know I procrastinate. You have to tell yourself the truth first, so that you can then dismiss the blame to do the work. Because that lack of honesty means you have to start with honesty. Then you can move in integrity and go forward. Good morning Crystal Method. Nice to see you. Thank you so much for being here. Happy Thursday. Okay, happy Thursday to you. I'm telling you folks, and I'm saying this from a place of you finding your comfort and peace with your truth. When we read if you are intentionally blaming something, you have to start with the honesty to yourself so that you can move in integrity towards action. Perhaps have an amazing day.

Okay, listen, I hope that today is good to you. Right and I hope that you have all the good energy and light you need. Give me the exit motto early because I'm gonna have to get out of here and

take the replay will be up shortly like so much for supporting the space. Okay, have a beautiful day. We have to start in this space of knowing who we are and where we go. And you have to start with honesty because honesty is the gateway that moves you away from other things that we've been doing silence the minute you start to be honest, you break your silence. The minute you start to be honest, you're now clear with the steps that I need to take and oftentimes the steps that we need to take place are not paying for the investment we're gonna get to the investment when we get to the next slide right but the investment that we need to take is not as great in fact, it's free. And it's very much the things that we needed to do to give ourselves peace.

We literally block our own things. We talk about protecting our peace, but we don't protect our own peace we actually break it apart. We get in the way of our own peace instead of doing the things to be able to protect it. And that is where that blame comes in. And that is why we have to start with being honest with ourselves. Lex Dobbins Good morning. Nice to see you decent D man. Good morning. Thanks so much for being here. Happy Thursday to both of you we are doing the work and the blueprint my life journey will tell you what is going on my boss extraordinaire. Okay, thank you for being here and supporting this space. We are deep into talking about why avoidance is not a strategy and ensuring that we are doing the work that we need to do. So listen, folks that space of being honest and operating and integrity starts with you. We literally hold the key to protecting our peace. We literally are the people that get in the way of having the peace that we see. Because we procrastinate because we're not using our voices our greatest currency.

Then what happens when we blame the environment when we blame others when we blame something, instead of operating in that? We do two things happen. We isolate. We now say what can't go to this thing. I can't call this person that I'm actually not going to go to this event that I really want to go to because this person is going to be there or I didn't do that thing. And I now don't want to have to speak about it. I don't want to have to own any of that stuff. Right? All of that behind the scenes comes up for you and guess what we now have to kind of hide away until we can find our way. Sometimes you have to hide away just to find your way that isolation is the space where you go, how do I get back to the space that I need to be in right but I got to kind of hide that because I don't want to be in a place of doing things that I need to do in order to move forward because that now means that I have to admit I didn't do this when I should have I known better and I did not do that. That's where that honesty comes in. Honesty with self and then moving in integrity, right? All of these things folks put you in place and now because you have to isolate because we procrastinate because we blamed other things. Now you are missing out.

Then insert Fear Of Missing Out integrate what people call this FOMO. Now figuring out well if I didn't do this because I couldn't do that. And so now I've got to do this and now you can't even show up as your most authentic self because you have moved into in a space of avoidance. And it's all self inflicted, that we're going to come back to not dealing with emotions. So I'm going to skip to this next slide real quick because we're talking about this notion of isolation. So now you're by yourself, can't talk to anybody or you feel like you can't do that because you got to open yourself up. You got to admit, you got to own your stuff. Right, whatever that looks like for you. But until you decide you're ready to own up to it. That's space of isolation that you put yourself in that will stay really, really real. And ultimately, let's talk a little bit about why we avoid taking action. And this is where we're going to get into choosing to evolve or choosing to remain to go back to that picture earlier right with the gentleman sitting in the rocking chair on the railroad tracks with his newspaper. I



I'm gonna take myself out of this for just a moment so that you can see okay, draft save lives diamonds, thank you so much for remaining with us. Why do we avoid taking action? I'm gonna take my face off so you can see the whole thing. This is it folks. The truth of the matter is is that once we know something, there's an obligation to do something. Said differently when you know better you do better say differently. If you see something, say something. But sometimes we don't want to take on that obligation because it now means that we have to show up. They contribute in a way, which means we now have to use our currency, our energy, our time our sacrifice right our mental engagement, whatever that looks like, but it's called we now have to give that we now have to give that into this situation. But avoidance can show up as a roadblock towards any of that piece. When we move in avoid is when we say I'm not going to do this. I'm going to blame other things. Have a ride around with this package in the back of my car until I just can't do it or until it's the last minute or until I'm now impacting someone else in some way.

