

The Blueprint

From Avoidance to Action- Week 3!

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SPEAKERS

Kim

I'm moving from avoidance to action, which we're going to jump into in just a moment. So, for those who may be new in the room, my name is Kim blue. I am a Career Strategist and a coach. I am an HR leader. I spend my time helping people and leaders and really anyone who wants to improve at just how they show up at work or how they show up in their day-to-day relationships. I give them guidance on how to think about improving that and doing it better. I specifically tell everyone, this is one of my personal mantras right I believe everybody should be the boss and have their own blueprint, which is that's the name of the name of my stream.

I believe that for three reasons. Number one, I think everyone should have access to the knowledge, skills, capabilities and resources so that you may operate at your highest potential, so that you can add value to the work that you own, you are responsible for. And most importantly, so that you can show up as your authentic self because when you do show up authentically as you are not trying to be anything else, what other people expect you to be or what you think you need to be you come from a place of confidence and that confidence is what people experience and it does allow your value to increase and it allows you to truly, truly operate at your highest potential. So, when you are doing that, you show up at your best and that is truly being the boss of your own blueprint. And in this space together in this community. We learn how to do that, and I bring topics to the forefront that help you operate in a very reflective state both in how am I managing my personal relationships? How am I showing up at work? How am I thinking differently so that you can get the results you want? You can get to the places that you want, but more importantly, you can be happy, and you can do all the things that you want to do so that is who I am and what I do and why I'm here.

Good morning and good afternoon to everyone who is making their way into the stream so far. A little bit of housekeeping and then we'll jump right into it. Good morning to you all is with us because I see folks who are making their way into the stream. So just a reminder, this week is going to be the week that we move into taking action and we're going to talk about some of that action planning. We will do a recap from last week because we only streamed two days last week, and I will do just a really brief recap of my Thursday for those who are interested if you've not seen it. There is a post-up with

pictures on my business Instagram page. All that information can be found in my channel you can see my personal Instagram and my business Instagram. They're both up there. But I did post a lot over the weekend and put some story updates there. I think the stories account that the post is still up so you're welcome to go interact with it and kind of see me in my element. So, we're going to do a recap of everything that we talked about last Monday and Tuesday, frame what's going to happen this week because it just made three and then prepare for next week as we look to round this out and then welcome our guest in a week from today. Very excited about everything that we are doing and have done.

Apologies in advance I woke up this morning with a very swollen right eye. I don't know if it's allergies or I came in contact with something else. So that looked a little sleepy. Bear with me this morning. I did not sleep great, but I also have no idea what caused my eyes to be a little swollen. So aside from that, I'm feeling my normal spry myself. So, thank you all for being here. Let's see who is in the chat this morning. So, Yoshi says good morning all good on the lurking. That is what this space is about. And listen, shout out to everyone who was lurking, working or commuting. I know that this time of mourning is where everyone is getting their feet underneath and trying to figure out how they're going to step into their Monday getting themselves going. So virtual salute to you. Thank you for being here. Always welcome to say something and then chat but if it's better served that you are just listening and doing your thing. Happy to have you no matter what so do what have to do what's best for you.

To my mod bosses extraordinary, thank you so much for being here. Good morning to you, ladies. It is in fact a beautiful day to connect and build on all of our foundations. Please grab your pins to collect these Kim Gem's put that up there because she has kicked off her Monday with the right message. He's smiling. Good morning. Nice to see queen. Happy Monday to you. Good morning, Jen. Always good to have you here on today. Good morning. Happy Monday to you. Thank you so much for being here. Welcome to the blueprint, DJ always good to see you. I hope you had a lovely weekend. Appreciate you being here. Greg The Godfather. Good afternoon to you. Happy Monday I hope your Monday has been well so far. Good morning, G class Drive Safe thank you so much for being here and listening Martian Queen always good to see you. Hopefully you are having a marvelous Monday to start if you are commuting or lurking. Thank you so much for being here and saying good morning, Wigs. Happy Monday my love. Always good to see. Miss Soul Power. I see you lovely one. Thank you so much for being here. Peace and good morning. Back to you. Oh, Aikira Good morning. Thank you so much for being here and happy Monday or good afternoon. Should I say to you hope your Monday has been great so far. Lots of folks making their way into the chat. Right, there's instructions right there. It is a beautiful day to reconnect build on these foundations.

