

The Blueprint_ Super YOU! Sep 14, 2023

Thu, Sep 14, 2023 8:06AM • 1:15:29

SUMMARY KEYWORDS

compassion, talk, conditional, feel, respect, humility, humble, superpowers, forgiveness, give, operate, experience, space, love, mindfulness, conversation, jennifer, forgive, energy, kindness

SPEAKERS

Kim

Kim

I'm an HR strategist and a career coach. And this is the blueprint space where we come on Tuesday and Thursday mornings at 8am. Eastern Standard Time, and we can chat it up about all things personal and professional development. I fundamentally believe that everyone should be the boss of their own blueprint. And that means have an access to the knowledge, skills, capabilities and resources so that you can do three things every day: you can operate at your highest potential, you can add value to whatever work you own or are responsible for, and most importantly, you can show up as your authentic self because when you are authentic, when you can be you you don't have to dial it back. You can be great in your gifts and everybody gets the benefit of you showing up as your best self and that's what we are all about here. At The Blueprint, we encourage that we hold up our mirrors, we do the work, we support one another. And most importantly, we make sure that that accountability is there from a place of love so that when you go out into the world, you can do all the things that you need to do. There you go, ladies and gentlemen, the head of security is making his presence known on the stream this morning.

Kim

So let's get started and say good morning to some folks who are here and then we will jump right in to our conversation today. So and I will do a brief recap from last week because we had a great conversation around just the superpowers and so I know folks were making their way back into the stream to participate in week two for that. So we'll connect the dots conversation and then we'll go from there. So I think he settled down but there's a car outside you guys so he might, he might be riled up for a few minutes. So just bear with us. So mylifejourney, welcome in. Nice to see you. Thank you so much for being my mod boss extraordinaire. Hope you're having a good morning. Seelove702 Good morning G class Good morning. Great stream last night G class has always taken us on a journey musically and visually. Welcome in nice to see. Thank you so much for being here. Hobbs on the reup-4 months. Thank you so much. Hobbs. Appreciate you. Hobbs sent me a note the other day and she was like I think I'm behind. Are there are only four episodes in the replay? That can't be it. She is so consistent with making sure she is staying up on the conversations in particular because transitions out during part of the stream and so she always goes back in so I thought it was nice to double check to make sure she was caught up on all the episodes but you are not surprise. So thank you for checking.

Kim

Let's see who else is with us this morning to Juana Good morning. Nice to see you. Thank you so much for being here as always. Dr. Don Dunn done this Thursday. Blessings to you as well. Thank you for being here. Appreciate that. Who else could I see? Good morning Keith. Nice to see you Keith. I will see you shortly. Keith that should be there like 9:10, 9:15 if that gives you any indication timewise. Who else in the stream can I see? LB so it will be good morning. It'll be nice to see you. Lots of dope folks in the chat. Gclass, DJ LB, DJ Diamond. All of these are great folks. Please go give them a follow and be better for it. Jennifer good morning nice to see you. CDK Good morning. Welcome in nice to see you thank you so much for being here. Good morning, Jen. Nice to see you. Thank you for being here. ASmiley67 always a pleasure. Welcome in. Virtual salute to everybody who was working, lurking and commuting.

Kim

Right I know that the mornings are the time where you are doing your thing whether you're getting grounded or whether you are making your own transition. Whether you have a tab up or whether you're active in the chat is appreciated and thank you so much for being here. It's a good morning welcome and nice to see you. Thank you for being here. Welcome in hugs to you sis. Good morning Klock welcome in nice to see thank you so much for being here. HRnerd Happy Thursday to you. Thank you for being here. Hope I get everybody. Okay, listen, folks, if I did not get you say something in the chat and I'm happy to show some love and Harmony 29. Good morning. Welcome in to my namesake. Miss Hartman. Let's talk about the last week of September in the first week of October to get you up here. On the blueprint so the folks can meet you and let their lives be better for it. Okay. So let me know right now that you know it's only Tuesdays and Thursdays let's make sure that we get you. We get you up here soon and sooner than later. Okay, so we want to get to in case you can message me or let me know what your schedule is. And we'll make a habit to get you on. Okay. So lots and lots of love.

