

The Blueprint Dec 5, 2023

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SUMMARY KEYWORDS

conflict, grace, good morning, arena, stream, pause, good, space, stress, blueprint, conversation, day, call, struggle, coaching, love, intentional, dj, perseverance, give

SPEAKERS

Kim

Kim

This is a bootcamp. This is a space where we come on Tuesday and Thursday mornings at 8am eastern standard time to chop it up about all things personal and professional development. I fundamentally believe that everybody should be the boss of their own blueprint. And that means having access to the knowledge, skills, capabilities and resources so that you can do three things every day. You can operate at your highest potential. You can add value to whatever work you own or are responsible for, but most importantly you can show up as your authentic self because when you are authentically you, you can be great in your gifts. You don't have to dim your light, you could show up as advertised, as people might say, and that is really your greatest contribution to the world.

Kim

So that's what we teach on here in the Blueprint we show love, we hold our own mirror, we do work, we support one another. And we do so in a space that is safe and committed to ensuring that we are going to leave here better than we came into this space. That's what my commitment to you is. Before we get into some housekeeping, I want to acknowledge that we have a raid coming in massive shout out to DJ classics. If you are not following her, please give her a follow. I was just in that space before I started my own stream. It is how I start my day. Most mornings, if not all mornings, and she is always doing amazing things over there. So she's a classic. Thank you for the right Good morning writers welcome in good to see all of you. Let's go back and just say good morning and then we'll do a bit to some housekeeping and get into today's conversation which is about operating in your power. So we're going to pick up where we left off last week and review and then add some new things that we want to operate in our power in for food for thought today.

Kim

So with that, good morning, my life journey. Good to see you. Thank you so much for being here. Appreciate you. Be smiley67 good morning, sir. Mr. Murray, y'all. Good morning. Good to see you. Thank you. So much for being here. Happy Thursday. But left butterfly to one three. Good morning. Welcome into Juana. Good to see thank you so much for being here. I hope you're doing well. You've been on my mind lately. So I'm gonna look to give you a reach out for sure. Let's see how you doing. Good morning. Big stoke. Good to see you. Big Stove, are you telling me that you came in from

the roof or did you rate me big. So is that what I'm understanding? Did I did I miss that? Okay, if it is because of I think you're saying you're ready to thank you for the raid. I want to make sure that I captured that for sure. Because it was all happening at one time. So there may have been two rates this morning. Ah Big Stove, thank you. Great, right that rarely happened. So I'm so excited to see this order big so thank you. Thank you. Thank you.

Kim

Everybody who came in from the stove topper community that is space that we also love here. So please don't give the stove or follow massive supporter of the blueprint and Fred Kimber in real life. So as is DJ classic. So go follow these great folks. So good morning to everybody who came in on the array with the stove as well. Sorry. So if I missed it as I was coming in, and all the rays were happening, so thank you. Good morning, Jim. Good to see you. EastValley67 always good to see you HR nerd. Good morning. Welcome. I hope you're doing well. Good morning Keith. Good to see you. Who else has come in if I missed anybody whether you came in on either raid. Welcome, welcome. Welcome. Thank you for being here. Always good to see everybody's face and always wanting to make sure that you are in the space where you are engaging with yourself. Through this conversation that is what I value the most in this space allows me to operate in my gifts. Anytime I get to spend time with you. So thank you for being here.

Kim

Coming in that I did not see good morning music spasm it's good to see you. Thank you for being here. EbonyATL. Oh, good morning. Listen, y'all so many dope folks in the chat go give them a follow music spasms. EbonyATL all good folks who are going to be doing great things across Twitch I spend my time has been in and out of people's streams so that I can just see what they're doing. So I can share that with you here because I think we all know this sport is the thing that we do and community is what Twitch is really really known for. So I love sharing what I'm seeing and how I'm experiencing people so go give some of these notebooks or follow whether they are much streamers or DJs and whomever you are in the chat. Feel free to drop your links in the next time that you're going to be streaming in here so that we can find an opportunity to go spend some time with you and why we come up with too good to see you. Good morning. Thank you for being here. Did I catch everybody who has come in whether it was on either one of the rates? Fixed Oh, thank you for the rehab. I appreciate you. I didn't miss it. I was making sure that I called it out specifically.

Kim

Good morning. Good to see you. Thank you so much for being here. I believe I called everybody was in virtual salute to everybody who was working, working and commuting. I know that this time of mourning is everybody's transition time. So whether you're coming or going tap up or active in the chat. Thank you. Right my word as of late has been gratitude. It's always gratitude but it is been more prominently in my mind and present with me. So thank you for being here for supporting this space. Breezy. Good morning. Good to see you. Thank you so much for being here. Please. Feel free to follow. He's always doing good stuff in his streams when I can catch them. I always tell him that he's elusive and stuck application streams. But what I do it is always good stuff. That is happening there. So good to see you, sir. Thank you so much for being here. All right. So let's do a little housekeeping and then we'll jump right into today's conversation. A reminder that next Tuesday is my one year Twitch

anniversary. We will be celebrating I will be putting details out. There will be guests that are joining me in in the stream that day. I have a little bit of a conflict with my original slide at times I've got to work on adjusting the time to make sure that it is going to be appropriate for everybody.

Kim

Good morning, Caleb. Good to see you. Thank you so much for being here. If you are commuting, please be safe this morning. Okay, so I'm working on that but December 12 is my one year Twitch anniversary. It is my opportunity to express my sincere gratitude to everyone for supporting whether you've been there for one minute, one day, one month for this entire year. Right it is all the reason why show up and have shown up so thank you and I'm excited to celebrate with you. I think that my studio guests are gonna come. I started asking them a few weeks ago and then there may be some opportunity for anyone who wants to come in and join the stream and say something that day whether it is just words of gratitude, or come on and chop it up with me for a few minutes, by all means that I think I want to open it up for people to share meaningful things that they've taken away funny things, first impressions, whatever it is that you want to share right that day, Miss Kibby. Good to see you. Thank you so much for being here.