Right. All of that is really, really intentional. And what happens is is that when we see that roadblock right when avoidance shows up for us, that roadblock is really perceived as can we prioritize this perceived risk instead of assessing what the reward can be. That's why you see that risk reward sign in there. The risk is if I tell somebody I was late, they're going to be mad at me. They're going to not ask me to do something again. They're going to see me as not being responsible. They are not going to engage with me. I risk losing our friendship. Because this might be a pattern that you keep, right? This might be a pattern that you've had before. And now people see you and they see you showing up in a way that you don't want to show up. And so we assess the risk of losing the relationship of losing that brand of losing the opportunity to say I can help. I'm reliable. I'm supportive. I'm capable. I can be what it is that you need me to be. Instead of assessing the potential reward, the potential reward is you know what I didn't do this for this particular reason because I was fearful because I really didn't know the steps to take and I didn't want to admit that because I didn't want you to see me as less than something else that's going on.

DK what's going on. Good to see you. Happy Thursday. Thank you so much for being here. Thanks so much for the boss fix. I appreciate that. Happy birthday to you. I hope you're doing well. I see back in the blueprint. So we have choices folks, we can prioritize the perceived risk instead of assessing the reward and what we know is that the reward is available to us. But we don't want to do the work of go into the reward because that will work towards the reward is operating in that truth. So now we have to move from that honesty that that dishonesty that blame right that we've had with ourselves. So now putting that out there. And sometimes the circumstances press us where we don't have a choice but to operate in truth. Because what happens when we assess the perceived risk let's jump back a slide for just a moment. We now go back to not dealing with our emotions, not dealing with our feelings. And when we do this, I'll put myself back into the chat for just a second right when we do this. We get to that place where we say "You know what? Now I really can't go to this thing. Now I really have to isolate now I really have to kind of hide away until I can figure it out or find my way because people are then going to see me. I'm now gonna roll I'm exposed" and then someone says "Why didn't you do that? What happened? Can you explain to me what this is about? Now you have now you have to own up to your actions, your choices." The fact that you were avoiding it for whatever your reasoning is.

Now you got to say that in the moment. It may have sounded great. I'm not going to do that because or I don't need to do that or I got time how many people say I have time I got time to do that. Time is currency ladies and gentlemen. It is also the most precious non renewable resource that we

have. These minutes seconds, hours, days, months, years go by and when we avoid we lose time that we could be spending doing something else. And so we are spending our currency. Ill mannerly, ill guided and coming from places that are not in service to us at all. So you have to be in a position to say I'm going to check in with who I am. And I'm really going to get clear about why I'm choosing to avoid because when we look at these behaviors, and when we look at all of the things that we do, these are our own choices. We choose not to deal with our emotions, right.

One of the things that I say and this is your Kim Gem for the day, and we're going to then pivot really quickly to ensuring that we can talk a little bit about what happens when other people are going through these behaviors and you meet someone and they're procrastination. And you're in the space of silence whatever that looks like, right because now we create an avalanche. Now, we create a whole bunch of different things. Right now we've created this storm what I call this cyclone around us because you're in the space of avoiding someone else's in a space of a voice you both need to get somewhere but you both are not doing anything about it. This happens often in relationships, right? When we look at business engagements, there's all types of stuff. I avoided paying this bill. Now they've turned off my water. But I've already paid the bill because I wanted to go to this concert because I wanted to buy these shoes because I actually needed to help somebody else out or I chose to help somebody else out.

Now that has put me in a situation where I cannot cover my own things. So now I'm avoiding payments. Gonna be silent and not do it. Okay. And I'm going to procrastinate on paying it and then I'm going to blame it on someone else. And now I have to stand to the side and now I feel some kind of way so I'm not going to deal with my emotions. Listen, folks, here's the Kim Gem "you have to feel to heal." It's as simple as that. You must feel to heal. Right shorten up, feel to heal. It's three words. You have to feel it in order to heal because those feelings are the things that are going to motivate you to move. You don't want to feel discomfort. So you have to change your action. You have to change your choices. You have to change your behavior my like dirty people look at me like that as well too. But I'm telling you, those feelings that you have that pit in your stomach that you feel when you can't sleep at night in the same thoughts that for me when I am not doing something that I know I need to do. It's the thing that I cannot get off my mind.

