

The Blueprint_ Avoidance to Action Summary with Dr. Datie Priest!

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SPEAKERS

Datie Priest, Kim

Kim

We are at the start of another weekend, another week and I am excited to be with you. Happy Monday. I hope everybody had a beautiful weekend. Welcome to the blueprint. This is the space where we hold three times a week, Monday, Tuesday and Thursday mornings at 8am. And we come here, we chat it up about all the things that have to do with life and how to show up as your best self especially as we talk about blending the the professional and the personal arena. So if this is your first time welcome I'm Kim Blue. I am an HR strategist. I am a career coach and all of the things that have to do with leadership and professional development. We talk about them right here in this space on the days that I mentioned. So hopefully now everybody can hear me. Thank you my life journey I realized I was on mute a few moments ago. So happy to have all of you with us. Very, very excited. Because we are wrapping up this series we've been doing an April it's been all about moving from avoidance to action. You all have been involved and engaged. You have come with your gear every day. And like I was in Big Stow's stream, not sure if Stow is in here, but I was in Big Stow's stream last night and someone said to me, I saw the topic for today Kim and I already have like my hard hat and my boots ready, which is very exciting. That tells me that everyone is doing the work. But more importantly, you all are looking forward to the conversation. You're holding space for yourself, and you're really doing the work and that's what this is about.

Kim

I believe fundamentally that everybody should be the boss with their own blueprint. That is the tagline for this stream. So if you're in here with us our refer to this community right you have we are the blueprint bosses and I believe we should all be in charge of three key things right we should operate at our highest potential. We should always add value to whatever work we own or are responsible for. And most importantly we should show up as our most authentic self because when you are authentic, when you are confident when you can operate and not feel like you have to be inside of filters or you have to be masked or you have to kind of shrink or play small to anyone or anything. The value that you add increases and it increases your credibility and that allows you to truly operate at your highest potential

and then people see you exactly the way you want to be seen nothing more or less than less. And that is the most important and powerful thing that I think anybody could do every every day is be themselves.

Kim

I'm excited to have you with us. I'm excited because we have a guest that is going to be joining us very shortly. It is our first official blueprint guest. I am so excited to have her. She was excited yesterday. I was in her stream and Dr. Datie Priest that's going to be joining us and so she was excited in her own stream yesterday about it. And we've been planning it for a few weeks now. And if you've never been in her stream, she's gonna talk about it a little bit when she joins, but it is always so full of knowledge and engagement. In fact, the name of her stream is engagement matters and it's a place where our perspectives are welcome experiences are valued. And more importantly you can just connect with other people around what is going on. So Dr. Datie will be joining us very shortly. In the meantime, let's see who is in the blueprint because I know I see the chat is filling up already.

Kim

To my mod bosses Misty Christie 214m mylifeJourney. Good morning. Thank you so much for being here. Good morning. It's nice to see you happy Monday. It's Your Girl Kim Chow Good morning. From one Kim to another Happy Monday to you thank you so much for being here. Please give It's Your Girl Kim Chow a follow. I've been fortunate to catch her stream. She always brings in really thoughtful people who are doing amazing things the last time I peeked into her stream she brought in another author who was getting ready to launch a book. I won't steal the thunder right. Give her a follow and you can go find it there for yourself. So happy to have you here Dr. Diamond Dun it's nice to see always happy to have you been the stream Welcome. Welcome, welcome. Let's see here who else is here with us. GREG The Godfather. Good afternoon to you. I hope your Monday has started off well thank you for all the updates you have sent me over IG about all of your progress. I hope everything is moving.

Kim

Good morning, Jen. Nice to see you shout out to Jen, who is my EA. She helps make sure that all the things behind the scenes runs smoothly. Jen is the genius behind all the Instagram posts that you see on my Kimblue consulting account. So go there and follow me on Instagram. I'd love to interact with you. So shout out to you Jen for all of your creativity and for being a good partner right alongside my mods. Good morning. Nice to see you. Happy Monday to you. Thank you so much for being here. See who else is in here? HR nerd Happy Monday. Good morning. Good morning. Good morning. Did I catch everybody if I did not get any if I missed you say something in the chat and I'm happy to shout you out. I want to make sure that I show love to everybody who's in here if you are in the chat but you are moving and grooving through your morning virtual salute to you.

Kim

I know the morning is the time for everyone to get grounded and get everything going with their day so if it serves you better to not say anything in the chat by all means I totally respect that otherwise say hello whenever you're ready. There's some other folks who shot a good morning. Nice to see you CrystalMethod and Good morning. Happy Monday to you. Who else is here? Jennifer Good morning.

Happy Monday. Thank you so much for being here. Good morning. Tijuana always good to have you with us. Happy Monday. Lots and lots of blueprint bosses in the building this morning. Those who are active and those who are lurking behind the scenes. Your presence is appreciated no matter what.