Kim

And so I think that that's what we're going to do that day and then I think my in studio guests will come and do what they do. Always those who will be with me and those who will be on screen. So I think that that is going to work So more to come. In addition to that I have been sharing this and Vadar Good Morning Good to see you later. Don't make promises like that. Okay, but you're welcome to go and file means I would love to have you. Obviously go give DJ Vader a follow up ladies and gentlemen. Y'all know how I feel about him. And I'll just leave it I will just simply leave it at that right I say it every time he manages to make his way into my stream because he is a busy dude if you do not get all of them him lb everybody. They're all busy, busy folks, right? So I do not take it for granted when they make time to come show love, wherever they are. So thank you for being here, David. Good to see you. So a couple weeks ago, put myself out there and I said hey, listen, you guys have been asking how you can get in touch with me and how I could help you or your companies outside of yours. So many of you whisper may have had conversations and so I wanted to cure but right right my life journey as I live in breeding you already know. You already knows that there you go Vader as as I live and breathe. So I want to put up the group coaching this is what I curated for for our Twitch family right I wanted to make an opportunity for you to invest in yourselves and this in your development. We've been spending this last year talking about personal impressed professional development. You guys know I'm an HR executive outside of here, my real life jobs, but I bring all the things that I've taught the coach on HR and I make it really easily digestible set up here and you can go use it in your next conversation. Half the battle is what am I learning and taking away and how do I use it or how does it apply to my life? See I Gregory Good morning. Good to see you. Thank you so much for being here. Welcoming.

Kim

And so all of these things. I want to make sure that I can avail to use of the blueprints, group coaching. This is where you have an opportunity to get access to all the past transcripts and decks from the blueprint that I've done over the last year pretty much steadily since March. So I'll be there. There

will be quarterly one on one sessions and a live workshop each quarter. So four times a year you get a one on one with me. And four times a year you get access to a quarterly workshop. There's going to be a Facebook group that's being made and then there's going to be a monthly AMA. AMA stands for ask me anything. Good morning Dr. Datie Priest. Could be you so much for being with y'all. I was just close on Monday to meeting that the Datie Priests in person and like giving her a hug and appropriate hug because you know day to day is share with you that she is a bit of an introvert so I have to respect that space. But she called me and was like I'm in your city and it was it did not work out but we are destined to meet and to break bread together. So Vidya. Hope you had a good time while you're here. And hope you have a safe trip back to Alabama. Good to see you.

Kim

When we think about this whole notion of the coaching, it's also going to offer you an AMA and then just other resources that are going to be there. So I want to make sure that this is available to you. Right so all but the thing that I want to acknowledge right is the cost. Remember, this is an investment in yourself. So what is the cost? It's \$50 to reserve your spot, and then \$60 a month. Okay, think about this, right? The annual cost is \$600. And you get access to me to resources to all these things outside of what I'm able to do on Twitch which allows me time and space that this allows the depth and a little bit of that individuality and I tell people all the time, right if you would invest in Beyonce tickets, if you would invest in a large scale of it, your development is worth just as much as you would invest in something else. Okay, so consider making the investment in yourself. There's the information exclamation point coaching, we will get you access to the information and it will take you to the link where you can register sessions start in January. Do you ever started January? No, you do not. But whenever you register is when you will jump in and have access to that month's content. And then you will receive some merch as a result of joining so I encourage everyone to consider making the investment in yourself again I'm telling you the cost up front is \$600 for the year, right \$50 To get your spot and \$50 a month, consider the investment. And you all are already reaping the benefits of being here for those who have had one on one conversations with I would encourage you to take it a step further for those of you who may even have access to professional development funds through your jobs.

Kim

If you are interested in getting your job to pay for this or to make the investment to whisper me there is a template that I can help you write a business case for why you would want to make this investment and then it's your internal way of saying I want to invest in develop myself and then I'll help you translate that and how you show up better in your job if you want to prepare for motion if you want to be a better leader, whatever that is, but it can all come through this okay. So there is my my blueprint encouragement to you to continue to invest in yourself due to classics thank you again for the raid coming in with the with the with with your folks Good morning to everybody who came in Mr. UK Good to see you. Tap Gilbert Good to see you see loves hypnotism Good to see you and thank you see love for the subscription site giver. Good morning DJ purpose Good morning. This deep blue mist chuck a lot good morning DJ classics of course Good morning to you good to see you did it purpose to win for the morning you didn't make it. He's a classics. I know I had to hop out. Classics. I have to catch the rest of your story because I want to hear how your trip went. Misty blue. Good to see you. Thank you so much for being here. Double spirit welcome in. Good morning. Good morning. Good morning to

everybody who has come on into the blueprint for both arrays from big stove and from DJ classics. All right. So with that, the blueprint coaching exclamation point coaching whisper one of my mods they will help you and if you wish for one of them and they can't get it they will get it to me and I will get it to Jen who's in here.

