

The Blueprint_ Mixtape_ Bonus Track! Aug 15, 2023

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SPEAKERS

Kim

Kim

I believe everyone should be the boss in their own group. So they should have access to three things every day. Excuse me, they should be able to do three things every day, but have access to the knowledge, skills, capabilities and resources so that you can operate at your highest potential. You can add value to whatever work or anything that you own are responsible for and most importantly, you can show up as your most authentic self. Because when you are authentic when you are confident people get you and your gifts and your gifts should always be great. And then you don't have to dim your light or shrink back or feel like you were doing anything other other than showing up as you I will tell you this space allows me to do that. And you get my gifts. I get to start my day in a community that I am passionate about and that makes me happy. And that allows me to operate it allows me to be my most authentic self. So thank you for supporting the blueprints, lots of things that are going on and happening.

Kim

So let's start with a little reminders and housekeeping. And then we're gonna jump right into today's conversation. Full stop. We were supposed to pivot and do the professional development on Tuesday, and then the personal development on Thursday. And as I was preparing for today's stream, I was reflecting back on our blueprint mixtape series, and some new things just showed up for me yesterday and so I'm going with what it is that I need to say because I find that when I do that, all of the things that I'm feeling and all of the things that I want to make sure I'm imparting in this community are more meaningful, and I would be moving around and not being my authentic self not being in alignment with my values. If I didn't do that. So we will get to the relative love series on Thursday.

Kim

And today, we're going to do what's called the blueprint mixtape, this is what we'll refer to as the bonus track, right so it's like get a CD to get a tape something and there's an extra song on there that you weren't expecting. This is what we're going to do today. Two things that I want to make sure we

share and then we're going to talk through what that looks like. So that is the redirection. So for anybody who came prepared with the book, thank you. We're in just a moment. So you know if you've purchased it looks like and what we're going to be doing on Thursday, but today, yes, those bonus tracking vibes. Definitely have your pens and your notes. Because we're dealing with two particular things that I'm going to share today plus a little bit of just mindful guidance on how we navigate that so quick housekeeping. The new schedule is effective this week, so I didn't stream yesterday. Everybody was looking for me or I missed you guys but I was super productive yesterday so much so that I didn't even have a minute to communicate.

Kim

MyLifeJourney always hears from me before we stream to make sure that we're in good shape and she does not need to support me and I was quiet. I was literally engaged with my client all day. So if you were wondering why Monday pullback, it's because I'm having some higher engagement with some clients, which is wonderful and I'm grateful but I don't want to let that impact my ability to be present here. So and that was it yesterday some new schedules Tuesdays and Thursdays still at 8am. Eastern Standard Time, exploring some things behind the scenes where we can figure out how to do some deep, dark and what that might look like and also securing some guests for our series, which we'll be using this book. We'll be putting link in the chat. If you can hashtag excuse me, exclamation point book the link.

Kim

And you can purchase it it is not required ladies and gentlemen, it is merely a guide. But this is where I'll be speaking from and it's a great reference, if you want to write things inside or if you want to be able to make notes. While we are talking about this. This will be where we spend our time. For the next three months we will have one professional development conversation. And what I mean by professional development is what are the things that are going to help you be your best in the workplace. You all know I'm an HR strategist and a coach. What I have learned over the course of my career is that people have a very unique idea of what HR is very antiquated. It's very old school. They see it as the principal's office. You want to go there and you're getting hired or fired.

Kim

Nobody's using them to say how do I get better at my career? How do I think differently how do I make sure I'm saying the right things or talking to the right people? Or asking the right questions so that I can get these blueprints right? I know a lot of things ladies and gentlemen, but I don't know everything. And I don't know what it will be specifically for you to be able to grow your career change career. So what I can do is help give you some of the tools you need to whatever your day to day. And this is a space where we'll talk about that and then I can bring general things to you interested in private coaching. And then of course we have here on how to get exposure to me, but that's the main reason that we're doing the professional development because it is just as important as taking care of your soul and your mind and your body. So that's the book that we're going to be using. We will start that on Thursday.

Kim

Thank you for your patience with me and switching it up today. And then I'm going to be updating the calendar to make sure that there are days that you know that the blueprint of what we're streaming there's some travel that I have. And in particular, that is what probably helped around some of the blueprint after dark series. And then some specialty things that are coming up in October that I'm excited about for the blueprint that I've been invited to participate in. Which will mean really cool opportunities for me more to come about that October. You might be thinking I seem so far away, but it's already in the middle of August. And then it'll be Labor Day a few weeks and then it will literally be October so stay tuned for that and for some some cool things. That are coming not just with me there are other things that are happening more broadly about twitch.