Right grab your journal and your pen. We are going to be digging back into the Kim Gems today because we are specifically going to be talking about taking action, what that looks like and ensuring that we are really digging it. You're going to see me being intentional about engaging with all of you and making sure that we're really doing the work because this is where we are actually going to say this is the thing that we've been talking about and now we're going to talk through tangible examples of what that looks like. And so, if ever there was a week and I think I said it last week that you wanted to have your notebook in your pens this week and next week are definitely the two weeks I mean, certainly every day, but these two these this week and next week are where the conversations are going to start

to get really deep. And we're going to be intentional about doing that muscle power. As always appreciate the Reup right thank you so much for continuing to support the blueprint for the Resub. I'm happy to have both of you as a part of this community. Always, always, always appreciate your energy and your support.

Okay, so let's get started with today's conversation. I am going to add to... Good morning, Jen Martin, nice to see you. Thank you so much for being here. Happy Monday to you. I think I mentioned this last week but for those who don't know Jen Martin used to be a part of my Blueprint Community when it was on Clubhouse, and you could not see my face you could only hear my voice. And so, Jen is definitely a blueprint boss. She's an avid supporter and believer in doing the work and she very much demonstrates that in her own profession, for sure. So happy to have you here Janelle. Nice to see. I'm going to put my glasses on for just a little bit because it's going to help me in the olden age. Put my glasses on just a little bit because it's going to help me, so bear with the reflection for just a minute while I get my slides. All right, so we're going to go ahead and add the presentation to the stream. And we're going to kick off with everything that revisits avoidance, I'm going to put myself real tiny down here in the corner so that you all can see the slides.

Here is our theme, our foundational Kim Gem is avoidance is not a strategy and that's what we're talking about. Right? We are moving from avoidance to action. Here's our weekly breakdown. So, we're now at week three, we spent the first two weeks really just defining what avoidance is and then talking about kind of how to get out of these avoidant behaviors and really getting to a place where we're getting into action. Miss Christie, good morning, my mob boss extraordinaire. How are you? Great to see you as always, Happy Monday to you hope you had a lovely weekend. And so we talked about really moving into action kind of sitting in that space and we'll get to the you will get to the graphic in just a minute of our of our of our friends sitting in the rocking chair on the on the railroad tracks with this newspaper, but essentially, that's kind of that complacency place and we wanted to get away from that and really get into moving towards action and we talked about the types of action we will revisit that because I had to kind of compress that last week and then today we're going to start our journey into action planning, what are those tools and really getting into some of the details around things and here's where we're going to revisit growth mindset. We're also going to talk about what it means to move away from a fixed mindset. That's what we're going to do tomorrow, muscle power, and then really getting into those additional things. And so, what I'm going to give you is an actual kind of action affirmation and then we're going to get into and then what is a tool or a way or a method for you to actually do that. So that's how this week is going to go.

Please be on the lookout for Instagram posts, they are actually going to be going up in advance to kind of give you a little bit you're welcome to so power to give you a little bit of a nudge for what it is that we're talking about. So, check the Instagram posts right. Shout out to Jen, who was in the chat everybody put some hearts in the chat for Jen. Jen is full on the blueprint social strategist right alongside Miss Christie and mylifeJourney, so she posts, and they help to make sure that the word gets out there for those who are following me on Instagram. So, thank you, Jen for that. So, Jen is the pure curator of all of that and she posts them and she makes sure that all of the things that are up there, we are able to see so that will always give you a nudge to what is happening in advance so you know what's going on the blueprint. Good morning. Happy Monday to you my QC Sister, how are you digit

Applejack Good morning. Nice to see you. Listen, lots of great folks in the stream this morning. Please give DJ Applejack a follow just gives you classic DJ to follow. Right if you are in the chat and you if you were a mod, a streamer, or a DJ and I haven't shouted you out at some point if you want to please let me know. And say something or drop a little emoji or something in the chat so that we can make sure we show some love because that's what this community is all about. For sure.

Okay, DJ purposes well I know she's in the chat. Right? Definitely showing some love there. All right. So, let's jump right into what we're doing this week. Quick recap for folks because I know some folks are coming in who may not have been here all the way through, so I will make this brief so that we can really dig into our three core slides today. And make sure that we have time to do what we're going to do best and then I think we should be able to proceed. Let's see our DJ friends this morning so to that shout out to all the DJs last week who were live there was so much activity happening on Instagram. Hopefully everybody got a chance to follow our amazing DJ community for the folks who were out there. If you were a part of the stream, big, big up and big love to you there was a lot of amazing things taking place. Big shout out to DJ volatile for putting all of that together and for any of our UK family that might be lurking in the afternoon there.