Kim

You can whisper Jen now But Jen is not in here after the blueprint. She probably hops out to then go be available for things that Kim blue and her other clients need. Okay, so you can't wait for her but she may not see it after the after the stream. Okay. Right big So shout out to the celebrity in the builder DJ music guys. If you have not gone to follow her on Instagram, go see her IG story or go follow her post. It will tell the story. I will not spoil it but she did great things yesterday and I mentioned it last week that she was on the verge of good things and it has all come to fruition so Alright folks, so there's the group coaching. I will flash this again before we leave if there are questions, please let me know. In the meantime, last week, we started talking about operating in your power and what that means and how to ensure that you hold on to your power. And what I mean by that is not giving it away. Making sure that your power is yours and sometimes operating in your power means accepting certain things in your life. Absolutely. DJ classics abundance is real. I haven't even caught you up on the stuff that's happening on my side because there have been so many wonderful things happening with you so I have to catch you up. Sometimes operating in your power means operating in places and in spaces that may not traditionally looked like thank you would want to embrace. And we started some of that conversation last week. And I want to make sure that we just do a quick review of what that is when we talk about operating in your power.

Kim

I'm talking about standing firm and the thing is you know we're gonna help you see success or be successful or be intentional about saying, You know what, as long as I own these things, I take ownership. I take responsibility about ownership and responsibility. I mean, I'm wielding these things. I bring them to the situations to the people to the conversations to the environments that are in to ensure that they have place they take up space and they add value to whatever it is that I'm going to do. What do I say in my opening mantra, every string? I say you should be the boss of your own blueprint so that you can do three things every day. You can operate at your highest potential, which you can add value to whatever work for anything that you own or are responsible for. That's what it is to operate in your power.

Kim

Last week we talked about we opened up with a quote from the Man in the Arena if you've never heard this from a speech that Teddy Roosevelt gave, and I did a breakdown of what it means to operate in your power. And we talked about our first tenants of what this is and we talked about literally separating the person who is critical of you from the actual arena that you step into everyday and we may move in and out of a variety of arenas, okay. But ultimately, we talked about it's not the person who's criticizing you because they're not in their power. They've given away their power. They're wielding their power in a different way. It is about you within the arena doing the work and you see it says they are right. The credit belongs to the man who's actually you know, whose face is marred with dust and sweat and blood, right? All of the work that takes place in here, right? The person who makes

the errors, the person who comes up short, who spends himself for a worthy cause when you believe in that, that's where the power is, it is in whatever arena you choose to step in. Good morning ops. I see you. Thank you so much for being here. Right. So then we talked about the fact that even if you come up short, you do so because you were daring greatly, but you may in fact, discover the triumph of victory and victory because you were the person that stepped into the arena because you didn't let go of your power.

Kim

Then we opened up talking about the power of the pause, perseverance and perception. Right and what each one of these things means but why it is important to wield your power because there is power in the pause. There is power in perseverance. We had a good conversation about perseverance last week, and we talked about perception in particular self perception, this awareness of what are my own needs, and how do I sacrifice those needs for others. To be happy to drive to be successful. Meanwhile, we are drained and diminishing our own resources. And we're doing so while we're persevering. Right, and we talked about how perseverance is not comfortable. And I want to go back to that for just a second. 713 Good morning to you. Thank you. So much for being here. I hope you're doing well. I want to go back to how perseverance is not comfortable. Okay. Because we talked about this and then I had a coaching client on Friday, who was in a new job. And she's a few months in the morning, Kayla, good to see you. I'm glad you made it safe. Okay. We are we We're talking about this notion of her being in this new role. So I've coached her from one job to another job. She works in the retail space and so she was more than working for this one company. And the first round of coaching we did right was clearly focused on Hey, I gotta get out of this organization. I'm ready to grow. So we did what we need to do. And thank you, Keith, I appreciate you.

Kim

We do need to do and so she left this one organization and got to another organization. So now she is feeling the pressure. She's feeling the stress. And she's feeling all of the things that come with starting a new role but being really intentional about saying Who am I am this? Where do I find my space and McKeague Good morning. Good to see you. Thank you so much for being here. My friend, city sister. I hope you're all well. Happy Tuesday. So we talked about this whole notion of perseverance, and how perseverance does not feel good and makitas is free. So I want you to pay attention. Okay. When we are in the throes of perseverance and we're feeling the stress and the discomfort. That's it right. Some people might call it being forged in the in the fire. I was thinking about this on Sunday as I was preparing my mind for today's conversation. But this whole notion of being forged in the fire Absolutely. 713 It does feel awful right and abuse that I want you to pay to do. So this forging in the fire. Comes with so many elements red Robinson Good morning. Good to see you. Thank you so much for being here. Happy Thursday.

Kim

You guys could give me some red Robinson about your red Robinson mods for Big Stove as does Hobbs so half of his Mod Squad is with me. Which I love. I love to see streamers and their mods in here together because that is support that's community. Right when you bring your folks over and when everybody's in here benefiting in whatever way they need to. Right I love that. I love that. It happens to me often there often times that I will pop into a stream whether I know my mods are there or

not enough see them and it always makes me happy because as a streamer when you're with your mod supporting who they support, or we're supporting together. That is that is an element of community that I appreciate. So shout out to do so. And his mods and same with DJ classics, right and for all of the mods who are in here supporting DJs as well. Whether you're active in the chat or not right, I see. And I appreciate you.

Kim

Leward brown Good morning. Good to see. Good to see you. Thank you so much for being here. Good morning, Bobo. Good afternoon. Should I say to you, Bobo Happy Tuesday. I hope you're doing well. Good to see you. Absolutely. And we learned and bought together That's right my life journey right whenever I'm in streams with with either each of you, both of you, whatever the case may be. We always chop it up about things that we hear or things that we talked about right or hey something you know, something along those lines. So I love it. I love to be able to see those things together. Right? I often wonder whether I tell them I'm going to strings or not. I will cross their paths often and just show up in there and there they are. Right so I love that right that is one of the best things about Twitch came up just said it is this community so shout out to all of us who move as a unit. Whether it is intentional or whether it just organically happens to be able to provide that support. Absolutely. Monitoring is a form of team building as well. 100% Y'all Listen, my mind's after all of my streams. They have conversation about me while I'm talking and then I just go catch up about what I took away from my streams, right, but it's also other people's streams as well, whether it's music or anything, or whether it's conversation, and sharing. It's what encourages us to go back and look at other people's streams.