Kim

In addition to that, a couple of announcements about where I'm going to be so hopefully I can get to meet some of you or see some of us. So first and foremost, the Atlanta Meetup is coming together it will take place in September this weekend of September 21 to 24th. So if you're here in Atlanta, we want to come and meet some of the Twitch family there is an entire Instagram channel that you can follow it is a to meet up and you can get information there. If you want to find more information, please follow Lisa X around with this woman. She can give you more information. She's been spearheading it alongside of the Atlanta committee which is anticipating facing various town Musa X DJ fires if you followed any of those folks are working behind the scenes. Good morning and thank you so much for being here. I just want to give a shout out these meetups have become really important as we are transitioning and finding balance in real life and connecting with those who were a big part of how we not only survived with a pandemic, it was at its height. So the Atlanta Meetup is coming there is tons of information out there. Lisa X is doing an active stream so you can get information there and I'm going to work on putting a link to where you can register for that in the chat so that we can see everyone who wants to participate and attend. So when a meetup is coming, I will be there so I hope that anyone who will be there please let me know we'd love to be able to make time to be moving in and out of mom mode that we can look soccer games but nonetheless I will be present for the event.

Kim

And then on the weekend of September the 8th-10th I will be in Baltimore for a wedding so Friday September the 8th. I am looking to connect with all the Baltimore coach folks. It can be something as simple as something as simple as just you know some cocktails or happy hour. I will have that Friday evening or part of that Saturday morning before my neices wedding available by the DMV area. I'm happy to share details around there. I'm going to be outside of here but I just want to tell you that we're going to be there and we'd love to meet anyone who's available so we can reach out to six classics and truly miss Kennedy Yes, I would love to spend would want to be that's fantastic. I'm gonna make sure that I get around to all of the Twitch DMV and say here's where I'm going to be as far as that from you or is it reasonable to try to eat up for that evening and we try to make sure that I'm places where you are I can meet. So that's super important. So lots of housekeeping. Lots of announcements, lots of movement. Way, way more time.

Kim

Let's see who's in the chat because folks are here and I want to say good morning and then I want to jump into the chat. Today so MyLifeJourney Good morning to you. Thank you so much for

being here for checking in on me yesterday and making sure that I was not lost somewhere. Good morning Jen. Thank you for being here in the morning. And happy to see you happy Monday. Morning nice to see those very good morning. So you want to work with the Spirit. Thanks so much for being here. Thank you. So much. I saw you. So welcome. And thank you so much for being here. Miss Katie. Good morning to you. Hopefully I get a chance to meet you on the DMV for the wedding. Shout out to everybody who was working, lurking and commuting. I know that I have a really big lurker population and commuter population and that makes me really happy. Because I know that I am accompanying you on your job whether you're transitioning into work or out of work or between shifts or whatever your responsibilities are in the morning. Thank you for being here. Thank you for supporting this space for those who are exercising if you're listening to me. Thank you for having me and for bringing me along on the journey with you if you take care of yourself. I know that all of those things are part of what this time of day means for everybody. So I tried to structure the conversation so that it is in support of your life, no matter where you are in your day this morning.

Kim

So, DJ purpose and Dr. Datie Priest before coming to you ladies nice to see both of those folks apology to DJ purpose increasingly folks who are doing things out here today. Dr. Datie Priest is streaming this afternoon is Tuesday. When you're going to be saying that you know when you are going to be streaming weekend so we can go and catch you in the engagement matter space. Good morning. Hey, nice to see you. Tuesday to you all right. So lots of reminders and things that are happening. Let's jump right into what we're doing. So we rounded out our mixtape series. Awesome. So Dr. Datie Priest, is going to be on tonight at 530 East eastern standard time talking about self efficacy. Please go and support our Twitch sister and engagement matters. DJ Purpose she is streaming today. That is the energy that you are on and that you are the best time with purpose. Thank you so much for being here. He's right back to you, sister. Shout out to the rest of this weekend. Twitch man if you are here, I think it's still on vacation. So he may or may not be working or lurking or working listing but I had a chance to work with him and then I have to pay off over the weekend. So always nice to connect with folks when they're in Atlanta and really making it a point to try to get out.

Kim

So last week we talked about we wrapped up our blueprint mixtape series and then I had planned to pivot last time and as I was preparing for this streams, really was just doing some soul searching things that were showing up for me in conversation, closing conversations that I was having with people and in my network. And just looking back at the ways that it's important for us to take care of ourselves and to prioritize ourselves. Oftentimes, ladies and gentlemen, it is true that we will surrender, sacrifice, lower or limit. The thing that we need to do is elevation support, for edification of others in our lives. And so that may mean giving up of the things that we like giving us some of the things that are important to us that fill our tanks.