So, for some framing, this is what I always do. We started with some meaning making. What is the void? It's how we how do we define it? And then really getting clear on saying this is where we hold our mirror right? Know that we avoid intentionally and there's a purpose for it. And it's rooted in this notion of fear or anxiety. So, I don't want to experience something that don't want a person to react to me a certain way. I'm not prepared. I've not done the work of not showing up as appropriately whatever it is, but there's a reason why avoidance is the strategy that you adopt when in fact avoidance is not a strategy sorry. So this is all of that grounding and meaning making because when we talk about avoidance and going to action, you actually have to know what and why you are avoiding it so that you can be intentional on taking the action that you need to take especially if it is rooted in fear or if it does well at the level of emotion for you. We then talked about how because avoidance equals no response or no action that is in fact a response. And this notion of you can choose to evolve or you can choose to remain and when you don't respond when you are truly saying I'm okay with everything around me. No response is a response.

Katy Browns, Good morning, nice to see you, Happy Monday. Welcome to the blueprint. As you know Katy Browns, we're just doing a quick recap as we head into what we're focusing on the day. Top of the morning to you KMac, nice to see you. Welcome to the blueprint. Always good to have you here. Thank you so much for being with us. We're just doing a recap gent. So, choosing to evolve or choosing to remain when we take action ladies and gentlemen, that is the part where we're talking about evolving. This this decision that we make to say I am not going to stay in the place that I am. It's time for me to move forward to make progress to take the necessary steps to do a couple things and I don't want to give away what's happening on the slide on the slide that we're going to get to the focus on today. So just know that we went from choosing to remain right which is I'm going to sit right here on my seat and feel the wind on my face no matter what. Crystal morning queen, happy Monday. Welcome to the blueprint. Good to see you.

I'm now saying that I'm not going to accept the comfort with my current circumstances. I'm not going to accept the outcomes, right. I'm going to be in charge of the decisions and so instead of not responding, I am going to respond and the way I'm going to respond is through my actions. We also talked about what avoidant behaviors look like this is really intentional. And y'all we had some amazing conversations around this y'all really chimed in and we're like this is me. And here's where everybody had to secure their hard hat and their armor. Okay. But again, if you need additional pieces of hardware, please go see my learning journey. She has got all of that available for you in multiple sizes, perhaps in a color of your choice, okay. But she will have all of that available. Okay. Well, we talked about these avoidant behaviors. We talked about this notion of one avoidant behavior, no response, being your response equals silence, and then silence potentially leads to procrastination or sometimes procrastination can lead to silence. And what's your silence you have to isolate because you can't put yourself out there and then people will say to you, all of that.

All of the things that you have decided, I don't want to get out there. So, they might ask you accountability questions. Hey, where are we on that? Is there some progress? How can I think about you know, you know, when can we expect this to be you know, complete or whatever the case may be? I just know for a fact that these are the very common behaviors that show up. Then we get into things like blame and not operating in full honesty or not really holding ourselves accountable. Instead of just saying, I haven't taken the steps yet. I'm behind. And here's when I can do that. Because now we expose ourselves. And we get to a place where we show up in a way that we don't want people to see us, because we don't want to admit that we're comfortable in our procrastination. We don't want to admit that we're okay to kind of stay isolated. So, it's not to deal with reality. Avoidance can be a form of saying; I'm just going to kind of stay in my bubble. So, I'm not ready to deal. I'm not up for that. And that's where you see the behavior around not dealing with your emotions. So, a lot went into this. We had a solid two or three days of really great exchange.

You all were doing the work live in the slot, right around what these behaviors look like when you actually do them and what it means and really being clear, right and shout out to those users. So many of you all have messaged me or in whispers or otherwise and then like, as much as we joke around in the chat, this is absolutely the work that I need to be doing. And sometimes it's really real to understand that like I am the issue, it is me that is holding things up. I am the problem. My lack of taking action has created this entire situation that I'm in. I even got a testimonial last week of a positive experience that someone had when they said in this instance, choosing not to respond was the way that I was able to take action and it was the silence that kept me grounded and that allowed me to not give away my power. So, I see you all doing the work. Thank you for bringing those things to me. That is exactly why I'm here and while we are here in the blueprint. So, we talked about why do we avoid taking action because there's that comes with this obligatory expectation we write when you know better you do better or your there's an obligation to do better. Sometimes we know better, and we don't do better. And we assess this notion of risk and reward. Is it way riskier for me to do this, say this, than not, or am I going to be on the path to receiving my reward this outcome, whatever the end game is on this? And so, what we do is we prioritize the perceived risks the thing that we think is going to show up as opposed to saying, but if I could just get through these one or two hard things all of this is going to be over. Kmark. Good morning. I missed you in the midst of all of the action. Good morning, happy

Monday. Thank you so much for being here. I'm sorry for not saying hello a few minutes ago, a few minutes ago.