Kim

Conversations that I have just having a conversation the other day and I said to someone, let's use words that we know right let's use the words of our friend Dr. Datie Priests. How do we pivot past this discord? I literally just asked someone that yesterday in a conversation and he said okay, well, and then proceeded to describe how he was going to pivot past this discord. So it all comes together. So I just I want to acknowledge accept me as a big part of community to be able to acknowledge that so thank you so much for bringing your folks in here. And for yes, so you do talk about a lot and goes a while it has happened and we all do so many group chat with big stone came back to take us Oh, if you're not following, please do and those three are brilliant because I get to talk to them about music. But they get to encourage me and other in other ways as well. So it's, again, it's all community and it's all team building. So I just wanted to pause and call that out.

Kim

Mickey back to you because we're talking about perseverance and how it does not feel comfortable in it. But what I want to say to you good morning Crystal Method I see you, right what I want to say to you a Mickey and to everyone in the room is that sometimes we have to recognize that we are already persevering. But we don't know that that's exactly what happened. What it feels like. It's stress. It feels like discomfort. It feels like all these things that you're not giving yourself grace in. And I want to frame that because today we're going to talk about the power of grace. We're going to talk about the power of stress. And we're gonna talk about the power of conflict, because those are the

elements that make up the perseverance that we're feeling right in the person in person in so persevering.

Kim

There is a measure of conflict, there is an element of stress that is coming and then we are not giving ourselves grace. But what I want to challenge everybody in the stream to do today is to put a positive spin on it, and I'm sure you're like girl, Have you had enough coffee or girl? What is going on? but I'm telling you in the persevering? this is for you a monkey. so I want to make sure you write this down because you and I've had several conversations and I know we haven't spoken but I've been thinking about you. And so all of these manifestations in these downloads that are coming to me. It's showing up for people who need to hear them so far call out your name is because you said something to me in my silence. That doesn't mean that I'm not thinking about you sometimes I'm just keeping space for the things that need to show up so I can say them out loud to Dr. Datie Priess good morning, absolutely, daily, we're gonna talk about race. DK Good morning.

Kim

Good to see you. Thank you so much for being here. Happy Tuesday. And so we're going to talk about today, perseverance. But we're going to break this down into three things that you still need to operate in your power with you need to not give away your grace. I mean, you can give away grace, right? But you need to not give away grace and what I mean by that is you need to absolutely a monkey always listening with intent, whether whether I am directly responsive, sometimes I need to create space for me to get things back to give to you so you can operate when the time comes, okay? So you don't want to give away your grace. You want to create space to receive it. Sometimes you do need to give away grace, whether that is blessing somebody with it, whether it's listing, whether it is offering it through physical contact, whatever that is. Right. But what I don't want you to do is give away your own grace, the grace that you need to give yourself because that is a form of sacrifice and we don't want you to sacrifice anything that's going to be in service to you somebody write that down, please do not sacrifice things that are going to be in service to you.

Kim

You can surrender that which is not in service to you but do not sacrifice anything that is and by sacrifice. I mean, giving it to someone something some space and environment that is not deserving. That's going to waste it. That's not going to nurture it. That's going to put you in deficit. You need to hold on to those things for yourself. Okay, so let's look at today's slide. And we're going to talk about the power of these three things grace, we're going to talk about conflict. We're going to talk about stress. Crystal Mehta says sometimes we need to use Grace Light currency. Absolutely Crystal Method versus a form of currency. We just don't think about it that way. Because guess what, we're spending our currency, unwisely. Do not sacrifice things that will be in service to you. All of these things are in service to you. And again, I'm sure you all are like what but this is my challenge. This is where I am saying to you, I want you to think about putting a positive spin on what do you think about putting a positive spin on grace conflict and stress?

Kim

Vader yes to touching people with grace Okay, because we don't and grace should be freely exchanged. Grace should be freely given. It should be freely experienced, and sometimes that literally means expressing that in whatever way that is. We're gonna talk about that in just a moment. Okay. So let's talk about grace first because then we're gonna talk about conflict and stress and then we're going to circle back to perseverance and then we're going to make an attempt to get out of here on time mods, leave me alone. I know there are going to be I see them already in the chat. They're already gonna say when I say gap, you're on time, right? The goal is to attempt to get out shortly at nine support after Rick Klock. I don't do that. So when we talk about grace, I wanted to put a quote up here about Oprah Winfrey. The quote is, I believe that grace is a direct response to gratitude you know what, Mike's? Don't be like that. Okay, don't be like that. This is why this child I know they love me because both of them are like anyway, so at 917 when we get out of it, you already know that. So Oprah Winfrey has a quote that says, I believe grace is a direct response. To gratitude. I actually picked this quote, and then DJ classics played it in her stream this morning, which is how I know I was supposed to say it to you, right? We often sacrifice gratitude and by sacrificing gratitude, I mean, we don't express it. We just say who were that all worked out, right? Or pops the theory side, both from both of them, right?