No matter how much I laugh or how much I exercise, or how much I do things that are close to it, everything that I need to do is tied to that one thing and until I complete that one thing, everything else on the other side is going to stay stagnant is not going to make any progress is not going to move forward and I will remain exactly where I am instead of evolving to operate at my highest potential. And then I feel stuck. I feel behind I feel angry at myself. I feel frustrated because I know I need to do these things. And in fact, it's this one thing that is now keeping me here, but that's all my own volition. So I've got to get out of my own way and not avoid it. The opposite of avoidance is taking action. So have to take action. Because what's happening is instead of taking action, I am now assessing the risk with doing something because sometimes folks, when we take action, what we know is now it's really real. Now there's no turning back. Now I have to step in my truth, operate in my truth. Believe my own truth. I tell people all the time you got to believe your hype but people don't believe it. They say it so other people can believe it. But you don't believe your own. You have to believe your own truth.

Okay, you absolutely have to believe you absolutely have to do a project Martin Queen says she needs the entire suit of armor today. I'm here for it. Okay, see how you get to some additional items. You must feel that feeling when you're in this space. Now notice on the screen it says right emotional dysregulation but what that means in real talk is this. I got to get to a place where I am

feeling more in control of my emotions because those feelings that you have will not go away until you deal with what it is. So you got to feel to heal. And in order to heal, you got to take action. Whatever action that is.

DJ Nope. Good morning. Nice to see you. Thank you so much for being here. Happy Thursday. Happy Thursday. You have got to elicit those feelings, right, that little nagging voice in your head for me. It's always like as soon as I open my eyes I wake up and I'm like I need to do things I need to do these things. But I cannot do them. Because this one thing has so many tentacles out there. And ultimately, the blame comes back to you. If I just would fill out this form, if I just would have made this phone call. If I just could do this, say this because it's not something that you can hand off folks. Add to that when somebody else is in this space with you. When someone else is blaming and saying I was waiting on you. I hadn't heard from you. You didn't call me back I was the last person that led right I hit you up a couple of weeks ago. I was the one that did this. So now folks are owning that so that they can then sometimes people own their actions so that they can blame you for something. Oh my goodness. Sometimes people will own their actions just so that they can do for other things. We have a rain coming in ladies and gentlemen so I'm gonna pause there because this recap is getting ready to be epic.

One reason in the Gospel take over family come on anyway, good morning. Good morning. Good morning. Welcome writers. Thank you so much for being here. Come on in on this Thursday. Come on in on this Thursday. Good to see all of you. Good to see all of you. Thank you so much for being here. Thank you so much. You were coming in to listen reason is coming in ahead of the hour because he already knows he knows his fellow student Kimberly will raid this community out on time because I want to make sure that we can get on with our day there's LD component lb lb coming in hot with a recap. That is the next we hope. For sure. Good morning. Good morning, everybody who was coming in. Thank you so much for being here. Reason: the Twitch serve. Good morning to you. Thanks so much for being here. Happy to see you Diana ddx Good morning. Nice to see you. Thank you for being here. Welcome to the blueprint Shelly thumb though. Good morning to you. Come on in tea, no pants. Happy Thursday. Thank you so much for being here. Who else is making themselves present in the Did I catch everybody I know both the chat was gonna be super quick. So as everybody comes in Miss B oh seven Good morning TJ rolling Good morning. Nice to see you. Thank you so much for being here. Come on in. Gospel takeover fam. Make yourself at home. Get comfortable. Right. Listen, G class reason knows me he knows

I will have gone out of here in four minutes. Okay. He knows I will have your out of your own time and we will be catching this bus everybody will make the first flight and then I will come in on the connection flight right. Good morning. Nice to see like so much for being here. Happy Thursday to you guys. Come on in writers make yourself at home. Exactly. was a note that I will get y'all right where you need to be in on time at the top of the hour. So now that everybody is comfortable and we are settling in let's get going on this recap. So that we can ensure that we have the things that we need and that we are on our way out of here in a timely fashion and in a timely manner. Right. So boss community, let's just unload to our best to take over family for sure. Reason. Thank you so much. Ray, okay. All right. So, for those who just came in, let's get into this recap.