So, then we talked into defining action, right? It's just doing it. You know, the thing that you get done, and we talked about what action is right that happens in stages. Sometimes. It is the thing that defines like our behavior and our conduct knowing that action is intentional and one of the things and one of the reasons why we don't always take action, because we feel like we don't have all the components and we're going to talk about that today. So, we're going to come back to this slide. And we're going to come back to the evolve and remain slide as we get into today's conversation. But one of the things that holds us back is feeling like we have to have it all together. And in fact, our first action step today that we're going to embrace is this notion of surrender. And that means thinking that you got to have it all together. You don't you absolutely do not. There's a difference between action and behavior. And this is where I want to pick up today because we didn't get a chance to dig into this.

We're going to talk about the different types of actions. And what that looks like because your behavior is the how you do these actions. Your mental attitude, your physical attitude, your body language, your posture, the tone of your voice. Now we're getting back to some of those competencies we talked about in the Imperative 11 right, are you flexible the way that you do so let's talk about action versus behavior. Again, defining action. It is the act of doing something behavior is the way that you do it, and they are not the same thing. They absolutely are not the same thing. So, let's talk about daily actions. Daily. Yes, for some that they were going to get to surrender. And just think it's a big it's on the next slide, I think okay. So daily actions. These are the actions that we take on a daily basis that help support us or move us towards our goals, right. So, every day, we have things that we need to do, no matter what. And we can't avoid doing them because if we avoid doing them, they will in fact surrender they will keep us from just surviving in our environment, meeting our needs, whatever that is. So, we may have a set of daily actions that could be things like in order for my house to stay in order. When I get up in the morning, I need to make my bed. I need to then put up my breakfast dishes after I have prepared my breakfast. I then need to clean up my area where I was eating. Otherwise, if I don't take those actions, I will not meet my goal of keeping up the house of making sure that I have space to work for guests to be comfortable with whatever that looks like.

Okay, so that is one example of daily actions. It could also look differently in your professional environment, right sometimes my daily actions include starting my Monday with a blocked calendar so that I can read through all of the news headlines, I can get comfortable with what my email looks like. And make a prioritization list of who I need to follow up with in calls and meetings. And things that I maybe didn't finish last week but now need to carry over. Sometimes our daily actions are really big picture so for me on Mondays, and for me, Monday is all about money. Right? I call them money Monday. So, what am I doing? I'm checking bank accounts to make sure that things are in flux, or I didn't miss something because we all get busy and we're all human and we make mistakes and sometimes things get missed. I think go in and set up things that I need to set up or I confirm things to make sure I'm not missing anything. I will go in and determine "Okay, is this something that I want to continue to do, or do I need to now shift this around?" I look ahead to things that I want to do, and I start to plan and strategize for what that is. But those are my daily actions. So that financially I can stay on target with all of the things that I aspire to or the things that I knew I need to bring into my world or

things that my son said like today. This morning. He just told me that he wanted to some camp he wants to go to I don't know right and, but the camp is not until July, but it's April something a little bit of time to kind of strategize and look ahead to say okay, what is coming? How close is that camp to the start of school? You know, am I going to ask grandparents to help pay for this camp? So that's that you know, grandparents want to help right what is whatever it is, but those are the daily actions because that planning, then turns into what are the steps that I need to take? Those are just things that occur to keep life afloat. Because if I don't take those actions, everything around me will start to disband.

Then, I will be in a place where I can't get to any of these planned actions, which is what the next one the planned actions are different in daily actions and they are close, okay, planned actions are these are the tasks that we're going to identify to help us get towards our goals. And the difference is you may not actually take these actions every day you may say on Wednesday, I need to take this action I need to meet with this person I need to make this phone call. I need to follow up with whomever it is I need to make myself available. I need to go and explore or discover this new thing that I don't know about because I have a long-term goal three months from now. And so, in order to meet that goal three months from now, I need to take some intentional planned actions and I will have to do something every day. But I may need to do something on Wednesday something on Friday. I may need to do something on every Wednesday and Friday. Whatever that is. But those are specific tasks, and those tasks may look like a variety of things that I've described. Mickey Walker, good morning. Nice to see. Happy Monday. Welcome to the blueprint.