I'm gonna just let them have their moment because they know they know and both of them and I understand why you just don't go longer. Like what when is that going to happen? I'm working on it is the answer to that question, but both of them are unbothered about the fact that we are not getting but both of them are very unbothered. They don't mind. They're just they just are in there with their hands and their face like whatever. Okay? So, when we don't express gratitude, we don't give ourselves the space to receive gratitude. Let me say that again. When we don't express gratitude, we don't give ourselves the space to receive gratitude. And when we cannot operate in gratitude. Right. He says, we don't take time to breathe and give things 100% Right. Big so don't participate in the foolishness, okay, I'm telling you, we're gonna do it. So when we don't give gratitude, we don't create space to receive that. And if we don't give ourselves space to receive gratitude, then we cannot offer ourselves grace. Grace is the moment where we say You know what, what I did was good enough. Where I was was good enough how I showed up was good enough when I'm intentional about all of these things. Because what what we present is imposter syndrome.

Kim

We present I'm not worthy. We present someone else's opinion of me the way I show up my contributions is diminished. Because I should have done more. I was intention to be better. I could have done this as opposed to saying I for this moment in this time and space was enough. I am enough. There is enough. And that's okay. I gave myself grace to fail. I gave myself grace in this misstep. When I understood I made a mistake. I wasn't hard on myself. I said you know what, what am I learning? What am I taking away? What am I going to do for next time? That's great. And then I can say, You know what I'm grateful or express gratitude that I was able to whatever the case may be, right, all of these things. Is, is intentional about the relationship between gratitude and grace. And when I encourage you to give yourself grace because if you can't give yourself grace, you're not going to be able to give it to anyone else. Right? So things you should know about your friend Kim blue, five tattoos. One of them is the word race that is on my finger.

Kim

And for me, I put it on my hand number one because you have to really know me to be able to see it. In particular because I'm a professional. I'm an executive. I work in corporate America and so people will unfortunately judge you about that when they see those things. So I often hold myself very accountable Chystal method. You're very right. It is hard to shake. I often hold myself accountable. At a very high esteem and there was a period where I struggled to give myself grace, so much so that I had to start reminding myself that grace is okay. Grace is warranted. So I got it was my very first tattoo so I got it tattooed on my finger. So now my phrase to myself when I am overthinking when I'm overextending when I'm overcompensating when I am hyper whatever over hyper above right, my phrases can rub your finger it's as simple as that. Right?

Kim

My life journey says, I mean Jesus is a fence around her. You're absolutely right. That part right there, okay. When I am over when I am higher than when I'm above, when I am doing too much when I need to get somewhere and sit down, but I can't because I feel like I need to show up in a way because others expected versus here's the self perception checking in with my own needs. I'm not giving myself grace. Right. Right. Keep getting the couch ready. Okay, ladies and gentlemen, for those who feel like they need to couch. Coming down to day three says extending grace to yourself is also being kind to your mind. Yes, they you don't cloud your mental space with harsh judgment and then return open your heart to sharing positive energy with others. Absolutely.

Kim

When I get spun up in my own brain, my three words can rub your finger. And that is my reminder, and I do it with my phone. Right. But that is my reminder to pause, breathe and give myself grace because that I can be grateful for how I showed up. And right and what we talked about last week, we talked about there being power in the pause. So pause, I remind myself to give myself grace, I express gratitude for whatever it is to have a great day, okay, and remember to give yourself grace. Because sometimes when we don't give ourselves grace, what happens is we find ourselves in conflict first with ourselves, and then when we're in conflict with ourselves and we don't know what to do with all that. That's how the conflict gets out to other people. Nine times out of 10 folks, that conflict that we have with others usually is because we are unsettled by something we did or did not do. Okay, have a fantastic day. Replay will be up. All right.

Kim

When we think about this whole notion of conflict, I want to say to you I want to present to you this notion that positive conflict is constructive. We go into conflict. I'm about to beef with somebody I'm about to have, you know, just this disconnect of you know, whatever it is all the way to them but lay hands that are not holy. I'm about to throw hands right remember last week we talked about pause and pause. Chuck, Gclass if you are behind the scenes right learning that we talked about pause. All of those things are what I'm telling you is in the moments where you want to put the paws the paws on somebody how do you operate in your power and say, You know what, before we go any further, I think this is an opportunity. So what is it that you're really saying that I'm missing or that I'm not picking up on? What is that you really want me to know understand or take away that's power, ladies and

gentlemen, when you can redirect the conversation and put yourself in the driver's seat before you risk it all to prove a point to show something, right?

Kim

All of these things right with the medicine another lie ship about how we use vocabulary 100% Right. Hey, Alexa. You don't get this paws before you get these calls. reiterating what you said last week, you can get the pause and you can get the pause. But what I'm saying to you is how then do you flip the script on everybody, yourself included? How did you rewrite your script? Because we stay ready? With the script of conflict that is like first of all, because everybody knows what it means to start out a sentence with. First of all, okay, but how do you change the narrative and go, You know what, before we go any further, I want to ask you a question like, What is it that you really want me to understand? Because now you're forcing somebody to be accountable for their passion for their angst, right for this sense of urgency. So what is it that you really want me to understand? What is it that you are absolutely right? What is it that you really want me to take away or you know what? I see that there's something you want to convey, I'm going to actually just make sure I listen to you so that I don't miss it.

Kim

Now you have set somebody right on the pedestal that they didn't even know that they wanted to be on they were so intent of proving their point, and then bounce it out of there. But you're saying no, you now have to pause because I pause. I'm forcing you to pause and show up better than you have a will that you are going to in this moment. Does everybody understand that? Dr Datie Priests says practice in the pauses the first tenant of 100%. 100%. This is why Rockwood DT among other reasons, okay. I'm telling you folks, you can absolutely forced somebody else to be in a pause that they didn't plan for when you pause is putting that positive spin on it and saying, What is it you want me to get out of this? Or what is it that you want me to understand or hey, I see that the things that you're saying are really important to you.