Kim

Okay, so what are we doing this week? We are wrapping up our avoidance series. We did an entire month of how to move from avoidance to action. It has been packed, lots of learning lots of lessons, lots of holding up our own mirror and really doing the work. So many of you have been very vulnerable in here. Please remember that this is safe space for you to do that. I encourage it. More importantly when we see others doing it, it gives us permission to give ourselves the same opportunity to take those steps or to find ourselves in that space. Right. Greg good Godfather, right there's one thing about ducks in a row right now we see them in the water, but sometimes, right they're not always in a row. So I'm going to be looking for it. Good morning, Martian Queen. Nice to see you. Happy Monday. Welcome to the blueprint.

Kim

So we've been talking about avoidance, and I'm going to jump right into the presentation real quick just to do a recap. And make sure that we are ready for our beloved guests but she joins DJ purpose. Good morning. Happy Monday to you thank you so much for the reup happy to see you happy three months it does not feel like it has been three months. Some of y'all have been with me three months, the entire four months that I've been streaming and it does not feel like that at all. Thank you for the support. Thank you for encouraging each other in this space, but mostly thank you for allowing me to operate at my highest potential. That is what this space is all about. So happy to have your DJ purpose. So let's jump in real quick. And just do a quick recap before Dr. Datie joins us. So this has been our framing. We've been moving from avoidance to action and then this was our agenda for the entire month. So we are at Week Four on summary and reflection and it is going to be a little recap and we're going to start that by bringing in some things that are going to help us frame how we move into some concrete action planning. And we're going to revisit some of the things that we talked about last week and then we're going to add to it. Remember I told you we went through the first three actions around surrender. Focusing on the present and eliminating distractions. We're going to go through another five today hopefully today. If not we'll start in on them tomorrow. But this has been our whole framing and then our key Kim Gem for this entire month is avoidance is not a strategy.

Kim

And let me be clear folks avoidance is a strategy, but it's not the one we want to employ if we want to see success with some of the things that we really want to be intentional about. So you know me start with meaning making. We always have to be on the same page in terms of definitions. And so we opened up with what does avoidance mean? And I think the key takeaway from this slide is that we know of what it says intentional, right? Just like action is intentional. But knowing that avoidance is intentional gets us to this place of knowing that ultimately avoidance is not a response, even though it is a response. And because we want to avoid doing something that means we're comfortable with the circumstances that are around us even if it is going to be a cluster or some type of crazy clown show whatever we want to call it. Right all of that comes with the voice. Good morning. Hey Mickey, nice to see you. Happy Monday. Welcome to the blueprint happy to have you with us. And so when we talk

about no response being a response right, we get into what we call these avoidant behaviors and we're going to come back to this a little bit just a few minutes when Dr. Datie is with us because we're going to tie this into a really nice flow for you all this morning.

Kim

We may trip into a little bit of overtime so just everyone just be prepared for that this morning. Okay. But does avoidant behaviors show up? Because even in our silence, right, Jennifer says overtime what does that right even in our silence, but it leads us to procrastination, isolation and the rest of the behaviors you see here in particularly, not dealing with our emotions, and that's where our self care and our energy management is impacted. And we're going to jump into that when Dr. Datie joins us. Here's the thing, folks, once we know something, there's an obligation for us to do something and a lot of us often don't want to put in the work to do that something I think it was Stirs. I don't know if Stirs is in here this morning. Stirs if you're lurking good morning, but one of the things that Stirs said in an earlier stream when we were talking about this is we spent so much time doing the work to not do the work when we could have just done the work because we don't want to take on that obligation. Or we know that there's risk associated with that. And so instead of evaluating the reward, meaning what if I work through these things, and I get to this outcome, we instead say oh my gosh, right now I have to deal with this, or this person is becoming a factor or I didn't do this and I've got to own up to it. And that's where that blame and isolation starts to come in.

Kim

Where we sometimes get caught up is in our behavior, our attitude around it because behavior and actions are not the same things. We also think that we have to have all the components together. In order to do that DJ Purpose that's right DJ Purpose's saying we have to look at the level of the solution and not at the level of the problem. She was here, because we're gonna give it a minute she was just with us and she may have had to step out and come back in. So then we talked about the difference between action and behavior, right? The action is what you do the behavior is how you do it. So if you want to create good habits, to go back to Brax this question, your attitude, your mindset, your posture has to be positive in doing that, because if it's not, then you're going to feel however you feel right.

Kim

And other avoidant behaviors that I did not call out, but those were the key five that we kind of see intentionally. So we talked about what action is, I think the main thing from this slide as we look at our action facts, is that you have to be comfortable knowing that action happens in stages. Okay. And it also has to be repetitive. We talked about building habits, actions, and I think Brax was in here. Brax I don't know if you're lurking or not, but Brax asked a good question. He said Kimblue do our actions equaling our actions and habits the same thing and the actions are the things that we do to create habits. So one leads to the other they are very adjacent, but they have to be repetitive. In order to make something a habit you have to keep performing the action until your brain starts to get into the rhythm and you create this muscle memory. That repetitiveness is intentional.