I'm gonna take us back really quickly only for that and then we're gonna come right back to these behaviors because what we need to do is talk about what happens whenever you meet someone who was also avoiding and you are also avoiding, and nobody is talking and everybody's procrastinating and then the blame starts to happen. Because then you can't go out that you can't be

your most authentic so so for those who just came in okay. This month, we are talking about how we move from avoidance to action. And it's all about engaging in this kingdom that I have been saying, which is avoidance is not a strategy at all. And while we employ it as a strategy, ladies and gentlemen, it is not a strategy because it does not allow us to get where we need to be. It doesn't support the outcomes that we need to have. It doesn't encourage us to operate at our highest potential or show up as our most authentic selves. And certainly we can't add any value and you know why you can't add value because of those very behaviors that we were talking about.

On the previous slide and we're gonna get back there. Okay, so hopefully, folks who are in here, right, anybody who needs a pen or pencil right let's see if we can get this one. We'll get this one going. I don't know if it's working. I don't think the commands are working today for whatever reason, so bear with us. Right? But what I'm saying to you is, is that we cannot get to action because we are operating in these avoidant behaviors. And what we know about avoidance not being a strategy is that it shows up as a roadblock to us and we get more involved in trying to protect ourselves from the risk from the negative outcomes from people's responses from dealing with the fallout than we do the perceived opportunity right or reward that comes with that.

For those coming in from the gospel takeover family, this is the weekly recap for how the month is going to go this week. We have just been doing the framing. We've been talking about what avoidance is, how it shows up what we're doing today is talking about how the masks itself and impacts that's what we're that's what those behaviors are and I picked five key behaviors and we're going to get back to that really quickly. In just a moment. And then this is our Kim Gem, right write it down, make it plain and visible for yourself but we're coming back to this avoidance is not a strategy that we want to employ. And so on our next slide what we did is we defined a void and said It is literally choosing to keep away from or choosing not to do something because what we know about avoidance is that it is intentional. Good morning. Nice to see you. Thank you so much for being here. Happy Thursday to you welcome welcome. Welcome. You can also see her for the uniform of the day for this conversation.

Apparently so listen, folks, what we know about avoidance, it's intentional. You choose to avoid and it's purposeful, because we don't want to deal with we don't want to engage in we don't want to feel we don't want to know that maybe we have impacted someone in a certain way. We don't want to know that we've heard anybody. We don't want to deal with ourselves. We don't want to hold up our own mirrors. We don't want to look at ourselves and say I did not do that because I did not engage because I chose not to do this because right and the analogy that I've been using is it's like having a package in the backseat of your car and the front seat of your car. You can see it in the rear view where you look at it every time you get in your car and you know you need to stop at the post office at the FedEx and the UPS drop. But you ride past it every single time and it's close to your house. It's actually anybody ever, like been to the grocery store? And the UPS was like right next to the grocery store in the grocery store and you just didn't do it. That's the purpose and intent because you were rushing to get to the next place.

This is one of the other Kim Gem that I want to put out there alongside avoidance is not a strategy and then we'll get to today's Kim Gem right no response is a response ladies and gentlemen. No response is one of those behaviors that we engage in. We're going to talk about silence and we'll do a behavior recap. And then we're going to talk about meeting people who are in this space that says he feels so exposed, we're doing the work class. I'm happy that you're here. Thank you for having me. No response is a response. Both assignments is a response. For those who are just came in one of the things that I said on Tuesday, I said to them anybody ever got a text message, and you leave the

person on read or you send a text message waiting for them to respond and they leave you already you can see it says read 6:01pm What do you do? You're like, Hey, are you going to respond? So now you're not responding because you're waiting on them? And they're not responding because they are operating in avoidance to add on need to call it that, right. I mean, one reason to question that earlier.

Right, but all of that is what shows up. The morning DJ purpose. How are you? Thank you so much for being here. Happy Thursday. I decided to put his nose into the stream this morning. Okay, so bear with me for just a moment. But when we choose to not respond, ladies and gentlemen, it's a response. And you are accepting that you're going to remain right where you are. That's why this picture is what it is. I know I'm on the railroad tracks. I know at any moment that a railroad that a train come barreling down this river, but I'm just gonna sit here with my newspaper because the sun is warm and it's pretty quiet. I got my rough people there. So I'm good. There's the head of security ladies and gentlemen, bear with me. He is no finally somebody close to the house. No responses in response. No response is a form of behavior to silence. We're going to get to that on the next slide when we choose to remain right where we are. We're saying I'm good.