Kim

Let's just take a minute to make sure that I'm getting that in fact, I want you to explain it to me more clearly. That pause is an absolute game changer. What it does is it puts you in the power seat it puts you in the driver's seat. It makes it intentional for you to say what I'm not going to do is go where you're trying to take me but I will remain in my power you will not get me to operate outside of my highest potential. I will continue to be the boss of my own blueprint and be control of my tone, be in control of my energy, my mindset because you are not worth the currency that I would spin if I didn't take this because I'm are not always worth that currency ladies and gentlemen. They're not always worth that currency. He says Nah, you don't get these people understand these. Ebony is my child's teacher mistakenly started an email Well, first of all that part, if any, right? Anytime you sort of you start a sentence or an email or a phrase what you need to know that the check is good, first of all, with the pause, because you are then preparing the dissertation that you are about to bestow upon someone, right.

Kim

That's it. But it's a moment of giving away your power. Right. It is a moment of understanding that you're now inviting someone to operate outside of their highest potential. They're operating some potential but it might not be their greatest potential. And so now you're inviting in a conflict in a way that is not constructive. But what I'm saying is that it can be constructive if you create that space for it to not go in the direction that somebody else has taken. Because what we recognize is that people are here because it's both people want to be in conflict. In fact, some folks only know how to survive and thrive in conflict, chaos, disarray, disruption, they are their best selves, because that could be their upbringing, that could be environments that okay that they are used to and so that is how they make meaning. In fact, if it is too quiet if too much order structure and process, they may not be successful because they don't have the tools to understand how to survive in an environment that provides that reinforcement. I don't have to have to pause. I don't have to be defensive. I don't have to listen to respond. I don't have to do any of those things. I can actually be okay not saying anything. Right.

Kim

You don't have to go into this space. Right. Dr Datie Priests says the pause puts others on notice don't allow them to weaponize the silence because they're used to toxic. Let's talk about the weaponizing of the silence, because people will in fact, take the silence that you're trying to create, so that you can stay at your best self and trigger you or provoke you in ways that are outside of the past. And this is where we get too strict. Come on Eddie and set me up for this transition into stress. Because the power of stress, the primary thing that we have control over is how we respond that comes from Viktor Frankl. Okay, let me take you back to my academic life. Because I know I'm studious, and I'm a nerd. So when I was in grad school. MTerry, good morning. Good to see you. Yes people weaponized to silence all the time. Okay, let me tell you this story.

Kim

When I was in graduate school, I read a book called Man's Search for Meaning. And it is written by a gentleman named Viktor Frankl who survived a concentration camp that if anybody who is in here, this is anywhere in your history, please don't let me trigger this or if you've done extensive research, right, let me be clear about this. The approach to the story can be triggering. So just want to acknowledge that whatever you need to do to like, take care of yourself. Please do that. Okay, but Viktor Frankl survived a concentration camp and not only did he survive a concentration camp he was he survived backout if I recall correctly, which said Dachau and Auschwitz were the two most severe it is where people typically went and did not survive. But there were some that did. And there's this whole notion of the treatment that they received in there and so it was all about survival when you were there, and that meant engaging in conflict because there was right a different way where you had to approach grace. There was a different way and so the, what happens is, is that instead of coming from grace to conflict, distress, it was the reverse it was the stress the conflict that then allowed you to give yourself grace. And so he talks in the book about being in concentration camps and the relationship that he had with the guards who were there, and about how they would he would be in stressful situations, right? About how he would be doing work in the cold with no gloves, you know, and just exposed to the elements.

Kim

But he talks about in the book that the only thing that we can control is our response. And so on occasion, when a guard would show him or express a kindness to him ie he gives an extra piece of bread. He would then express gratitude to minimize the conflict. So then that conflict turned into conversation, and that's how the guards understood that before he came into the concentration camp, he was a well respected psychiatrist outside of that space in the concentration camp. Your title doesn't matter, right? Nothing matters. And this let's let's use the concentration campus in the arena. Ladies and gentlemen, let's just go back to the arena here. Okay. So in your arena, your title, your ranking, none of that matters. Does everybody understand that? It does not matter because there's a level playing field. We're all in the arena with our stress, trying to navigate conflict and trying to figure out where we're getting the brace from, who was going to offer that how we can surrender the things that are not serving us and how do we not sacrifice the things that do serve us we're all on an even playing field in the arena. Right? In my arena.

Kim

I'm just Kim blue. I'm not Kim blue, the HR executive, the career coach, the Forbes HR Council contributor, the CEO of Kay blue consulting, the, you know, a recent whatever in the arena. I'm Kim. I'm Kimberly Marie Blue. That's it. That is it. Period. Breezy, have a great day. Thank you so much for being here. I appreciate you. The arena is where the playing field is even where you're in. there doing the work right anybody who has seen can't remember the movie Okay, I can't remember anyway. Right that's it and that's all but but anyway, there's a movie and it's about I don't think of a name of anyway, they're all in the arena and he has to go and fight and at the end of the day, the fighting the conflict that's in here where he has to prove himself doesn't matter that he was a great king outside of the arena in that arena. He is a warrior just like everybody else. And this is what I'm saying to you when we think about the stress. Right Viktor Frankl talks about the stress. It didn't matter what he did outside of their insect. Thank you, G class. Thank you. I was struggling. Yes. Thank you. God.