Kim

Thank you for all of the new follows to everybody who has been following shouting out just showing love and support everyone who has subscribed lately. Thank you. Thank you. Thank you housekeeping announcements, which rewards are out. I'm delinquent and getting my stream updated so bear with me, but I will put the link there. You can go find information. So you can go and vote for your favorite streamer. It is a lots of great categories. Thank you to everybody who nominated the blueprint. I'm alongside some really great folks for the Twitch newcomer of the Year award. So thank you for that voting is open now. It closes I believe on the 25th of September and then the award ceremony is October the second so I will work to get the link rotating in the stream elements information so that you can just click it right from the chat and then go vote. So it's a really good opportunity to just show support. You know, I think I can't remember if it was maybe it was Sixto yesterday or sometime this week, but he said it really well. There you go. Thank you so much my life but the stuff that he said you know no matter whether it is a DJ or a streamer, it is nice your community these people who are presenting to you are spending their time right we put our energy and effort in so we do it for you. So definitely go vote and show some love. Because we are we are here because you come and show up for us so thank you in advance. For me it is all about the community. I love that you all have

acknowledged me and I love that you following and come back. And so whether I win or not as long as the blueprint and find value out of I will be excited if I win but I'm more excited that you show up on Tuesdays and Thursdays. That's the most important thing.

Kim

Okay. All right. With that let us jump into today's conversation. So you know we've been balancing our grow with the flow season. So growth professionally growth personally on Tuesdays we're doing a lot in the professional realm. And we're talking specifically about how we need to use some things that I'm teaching you to help with your career. So the book that we're using is called help them grow or watch them go. And it's all about career conversations and we're taking modules from the book and infusing them into just some of the coaching guidance that I'm bringing to the blueprint. And on Thursdays we are powering that up against the personal side of this which is how do I take care of my head, my heart, myself so that I can show up in those professional settings as my best and everybody gets my best. And that ties right back into my opening mantra that I give which is you should add value to the work that you own are responsible for what so you can also be your most authentic self. So with that, let's add our information to the stage and do a quick recap of where we were at last week and how we're tying that into today. So we're talking about superpowers and we are talking about not just like the common superpowers like the ability to you know, become invisible or to read people's minds right or to be able to you know, walk through walls.

Kim

We're talking about is these real humans who just hear my phone ring we're talking about these human superpowers, the ones that make us authentically who we are how people experienced us when we are in these moments where we say hey, or we say hey, in this moment, I need a little compassion or right I'm leaning into my intuition. I want to make sure that I'm given empathy where I need it. These are the things that give us our substance and so for the month of September, we are focusing on these four superpowers and we will focus on for more for the month of October. Last week, we opened up with humility and I was told lovingly that I stepped on everybody's toes last week into that I say You're welcome. And see mylifejourney for the new pair of boots if you if you need them, she will provide them. Okay. But we talked a lot about humility and about not letting humility be a liability and being able to build our muscle of humility so that we can flex it and being okay, surrendering some of our core belief systems around humility so that we can truly embrace the opportunity to have right and enhanced self perspective or self view and but having an enhanced so few instead of an overinflated.

Kim

So view and that's where we talked about pride being the villain of humility, and how we can acknowledge that sometimes humility is saying I don't know or I need help or you can, you know, show me or you're better at this or here's where my gifts in. Anybody who knows me knows that I'm very comfortable saying this is where my jurisdiction is actually need to bring in subject matter expert who can say more, do more, give me more information right and get all of these things together. Okay. One of the things I'm notorious for mylifejourney gets on me about this all the time, we talked about my hair. And, you know, I'll ask her a question. And she will say, Well, you know, it's this and this and this, and you can do this and I'll say, well, I'm able to do these things. But I'm not sure about these and she's like, Okay, let me show you and then she'll give me some guidance or she'll point me in the direction of a

YouTube video or tutorial. She's saying, hey, follow this person because you know they're doing it or she'll just, you know, sit with me and kind of helped me and my standard response back to her as always, you know, it's my ministry, and I can do it, but it's not my ministry, so I don't do it. And she gets annoyed with me every time but that's my work. But that is my way of complimenting her and say, saying, I'm in person that sits in the chair, and I know what I'm capable of doing with my hair but you are the expert. You study this, you know my hair. Well, you when you establish the sisterlocks and you've been doing it for the last seven years. You see my hair in a different way. I default to your expertise, and I default to your guidance when you can't be here when we can't be in each other's presence. She does regularly give me the side eye but what I say I say all that to say is I'm humble enough to know not to dabble outside of right I know enough. That's a devil outside of my lane right?

Kim

We were talking on Tuesday about right minding our business staying in our lane operating in our zone of genius really being intentional about knowing what my sphere of influence is, right? So this is where I do right. I know what my sphere of influence is, and I'm humble enough to be able to operate in that space. Does everybody see the connection between how we are tying in these professional, you know, endeavors with our personal superpowers because that's how people experience us right? It will be different. If I said, I got this I don't need any help from mylifejourney. I found a YouTube tutorial and I can go do it and then I came to her when I messed up my hair. I had done something that did not lend itself to me having success. When I could have just asked when I could have said I need some help. And that's really what humility is all about. It's opening those gaps, saying, I have a lot to learn or I have the ability to be able to, you know, jump in and do more. And it's really this opportunity to do the things that you see here on the screen when we talk about what it is and the villain of humility is pride. And let me tell you something my pride is not substantial enough for it to get in the way of me asking for help. Right I do get satisfaction from doing things on my own but not enough where I feel like I can't ask for help. So I've practice not letting my humility be a liability on a regular basis. So hopefully that gives us a nice recap of where we were last week with humility tying it in and using an example that's very relative that everybody could either relate to or connect to one on their on their own level and then being able to help us prepare as we go into today's superpower which is related to superpassion.