With everything that's happening around me. I'm going to with the fact that this person hasn't responded. I'm okay because then that means that's less work for me. I don't know how to do that. I don't have to spend any money. I don't have to get whatever reasonings or blame you put in there. All of that is intentional on what it is that you choose. When you choose not to respond than we are choosing to remain. We're going to talk about choosing to evolve as a part of the action that we take right when we get when we get into that part of our toolbox. GREG The Godfather, I'd love it right. Hopefully, he can come talk to mind at any point in time because this one is pretty quiet except when somebody gets too close to the house and then he's going to notify everybody okay, he's the whole head of security in that way. Remember, folks, no response is a response. And it is an extension of avoidance.

When you choose not to respond, we choose to be complacent. We choose to accept the circumstances as they are even if they are not in alignment with what it is. And this is where those feelings start to come in. And this is where the raid happened. Right? All of those behaviors that we do starts with silence. No response is a response to silence. I'm just not gonna say anything and maybe they won't bring it up. If I don't say something, maybe they'll forget. Maybe they don't remember that I was supposed to do this and I can by myself more. So because no response is a response. And because you don't bring it up, you're not perpetuating your procrastination. You go getting in your own way of delaying something on purpose, instead of just speaking up because your voice is your greatest currency. Do you know do you use your voice to know what you could embrace? Do you know what you could invite in if you do that? Instead of procrastinating instead of purposefully postponing something? But instead, we know that we don't intend to do this.

We know that we don't intend to follow through and then what do we do when we're asked about it? And when we're confronted about it when someone steps to us and says hey, what's going on? When we have to deal with ourselves? We blame it on circumstances. We blame it on another person. We blame an audit. Right? How come we didn't mail this package because I just kept driving by there was so much traffic at the stoplight, man, I had to make a left turn, but I bet you would have made a left turn for something that you really wanted to do. You would have made a left turn if it meant you needed to stop and eat. I bet you would have made a left turn if it meant you could have gotten to this other thing that's over here. We put in the work to avoid doing the work. Let's just put that up there

because I'm gonna put this up there for the people in the front because the people in the back are taking good notes.

It's the people in the front we think they're paying attention to the poor really looking down on their balls sending text message avoiding hearing what it is that I'm saying because they don't want to feel what they feel which we're going to get to in a moment. This is it. Official shots fired we put in the work to avoid doing the word. Am I right after that this is this is this is it. This is really the real part of it. Okay, we were looking at biobank and everybody was like it's coming out right? This is it. This is literally what I had been saying. I've just been giving deep examples of what this looks like. But this is back Stearns. This is facts. We will work to avoid doing the very thing that we're supposed to do, which then we get quiet about you press me and then we blame others, right because that work that we're doing the blame is the work progresses we work to progress.

All of that. stairs, stairs that are hidden to right. Yes, right The Godfather says this. It is often less work to do the work then avoid it so we put in work to avoid it when we would do less work if we just did the thing we were supposed to do. Yeah, okay ready today is everybody's armor must have got real comfortable. Everybody must have you know how you got to put on their shoes and you got to break them everybody must have broken their steel toed boots. Thank you reason for the raid because you have just brought me in and folks are just settling in right there armor is just an airbag that they have comfortable. Like walking around in their boots and feeling like I got this right I'm ready to like step out and do stuff. Like some existing boat is taking recharges. I love it right what's ready, the godfather says is less work to do the work and it's more work to avoid doing the work that is what we are proud for estimators to mongering about butter and lifestyle. In a search both of y'all today.

Okay. Marcia Queen said merciful father. Okay, I'm telling you, this is why we are here because once we see how clearly it is. Now, ladies and gentlemen, let's talk about isolation. Because now when you get to this place of knowing that you're blaming other things, now you have to isolate one of the things that I said earlier is that you have to hide away to find your way. And now you're like, Oh, I can't go to this. I can't go to that concert. I can't call this person back. I can't go to this party because I'm gonna see this person around and I was supposed to do this thing and now I can't do it. So now I have to isolate. I have to intentionally be alone. I have to intentionally miss out I have to intentionally go in another direction. All of that is real. So now you've got to isolate because you have created this entire situation. And isolation becomes the way you protect your piece and you don't have a piece because you don't want to isolate and now you're feeling all of these things. And because you've chosen to not deal with your emotions, it has now become this massive cyclone of stuff that is there.