Kim

Thank you Gclass. Y'all saw me struggling Gladiator right. We see Russell Crowe's character outside of that arena. He was a marvelously fantastic Okay, and he owned and oversaw so many things. You want to talk about being the the boss of your own blueprint. That dude was it but inside of that arena where he had to fight for his wife was on an even playing field every day with everybody else. Only in the arena later. Are you a regular dude because that is the space where you sir are doing your own work, okay. Outside of the arena Vader is where you exist in all of the greatness that we get the opportunity to see absolutely crystal method, right. And so that's what we're saying. That's actually that that line Crystal Method Are you not entertained? It's like a statement of conflict. Are you not entertained by the struggle? Are you not entertained by the stress that you are experiencing? Right? Are you not entertained? Are you not experiencing this with me because this is the thing that you want. It's the people right when you go back to that man in the arena quote, the people who are out there criticizing and you're saying but isn't this what you wanted? You wanted to see me fail? You wanted to see me stress. You want to see me in conflict. You don't want to give me any grace.

Kim

I'm telling you, in these moments, ladies and gentlemen, this is a space where you can offer grace to yourself. First. So that you can navigate that stress, because Viktor Frankl teaches us that all the only control that we have is our response. That's how he was able to survive these concentration camps, these arenas that he was in because it was in the way that he responded to the guards who oversaw these places where he had to work. That was what enabled him to get an extra bowl of soup that might have been slightly warmer than cold. That was what enabled him to get an extra piece of bread to perhaps sleep inside instead of outside all critical things that changed the trajectory of our lives. So when we think about taking our power back, right, when we think about how we respond, especially in moments where it is almost robotic, we know that there's a set of things that have to get done no matter what. So that's a part of our response. Right? It's just like when Russell Crowe was in the arena in Gladiator, he knew what the work was.

Kim

Okay, I gotta go with I gotta fight. I gotta play to the crowd. I got to do these things because they're expected, right? But it's like that other stress responses as well. There are so many things. And here's the thing, those stress responses don't go away. They don't change. Does anybody ever recognize when you're in a situation of calm, but you have been exposed to situations of stress when you see those situations of stress, potential stress, even if you're not in them? You react to them? You think do I need to prepare myself for this? Do I need to prepare myself for that? Am I going to need to like step in because now there is this potential conflict, right? So it comes in that way. It never leaves us. It's always a part in like New York, which is why when you get control of how you respond to the stress that is coming, because of this conflict that you're in when you start to shift your mind about what conflict is and the potential and the stress that comes from that. How do you turn that conflict into positive? How do you turn that stress into positive through your words? It's the power of the pause right because the stress and the conflict, are you persevering in real time? Does everybody understand that in the perseverance, the very thing that we are going through the situation that is causing us to lean into other places to not give grace to seek? Right covering or support or companionship or whatever it is that we need? That is you persevering through the struggle and dealing with your stress and managing your conflict. But I'm telling you as long as you are able to redirect your thinking around it to change the narrative, the conflict doesn't have to be stressful. It can be positive stress, you can redirect that stress and say you know what the situation actually is what it is.

And so I'm gonna put my energy around what it is I'm looking forward to Dr. Datie says management of expectations is so important. 100% we can fall prey to fictitious narratives and manifesting the wrong outcome. Dr. Datie, we don't even have time to unpack that because it is 8:55. I don't even know where I'm raiding to. And so we are going to have to just spend the time but that daily, I think we might need a whole we need an engagement matters. Blueprint collab on that one because that is so powerful just on the management of expectations. Right? To be clear as to be kind we do know that. But what I want to also share with you is there is an opportunity to give yourself grace and sometimes we create the conflict for ourselves by not doing those crystal method. Okay, so everybody is already in the background saying yes, please do. So let's talk about this whole default management of expectations and how we can get together on making that happen. 100% right. Let's, let's just let's

just figure out for date, okay. Listen, I'm telling you yesterday, I was having a conversation with someone. And what actually what I was checking in and I said, How are you just frustrated with a bunch of things that are going on? And I was like, Okay, so let's talk about like, let's talk through what those frustrations are. And he started to list out the things that he was frustrated about, right? So this thing is not going right and this thing is happening, and I need to actually be here to do this.

Kim

And I need to actually you know, make sure that this is done and I'm in a little bit of overthinking Misty Blue says, okay, so yes, it's saying yes for a friend. And Misty Blue is the friend that she's saying yes to. Okay, so Datie, the Crown has spoken. Let's see, we're not talking about this whole managing of expectations and tying it to like staying in our power. A new year. Collab or panel. Yeah, Mr. UK, we can talk we can talk about whatever you guys want. But in Datie and I will do that. I think that that's very reasonable. Dr. Datie. Okay, I gotcha. We will we will put our heads together on that. Okay, well, we were talking about it yesterday and he said, You know, I need to do these things and I need to do these things. And I need to just make sure that these and these things are not done. So it's a source of frustration. And so I just kind of said Alright, well let's let's take a pause and talk about like, what are the next things that you can absolutely control? What are the next three things and I said literally, what would bring you peace in this moment? Or what would what are the things that would happen? And then he was able to say okay, if I'm able to do this thing, this thing and probably this thing that would help immediately reduction of the stress because now we're in control over how we respond because those are things that he knew he could own. The minute we were able to take, take the stress out of this magnanimous environment and bring it right into what he could own or control. Now we can respond positively to things now we can shift the narrative so the frustration shifts into Oh no, I have control over these things. I have power over these things right. Now that conflict that was adjacent to these other things starts to dissipate, and we go from conflict to being in control. When you are in control of your path. It allows you to be able to see more clearly now in the midst of this conversation. We also discovered that right eating food would have helped with health right and being intentional about pausing.