Kim

Thank you Crystal Method welcome in family nice to see all of you happy Thursday. She does she does that on me every single time I say and I say it to her and she just she is not here for it. She's not telling me she loves me no less but she definitely is not. Me saying that. Saying that right but it's also me being very humble in a way where I'm comfortable allowing her to have her expertise. Now, let's talk about humility. And let's say for example, let's say for example, that I wasn't humble that I was operating in my pride, okay, that I knew I didn't know what to do with my hair. And that's the personal one but let's say in the professional arena, right? Let's say I knew that I didn't know maybe how to do something at work. If someone came to me and said, Hey, there's this new thing that we have going on. And I want you to step into it. Do you have familiarity with this? And I said, Well, I've got some but I don't really have a lot but I can take it on. But in my mind I'm actually thinking, I don't know how to do this and I need to really ask for help but I don't want anyone to know that. I am, you know, not prepared or I don't have the details that I need or I don't want to look incompetent or less than or I don't want to be diminished. And so you step into this role is work right? I'm gonna take pick this out for just a minute

you step into this work, or you step into this situation right? Details unknown sight unseen, with no information with no guidance, believing in yourself and in your capabilities enough to be able to succeed. Now, sometimes that is okay. Sometimes you may have enough knowledge or you may be strong enough to draw inferences from your outside environment. Or you've seen enough examples of it where you can pull things together and have an outcome that will be successful enough or that will get you where you need to be for purposes of whatever you're trying to fulfill. Let me acknowledge that.

Kim

Let's go to a scenario where that's not the case and you step into something and you have no clue but you don't want to invite in help. You're not looking for anyone to you know, share more details with you. You want to just step in and own it all because you are now operating in your pride and you've got right an elevated view of your capabilities instead of enhanced view of yourself. And that elevated view that over belief gets you to a place... Hi Bo nice to see you. Thank you so much for being here. That that view that self perception allows you to step into this space, not knowing what you need to do and then instead of being intentional about asking for help you go down this road and you start to feel like oh man now I'm challenged because I'm stuck I wasn't expecting this I've met some roadblocks or some hurdles that I didn't anticipate or account for. And now I'm really in a pickle and I've got to go admit and own to the person my boss whatever the case may be that I did not do this right. It could be a partner it could be a friend. It could be someone that you are in some type of relationship with. But now you've got to go home your mistakes. So you actually have to go back from being prideful to being humble. And it's hard to be able to be humble and say you know, when you stepped into this when I stepped into this, I did not have all the details that I needed. And I didn't think that I needed to ask and I actually felt like I knew enough and I didn't anticipate these roadblocks or these shortcomings or whatever the case may be you may discover things in real time about yourself that completely offset the belief system that you have. Papanuts welcome in nice to see you. Thank you so much for being here. FirstTimeSaturn come on into the booth right get yourself comfortable welcome in. So when we think about this whole notion of now, here's the thing, folks, what we're getting ready to talk about is compassion. Okay. And let me be clear about this. You cannot receive compassion. I'm not going to say that what I'm going to say is it is more difficult to receive compassion if you are not humble.

Kim

Okay, well, when we talk about compassion, we have to be in a position to humble ourselves come out of that space of liability because we've now put ourselves in that space of liability. What did I tell you? Pride is the villain of humility. So now we're operating in this space of pride, elevated view of ourselves, okay? You've got this elevated self perception. We now have to come out of this space of pride and we have to go that route is where the liability is ladies and gentlemen. Okay, so now we've created the liability. Now we have to unwind ourselves a liability and go back to being humble, which is where we should have stayed to begin with, in a good way, not in a way that says we have to, you know, we can't think highly of ourselves for when we're crossing that line. And I think that's the distinction that I want to draw.

Kim

For those who have commented right when it comes to our faith community or growing up in the church or growing up in these spaces. That's where it comes in. Right? There's a very close line

between pride and humility. And sometimes when we crossed that line, that's where we get that reprimand of saying, Well, you got to remain humble, as opposed to being prideful. And what I'm saying to you is the liability is in the pride, we can be humble and still receive gifts, flowers, love whatever the case may be. Right? And so when we step into that space of humility, we open ourselves up to receive compassion. Compassion is our next superpower. All right, so we want to spend a minute taking some notes. Let's do this. What I am calling this ladies and gentlemen, is the compassion equation. Please write that down. The compassion equation, we're going to talk about the five tenets that make up compassion because if you don't have all of these or if you don't have or are unwilling to demonstrate all of these, you will not be able to demonstrate compassion. Let me say that again. I want you all to see my face, those five triangles that are up there. If any of them right kindness, mindfulness, respect, empathy and forgiveness, if none of those triangles, you have the ability to give at all, or give in any capacity, it will be difficult for you to give or demonstrate compassion, because you have to have it all for it to be genuine and authentic, because here's the thing, people will know.