And all of these things just begin to and here's the thing, you stay in the cyclone until you start to deal with your emotions. And that leads us to today's Kim Gem which is you have to feel to heal Yes, sir. It's my life journey coming in with a 10 piece. Thank you so much credit I appreciate you. I appreciate you. If you received a Gif from my mod boss extraordinaire, please say thank you to her. She is amazing. Thank you. I appreciate the the 10 piece thank you for supporting this community because we are going to this. This is why we do the work right this is why we are doing the word Lex dama says avoidance is a hot mess and it is not acceptable but we accept it Lex and that's the thing. Sir says we put on solitary confinement right and that voluntary confinement leads to solid leads to solitary right. That's what that isolation is. It's like solitary confinement. I've voluntarily put myself in solitary wants to do that. Okay, good morning. Nice to see you. Thank you so much for being here. Okay.

When you're in that space when you voluntarily put yourself in confinement you don't have a choice but to do anything except for deal with your feelings Wave says that will preach if you let it. Thank you not you're trying to do the work for me here so I do not get to know that is why I show up. I'm here so I don't get fun so that I can say all these things. These downloads that I get, I have to say them out loud to you all so that I don't get and I don't find myself in voluntary, right, in voluntary solitary. That is real, voluntary, solitary. My goodness. Okay. All of that. Listen, folks, you got to feel the heal because those feelings that you have about the thing that you know you need to do that you continue to avoid not doing the work that you put into avoid it is the same work that you need to put into completing it, doing it will stay with you and you will be in solitary, confining yourself to this space. So the way that we move stars is what started you want to come off into the pulpit Today's Thursday, you'd rather wallow in swallow, I can't. But these things are so real folks. Think about how often we know better and we don't do better. When we see that there's an opportunity and we let it be what it is because we don't want to get involved. Sometimes my mod Journey and I are talking we have conversations and she says to me, friend I don't need to be on all the sets that you avoid your own set.

Sometimes you're right sometimes we don't need to be on all the sets but you can avoid your own set. Right, swallow your pride, swallow the things that you need to do in order to move forward in this space. Sometimes you've got to swallow your pride. Sometimes you've got to swallow those feelings that you feel right that frustration that fear that anger all of that. We would rather wallow in this space of self pity or whatever it is. Instead of swallowing our pride, swallowing anything that is that roadblock. This is what gets us to where we keep saying that it's too risky, I'm too afraid. I don't want people to see me I don't want people to be in a space where I'm doing the things that are not simply show up as my best self, not seeing me operate at my highest potential. Because what did I say folks earlier once we know something, we feel that obligation to do something. And in that obligation, sometimes we see avoidance as that roadblock and that roadblock is what allows us to go "this is really really risky and so I don't want to do that sort of thing."

But if I just do it, there's a reward in it right? I get to this place where I'm now free and I'm now able to not do or read. I'm not in a space where I have to keep thinking about it. I give my space back that mental energy I give myself back the mental time that I've put into this into thinking about this. I've been wallowing in it. I keep thinking about it. When if we surrender our avoidance and we take action, those emotions that we don't want to deal with. Oftentimes, the story that's in our head is really really bigger and greater and more grand than the work it might take to do this DJ purpose. I'm just looking at the right and playing catch up. But that is the thing folks.

You have to feel to heal. It will stay with you. If you don't do something about it. Those feelings that fear that frustration. And then when we feel those feelings we start to see ourselves in a different way. And we show up in this place of I need to defend I need to protect, I need to make sure so when someone asks a question, you snap or you bark or you're short with them, doesn't have anything to do with them at all. Now imagine that feeling that you're feeling? Imagine not dealing with your emotions and meaning someone else who was not dealing with their emotions or someone else who was in this one of these behaviors, they are now being silent. They're also procrastinating or let's say you've done your work in someone else's avoiding and their avoidance is holding up your progress.