Kim

It may look like when you get into a relationship when you get married, right so sometimes and if this may be one of those things right when you started with that. You may actually say these other social relationships are circles that I have been involved in actually I'm not going to do that. Because it may not be in service to the way that I now need to move, thinking or believing that because I am now

sacrificing my is where my tank is for the places where I get recharged, the ability to recalibrate my center to use Dr. Daties words. Because I'm not going out for my weekly basketball game because I'm not going out and talking it up with a normal, happy hour because I may not be going to the gym because that may not be involved in all of these things that I was doing. I am now lowering my ability to be my whole and full self. So that means when I show up to play some spaces or engage with people, I am not at my best I am not operating at my highest potential I am not delivering on anything that are clipping at the very top of my game and when I'm not at the top of my game, I began to feel that and what happens when we begin to feel ourselves and we're not at the top of our game, right? You start to breed a whole different set of emotions.

Kim

Good morning again. Nice to see you. Happy Tuesday. Listen Hopps bonus tracks always hit hard okay they are all they are you never expect them. They always come hard and some of the tracks that you are getting in real life, right? That's why I was like this is a bonus track. Okay, and I want to make sure that you all hear this so there's two Kim Gems that we are going to speak about today. Two of them and I want to get them. So Hopps, I gotta get them before you get out of here. I know you're gonna be running out the door soon. Okay, so hang in there with me. Listen, folks, we we start to push ourselves in ways that make it so that we are not getting things in return. Okay, all of those things. Then start to breed a series of feelings. Anybody in here know why resentment. I love it by the way. There you go. Dr. Datie Priest on that's on demand service. Okay.

Kim

We start to breed a whole different set of feelings and the mantras that are on our mixtap start to turn over. We might have been rockin with some of these new matras but the minute we start to shut down the things that make us who we are, the me that is me that you that is you. Whatever it is that makes you your best, your greatest, your most efficient, your most happy whatever that is the minute you start to pare that down and you don't nurture that side of you. You stop operating at your highest potential you stop being the boss of your own blueprint you give away your power. In particular ladies and gentlemen, if we expect that in so sacrificing someone or something else will replace that or someone will acknowledge that in us someone will feel that void because we have said to ourselves look, I am now giving this space away I'm creating more space for you as this life. What you're not being poured back into right? Start today and reset it you're walking a mile journey. Listen to me. I don't know where you are in this chapter. Just rock with me to the top right when we did the top of the hour. Here's the thing ladies and gentlemen. We willingly step into those spaces. Okay, and I see most of you I don't even see her in the chat. I know she's back there somewhere. Right she's probably she's probably quietly just waiting. When here's the thing, right? Dr. Datie You just tell my life journey put that in there. She will add it. Okay. But listen, folks, we will willingly say I want to demonstrate my love my commitment my respect, whatever it is to this space. And I want you to see that but then what happens when they don't see it? What happens when they don't give back what we have put out what happens when there is no reciprocation at all for anything that we are doing. Okay. When there is no reciprocation, our energy is off our peace is all wonky because we are now expecting something. We are doing something in expectancy and not getting it back in return.

Kim

We start to breed resentment. Ladies, gentlemen, we start to resent the people, places and spaces that are not pouring back into us or that do not recognize that we are over here. Delivering giving up things so that you can get things in return. Right we start to feel resentment, we start to feel like we are not being respected. We are not being valued. We are not being seen that our gifts are not being valued at all that we are just showing up and that people are taking us for granted. And now what is happening is not only have we given away our powers, we've given away our peace to someone who is basically showing you the fact that I'm just going to take your piece and I'm going to treat it the same way that I treat everything else. Meanwhile, you're over here regarding and respecting and elevating and edifying and breathing into and making sure that everybody and everything around you is at its best at the expense of your peace.

Kim

And that leads me to our first can do today. Okay, and so I'm going to add this right everybody write this down. Good morning. He did come in at the right time. Listen to me, folks. Okay. This is the first Kim Gem the peace you keep is often the peace you protect. Okay? If you want to keep your peace, if you want to keep the peace, it is in service to protecting your peace. Let me tell you something, okay. When you decide to keep your peace, you protect your peace. What that means is sometimes you may decide that it's not worth me saying something when you see people, places, spaces, changes, whatever it is that is not in service to you. What if that resentment, those emotions bubble up and we get to a place where we're like, I need to say something. I'm not going to be able to sleep at night until I've been able to speak my mind. You can say something you want to keep your peace protected. Sometimes that means keeping your mouth shut. Sometimes it means finding a different way to redirect that energy. Sometimes it means being able to say you know what, I have to own that decision. I have to own that choice, right? I have to own all of the things that are going on within. So owning I just have to accept that truth because my peace is greater than the energy it will take for me to now go and investigate and spend the time asking the questions of understanding why.