Kim

They will know they will sit to the true compassion is not truly authentic. They'll feel like you know, I think I'm on good footing or good ground here, but I'm not really sure. I'm telling you folks, it may seem like I don't have to have all of these. I promise you, you have to have all of these. And I know you do because I asked Dr. Datie Priest to look at this slide last night for me and she said, Yes, this equation makes sense. And I see how you package these tenets together. All right, so let's jump right back into the slide. So our first tenet of compassion, ladies and gentlemen, is kindness. Okay, you do have to have all of these and it does start with being unkind. If when we talk about kindness, you have to start with this whole notion of like having a confidence boost or being in control or knowing that you could have closer access to happiness or optimism when someone comes to you and tells you a messed up. I did this thing, right. I thought that I had it under control. And I didn't. I didn't realize that I was you know, really in a place of you know, I had too much or I said too much or I didn't know enough or whatever the case may be. You immediately need someone to be kind. Because in that moment, if they are kind that allows them to be present and aware of what it is that you're saying.

Kim

That's what that mindfulness is. Now there are many definitions of mindfulness. Are many components to mindfulness. One of them is this intentionality of being aware and being engaged when we talk about compassion. In that moment when you can be in a place of kindness. Or be prepared to offer kindness for someone, someone you're mindful of how your tone of how your energy of how your presence of how everything is going to come across. So the minute you can operate in kindness is when you are mindful of if I say this, if I do this, if my face looks a certain way, if I give off a certain type of body language, they are going to experience me any way other than compassionate. Mindfulness is the self check that you do with your energy, your facial expressions, your tone, anything before you respond before you even ask a question to get more information. Coming from a place of kindness and connecting it to mindfulness is going to be the foundation because what you then are mindful of what you say and how you say it. When a person starts to respond back and explain to you how they got to that place.

Kim

Before you give them a side eye, before you stuck your teeth, before you eye role, before you say I don't want to do it, get somebody else to do it. I'm not here for it today, right? I want to go to bed. That's what MyLifeJourney says to me, she says I'm right in the middle of the day where I think that is a statement that we are my statement is I'm going to sleep right like that. That is it right when I'm just ready to like shut down. Because at that point, I'm not willing to receive anything because my attitude and my energy has already made up a story before I've even heard your story. Or understood what your journey is, right? And that's where respect comes in. Notice that respect is the connector triangle between empathy and forgiveness and kindness and mindfulness. Do y'all see how it's in the middle because if you don't have respect on either side, I guarantee you're not going to be kind. Your mindfulness then goes out the window, you're not going to be willing to be empathetic. You're not going to have the ability to forgive.

Kim

So respect is that anchor that sits right in the middle. Respect also says you know what? I may not okay with the way that you went about this. And I know you and I actually have different perspectives or different paths for getting here. And that's okay. I'm still going to meet you exactly where you are. I'm going to listen and understand the journey that you've been on. And when I talk to you, I'm not going to talk down I'm not going to belittle I'm not going to make you feel inferior. I'm not going to lessen anything that you have done. I'm not going to diminish anything that you have shared with me. I am actually going to meet you right here. Because what happens when you don't what what happens when we don't respect people or we recognize that people don't respect us? We see it in the way that they regard us they don't make it right. They don't make eye contact. Right? They they multitask, they go do other things, right? All of the things that are present that we want to see, right when we are seeing something that we are when we see someone who can't respect us, what we are seeing is them going through their perspective of who we are how we did all of the things that we're doing a threat properties, a threat that humility is what brings the respectful when we can't humble ourselves, when we can't get to a place where we say

Kim

You know what, I respect you for even coming to me and telling me the truth. Speaking your journey. Right. Now you're over here, trying to choose to win over here before we were tapped into might remember way way back almost a year ago. One of the very first things I talked about in the Blueprint was all this time we spend tap dancing, when really what we want to do is to step up because the two step is a really easy group when you are trying to seek compassion, right? It's really in your best interest to find your two step because that's where that humility comes in. Humility is the two step. Right pride is the tap dance. You can spend your time tap dancing, but it's going to make these tenets of compassion really difficult to achieve when someone shows you that they respect you when they say to you, I respect you for coming and telling me your truth. Thank you for giving me this. I'd respect the fact that you came to me honestly, I am frustrated because everybody's entitled to their feelings. And here's the space. I'm going to come back to this right. Here's the space where I want to make sure we understand that sometimes respect feels like it is difficult because this is where we meet people in their feelings. Right?