Whatever those plan actions are, we know that, and we actually are intentional about either writing those down, about finding an accountability partner about saying these are the things that I'm putting in my calendar, how am I managing my time and my energy? How am I ensuring that the plans that I make I commit to them anybody in here ever put plans in their phone in their calendar, they write it down, and then they don't follow through with them at all. You make the plan, but then you don't take the actual daily tasks sometimes to get to the plan or you make the plan for two or three months from now two or three weeks from now, whatever the case may be, and you don't do the tasks that are needed in order to get you there. Right. That is avoidance. You know what it is that you need to do and there's some intent behind that doing it and we've talked about intent versus impact. We talked about the road to hell being paved with good intentions. When planned actions don't happen. We don't meet all of our goals. Well, we don't move closer towards the goals or the outcomes that we have. And what happens is as we get closer to that final day, that final hour, we get closer to right. You know, whatever that deadline is and we start to then panic, and what happens we go into those avoided behaviors that we just talked about moving away from so planned actions, and there's a reason that I put them in this order daily actions, planned actions inspired actions, because planned actions are the ones that we have to be intentional about taking steps towards there is not anything that we can do to see those goals otherwise, those planned actions become really compressed and we don't get what we want right environment wait till the last minute to buy a plane tickets. When you knew that you were going somewhere, and they complained about how much the plane ticket costs. Sometimes we get lucky, and we might be able to catch a deal and we might be able to make it work but oftentimes buying a plane ticket is a planned action. Right, I know already that I have two weddings this year. That I'm excuse me three weddings this year that I need to go to one that I can drive to but the other two, I absolutely have

to fly to. One in September and one in November. All of that is planned actions and so I am working backwards from those dates.

We're going to talk about that as we get to us like the action steps that we need to take but I am working backwards from those dates and saying because I know November the 12th is going to be this wedding. And thank you Christy. I see your messages. I appreciate that. Okay, because I know this wedding is in November and it is April right. Because I know already that in November. I need to do this. I need to take some planned action around what that means for me. So, I need to look ahead to my child's soccer schedule already for November. I need to make sure that I booked lodging for the head of security so that he will be fine that weekend. I need to make sure that I am planning all the way down to you know, do I need to clean out my refrigerator because I'm going to be gone for a couple of days and I don't want anything to rot or to come back. Right. All of that is planned action. Those are the tasks that we need to take in order to accomplish if I want to be gone that weekend. Successfully. I've got to now start to work backwards into that. Absolutely. Katie Brown says it again for the people in the front and in the back. Prior proper planning prevents poor performance.

I don't want to leave here and leave my house in a space or in a in a way right where I cannot get to and I'm one of those people and I don't know if anybody else is like if heaven forbid, I'm away and someone needs to get into my house. I wouldn't I don't ever want anyone to come into my home and it'd be in disarray. I literally want you to come in and say go to this room. This drawer looks in that this is where all the things are going to be right I am very particular about when I'm not going to be home leaving my house in a certain order or in a certain state because if someone needed to enter it for whatever reason, I would want them to have easy access to it. But those planned actions become important. Now when we decide for ourselves that we are not going to take any action we are in avoidance. There's no planned action there whatsoever. None. In fact, we say I know we need to move towards this place and I'm not going to do anything about it. So, there's nothing planned and when there's no planned actions there's no daily actions, even if those daily actions aren't every day, it could be specific identify days where we just don't take action at all. So now, two of these three types of actions are out the window. And our behavior is very much like nonchalant, non-engaging, complacent, choosing to remain right here knowing that I need to do these things knowing that these plan actions need to get placed right. Knowing that I need to buy dresses and shoes and start to think about the weather.

It's a fall wedding in the mountains of North Carolina, and an early fall wedding. Right or late summer wedding in Baltimore. All of that has to take place. So now I've got to start to think about what those things are childcare, getting my home in order, what things am I going to be scheduling because if not, I will get to that place towards the end if I procrastinate, if I move in silence and listen, I'm a proponent of movement in silence is one of my personal mantras. I say it all the time people. Bad Girls move in silence. I'm proponent of moving in silence, but I do not think that silence is an advocate for success. Especially when it comes to being avoidant because then I'm putting myself and everyone and everything around me in a state that allows us all to be operating. Right now, we're tap dancing instead of to stepping. Now we're not operating at our highest potential. We're operating in a reactive place. And that's not where we want to be. So those planned actions in those daily actions become

really critical. Let's talk about inspired actions and then let's jump to the next slide really quickly. So inspired actions are actions that you take based on any type of idea.