Kim

Absolutely, Dr. Datie you better pivot past that discord. The peace that you keep is often the peace that you protect. MyLifeJourney please put up the right message. Good Morning Welcome. Nice to see you. Double spirit is out of lurk ladies and gentlemen, I appreciate that. Welcome in SexyVibes Nice to see you. Happy Tuesday this is a space where we do the work SexyVibes, so get your notes and see mylifejourney for all the gear that you may need. SeeLove702 holds his and and Hops holds the fans before she gets out of here.

Kim

Sometimes people will challenge you in ways where your piece will be compromised if you don't protect it. Let me say that again for the people who were writing notes so you can get it all down sometimes the people in your life will challenge you in ways where your peace will be compromised if you do not protect it. Okay. There is a whole measure of protecting your peace that goes into you choosing to say I'm going to let the resentment win I'm going to let this negative energy win I'm going to let these bad vibes win. I'm gonna let all of the energy from this work place win right? Instead of sipping your water, taking your vitamins, minding your business. Because the minute you let

your peace go you become a painkiller and not a vitamin and that is not what we are here for ladies and gentlemen.

Kim

Marsha Queen. Good morning. But offering plate is going around ladies and gentlemen, please see her you need that. Let me take some ladies and gentlemen. Okay. The peace you keep is often the peace you protect. You want to protect your piece, choose to keep the peace and what does keeping the peace look like before we go to this next Kim Gem's. I need Hops to see it she gets out of here because I want her to hear it. Protecting your peace looks like do I need to choose my words now in this moment, or do I need to wait until I'm feeling more in control of my mind of my energy of my emotions? Okay, because the minute I am out of control with that I'm now in pain and what do I want? I want a painkiller instead of getting myself rational. Alright, why do I feel like this. Why am I allowing this person to get at me in such a way? Why am I allowing my peace to be troubled? Why am I allowing the waters inside my soul to be stirred? Why am I over here where the grass is all brown and dark? We're not gonna be over here when the grass is green because I spend time nurturing this space. The minute you do that, and then you can respond from a place of respect for yourself out of love for yourself when you can communicate properly. Now you are protecting your peace. Now you've not given away your power. You are in control of all of this. Nobody deserves to receive you at your worst.

Kim

Now and I'm not saying sometimes every once in a while you to come in with this heat because people need to know that they cannot treat you any kind of way but more often than not ladies and gentlemen. Yes MarshaQueen says take the time to organize the emotion. Please get emotionally organized. That you could step into that conversation into that ask into whatever that space is where you feel like I now need to advocate for myself. I need clarity, I need understanding I need connectivity or I need to release you so that I'm not holding on to you and your stuff. All the time in my life, in my space, in my day, in my energy. Because now what I'm seeing is that you're not valuing my currency the way that I put it out there. I need to release you. That is the peace that I'm choosing to protect. Right?

Kim

Hey, choose one or two things either give me the energy and the strength to come through irrationally or release me from this I'm not held captive by it anymore. The peace you keep is often the peace you protect ladies and gentlemen. All of this is important around why we ensure this goes back to being a vitamin or a painkiller keeping your peace and protecting your piece makes you a vitamin when you let those other negative things show up. You become a painkiller or you're seeking the painkiller because you want that acute quick. I need something to stop this pain instead of understanding why. Can I endure it to be able to get clear on what that is? The second thing that I want to tell you before we get into the four areas where this is most important, okay, is you need to recognize your redirection.

Kim

So in so protecting that peace, you're going to go in a different direction. And you need to recognize that sometimes that redirection is the peace that you need to protect. Sometimes, anybody

ever been going in a direction then you get stopped. You get an email, you get something write something you are on your way to go tell somebody where to go and what to do with it. You have just made up in your mind that you are about to say about something gets in your way you get blocked, you get stopped. There's a disruption. There's a distraction. Something keeps you from going in. You need to recognize that redirection because that redirection may be the thing that actually helps you keep the peace that you need to protect. Sometimes redirection is about design. And when you recognize that, and when you get back to a place where you go, "girl I was about to go march around in my boss's office and tell him exactly what I thought about him" or "go right to co-workers saying that why did you think that was a good idea?" Or I was gonna come in and just pop off at the mouth or say something or not do something or retaliate in a way that does not have you operating at your highest potential. Or being your authentic self because even though that's what you feel it may not necessarily be your authentic self. All of these things are genuine and true and intentional about what's going on. Absolutely Miss Harmon redirection is your protection we're going to pause there ladies and gentlemen because we have a raid.