Kim

Absolutely DiscoDarren welcome in nice to see you. This is where the respect comes in. Because in the respect while a person may respect you, they're still entitled to how they feel. And you as the person who is now back in this humble space, if you are seeking compassion, you can't downplay or be little or refute a person's feelings. If they feel it. It is valid. If they feel it it is it doesn't mean that they don't want to offer you compassion, but what they are doing is saying, I still feel frustrated that we got here, but I respect the fact that you were honest. I respect the fact that you didn't let this go on any further and that we created more mess more disconnection. More disruption, delay, confusion, anything that's not leading us on the path. Notice right next to respect is empathy vote you got put it right in the chat right, because once a person says, I understand why you may have taken it that way. Right. I understand why your approach may have been like this or you chose that path or I can see how that rationale may have been what you elected to do. Now that can operate in empathy.

Kim

Notice I put up put these in a certain order for a reason, right? I wanted the respect to be the anchor and I wanted you to be mindful of how you spoke so that you can then have that emotional understanding of what it is that people are feeling, even if you haven't completely been in the situation. Right? Even if you haven't always seen the example for yourself, you may be able to resonate with how a person feels when they come to you and humility and say I messed up. I made a mistake or overestimated or underestimated I didn't prepare or I over prepared something whatever that is. But when someone says to you, a feeling that you've had even if this is a situation that you haven't experienced, you can deal with him in empathy. Music Spasms welcome in man. Nice to see you. Thank you so much for being here. Happy Thursday to you. So when we talk about that even if the situation is different, you can still empathize with the feelings the person may have, and that can go a long way for making sure that the respect stays intact. That the mindfulness is there in the way that you communicate, and that you can deal with someone in kindness. Because when all of those tenets are down, you then get to a place where now you feel like I can't speak openly when no one wants to listen to you when they're cutting you off because the frustration is so high when people are really doing all the things to say, I don't really want to hear you. Why don't you think about what's going on. You told me you had it together. You assured me that you could do I thought that you had this and this and this. You led me to believe that insert whatever statement it is but ultimately, if people feel like none of these tenants, they're in a position to give. Then you're not going to be you're not going to be met. We're not going to be met any of the things that which is that grace equals grace.

Kim

So write that down. That grace to say, You know what, I'm with you and I can help you and understand and I'm not gonna be hard on you miss LV. Good morning. Nice to see you. Thank you so much for being here. All good on the work though, work and work. And listen, when you get to this place of empathy when you have that emotional understanding, and again, it doesn't mean that you have to have been in that exact situation, but you may have needed to feel what it is that they have said that they are feeling. That then leaves you to a place where you can be where you can operate in forgiveness, where you can give forgiveness, okay. And this this intentional decision to let go of whatever it is that you're feeling. So when that moment where you're expressing that respect, but you also may say, I'm really frustrated or I'm really angry. That forgiveness is you know what, I'm going to

let go of that. I'm going to let go of that resentment. I'm going to surrender this grudge. That I might be feeling that I'm holding on to anybody in here a grudge holder. I'm a Scorpio so by nature, in my spirit, like the very fabric of my sails to hold a grudge and I've had to work to be able to do that because I know what the hell you have. I know it is so hot. Listen, though.

Kim

It is literally in my atoms. It is in my electrons, protons and neutrons to hold a grudge against people. And I really have to be in a place of saying what would I want to experience how would I want to be experienced Crystal Method says she denied it for a long time. Music spasm said it takes so much energy that just go there and said till the end till death till death right? To the end, right. And so music spasms that's a great point. It does take a lot of energy to hold the growth and then I had to start saying to myself "Where do I want to put that energy?" Because I may actually want to engage with this person. I may need something from this person. I may want to be able to have a better relationship. But if I am getting in my own way by holding a grudge attack, and if I can't forgive myself, I can't let go of the feeling. I can't do any of these things. Then. I'm getting in my own way and now I'm not in a position to receive the superpowers from anybody else are the tenants of the super powers. I'm only going to experience the villain from other people or I'm always going to show up as the villain instead of operating in my superhero or any of my higher potential allowing me to be great in my gifts. Compassion is one of those superpowers that I want to be able to both give and receive. Right

Kim

HR nerd says my issue is I expect too much from people and then I am disappointed. So this is why these tenets of compassion come into play as a really good point. Because oftentimes, we go into these situations, expecting that people are going to operate at the same level of passion, energy, you know, mindset that we will and oftentimes they don't. That might not be their jam that might not be their ministry that might not be their zone of genius. And yet we say I am open you know, we believe we go and seek out the people who have the same type of passion, the same energy, whatever that might be. And sometimes when we don't see that, wonder what's wrong? Right? They know how passionate I am about it. Your passion does not necessarily have to meet someone else. They may say I respect you. I've got the resources and I'm available. Right we talked about motivation. You have to be ready, willing and able. That willingness is there and that the ability is there, I'm able to do it right and the readiness is there, but they may not match your energy when it comes to that. So sometimes, we expect that people are going to see that and they don't and then we are in our fields about it. Instead of having a very realistic awareness of what that is and being able to say it's okay if you're not as excited as I am. Right.