Kim

You're going to have sort of a negative mindset or attitude, or me being more in that fixed mindset, fixed mindset saying, I'm stuck or these are all the things that I'm going to tell myself. This is how I'm protecting myself from whatever truth that I've created or whatever reality that I've designed to kind of keep myself in the bubble. And that leads to our behaviors being done in a way or demonstrated in a way when people see us right the way we conduct ourselves. And it's not really intentional. There she is. And it's not really intentional. That we want to show up that way. But what we really think about is this notion of how our actions our behaviors show up in the various types of actions that there are and what we see here is these three actions daily, planned and inspired. And when we get to all of that, we started talking about action planning. And what we looked at was starting at the bottom right, those inspired actions are the ones that come from our environment, right the ideas that we have the things that we get when we talk about or talk around other people. And I'm sorry, guys, I'm just gonna slide ahead. The inspired actions come from when we from our environment, and those are the things that drive our planned actions in our daily actions. So from one to three, or from three to one, they all work together, but this is sort of the way that all of our action plans have and our behavior or our approach to how we take these actions is what creates habits. It's how we use our energy. All of that. So good morning. Hey, Matt, nice to see you. Thank you. So much for being here. Welcome to the blueprint. Okay, so then we talked about action planning, three steps. Surrender, focusing on the present, and eliminating distractions, and we're going to dig into this in a little bit more but before we do, our guest has with us so I am going to remove this and I am going to add her into the stream. Give me just a second. Good morning Dr. Datie Priest happy day.

Datie Priest

How are you?

Kim

Thank you so much for being here. Listen, y'all Dr. Datie is an hour behind us. So it is only 7:19am So when I tell you that she must think highly of me because she is up early in the morning to be on the blueprint.

Kim

Oh my goodness. Well, listen we are happy to have you welcome Dr. Datie Priest to the blueprint. I have been singing your praises. I've been talking all month about having you. You are the first official guest Oh my goodness. Yes. And so you are kicking off what I hope to be a series of guests who will come. So listen, I want anyone in here who does not know who you are, to know who you are. So tell us who you are. Tell us about your stream and then we will jump right into our conversation.

Datie Priest

Good morning everyone. My name is JD I'm the host of Engagement Matters with Dr. Datie and I do have a background in education. I have a doctorate in education from the University of Alabama. And I've worked in education for public education for about 22 your year to build capacity for growth and development and adult learners. So that is where home a scale of engagement. And so on Twitch I host engagement matters bi weekly Sunday mornings and Tuesday evenings and the premise is really just to give everyone an opportunity to gain some useful and practical strategies that will help us make informed decisions on a day to day basis.

Kim

All of that is why Dr. Datie is here. One of the things that she did, she talked about adult learning and what I love is that we're all adults, and we're all learning and evolving in real time. And things are changing around us. And so what we may have learned might have to be shifted right or have to look a little different from what we need to do going forward and so I have spent time and Dr. Datie's streams over the last few months gone to a ton out of them. And as I got through this avoidance is not a strategy kind of Kim Gem and as I was working through this, she was the absolute first choice of someone to come on and complement everything that we're doing. So I want to make sure you know and we will shout her out again towards the end. But Dr. Datie Priests Sunday mornings, Tuesday evenings if you are looking and or want to go and spend time you will not be disappointed. It's always engaging. It's always lovely. Most importantly, there's always space for you to bring whatever it is that you are doing there. So we are happy to have you Dr. Datie Priest, so let's pull ourselves into this stream. So I'm gonna move us here.

Kim

Alright, so this is where we left off Dr. Datie in our own learnings right and this week, we're doing a summary around all of the things that we have learned this month and thank you for the reup by the way, Dr. Datie Priest. I appreciate you. So, we were talking about at the beginning of action planning. And these first three steps that we have put out there around surrendering and focusing on the present and eliminating distractions in our reup and this is a really good place for us to just kind of hang tight because we're going to move into the components of self care and energy management that have to do with this. But I wanted to just revisit this for everyone because when we talk about this notion of surrender, in fact, we actually got here and I didn't even get through the rest of the slide because we had so much engagement around this notion of accepting that it is just time, time to let go time to embrace the truth, time to change whatever it is that looks like. But you have to be able to do that. And there's this notion of surrendering the struggle and I think we hold ourselves there more often than we care to admit. Right. And this notion of right, getting clear on what our narrative is meaning what is the story we are now chasing, designing, creating, because it has to be different than the story we've been holding on to because that story we were holding on to it's worth the struggle, lift.

Datie Priest

We lose that struggle, the story of our struggle to define us and we and I say we and I definitely include me. We include ourselves in that narrative. And because we don't have a place to put a new one we sort of hold on to it while moving forward not understanding that we need to trust the gray area. Yes, you know that there is really growth in the gray area and growth is not black or white.