Kim

Welcome in raider Good morning to the gospel takeover family shout after one reason for the raid. Bishop come on and raiders and make yourself at home you are just in time because this recap is about to be everything that you've ever wanted. Okay Shelly Thunder Good morning to you. Thank you so much for being here. Come on in folks blueprint boss fam. Make space for our gospel takeover family as they come in. Please see mylifejourney for any of the boss gear right. Everybody come on in and make yourself at home. Welcome to the Blueprint happy Tuesday to the Gospel Takeover. Thank you so much for the raid. I know it's been a while I'm happy to see that see everybody. Good morning. Welcome in everybody. Nice to see you. Big hugs Big Love. Lots and lots of good energy coming at you from the Blueprint. Happy happy happy to have everybody from the gospel takeover family. Thank you so much for being here. Everybody this is a shout out to everybody who continues to work, lurk and commute. Virtual head nod to you virtual salute. I know that this time is where everybody's getting themselves together. I appreciate you being here. I appreciate you being active in the chat or if it's in service to you to just listen, keep doing your thing right all are welcome in whatever way it is in service to you.

Kim

All right, so did I catch everybody who came in on the raid from one reason and the gospel takeover family and if you're not following them please give them a follow always good times this morning. Listen reasons Shelly shout out to y'all gotta work early this morning. I don't know if you are lurking or not, but thank you for getting here. Okay, so let's do this recap real quick. And then we're gonna round this out because we still have one more slide on the Blueprint mixtape bonus track. For everybody who's listening and folks who are coming in. Okay, so listen, folks. Listen, Shelly, I appreciate you.

Kim

You got to recognize your redirection folks. And let me tell you why that redirection is intentional. Because sometimes before we go and do the thing that is not going to be in service to us. We need to recognize that the world the universe, all of these things may stop us. And it may create that intentional pause to say "Hey, listen. I need to take a breath. I need to recognize what I was about to do". Because

sometimes when our energy when our mindset gets redirected and we have to put it elsewhere, it allows us to calm down and come out of that very reactive space, so that you can be intentional about your work. You can be intentional about your actions, your behaviors, right because behaviors and actions are not the same thing. They are adjacent behaviors what it is that we are going I mean action is what we're going to do and behaviors and how we're going to do it. So that attitude, the energy, right, the mental capacity that comes behind that all of that is there and sometimes ladies and gentlemen, when you recognize that redirection, it can actually be the thing that saves you and allows you to show up at your highest potential or operate as your best self or truly stay authentic to who you are.

Kim

When we ignore that redirection. We now are in opposition of our values. So where we might value communication where we might be intentional about saying you know what, I usually think before I speak, the minute you pop off at the mouth, you've now put your values all out the window, you're saying no space for that. And then you have to own that choice. You have to own that space of saying I came in here like a bat out of torment, and I just did whatever it was I wasn't thinking I wasn't rational, right? Any of those things and you still have to own that and then you have to show up in the space where you're now saying, okay, now I have to course correct. And I still got to do the thing that's expected me a still gotta move back into the space of being who can pull this off. So if I'm in opposition of my values now showing people who I am in a different way, I have demonstrated things that I don't want to be true about me upgraded a whole new narrative. And now guess what the mantras on their mixtape are going to be?

Kim

Snapping, not holding it together, she doesn't think before she speaks she's really kind of just, you know, brash, she's impulsive, right, whatever words you may describe someone who is in this space with you. So I'm telling you, ladies and gentlemen, where you spend the time recognizing your redirection, it is the very thing that may help you let me drop this slide back in here, protect the peace that you need to keep. Okay, so for everybody who just came in on the raid, this is a bonus track on the blueprint mixtape, mixtape is what I was doing all of July. So it's different mantras or ways of thinking or belief systems that we are changing because sometimes when we get down on ourselves when life gets hard and you start to struggle, the things we say to ourselves are not fine. So last last month, I talked about everything that we need to think about when we're just different topics. And so this is the blueprint mixtape, it's a bonus track. And this particular Kim Gem, the peace that you keep is often the peace you protect, was how we opened up the conversation because what I framed it with is saying, listen, sometimes we give of ourselves or we sacrifice spaces and people and things and time and all of the things that we need in order to better something or better somebody only to not get back in return. And it breeds resentment. It breeds negative energy, it breeds poor thoughts, and then our energy is all off. And our peace is now compromised. And what I'm encouraging all of you to do is protect your peace and that means sometimes keeping the peace, keeping yourself in check, keeping your mindset in check, not letting the world win. The minute you let the world win, everything about your value system goes out the window. Hops is that your birthday? Happy birthday to you. Happy Happy Birthday. Find your favorite birthday emots. Let's put lots of birthday love in the chat for Hops. She is always so consistent in the stream she comes in even knowing that she has to leave and she consistently catches the replay of the blueprint and then sends me a whisper and tells me about these