You're gonna let somebody else's avoided so hold up your progress. Somebody is choosing to isolate when you voluntary voluntarily go into solitary does not matter right because it's all Yes, sir is trying to out think the steps instead of just stepping. And so when you're in the place of doing the work, and then we're going to get out of here really shortly. I promise you guys, but when we are in the place

of doing the work and someone else is silent when someone else is procrastinating when someone else is blaming things, the environment, other people other circumstances when someone else is isolating, they're not showing up. They're not leaning in, they're not behaving or moving the way that you know them to be right normally now no seeds are out there. You hear maggots, right folks smiling. That way they're not present because they're avoiding and then they're not dealing with their emotions and all of that now, in fact, what happens when someone else hinders your progress? That is your question of the day. What happens when someone else's avoidance hinders your progress. Now they are the procrastinator. Now they are avoiding doing the work. Now they are the ones right let's go back to all those statements that she won't put in there right now. They are the ones that are just not separate.

We go back to this picture. This picture is even more meaningful now. Ladies and Gents because we get to this place where we're saying this is someone else because now their know their lack of response is is a response to you. They're the ones that are sitting in the rocking chair or the railroad tracks. All they need is a glass of lemonade because the sun feels good and nice beings don't have to think about their avoidance is now impacting your progress. It happens all the time that we're invited ever been waiting on somebody at work, to email something to send something out to confirm something to get back to you. They've got information. Yes, Declasse. Yes. You are the train that's going to come barreling into them and they are the thing and now who you are person on the brakes and stop and hard and trying to not run them over and they're fine. They are literally getting in the way of your progress. You will be on time to your stop to your delivery books on get off the train get on the train. He says this is someone who is in the way and sometimes some instances yes we are the guy in some instances we are the train.

Either way, someone else holding up your progress, because they are operating in avoidance. They are choosing to remain you have chosen to move forward in action. And so when we see people move, in a way right operating these behaviors, you're dealing with your emotions, now it creates a cyclone and that your he is comfortable. Now you're wrapped up in somebody else's avoided cyclone. And you are feeling the weather around you. When in fact if someone would have just said, Listen, I procrastinated on that I'm sorry. I'm going to take these steps is there anything else that I can do to help move this? You have to own your stuff, ladies and gentlemen. Because now you're going to invoke emotions. And again, what did I say earlier? Most of the time that blame that we feel is a result of something that we could have. We could have avoided we could have actually not had to take on a claim. Had we taken those steps have you put in the work to just do the work instead of putting in the work to avoiding it. Sometimes we will spend more time working to avoid it. And then at the end of the day ladies and gentlemen, you still have to put in that same amount of work or more to get the things done that you should have just got done in the first place.

And listen, I am not above recruiting on this. I understand on a regular basis. I check myself all the time. What am I not getting done that I need to do doing? I tell people often please keep me honest. Because I'm thinking a lot. I'm doing a lot. I write things down with the best of intentions. I forget. I try to communicate but I don't catch everything. I fail at something every single day. Sometimes it's at being a month right? Sometimes right where I need to lean in with my kid I'm not doing that because I am strategizing for the blueprint or for my business or whatever the case it is good morning show. Nice to see you. Thank you so much for being here. Happy Thursday to you. Sometimes I'm failing at being a mom sometimes I'm failing at washing the dishes. Right? Sometimes I'm failing because the laundry is piled up. And sometimes that procrastination creeps in and then I don't want to get cited and then I



don't want to isolate right until I did that I flipped right instead of just saying I have to ensure that I own this. I can't blame it on that. I just have to say the time got away from me yesterday. I'm in overtime already. And so now what I need to do is make sure that I commit to saying this is what I'm able to get done. And in that I just own it because what I don't get in my ownership. I release myself from feeling these coming from dealing with these emotions. I just feel my feels because I don't want to isolate. I don't ever want to cancel the stream because I have not had control over something else. Right. It's out of my control. Absolutely. Thank you so for paying that. That's so foreign. I appreciate you reasonably owning it just putting it out there in the chat reasons Is it super procrastinated.

Okay, knowing is half the battle and now reason that you know that you said that it's on the other slide. When you know something about it, there's an obligation to do something about it to get to a place where you're saying, I know I know if I'm asking for help. What does that look like to say I can procrastinate so I'm going to take this step but can you help me? Because then there's this whole set of feelings and emotions that go with when we avoid, why we avoid this visa she is to write all of these things that we are owning the way that we are leaning into this. The way that we are showing up. Reason is through a place of love I promises from a place of love Okay, all of that intentionally. Okay is why we are here why we are doing this work. Because what we know is that when we employ avoidance when we get to a place where we say I know who I am. It makes it much easier for us to now step into the opposite of these behaviors, the opposite of what it is that we should be doing. And the opposite of avoidance is action.