That happens in real time. Right? You've been talking to somebody right sitting with them or you ever been out looking at something going to do something and decided oh man if I bought this if we did that, if I tried this, that could lead me to these things over here. Right? What does inspiration look like for you and how do you start to engage in that? For me, sometimes it's a number of things. Sometimes it is, I see a piece of furniture and I think about what I can do with it in my home. Sometimes if I've looked on Pinterest because I've been trying to redesign my house and I want to think what are other people doing and how can I replicate that in the space that I have? Sometimes inspired actions don't have an origin at all. But inspired actions come and then you immediately take action around it. You don't wait more often than not inspired action is the space where you are the most motivated, where you were the most intentional, where you are not avoiding anything. In fact, because you're inspired, you're willing to step into all of the work. Right? You surrender this notion of I need to do all this work to not do the work inspired actions actually get you to say oh, yes, let's jump in the car and go look at that. Let's go here. Let's finish that. Let's get more clarity on that inspired actions are what keeps our behavior positive. Because now we are seeing an outcome. Now we are seeing the opportunity and the potential for something. And we it all happens in real time.

Sometimes people inspire actions, our community, our circle of people around us, sometimes we think that we are inspired by seeing the change the potential for creating something really good, too. Absolutely. Stop doing something that's not good for you and to start doing something else when you see the potential people chase potential. We chase opportunity. We chase the ability to say this can be better and I don't have to stay where I am. All of that comes from inspired action when you are inspired, especially in that real time moment inspired actions. Trigger planned actions. Planned actions help you determine what those daily tasks need to be. Does everybody see the stair step there, right. It's a daily action that can sometimes be the result of a planned action. Plan action can come as a result of inspired action when you are inspired, energized, motivated, feeling like I got it. I know what I want to do. This opens up everything the light bulb has gone off right I call it heaven and epiphany or an epiphonic moment. That feeling that you get where you're like, "This is the thing that I now need to be taking on."

You will take action, and nothing will get in your way. I watch people lead conversations, meetings whatever inspired all the time with new motivations and new agenda and willing to not only take their actions but bring other people along the journey with them. Because you believe so much in whatever this thing is that you're inspired by. Inspired actions are some of the best ones because there's a high likely to that unless something out of your control goes wrong. You are going to see this all the way through and there's no way that you're going to avoid anything because you're so motivated to get where you want to get questions before we talk about action planning and the first three steps that we're going to take in this here's where you want to get into your notes if you weren't already taking notes, but here's definitely where you want to get into your notes. All right. I'm assuming everybody's taking notes because chat is very quiet, which is all kind of you all listening or commuting. So, when we talked about action planning what are the things that we need to do? The first step is to surrender. Please write this down. The first step is to surrender. There is a level of mental surrendering. Mental

surrender is the most difficult because in your mind, you've attached to this narrative. You've decided for yourself that this must be the thing. I've been doing it this way for so long. I don't want to now have to change. I've spent so much money. I've invested all this time, right? I've waited too long. I can't go back and undo what I've already done. Right. I was so looking forward to it to be you know, this way, whatever the case may be anything, right? But there's a story that you have been telling yourself. Mentally ladies and gentlemen, you have to surrender. You have to say now is the time for me to step into this change. Now is the time for me to step into whatever it is I now need to embrace this truth. And the truth is that if I don't do something now if I don't change these things now, if I don't like to come in and help me if I don't own or say this is what it is that I need to be doing. If I don't do any of that. Everything will remain as it is.

Good morning, Sandra. Nice to see you. Right now, we're talking about mental surrender. We're not spending any money. We're not just we're not spending any money just yet. Right? We're talking about surrendering and saying I got to do this right? Because I can't wait any longer. The time is now and the other thing that you have to do both, and this is the hard part, you have to let go of struggle somebody please write that down. You have to let go of struggle. Sometimes the struggle could be this this argument you're having with yourself in your head. I don't want to do this right because this doesn't make any sense have already been doing it. But you need to do it this way. Because you know if you do it this way, it's going to lead to this or that. Good morning, Hops. Nice to see you. Hops, we're talking about surrendering and accepting that now is the time. We are also talking about embracing narrative. But most importantly we are talking about letting go of struggle because folks we'll see what we stay in the struggle we will stay in the struggle because it gives us a reason to complain.