Kim

Okay, so there's there's um, that's not even a Kim Gem, I think we're gonna adopt it today. But there is growth in the gray area. Can we weave in that or put that in the chat? That is from Dr. Datie Priests herself. Jen, let's make that part of our posts that we're going to put up post today. Post our conversation today there's growth in the gray area. And the reason that that growth is so important is because if we don't let go of that old narrative, we cannot grow in the gray and that keeps us from focusing on the present, which is our next step. And you see there this Chinese proverb that I put which

says the best time to plant a tree is 20 years ago, the second best time is now and so this gray area that we're in, and I love what you said about that the end the gray area is really that unknown, right we don't it's not defined, doesn't have a structure. We might not even have like a roadmap to get through it. But ultimately, that's where we are and that's where the most growth is going to take place. I think what trips us up Dr. Datie and then we're going to get to your slides because your slides do a great job of kind of bringing this home. In connecting this. I think where we get tripped up in the gray area is that we're just out there. Yes. And we're exposed. Yes. And now it's like, I've got to figure out what to do. But I do I have the resources? Am I supported? You know, how am I taking care of myself? What how am I now supposed to use my energy? So we spend all of our energy trying to figure that out and it's so much easier to go back to the story. We've always held on to

Datie Priest

And we you know, also don't know how to communicate what we need. And there are times when our communication preferences are a total mismatch than the person where you're receiving help. From and or vice versa. And, and, you know, when you're you're leading and or managing people you really have to become cognizant of the dispositions around you and tap into what they need. But when you're talking about personal growth, for accountability and responsibility, it is necessary that you understand what that looks like.

Kim

What about the communication with yourself when you're in the gray area, Dr. Datie? It's all about like, the head noise or is right like talk about that?

Kim

Yes. And so you know when you when you talk to yourself when you think about what your communication is with yourself. You know, I don't know about you, but I talk to myself all the time. Sometimes it's not good. You know, it's like, hey, get your head in the game, do this. And so when you talk to yourself, one of the things that you really have to do is acknowledge where you are, like she said, acknowledged the present. The present really is a gift. When you think about the past that is like your springboard, no matter what happened, is there it happened. And so when you talk to yourself, the self talk is what propels you forward, right? And so if you say things enough time, enough time she started to believe them. And so if someone says, Oh, I'm prettier, this the bomb, or have you tried this out? If you haven't tried it out, and that person says it enough times, you start to believe it, or your piques your interest, and so when you start communicating with yourself, and this is why when we talk about engagement, engagement is an introspective behavior first, because engagement begins with the end and it is the self talk. It is that time between stimulus and response that we have the opportunity to not only formulate narratives, but decide upon an action plan of how we're going to move forward. And the beautiful part about it is that you can go back and change

Kim

Yes, so that there's so what you just said and It's Your Girl Kim Chow and Misty Christie both had good comments. Misty Christie said it's that inner critic that she talked about that and Misty Christie said self talk either propels you forward or holds you back. Right. And what you just said is that self talk is what allows you to form an action plan and where we get stuck Dr. Datie you said it so important.

You said we can go back and change it. But sometimes we don't believe that we can we are attached to that narrative, which is why the surrender is where we start because the change is there. The opportunity to change is there. We have to surrender those things that we've been holding on to in order to allow ourselves to do that. I want to bring in some components from your teachings, right so y'all want to know where I get my inspiration comes in and teaches things I want to bring in some components that you teach us Dr. Datie, right. So when we talk about this intentionality of self care, you've got some great tips here. That are really important. Good morning Waves. Happy Monday. Thank you so much for being here. I hope you're will shout out to the Waves as a Knicks fan, everybody the Knicks are killing the game right now for those who are enjoying the NBA Playoffs.

So she is an excited Knicks fan this morning. So happy happy to happy to have you with this week's. So Dr. Datie you have got this great palette of self care tiles here and I want to focus on a few you can certainly talk to us about all of them but I want to focus on a few that have to do with the space that we're in when we talk about surrendering when we talk about focusing on the present and then our third one which is eliminating distractions. So I want to talk about this whole notion of letting go and pivoting. Yes. And then I want to talk about recalibrating your center because both helped get us how we move forward to these other actions that we're going to talk about the rest of the day, but let's start with those two. I think we're going to end up coming back to this slide but talk to us a little bit about letting go.

Datie Priest

Right so when you think about letting go it is essentially tied to the slide above it and that forgive yourself and release others. We understand that forgiveness is for us and not the other person. And although you're listening to let me just first say thank you again for having me here. I'm so honored to be in your space. And when you listen to the Kim Gems that are shared masterful she is so when you think about even though it's coming to you from a certain standpoint, you really have to take it in, unpack the layers and break it down. And a lot of this goes back to what I mentioned earlier, the communication process. The communication process is what gets this. And so when you think about pivoting, that is a one of the components of being resilient. And it was a part of my mission statement, foster resilience through purposeful engagement. And when you think about being resilient you is your ability to bounce back. It is your ability to fail forward and it is also your ability to pivot past the discord.