But sometimes you have to pause and talk those things through. This is what I mean when I say how do we shift our mindset and how do we shift the narrative of how we experience stress and the potential for conflict with self mostly to be on the rise because now we're in battle with ourselves, which means that anybody who comes into our aura is gonna get that constantly projected on them. Maddie Case Good morning. Good to see you. Maddie Case. Thank you so much for being here. Y'all. Please go give Maddie Case a follow is always a good time to stream always and I always have 700 meetings across that and so I can't be engaged but he is just bars and good energy and just so much passion. Please go follow him and check them out. Like even if you're just he's got a really good looking string. Oftentimes I take it in. I call it high energy affirmations all the time, right because he's just so positive. Always good to see you Maddie Case. Thank you so much for being here. Okay. And right back at you, right?

Reflection of everything they say and do. And so in the notion of all of this, right, as we were talking about all the things that he needed to do, right and it just so happened that I got to be present for some of these things as we were talking to Okay, so now how and literally I said to him, all right, how are we pivoting past this discord? And that was the thing but we had to be in that moment of pause to reduce the stress so that we didn't invite the conflict in. Let me back my face, right. So that he could give himself grace. Because there was no grace present there. Once those things started to come into play, there were even other things that were able to be accomplished among this right. All of these things were there and present, but I'm telling you, it's all about saying how do I take my power back how do I get to a place of I'm going to be able to give myself grace and not be in conflict because then I can't enjoy anything that I'm doing. Now this stress is overpowering me and so I'm not controlling my responses. My responses are just coming from the stress and I'm creating conflict. Right now the perseverance becomes something that I can't even engage in intentionally, right. I recognize that I am persevering. Right. We call it the beautiful struggle. If anybody wants to say well, how do we say perseverance, right, the beautiful struggle, and I'm struggling beautifully.

That is what perseverance is. You can be in the beautiful struggle. Or you can struggle beautifully. Let me say that again. I'm encouraging everybody to struggle beautifully which means that you are in control of how you respond. Okay. You are giving yourself grace. You are being very intentional about reducing your conflict and recognizing that you are persevering in real time and that the perseverance is not going to be comfortable. Okay, so struggle beautifully, my friends don't engage in the beautiful struggle. Struggle beautifully. There is a difference. Okay, let that bake your noodle later on today. You can engage in the beautiful struggle which is giving away your power because that is exactly what it is. I'm now trying to figure out while still smiling while still sacrificing all these things or you can struggle beautifully and be in control and operate in your power and be at your highest potential. Right. All of those things are intentional, all of those things are meaningful. All of those things are the way that you remain the boss of your own blueprint. Okay? All of those things are intentional. And I I want to be intentional about that. Right. So everybody be like Jodie says her noodles are coming with Alfredo sauce. Okay. Remember folks, the beautiful struggle versus struggling beautifully. The choice is yours. Okay. Every single day the choice is yours but either way operate in your power.

Gclass did I officially say good morning to you? Good morning, if I did not all right. I might make a post about that today. It's been a while since I posted G class reminded me a few weeks ago that had been six weeks since I've posted and it's probably been four more weeks since the introduction of which yesterday like I'll do today for you. There you go. So you can embrace the beautiful struggle or you can struggle. Good morning beardedbaritone town Good to see you. Thank you so much for being here y'all. On stream last night. Is great ASMR food porn as he likes to call it on Mondays and we were watching glorious cakes and other dishes be made and it was fantastic. But he is a gamer and a streamer. And so last night was not a game night last night was streaming night and we were doing all types of food ASMR was very soothing. So it just see you bearded. Betosoundjourney good morning. Thank you so much for being here. You say you're gonna take that to your forehead. Listen, I feel like we enter into the beautiful struggle because it's the perseverance. But we don't give ourselves grace to

struggle beautifully. So there's your there's your Kim Gem for the day, right? Give yourself the grace to struggle beautifully.

You can be in control of all of those things. Right. I was telling you yesterday, when I was talking to him he was like these things are all out of place and this is not what's happening as opposed to being like they're all right in front of you. Let me offer you a little bit of grace. Let me remind you that you deserve it. First and foremost. Now you can struggle beautifully. It is as simple as that. Okay. All right, ladies and gentlemen, that is your blueprint for today. All right, that intentionally is how we are going to exit our conversation. We will be back on Thursday. I may be just a few minutes late on Thursday. So anticipate like an agent's are sad but it's not because of school drop off. Tomorrow. I have to travel to New York see a client flight does not get back into late tomorrow night was a full day. I will be streaming Thursday unless something happens in flight gets canceled and I have other issues I am planning to stream on Thursday, even with my long day, but I want to wrap up this power of series to make sure that we round this out thoughtfully and intentionally. So we will have three more things in this.

Then it's anniversary and then it's that that stream on the 15th that Thursday and then we'll go into the final week of okay for the year not for forever for the year so you're welcome to everybody. So is Beach United Radio on right now? I really get to read into it still on? I don't know Kay, or my life journey. Very nice. I appreciate you always. Always, always always. You're just as remarkable in your own in your own light my friend. Okay, thank you LB and good morning to you. Good to see you. Thank you so so much All right folks. We're gonna go Beach United tonight and listen if you do not know Johnny Lowe is our friend DJ lb calls him then then get let's get familiar, and he is always such a vibe and such good energy. And every time he's an LB set, he always says Johnny Lowe give that due to follow him and he always talks about him so I'm not LB and I can't mimic him LB is the king of like, imitating people so I'm just gonna tell you that LB does it best. Copy the raid message. Okay, we are on our way to go beach united radio because I rarely get to raid into him. So we're gonna go show him some love. All right. With that, folks, I am sending you into your Tuesday with all of the good energy and light you will need to guide you. Okay, listen, folks. Struggle beautifully today. Remember that? All right. Take exceptional care of yourselves. And I will see you on Thursday. Morning.