things if she can't catch me in whispers will catch me on LinkedIn. She let me know what is going on. If she would tell me if I have snatched all her edges and she'll say I have no edges. They just started whatever it is. So let's show some love to Hops in the chat. Happy birthday to you listen to this. I hope this next trip around the sun is full of love is full of laughter and is full of all the grace you need every day to be able to operate your highest potential and be your most authentic self. Okay, so happy birthday. Thank you so much for being here today. Jason Smith. Welcome and good morning. Happy Tuesday to you welcome to the Blueprint.

Kim

Dr. Datie Priest says and after you have adjusted the sails and headed to a new and improved remember that past behaviors are just that in the past. Absolutely. So you cannot go back to that because part of protecting your peace and keeping your peace is knowing that you cannot look back because the past is behind you. I saw something on Instagram the other day. And it was so powerful and it was it was a it was a minister and she was talking she was making a correlation between our life in the forward and then what was behind us and essentially as so many words she says sometimes we are looking back and yearning to be back into space that we have left or that we've been intentionally brought out of there's a redirection right? Instead of looking forward to what is ahead of us and what awaits us and the good that is there. This is that peace that we are keeping. The peace of moving away from all the things that were disruptive, distracting, anything that is not for our good is the peace we keep as we move towards our greater call to higher whatever it is. The minute we look back and we stay focused on where we are. We do not move forward. We stay stuck. And it does not allow us to protect our peace because now we're looking back and we're trying to figure out why didn't it work but what is going on DJ Farmer welcome and nice to see you happy Tuesday. Welcome to the Blueprint.

Kim

So we are not keeping our peace. We then sacrifice our peace again trying to go back and settle out these things because we need clarity because we feel like we there's something there that needs to be done sometimes folks, peace is not getting closure. Sometimes peace is just saying it is what it is. And it was what it was and I am going in this particular direction. And that is the only thing that I can do. Because if I continue to try to walk backwards, I'm surrendering and I'm not at my best. And I'm giving up everything that I have worked towards. And I am ignoring the redirection that may be for my better for my greater whatever the case may be. So I want you to think about the spaces that this is intentional in. So let's look at this next slide. All right, I'm gonna take myself out of it for just a sec. So you almost smacked me out just this morning. Listen, sometimes the bonus track hits harder than the rest of the tracks on the mixtape right.

Kim

Listen to me, folks. The language is right there be what you need to be for yourself. I want everybody to take that line in the chat because it's the most important thing be what you need to be for yourself. First, be what you need to be for yourself that in and of itself could also be an additional Kim Gem alongside the other two and hopefully everybody gets this down because I want to make sure that you've heard that but ladies and gentlemen. Be what you need to be for yourself first. Yes, deep guts, right? Be what you need to be for yourself. Because if you cannot be what you need to be for yourself. You then cannot be that for the people, places and spaces that require you whole, full, and at your best.

If you cannot be what you need to be for yourself first. Everything else will not get you at your whole, your fullest, your best, your most authentic, at your highest potential, operating in your gifts. Be what you need to be for yourself first. Period.

Kim

If you cannot do that it will delay your ability to have the things that are on the screen right your self love is impacted. Balance right which is what we see with all of the things that that are on the right thing right the balance our work life balance right one of the things that Dr. Datie Priest said earlier in the stream is that your energy is all along right and you have that inconsistent. The minute you don't protect your peace right and you're not keeping the peace that you need to protect. You see that Wordle out there right says relaxation work life, balance, wellness, community, fitness, work, soul all of those things are off and then your cup is empty. As Dr. Datie Priest said in the chat because you cannot pour. But when you have overflow because you are protected your peace because you have recognized the redirection even and listen, Sometimes ladies and gentlemen, we struggle to accept the redirection. We know it's the thing that we should do in fact we may know it before the world redirects us because if we don't redirect ourselves going to do these things in the direction that you need to go it will make things and people and situations and systems so uncomfortable, so challenging. So difficult. That you cannot stay. But it is human nature to wait until the very end because we don't want to we don't want to be known as someone who gives us right and we don't want to be known as someone who didn't stay until death do us part we don't want to be known as someone who runs away and doesn't commit. You don't want to be known for any of the things that we think will label us. So we stay to the very end and we more with the greater good and we ignore the redirection. Block off time every day or she understands because you have to take care of yourself.