And so I have an emo pivot past the discord and we use it in jest however, it means something is symbolic of our figurative pivot where we pivot past situations where we look at things we deal with it. And so you just kind of move, you know, bob and weave and you move. Yeah. And isn't that how we have to navigate through life? So when you let go when you pivot and you move forward, what you are doing is acknowledging that yes, things have happened. Yes, I might not have been accountable. Yes, I might not. I might have avoided situations. However, what I am choosing to do as I move forward is to look at what is on the table. As I engage in self talk, develop an action plan, and I'm just gonna pivot because you don't have to stay there.

Kim

So you tell yourself this evolving or remaining and so the way that we talk about let go and pivot Dr. Datie as I have framed that up in this series as you can choose to evolve or you can choose to remain. Remaining means I'm good with all of the things that are around me just as they are right and then my slides started the picture that I had. It's a gentleman he's sitting in a rocking chair reading a

newspaper, on a set of railroad tracks in the middle of the day right now. The train barreling down there anything but he's choosing not to let go. There's no pivot in his path at all. There's no moving forward. It's just, I'm good. I'm Gucci with the circumstances. Good morning. Kay, Good morning G class. Nice to see both of you. Thank you so much for being here. Good. Morning Juts. Happy Monday to you welcome in. And so there's this whole notion that when you don't want to move forward, you're not pivoting you're just sort of standing still.

Datie Priest

Why? Because in order to pivot, that means you have to get up you have to, especially in that instance, that was a beautiful narrative. That means that you have to sort of like stir everything up, right? And so in order to move you have to pick up, go to a new space which is what trips us up because we are afraid of the unknown. You know, we know this mess over here. But because we don't know what's on the other side, although we want to get there we we act as like self saboteurs. Sabotage our own dreams.

Kim

Yes. Who in here just likes to sit in their own mess? Because that's the mess that we know. Dr. Datie said, that is the mess that we know. And so we're just gonna manifest in our own mess. And so once we stay there, and you keep manifesting in your own mess, where does that get us? The exact same place. G man Good morning. Nice to see you. Thank you so much for being here. Please give them a listen, folks. Lots of dope folks in the stream this morning. Please follow everybody. It's Your Girl Kim Show, DJ D man, G class, DJ people Good morning. Yes Christal Method. It is the devil you know, you can choose to manage or stay around the devils you know, or you can choose to ask for help. Set boundaries. Be decisive. Right all things that are on our self care roadmap that's right here in front of us. And when Dr. Datie talks about this, she uses one every single one of them intentionally. Sometimes you do them all together, folks. And this is what you've heard me say about our blueprint toolbox. Sometimes you use all the tools at the same time. Sometimes you don't. Right? So, talk to us about recalibrating your center Dr. Datie. Because that gets back to that focusing on the present, which was our second step. So we've now surrendered. And so in order to do that, we're now in the gray. Okay, because that's where the growth is going to happen. But you got to recalibrate while you're in that gray Right?

Datie Priest

Absolutely. So when you you know, well, kudos to anyone who, I someone said that they were making a choice to move forward. And I think in some way, shape or form we all are dealing with those pivotal decisions that are in our brain, right. And so you don't just pivot and move but you keep moving forward. You don't just take one step. You just keep walking towards the light. And so when you get to the place where you recalibrate recenter and reset, that is an ongoing process that is not a one and done type thing, right? So this has to happen if not every day, multiple times a day. I think the research says that if we take the time to breathe next to it, it's just to be still and breathe.

Kim

It will have to be happening multiple times a day, one of the things that I've repeated to this amazing community is that actions have to be repetitive.

Datie Priest

Yes. Yes, yes. And so that is what this supports that. When you recalibrate you're just basically recentering your actions. You're going back to your action plan. You're going back to your game plan your roadmap with you recenter your you know getting yourself together. That's us speaking to your negative mindset with your growth mindset. And that is what allows you to recenter and so all these things and you know you can do them individually, they definitely work in concert. But think about it as you move forward. Where and I love what what Kim said that avoidance is not a strategy. Action is what you need and actions definitely speak louder than words. It's not just a cliché.

Kim

They do they do. You said you talked about growth to one of these slides and then we're going to jump to your next slide. Right? Because you talked about this gray area, right growth in the gray area. How do you design your roadmap in the gray Dr. Datie?

Datie Priest

That is a difficult concept to wrap your brain around. And so one of the things there was a lady I had an opportunity several years ago to attend a a Leadership Institute at Harvard and this brilliant lady that she was an attorney and she talked about how she did some work in some part of Africa. And one of the key people to they had all these dignitaries and attorneys there and one of the key people to helping them resolve the issue was a taxi driver.

Datie Priest

And so I'm saying that to say when you think about how you develop an action plan is nothing great. It's just very simple. You begin with the end in mind. You establish your game plan, you figure out where you need to be and you go backwards from there. As a design theory, and you don't put a whole lot of steps in place, you can chunk it because if you're like me, I will get overwhelmed if I have too much on my plate at one time. Absolutely. So you begin with the end in mind. Think about, identify the steps that need to take place and you just map out what you can do. Chunk it to get there and start from there.