It gives us a reason to avoid it gives us a reason to blame. It gives us a reason to do everything except that the time is now to embrace. Dee Gibby Senior Welcome to the blueprint. Happy Monday to you. Thank you so much for being here. I hope you're enjoying today's conversation. You come back anytime Monday, Tuesdays and Thursdays at 8am. Please let go of the struggle because the more we keep ourselves in the struggle, the less we are going to be in this space of taking those planned actions doing those daily actions are even getting to a space of inspiration. Right? Absolutely. Tyndrum right there is this notion of letting go of the struggle because here's the thing, most of it is with us. Yes, Crystal we dressed up like a Christmas tree like we are going to the best dance. The most extravagant gala like we are off to go do something right we will dress up the struggle and look good in it and try to make it seem as if we are not struggling. We will tell everything except for what really is. You must let go of the struggle and it is probably the hardest thing which is why step one is to surrender. You have to surrender mentally in your head. You got to get in alignment with yourself and have a conversation with deep tissue. This stuff that we're doing, we can keep doing it because guess what? If you keep doing it, you will feel this way. None of these things will move forward. All of these things will stay the same. You will not get to any of the stuff that is just on the other side of this struggle. How many people know for a fact that everything that you want to do is just on the other side of your fear, your anxiety, the struggle wherever it is that you've been saying? Because as long as you keep yourself there, everything will remain the same but let me tell you some folks you have to step into the fear to find your joy. Let go of the struggle. Misty Christie, with the real talk this morning, please don't be a martyr for the struggle. Why would you sacrifice yourself to stay in the struggle? Gclass. You're welcome. I'm going to

sip my coffee. Okay, and let that sit right for everybody. DJ Delatt Good morning. Thank you so much for being here and greetings to you from Atlanta. Hello Tampa. Happy Monday.

Step one is surrender. Ladies and gentlemen, listen, we can have a whole lot of conversations. We could have a whole stream on surrender. Yup. And be glad that we do not have to. Because I can absolutely spend time on just the notion of surrender. Right? I'm focusing on the mental component that goes with surrender. Especially because sometimes ladies and gentlemen surrendering means we have to acknowledge that we're not right, who in here likes to be right anybody who would like to be right. We'd like to be in control. Right? We like to make sure that we are the ones doing the thing. telling others how to do the thing. Determining what the thing is right. I want to be right, and I want to make sure people know that I'm right. But am I happy and being right? Am I staying in the struggle and my struggling to be right? Did I do this? Yes. Have a great track record of doing that. Right Christina? This is absolutely right. You nail yourself to your own cross. Right, you bare your own cross right on up whatever mountain it is, who wants to carry their cross up Mount Everest?

That's what we're doing ladies and gentlemen, you know, just surrender in your headfirst. Embrace the truth. The truth is I need to change something needs to be different. What I am doing is not working. Then let go the struggle. Because the minute you let go of the struggle you give yourself space and permission to embrace a new story and focus on the present which is step two. The time is right now for you to do this. Katy Brown sees my life Journey if you need a therapist. When we get to this place of accepting the truth and let me be clear about accepting truth it's very, very difficult. It's very difficult. Let me tell you very personal moment of surrender, right that I'm having or that I had, right I had it I just got to a place where I had to surrender. Right so I think I've been clear with you guys where that I've been navigating kind of the final stages of going through a divorce. And in Georgia, there's a bunch of stuff that you have to do and instead of kind of starting the process, we've decided that we were going to get all of the documents in order so that when we go or when I go right, I got it and that's deliberate. And it's all there. So, a lot of people do it the other way around. We didn't do it that way. We did all the emotional work first, so that by the time we got through all the all the task-oriented stuff, it was easy to move through.

However, the part that I was struggling to surrender is this because of the type of human being that I am the way that I'm wired. Right and I think I've said this to you. I'm an empath. I admit a lot of light, receive a lot of people's energy, I give a lot of people's energy. There is a part of who I am that feels responsible for other people's happiness. Okay, all of that. And in particular, this was a very important relationship that I was in and that I was curating. And so, for a long time I was pouring in, but I was not getting anything back. And so, I had to really get clear with myself and accept that there was a time where I couldn't live this way anymore. And that meant that I had to embrace this truth of I can't stay in this relationship it is not serving me. Right, he's a good human. It's just not serving me. Doesn't mean he's a bad person. It's just not serving me. It doesn't mean that right? He's not going to do amazing, good in this world. It's just not serving me and so I had to start letting go of that struggle that I was having with myself. But the real struggle that I was having is that at the point which the finality came, he would then be responsible for his own happiness and for whatever reason, I was still hanging on to this part of the narrative that if I stepped out of the picture, that he would now be exposed.