Kim

Dr. Datie Priest is in need of some shoes mylifejourney. So you can get her you can get her what she needs. Listen, folks. Sometimes we ignore the redirection when we know that it's the very direction we need to be going. And we keep pushing through and we walk around and we see it and we know what is in front of us. We know we are we know we're supposed to go to the right. And we go to the left and then what happens when we turn left. We immediately see our surroundings not looking or feeling anything like it is supposed to and then we're all here trying to figure out how to get right. And in most cases it is the right where there's nothing left because the left for nothing is right. And that's why the redirection is so important. Because the minute we get to a place where we feel the redirection don't ignore it. Ladies and gentlemen, be intentional about embracing that redirection. It is the very thing that may save you in the long run. Don't ignore the redirection, recognize the redirection. Find out how it is going to be in service to you and then embrace it so that as you walk forward in that journey, you have peace in that redirection. And that redirection is guiding you to whatever's next wherever you want to be however you want to get there but all that is intentional.

Kim

Gclass good morning. Nice to see you happy Tuesday when we think about redirecting right be what you need for yourself first. And if in that space of discovery, the thing that you need to do is to be available to yourself so that you can embrace the redirection that redirection ladies and gentlemen this new mindset, that's the new results. It's how you get back to that community. It's how you embrace that

soul is how you give back to your spirit your life. So that harmonization that everything that's working together, gets to that redirection is going to allow for that so that along the way as you're being redirected the people that you need to help you the places that you find yourself, right, whatever that looks like, the spaces that you're gonna leave your indelible mark in are better because they get you home healthy, happy, rested, revitalized, intentional, fresh minded. Not still holding on to those things. Because you chose to surrender your peace.

Kim

In particular, if the people or the choices that you made that you were saying, "You know what, I'm not going to go to the gym for this. I'm going to actually give up these things in this way." When those people don't give it back to you in kind meaning I've given up something around doing this as a demonstration of my commitment, and you don't see that back. Your peace is insane. Even if you don't change I am still open even if you don't do anything to demonstrate to me, I am okay because I am being what I need for myself first. So yes, I am choose I chose those things but I have to continue to choose that. I dont have to continue to choose those things because now whether or not you make any of those whether or not you recognize your own redirection is not contingent upon how I move forward. Your peace is not the thing that determines my outcomes, my happiness, my goals.

Kim

So lots and lots of dope folks in the stream this morning. In addition to that one reason who brought our entire family over this morning thank you so much. And shout out to all the gospel takeover family who are working, lurkking or that have the tab open. I appreciate it nonetheless. So when we talk about the what you need for yourself first, folks, it's super important. Okay. The peace you keep is often the peace you protect. If you didn't write that down or if you came in late on the raid or you have been commuting take the opportunity write that down. This is really, really important. It is very important. The peace you keep is often the peace you protect and keeping the peace that may mean keeping your mouth shut. It may mean taking a pause before you open your mouth. It may mean saying let me talk this through with someone to make sure I am not crazy. I want to make sure I get where I need to be right. I want to make sure that I actually am seeing this full and open and as clear as I am experiencing. Then if keeping a peace that you need to be, be intentional about recognizing your direction because we do that when you are open and willing to say you know what? I can do all of these things. And I know that the redirection is intentional. I am not allowing all of my best qualities all of my best self to now be minimized because I'm operating in a space that doesn't serve me anymore. That is past me. It's the past for a reason, ladies and gentlemen. It's behind me for a reason. I'm watching you people. Thank you so much for the bits. I appreciate you.

Kim

When we think about all of those things and when we put them all together for our greater good. That allows us to be the boss of our own blueprint. Right I say at the top of every conversation. I see the time mylifejourney. Okay, I know we're gonna be getting out of here soon. Right but when we are thinking about being a boss of our own blueprint, when we do these things that we're talking about and not just on the original mixtape right but in particular, these things about the bonus track that allows us to truly operate at our highest potential because when you can recognize things that are clearly made to you, right that are not clearly visible or that you may not sometimes you might not even know that it

just redirection until you are already redirected. And you think to yourself, how did that get here? Right? How am I intentional? How did I even find myself here? How did I even, what happened? I thought I was doing this and now I'm doing that? Then all I remember was just the redirection happened. And if you don't redirect yourself, the earth the world, the universe life will redirect you in an effort to save you from yourself. Okay. It all comes together. So if you don't recognize it, sometimes you will recognize it after the fact or sometimes it may come up in a conversation, then you can have peace, that you can continue to protect.