We're all clear on what these behaviors look like and how they show up and how we can do it and we're going to keep talking about them a little bit more. I'm going to jump back to slide number two. Okay. We've talked about these behaviors, we are well into overtime. So I promise we get ready to wrap this up so we can get out of here. Okay, ladies and gents. But I want to go back to slide two, so that we can now really look at where we're going next week. And just a reminder, folks next week I'm only streaming Monday and Tuesday. Thursday, I have been invited to go speak. ESPN asked me to moderate a panel for them. And so that is it's early, it's in the afternoon but all the prep for that is early in the day on Thursday. And so I don't want to I don't want to miss out on our time. I want to keep it authentic. And so I'm not going to stream next Thursday and then we will pick this up the following week and have all of our all of our star catch up. Strange there in that week. Yesterday class I used to work for ESPN.

I don't know I say it and then sometimes I don't tell people where we're at works. But I've worked for some amazing companies. I started my career at ESPN. And then I went to Microsoft. And then I went to zoom and then I was the chief people officer for a fin tech company. So that's my career journey. So yes, worked at ESPN and have a ton of colleagues there. I grew up there and grew up there. And HR, all of that stuff. And they have invited me to come back and moderate a panel for them next week for the West Sports Business Symposium. And so a lot of my colleagues are going to be their former colleagues, current colleagues that are still they're going to be there. So I'm going to moderate a panel on culture and how to stay your authentic self in the workplace while things are moving in real time and how you don't lose yourself in there. So that's there's that procrastinator. So that is why so mark your calendars. Family, no stream next Thursday, just don't want you to show up and be like where's the blueprint? I'm going to cancel it in my schedule. reason there is they don't have the capacity to stream this year. For whatever reason they are not allowed for that and I don't know so it's at the Mercedes Dome which is what the Falcons play for those who are not Falcons fans.

So it could be something with the capabilities or something that's happening in there. But it will not be streamed and I did ask if it was going to be recorded. I need to ask whoever the title sponsor is if they will allow for recordings. I just got that detail yesterday. If so, I will play it in the streams. So that you often see you can see my panelists and see me operate outside of here. Thank you for all the congrats and well wishes I appreciate that. For sure. So that is why there's no stream next Thursday. Okay, I just want to I just want to make sure you all know that as we're looking at the schedule. So next Monday and Tuesday, we're going to start talking about Jackie says I'm stepping out of procrastination to say hello Blessings to you. Thank you so much for being here. Okay. So this is the this is why we're going from avoidance into action. That's what we're going to talk about on Monday and Tuesday. And then the following week, we're going to get into action planning, what are the tools that we need in order to stay in action and then we're going to use the last week to get really clear on what else we need. How can we support each other and are there other tools and things we need?

And I know that will come out naturally but if you all have questions if you all have ideas if there's things that you want me to talk about that week, please let me know so that I can ensure that we do that and that we're intentional about what it is that we're talking about because this month is really for you once we get into the action planning part of this. It's really going to be what do we need so that we can stay in this space of not avoiding but staying in this opportunity to take action. All of that is really real and really intentional. So that is our blueprint for today. Ladies and gentlemen. Thank you thank you thank you for the overtime we are well into overtime and you all hung out and stayed here. thank you so much for the RE for bringing the Gospel take over family DJ classics. Good morning. Nice to see you. Thank you so much for being here. I appreciate you. Thank you for bringing the family over here well it's Overtime. Reason says problem is planning to plan.

Okay, so I'm gonna we're going to talk about that as a part of the action. So I'm gonna write that down right planning to plan because you do have to be intentional about your planning. It just can't be something that is nebulous. You have to bake it into what you're doing. And so that'll be a part of our toolbox. Not next week, but the following week, and we will have a guest joining us. That week, not next week, but the following weekend is coming in to help reemphasize what this is. And so we're going to let her wisdom sprinkled down over us and we're going to continue to do the work that we are doing this entire month of April. Thank you so much for everyone for being here. Today's conversation was excellent. Thank you again for the rates the gospel take over family into our blueprint boss family. This is this has been a great conversation. I appreciate each of you and we are going to get ready to get out of here and go see who was in there. And so my journey if you do not mind the commands might not be working today. We were having a little bit of a moment. Hold on the wrong place hold on hold on hold on one second. Let me get in and cancel this raid so that we don't go to the wrong place hang in there folks.