Kim

So all of those things come into play when we talk about compassion, right? Exactly. It will be you cannot expect you from other people. And as long as we do that, we will consistently be disappointed in other people and then it allows us to block the very superpowers that we need to activate when it comes time to deal with those other people. See you guys operate in the chat. I'm going back a little bit right. Chrystal Method says that right she denied it for a long time. Listen, sometimes that happens sometimes that in and of itself is a superpower to be ability to not be able to hold the grudge, right this this notion of forgiveness or letting it go because the energy that it takes to stay in that place is a lot sometimes, and staying in the moment allows you to reflect. Anybody in here

before you give compassion to others say you know what, can I take a little bit of time, or I'm not ready yet. I'm not ready to have this conversation. I'm not ready to kind of spend some time with you. I'm not ready to do that. And it's not avoidance. It's just acknowledgement that this time is not the right time to do the things that you know you are capable of doing. Right.

Kim

Disco Darren says he expects I'm under 100% from people like he gives 100% And when they don't that is an issue. Miss LB says she forgives at her own pace. Right like that is really important right Music Spasm says not going to last sometimes I'm going to stay upset to get some me time. Here's the thing. The staying upset allows you to work through these tenets of compassion. Because nobody wants to go into a conversation. Sometimes people are ready. They want to go in and just pop off. They want to release it they want to be able to have whatever it is they want to be able to write they're here for the Smoke, they want to give it to you. And they want to be able to do that. And sometimes that's not necessarily the best way to get through these tenets of compassion. Right. I was having a conversation the other day. And someone said to me, I wanted to have this conversation now with you. Because I know you're not going to just feed into my head. You're not a yes person. That way when I go into this other space, I'm not working through it in this public arena. I've had a chance to kind of, you know, leave it here, talk it through, get somebody who's going to ask me questions back challenge me a little bit. Because in this space, I know I'm safe in this space. I know I can speak freely. I also know that I'm going to get truth. And this is a place of where you know that there's mutual respect. And now when I go to have this conversation or if I do need to speak about it. I've worked through the fields part of it here. And then I can speak openly about it. And it doesn't seem that now I can do with myself and the situation from a place of compassion. And I can be mindful of my tone. I can be mindful of my efforts. I can be mindful of all of that right and it leaves the ability of fail.

Kim

So it wasn't it's a very familiar conversation, right. But what that's a great example of being able to say, I need to be compassionate with myself because if I go here, I'm going to show up in a way that I don't want. Now then I have to go through all these tenets of compassion or wait for these people have built these centers of compassion with meaning and that's how they show up in these spaces in conversations wherever it is, or my energy is going to be described there. So all of these things come into play when we talk about why you have to do all of them in order for compassion to be present. Right. So when we think about Thank you MyLifeJourney, when we think about how we want to let go, how we want to surrender forgiveness, ladies and gentlemen is a complicated thing. It is it is not always as easy as it sounds as it feels as it looks as it is. Right we talk about love being unconditional. I would submit to you that forgiveness should be unconditional and yet it is not we forgive sometimes.

Kim

Okay, sometimes we love with condition and that's not unconditional love. It's not the thing that we want to experience. We give love freely, but we receive it back with conditions I love you. Or you if you love me you would... Right? Someone said that to me the other day ask them a question about something. And they were talking about their dealings with another person in their life. And I said what was the response that you've got to that? And they said the response is if you love me, you would do this immediately becomes conditional, right? And I think we apply that same logic to forgiveness.

Forgiveness can be conditional or I'll forgive you on one condition as opposed to saying, I forgive you and now that I've forgiven you hear the thing that I want to make sure we can work through or work towards, or whatever the case is, for some episodes, she let go someone because of this. I'm telling you about some time and what and here's the thing. When forgiveness is conditional, we cannot be compassionate. Because if you forgive freely and openly once you forgive now you can operate in compassion when you say I forgive you, and I have to be honest with you this thing really challenged me so the next time we find ourselves here, can we agree to do this or can we agree to approach it this way?