Kim

Tuesdays and Thursdays at 8am stream, okay, and the replays are always after my stream for sure. So thank you so much. For joining paths. Hops, you're still here, okay. With all the exclamation points, I see that one. I see that one landed in the words who also might be lurking behind the scenes. So sometimes Hobs that redirection is super sharp. Nice to see you. Lovely Tuesday, right that bossmythology has an amazing stream and it's all human meditation music and I find myself in her streams late at night and early in the morning as well. I am struggling to sleep or when my brain is just moving and I can't calm it down. The energy that she has in her space is always really, really wonderful. So I allow my mind to just chill out. So Christopher well thank you so much for being here.

Kim

So there's redirections can be sharp and they can be not only can they be sharp, okay? They can be really uncomfortable. And you are trying to navigate through all of those edges and you don't know where you are its because you're being redirected and oftentimes in that redirection, you may find where you land over how you got there. You were just placed there by a series of choices, decisions changes all of these things and you're like, Oh, this is changing over. Now. What does this mean for me and you may not have clarity right away, but the redirection is happening. Right? Thank you. I'm watching you people. So understand that the redirection may be uncomfortable but that's all part of the plan. Because once you are redirected and once you have landed and once you can be clear about seeing where it is that you are going you can have the peace and you can be intentional about saying "I know where I'm supposed to be. I don't have to worry about any of that stuff. I'm okay finding new spaces. I'm okay accepting better for myself. I'm okay accepting more for myself greater, better. The things that I'm letting go, all good! Do I need to be in those spaces anymore? No. Do I need to be a part of those conversations? Absolutely not. Am I the person that has to be in control? I can surrender that. Do I need to be the person that is telling others how to win what to not at all right. Can I be who I need to be for myself first, every day?" You better believe it because the minute you give that away. You're not the boss of your own blueprint. And that is what we subscribe to here. Right?

Kim

Holding our mirror doing the work, owning every single thing being the boss of our own blueprint every single day. And that ladies and gentlemen, is your mixtape bonus track for the blueprint. All right. So thank you. Thank you. Thank you for letting me add that in. I was not going to be able to be settled in my spirit if I didn't have a chance to add that came to me yesterday as I was strategizing for this week and I've been thinking about it over the weekend slightly but the thoughts really came together super clear what I actually said both of these things out of my mouth today. Sometimes you have to recognize the redirection. And then I said to someone sometimes the peace you keep is the peace you

protect. They were like to to write them down and I was like I did and I immediately did and I was like alright, I need a bonus track on the next day because I will be doing a disservice. And sometimes folks keep it both of these things apply to what we're going to talk about in the professional development space. So don't think for one minute that this is just personal. This is about how you show up in all the spaces that you are in and present for. Okay, all of that is intentional. All of that is where we need to be all of that is out these things and moving forward. Okay. So with that, ladies and gentlemen, we are going to wrap up our conversation.

Thank you. Thank you. Thank you one reason and thank you so much for the raid everybody who came in on Gospel Takeover Family. I appreciate you lots of love. Thank you for the bits for those whose were new sups for the first time, chatters, and the follows. Thank you so much for being here and being a part of the blueprint. Good morning to you. Nice to see lots and lots and lots of doup folks in the chat so please make sure you are following and supporting a reminder that Dr. Datie Priesst on this evening at our 5:30. So we're gonna go see soul train that he is doing a replacement if I'm not mistaken. So we are going to go over there and catch him if you're not following since we started and given the follow up. So friends always good music so we're gonna hop into this today and then Thursday we're gonna go raid somebody that we have not had a chance to raid before. Okay, so copy the raid message. Thank you so much, everybody. For all the things that you bring to this chat. I'm sending you into your Tuesday and into your Wednesday with all the good energy and light that you will need to guide you. Take exceptional care of yourselves and we'll speak again on Thursday morning. I'm watching you people. Thank you so much. These locks are courtesy of MyLifeJourney and has been my locktician for the last seven years so you want to know more about them to see her or hit her. She is the one who maintains my hair lovingly and has. Have a fantasitc Tuesday. Thank you so much wigs sneaking in on the back end with the resub. Thank you so much appreciate you guy. Alright everybody. We're gonna go check out Sam and Soultrain I will see you on the other side.