Kim

I think that that makes so much sense. Good morning, DJ Brax. Nice to see you Captain. Welcome Good morning. Nice to see you Big Stove, Tall Pumps, all of the engagement matters Blueprint Boss fam is rolling in here this morning. Happy to have all of you welcome. For those who are just coming in. We have our esteemed guest Dr. Datie Priest with us and she is just helping us bring some summary and real good structure to all things about avoidance not being a strategy. So welcome to everybody. And thank you for for joining. Listen, Dr. Datie one of the things that you just said super important, I'm gonna re add the slides to the stream because when we talk about this continuation of taking action, and the this is where we get into like this like the real meat and potatoes right and the blueprint boss community will tell you I get going in my in my like thinking in my talking and they all tell me that right they need their armor because they feel like I'm stepping on their toes. Right. So everybody has a hard hat, steel toed boots or reflective vests, whatever, whatever supplies My Life Journey will provide for them. Like she does that but what you just talked about, was visualizing

success. And not overthinking. Right, you got to be able to see it to do and that's what I mean, if we are manifesting in our mess, how can we visualize success?

Datie Priest

Some people don't know what success looks like and it goes back again to our communication preferences. Oh, what do you have to consider that in the context of developing an action plan to move forward? And I say that I can remember when I was a novice principal. Well, I am a conceptual thinker. You can throw steps at need and I don't necessarily have to write them down.

Datie Priest

Most people aren't like that. They need you to put something tangible in their hands. They need you to break it down for them. And that is how they start to engage and unpack and they sit with it. And so when you start visualizing success, one of the other things to consider is that if you are working with someone else, and or even if it's you, what do you do if you're talking to like your child or family member? You build a small wins for them, right? You say Hey, good job. I saw you and what is that? It's a meme or something on IG going around where it says win is a win. win is a win. That applies to us. A wind is a win. So as you visualize success, you think about where you're going to be. You start talking to yourself as if you're already there. You know, what about what what did we learn when we got our jobs, you dress for the job you want, not the one you have?

Kim

Why don't we and I want to talk about managing our energy, right? Because I want to get to this whole notion of the energy we put in to avoid doing the work. And I love what you said about a win is a win. What Why don't we apply that same logic, right? Why can't we in our minds go? Girl, you just came back from taking that walk and it was only a half a mile but you did it because you really wanted to sit down you really wanted to put your feet up. You really wanted Cheerios, Oreos, whatever the case may be. Why why do we get in our own what keeps us from visualizing success?

Datie Priest

Because we can see it on other people but we have either not being taught to visualize ourselves or we don't feel we're worthy is when I talk comes in. That's real. And so it is and so when you start thinking about visualizing success, I can visualize all day long. And so where I'm struggling and this is a personal struggle is "hey, I know this over here. And let me get out of my own head." So that is my self talk. It's like, "you've got this. You're doing great. You know what? Forget them. You're the one with the intellectual property."

Kim

Listen folks. You cannot stroke you cannot have success in mess. It's not going to work. Right? There is no success in mess. Morrissey love 702 Nice to see you welcome in I saw you come in Nikki Walker as well. Good morning queen. Happy Monday to you. Thank you so much for being here. We are enjoying Dr. Datie Priest. She is bringing her own gems to the stage this morning. Right? All of this. All right, Dr. Datie, so listen, energy. is the thing we all use is the thing we all have we talked about it being this resource that we have. One of the things that I have on my roadmap to moving from avoidance to action is about managing your energy. And I'm coming back to what I put up here

yesterday. Which is image energy harmonization is wildly under valued. Okay, it is wildly undervalued. Talk to us about energy and why we need to make sure that we're putting it behind, right you got to align your energy with your intentions. So talk to us about that. I'm going to actually bring up your slide. You have a great slide that talks about energy.

Datie Priest

When you think about your energy when you think about your love how you feel your gut instinct, the aura, however it is you describe it. That is your energy and so what we have to remember is that your energy gets to a space before you do especially your own head space. Right. And so when you think about managing your energy, we talked yesterday also about the spoon theory that we learn from Jennifer and all of it goes together. And so when you think about managing your energy not so because time we can't reconstruct time but we can recenter our energy to be to operate more effectively within time. And so when you sit upper and lower boundaries, the research said that you fit a boundary that is low or lower, and one that is high. And so when you think about teaching, I would hear people say, Well, you teach to you know, you teach to the middle. And I didn't necessarily agree with that. Once I learned better. You teach to the higher level meaning and so this is the power of the visualization. You set the goal high. So you have that cushion in there to help you keep going. But when you do that, that is when you build in the winds. That is you understand your own, your tendencies, your proclivities, where whatever it is, you understand that if you are a person who likes to get up and go then that is how you establish your time. If you're a person who needs to kind of sit and mull over it a little bit, then that is how you wrap things around.