Kim

Now you can be compassionate with the person in the event because we're all human. And in the event that we find ourselves back here, you want the compassion of all of these tenants, and they all are together. Jennifer says so much of this is addressed in the nonviolent communication. Yes. Thank you. So much, Jennifer. That's going to be my next book, I think on Audible. Okay, so I appreciate the referral. HRnerd says we all deserve grace. And she's to figure out how much grace to give when the situation does not serve me. Oh, that's such a great point. HRnerd when the situation is not in service to you, can you be compassionate? Write that question down, right, because that's where our energy that's where the smoke comes from. We are now in a situation that's not in service of so now I can be mindful of my tone and I don't want to be kind to you and the respect is out the window and empathy. And I don't have to forgive anything. All of this stuff here. I'm telling you folks, when the situation is not in service to you, can you be compassionate?

Kim

Chrystal Method said she is living in this right now. And this is why these conversations are so relevant, folks, because as you bring your own things here I hope that you take away components of this that are going to be helping you think or applicable to what and how your life is moving all of these things, right. All of these things. So when we talk about this notion of forgiveness, can you let go? Can you surrender your anger and resentment, your frustration, anything that you are feeling that's sort of in that negative energy space? To be able to show up toll and authentic in compassion toward someone with someone for someone? Because if you cannot do all five of these, compassion will not be there. In particular, if it is someone who has hurt you or someone who has done you wrong, harm or damage put you in a stressful situation. And even with that, because you want to receive compassion, right if you were in DJ classics room and I don't know classics, if you're lurking behind the scenes, but she's doing the abundance challenge right now, and literally day nine talks about right if you want to get something you have to actually put it out there in the world. Right.

Kim

If you want to receive joy, you have to put joy out there. If you want to receive kindness, you have to be kind if you want to receive forgiveness or grace, right and you have to forgive even in the moment is not conditional, right? Compassion is not conditional. Somebody write that down. You can't be compassionate based on your terms and conditions. Compassion is called out or called for when it's called for and if you would like to receive it in a system in a similar situation, or at all quite frankly, you have to give it none of these superpowers are conditional right in particular compassionate. It is not conditioned on any of these things. We start to understand that the way we move is not conditional. We

will be better for it for ourselves first then for everybody. That is around us who has the benefit or the joy of experiencing because then our gifts become conditional. Then our greatness becomes conditional. Well I'm only great if I have blue m&ms and Fiji water and the temperature is at 72 degrees. Right?

Kim

Disco Darren said that. Yes, right. But we know you stay with the smoke Darren, and at the same time, are you mostly intelligent enough to balance with this over here? Right? All of that is what we're talking about. Because you know yourself really well. There's one thing about you, you know who you also know who you are not. Jennifer says it's hard to remember sometimes when you're giving someone also isn't exclusive what they did, absolutely, it's not excusing that you forgive yourself so that you can be free and then you put yourself in a position to see potentially how they were hurting how they were struggling some difficulty or challenges that they were having. And then in that forgiveness, you can then be compassionate. Forgiveness is for you ladies and gentleman. Right you forgive so you can be free, then nothing that you do was conditional based on that because you've already released all of that negative stuff that's keeping you stuck or holding you there. You can be free to move forward and all of those things right. Absolutely.

Kim

Forgiveness gives you peace. Like Sobe said when you are staying in this space. When you are in this mindset of things being conditional. Kindness is not conditional. You don't want to receive kindness conditionally. You don't want people to say well, I'll talk to you nice if you do this for me, right? None of these tenets are conditional. Respect is not conditional. Right. I'll show you perspective. Now demonstrating humility or demonstrating something else. That's different than saying I'll respect you in or out you know, I'll be empathetic towards you. If none of this is conditional, and as long as it's that it will not be genuine and authentic. And that's not you being the boss of your own blueprint, right. The opening mantra is being able to be your most authentic self so that you can be great in your gifts so that people experience you truly and that you don't have to shrink back or so that you're not operating in this world, from a conditional mindset. So when we think about condition, when we think about conditions, and when we think about this notion of compassion, how do we demonstrated in a way so that we are talking and holding ourselves accountable and focusing in on these tenants and here's the thing, I'm not saying that you have to pass like, Okay, well, I need to because sometimes it's just as simple as what I want that one. That's the question, what would I want from someone else? If that were me? How would I want to feel right? What would I need from them? Or if they were to say to me right now, what is it that I want? What would help me? What's the answer that I would give if they were to ask me what would help me right? Now? Right? I say to people all the time, what do you need? What would be best for you right now?

Kim

Right? If I could do something, right, or sometimes it's what would lighten your load? What could if something could change? What would that be? Absolutely. How can I support you? 100%. Right. Jennifer says I think this goes with where we are vibrating, right? We aren't within ourselves feeling comfortable. It makes it much harder to offer grace to others. 100% you have to check your baseline. That's a great word Jennifer, right. You have to check your baseline and if your baseline is coming from

one of these super powers, then you're going to be able to move without conditioning. Right? All of these things are real and present. All of these things are present. And here's the thing, folks. Now let's tie this back before we get ready to get out of here. Now let's tie this back to how you show up in the workplace. How are you? Yes, Jennifer they do take practice. How you show up in the workplace, how you show up as a business owner how you show up as a leader as a teacher. As a connector as a networker as a missile or sponsor advocate. Your superpowers are not in check and you are not in the practice of doing the work of activating your superpowers when you have or need these opportunities.