I did a fair amount of covering and protecting. I would like to think I was a good wife at one point in time, right? We've not been together I lived under the same roof and years. But like there was a part of me that was owning his happiness. So, I wasn't taking certain steps at certain times where I was staying in a place where I was not moving forward and I was dying on the inside. And I mean, dying on the inside. Because as a person of faith, it really, really, really plays into how you show up right? You put your morals and your ethics and your values out there. That also plays into this notion of struggle. And finally, someone said to me, Kim, you are not responsible for his happiness, right? You need to get comfortable with saying this is the role that you now play in my life, and it is strictly related to the well-being of our child. But the role that you play, right, and I had to surrender that right, and I had to let go Hobbs. I'm totally with you on the chat even as I'm telling this story, right. But I had to surrender. This notion of I'm still responsible for somebody else's happiness, emotional well-being their intentions. The direction that they're likely is going to go in. I'm always going to be tied to him because of that beautiful baby that y'all saw last week, or whatever we do was that he was on this stream always going to be tied to him. I'm always going to want to make sure that his well-being is in place, but I don't have to own that, and I was sitting in that struggle, mentally.

Literally owning it and trying to not make moves so that I did not disturb his emotional peace. Meanwhile, I was a mess on the inside, literally dying, literally struggling, all of those things. And so finally, I just had to embrace the truth, Kim, it's okay. It actually makes you a better person for you. You can be a better mom. If you accept that the time is now for you to not wait till you think that he is emotionally stable. That's not your responsibility. My responsibility is Kimberly Marie Blue. That's who I'm responsible for. And so, once I started to get to that place where I could then surrender I had to change my narrative to say I did my part. I carried the seat I carried as far as I could in that season. That's not a season that I'm in anymore. I just surrender. And listen, y'all I sat there for a long time, a long time, years (with an S) in that place. And it just has recently in the last few months been that I have gotten to a place where I'm like, I'm okay letting go of that truth. Right. I am okay, saying "Kim. you don't have to be responsible for his happiness. Happiness is an inside job that's between him in the Creator. You're adjacent to that but do not get in the way of somebody else's work of His blessing of his journey of his walk. If you stay right here and you try to own this, you are disturbing him and you yourself cannot stay here."

Not only that, but my light was also dimming or I was literally getting my own light organically because I'm over here trying to make sure somebody else's light is stable and not flickering. No ma'am I cannot do that. Right. I cannot do that anymore. I was literally doing that. It's my time. The truth is, is that I'm not responsible for that. My marriage is this. I know what I'm responsible for. I'm going to sew over here and not try to sew over there because nothing for me is harvesting over there anymore. This is where I need to plan this is where I need to so this is where I am your tribe, your community, all these things. You have to get clear on your narrative's ladies and gentlemen, you have to surrender. You have to let go of the struggle especially the struggle that you have with yourself. Once you stop struggling with yourself, you give yourself permission to move in action. That's how we get to focusing on the present. That is how we get to ensuring that what we need to do happens right now because in the present is where those planned actions and those daily actions take place. We're going to start day two. We're going to start the conversation about action number two and we're going to get to that tomorrow.

Right, we will revisit surrender we will talk about focusing on the present and then finish with eliminating distractions because that part these first three steps ladies and gentlemen, are the most difficult because they are all about you. And I'm talking personal, but this is also professional sometimes you need to surrender and let somebody else who wants to do it, do it. You want to run the meeting sis? Do it. You want to build the presentation? Do it. Right? You want to be the shining star in the room the loudest voice the person who says I know how to be that. I'm going to be over here. I'm going to take my time back I'm going to take the truth back I know what my role is supposed to be. Okay. Here's the thing. Focus on the present starts with knowing the Chinese proverb that I put up there says the best time to plant a tree is 20 years ago. The second-best time is now. The best time to plant a tree is 20 years ago. The second-best time is now. Today, folks, I really want to encourage you to think about what surrender looks like what is my path to surrender. What am I surrendering? How am I thinking about letting go of the struggle? Because that's the hardest part. Listen, folks, surrender the struggle. Getting really clear on how you need to let go. Don't stay in the struggle stay on the struggle bus there is intent behind it.