Hey, Double Spirit. Good morning. And if you are a person who is like last minute, but you can still get things done. You have to make sure things are aligned with not just what you need was a task needs or what do you need to accomplish the task. And when you build in the rest and recovery that goes back to the recenter, recalibrate, reset, because you have to have an and that's not just a saying like you do that you reflect because if you don't reflect and you engage in a feedback cycle, so you're giving yourself feedback. And the feedback cycle is quite simply feed up, feedback, feedforward. And that is a part of how you go towards your goal. Right. And when you're giving yourself breathing room that is really giving yourself grace. Because it's not a matter of if you mess up. Yes, not a matter of if things go off the rails. It is when Yes. So when you do that. What are some other tips that were provided is that you, you assess what you need. And you establish the rules to help you get there like what what is it that's your action plan, and you determine the resources you need?

Kim

I think what you just said I mean there's so much there. First of all, double spirit. Good morning mama T nails. Good morning. Welcome in both of you. Thank you so much for being here. Shout out to all of the engagement matters fam who has come in to join and spend time with us in the blueprint this morning. Lots of good things that are being said one of the things that I typed in the chat your energy gets to a space before you do. Yes, yes. So it felt when you like Go ahead. No, I was gonna say I talked about behaviors and actions right and so your actions being the thing that you do, but your behavior is the way that you do it. Your energy is in that behavior. So if your energy gets to that space before you do what what is everybody experienced in and around you?

Datie Priest

So have someone you know when people walk into a room you know, there's this one comedian. Watch on IG. He has this fictitious officemate named Margaret, and something's like Margaret, and so we all have that one person or situation we realized. So this energy has gotten to the room before we did. And so what we have to do is use our growth mindset voice to squash that. And so one thing that I would do when I knew I was working in a very, very toxic environment, before I even got to a meeting, hey, I would just engage in myself talk and "you're good, you're good". And so you do and you have to believe that when you start walking confidently when you do the Superman or Superwoman stance in the mirror, when you engage in the self talk, when you say I deserve to be here, not only do I deserve to be here, I'm going to show my future self that all this was worth it. That is the energy that you're putting into and the universe receives whatever you got.

Kim

100% Right. Breck says look for the lesson and leave. That's right. That's right. Everybody being their own worst critic, right? Could you get that? Listen, that self talk is where you get you get to talk to yourself and listening to yourself. And then when you do that, it sets the tone for everything that you ask. All right, and then and then that's what projects out to the other people that you're dealing with. Right whether we talk in here all the time about the way people experience. Yes, they will experience you in this mindset, right? We talk a lot about growth mindset or negative and fixed mindset or negative mindset, right, this whole thing. You have to filter up all of that because as long as you stay again, as long as you manifest in your mess, there's not going to be any success there at all. And it keeps us from moving forward. One of the things that I have put in our taken action is be positive. Right it's right underneath is managing your energy because when your energy is negative, you are now expending your energy in a way that you cannot leverage to get anywhere that you want. And in fact, nobody's gonna want to be around you. Nobody's gonna want to help you. Right now no one is going to want to say Kim is the person or Dr. Datie is the person that we need on this. They're going to shy away from all of that,

Kim

That's why put them your thoughts, your words, your mindset. They all play a role in your actions. So you have to be your light. I want to go back to what you said around the gray area being where you grow, right? Look, when you are coaching or when you're telling people listen, there's this time where you don't have this roadmap, right? You got to be open to figuring things out in there. How you met. How are you managing your energy so that you don't drain yourself because what we know Dr. Datie is that if you avoid it's a form of energy draining, Then you have nothing left when it comes time to take action. So how do you preserve your energy so that you don't drain it all? You got enough in the tank from when it's time to really get to this place so that you can be your own one?

Datie Priest

Well, you several things and that's a very real place for a lot of us to be and in coaching other people. You know, I just learned about the spoon theory, but guess, I've always used it. And so when you think about working with other people, one of the things that you want to do or even with yourself is and always say if the only tool in your tool chest is a hammer, you will treat every problem as a nail. So you make sure that there are tools to navigate what I call mind fields. That is where the pivoting comes. When this situation comes up, What tool do I have to use in order to deal with it? If this other situation

comes up? I might not need a hammer. I might just need a screwdriver in this situation comes up I might just need a nail file. Whatever needs to go in your tool chest as what you put there. And so when you think about operating in the gray area that is definitely where the growth is. Because that is where you're doing the self talk. And it is those lack of private victories.

Datie Priest

When you think about the private victories, no one can see that. That's all you. So, when you think about you know if you're beginning with the end in mind and you start making plans, it's not for other people is for you. The same way release, you release other people. You are recentering you are recalibrating. You are resetting this is the moment when you even when you talk about self care and growth is really for you and it is not selfish to focus on yourself. And so when you start identifying where you need to be in developing an action plan, and you create those wins, and you target and you say "a win is a win". You start feeling better your energy becomes less stuffy and you present better to other people. And so what tends to happen is those around you notice something different but they can't quite put their hands on.