Kim

When you want to go and advocate for yourself or ask someone to advocate for you. They will experience you being conditional in your forgiveness, not demonstrating empathy, not showing respect or being mindful of your presence, how you show up the way people experience you and when they experience you in this way, it gets very difficult for people to say, oh, Kim's the right person. Because she shows us all the time that you know she doesn't have her you know she doesn't have herself what they may say something like she doesn't have her self awareness in check. Or she doesn't show us regularly that she knows how to communicate, you know, in in moments where situations are, you know, tense or high energy all of these things. superpowers are real votes. This is why we're spending the time talking through them because in order for you to get the compassion, you have to humble yourself not to the point of liability, right sometimes the liability is what creates the humor is what creates you to be humble and to experience true humility to say, safe enough to speak up and own where I have some gaps where I need some support, where I am truly getting to a place and let's go back to this next slide. Right? But that's what this is.

Kim

When we talk about humility. It's getting to the safe space to be able to say out loud, I didn't have that I couldn't do it. I discovered that I didn't know enough I wasn't fast enough. Whatever it is, but it's to own what you don't know and be gracious. With yourself so that you can then receive compassion, genuine from personal place. All of those intentions. These are tenants of compassion, folks, kindness, mindfulness, respect, empathy and forgiveness. You do have to put all of them into practice for compassion to be whole. This would make a good TED talk, I think Sorry, guys. I just had that random thought outside of my brain. Jennifer says there's a whole chapter on owning your feelings in number of documents. Listen, that's great. Maybe this is what my pitch is you guys to talk about this, about how compassion is not conditioning. Maybe I'll do this. So but what I say all that to say that when we think about who we are, and when we think about the way that we show up and pick you up, we're agreeing, right? When we think about who we are and we think about the way that we show up when we think about what it is that we want to experience. Check your condition right. Are you moving through these superpowers? Or are you allowing people to experience your superpowers from a medical condition? Because they should not be? These should all be things that you would want to receive. And so you freely gives our investment right now that you would want to freely give and that you would want to be intentional about offering because if you want to give it ever, if you want to receive it ever, you have to be in a place where you are freely willing to give it and you are open to saying you know what? This is going to be the thing that is going to help me. So if I want compassion, I need to give it all right. If I want to shake off my pride, I have to be humble. And I'm safe enough to do

that. I'm not going to experience the ridicule or whatever it is that comes with that. Okay? So remember, folks, compassion is not conditional.

Kim

You have to be in all five tenets of those if you want to be able to do it. And when you can do that it's going to impact how people see you, showing yourself ready for the next tier of leadership. The next opportunity the next bigger scope, whatever that is. And that ladies and gentlemen, that is your blueprint for today. I am grateful that you came to spend your morning with me. Next week, we will jump back in on Tuesday and we will pick up our grow with the flow series. Okay, we're going to be back in the book. We are going to be taking the superpowers around humility and compassion and tying that into our next wave of our development. Remember we talked about all of the different competencies that are going to go into our development. And we want to make sure that we are adding to that and so we're going to now start to jello. We're going to start to bring in the what we do and the how we do it together.

Kim

That's why we're doing the superpowers on Thursday. And then we're doing the part the professional part on Tuesday. Because it's all intertwined. So as we start to advocate for our career growth and our career advancement, and as we start to advocate for other things, Mr. Powell welcome in Good morning, nice to see you. We want to be in a position to say this is why and this is how I can express myself and I want to make sure that I am doing so thoughtfully and intentionally. Okay. So we're going to start to bring it all together next week. And then when we start in October, we'll start kind of separate and then we'll start to gel it in again and that is how we will round out our grow with the flow series. Okay, we are gonna go try to catch DJ droopy he is on and I rarely get to raid into him. So we're gonna go show him some love and some support. Okay, Dr. Donna, thank you so much for the last minutes. I appreciate you. Thank you for everybody. For all the new followers. For all of the shout outs for all the love for those who have voted already. Some of you have already registered and I'm just happy that you voted. I appreciate it. All right, ladies and gentlemen, please copy the raid message. We're going to go over and see and spend some time over there. I am sending you into your Thursday and into your weekend with all of the good energy and light that you will need to take very, very good care of yourselves and we will speak again next week. Stove good to see thanks for being here. Copy the raid message we are on our way see droopy ladies and gentlemen I will see you.