Datie Priest

And because they're used to dealing with a certain you they don't have a place to put them to you don't worry about it. You did it and keep moving. Because you have to. You have to teach other people how to treat you. The action plan the framework, the blueprint for that in the gray area. Because what gets manifested is what you would you are not who other people say you are, you are who you want to be if we

Kim

Listen folks, you develop the blueprint in the gray area. So for everybody who feels like they are wandering in the wilderness, I'm a wilderness kid, right? I get out there all the time. And I think where am I going? What am I doing? Is anybody here? Where is the water? It is lonely. It is so lonely. But that's where you develop that blueprint. That's where you decide for yourself. This is how I want to be treated. Because when I come out of this mess, y'all are gonna see a different game you're gonna see a different Datie you're gonna see a different Misty Christy, whatever the case may be, and folks may not be ready for that light because they're used to the dim light that you had before you even got to the wilderness.

Datie Priest

Here's the thing that I've learned Kim. I realize we're already shining anyway, that's why we get opposition from other people. We are going back to the gray area really just allows the energy to be recentered so that our lights can shine even brighter.

Datie Priest

Yes, it might have been a little dim but it's like most of the time when we go into dark spaces. It is because we have listened or been the recipient of someone else's manifestations. That's not that was not part of our divine plan. And that's what we take that off.

Kim

That's how we got to the gray area operating in those other manifestations of who we thought we were. Then we take that on as well. This is what I'm supposed to be and then we are literally a whole mess on the inside. Operating in unhappiness, not clear on what it is. Even though we have these desires and things we aspire to. We go to the gray to shed all of this off and to recalibrate and to redefine that is and that's where the pivot happens. Ladies and gentlemen, you develop your blueprint in the gray area. So that growth mindset is what greets you on the other side, because Dr. Datie said it right. Your light was already bright. It was others who were trying to put that cloak over you look at that cloak, right. You have to shed it and step out shine.

Datie Priest

Personally, professionally, within your friendship group in so what you have to understand is you were not designed to be like anyone else. You know, if everyone was the same, we'd all you know. And so people know your worth. The real fact is, other people know your worth better than you do. And so, you know, I had someone tell me a few years ago, "You just walk around like you think you're smarter than everybody else. " No, you think that because I don't think that.

Kim

Just because you're like, is that a 40 watt and mine is at 81 watt, you do the work to get there.

Datie Priest

Be okay with it. That is the thing we have been taught to dim our lights to make other people feel better about themselves. Stop that! Other people you know, sort of like we teach children to be their best selves. Or we teach little girls to be the best and brightest until they get around boys who are not so good and bright, and then all the misogyny kicks in at a young age. It's all of it all of it matters. So it's just you being your best self. You let your light shine, you share your light with other people.

Kim

100% 100% And don't let them dim it right. I tell stories about myself in here because I don't know anybody else's story. And so I often talk about how we you know how I have been in spaces where I felt like over my career personally, I've had to dim my light for other people so that they were comfortable so they were not threatened. Add to that you know, female black woman, hr tag, intelligent, right, all of the headings, all of it. So that funnel gets tiny and everybody else doesn't bring that to the table. But that's you and your journey. Just because this was my journey.

Datie Priest

Look, in order for you to even get to that particular table. You already has to be the boss of your blueprint. Nobody said here's the thing. Most of the time where black people are concerned and just hear me out on this people. We don't have especially black women, we don't have that luxury. We don't have the luxury of going to the table being subpar in anything. And so we also do not have the luxury of responding to the nonsense. We wish we did. But we don't. It's like we still have a job to do. Correct. So you're so right that this that what other people think about you essentially is none of your business. But they gonna keep taking it. People are gonna be people. People are great at people.

Kim

All the time people are out here people in left and right and there and they put their peopling on us that we then have to accept that version of whatever they are. But again, your perception of my reality is not truth period. So listen, we're at the top of the hour Dr. Daly, I want to be respectful of your schedule. You have dropped so many important things in here when we think about energy management, avoidance not being a strategy, how we can just take care of ourselves when we're doing the action not only saying I'm in this place that I don't know, now I got to design this new thing or I got to figure out these new steps right. last parting thoughts three things that Dr. Datie wants to send our engagement matters and blueprint boss family out with before we get out of here for the day.

Datie Priest

Okay, well continue to you know, when you show up as your authentic self, one of the first things I like to say is you are uniquely you for reason, remember that second thing Hey, you run your own race is you versus you no one else is your competition. And if it passed the discord and move forward.

Kim

There it is, ladies and gentlemen. Dr. Daite's thoughts. Kim Gem's for the day, right. There's no mess in success or excuse me, there's no success and mess there you go. Adding to that, okay. And Big So said it earlier a win is a win and we're gonna take a win is a win you walked whether you walked one mile or 10 steps, it is the win for the day. Okay. So take all of that with you. Miss soul power. Good morning. Always good to see you. Thank you so much for being here. Take all of that with you into your day. So Misty Christy, we can either go to Alex or I'm open to going to somewhere new. Okay. Listen, folks, Dr. Dating. Let's put some love in the chat for Dr. Datie Priest. Thank you so much for being here.

Datie Priest

Thank you so much for having me.