

The Blueprint 2024 Mantras! Jan. 18, 2024

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Transcript

Thanks for watching! Hello, everyone. Happy Thursday. Thank you all so much for being here. My name is Kim Blue. I am super excited because today we are kicking off the blueprint at a new time on Thursdays. It is not 8am Eastern Standard Time. It is 11 and I could not be more thrilled to be with you during this window. anybody so for anybody who is new to the channel new to the stream or if you are just getting here you know to twitch let me introduce myself my name is Kim Blue I am an HR strategist and a career coach this is the blueprint this is a space where we come on Tuesdays and Thursdays now at 11 a .m. Eastern Center time and on Tuesdays at 8 a .m. where we chop it up about all things personal and professional development I bring all of my years of HR expertise to this space so that we can own being the boss of our own blueprint that is our mantra that is our motto and our mantra here because I believe that everybody should be able to do three things every single day and that is operate at your highest potential Add value to whatever work you own or are responsible for and most importantly show up as your authentic self because when you show up authentically you Can be great in your gifts.

You don't have to dim your light. You don't have to shrink back or do anything other than Show up and be great for the world because you deserve to be great in the world Should receive you and experience you at your best and so we come to this space twice a week to talk about how to do that both personally and Professionally because one is just as important as the other sometimes It can feel like we put more weight on one than the other but I want to make sure that It's clearly stated here that we put emphasis on both So with that we are gonna get started with some housekeeping and then we are going to Greet the folks in the chat and then we are gonna rock and roll through this hour first of all This is a new time. So on Tuesday mornings, we will continue to rock at 8 a .m But on Thursday mornings, the 11 a .m. Time slot will be where the blueprint is homed Mostly because I got feedback from everybody during last year around Adjusting the time slot so we can make sure that our friends on the West Coast have an opportunity to be present and not have to be Here so early or only have to check out the replay.

So we're gonna give it a go and see How this time slot works. So hopefully there are new people who will join So, please encourage others tell your friends. I know there are amazing other streamers who are on right now so shout out to people who are

Tabbed up who may be modding or who may be in here completely supporting I know I have a big lurker population in general We're testing the waters with this new time slot. I'm excited about the potential and looking forward to see What kind? of great things we're going to be able to do here. So that's the first thing. Thursdays at 11 will be the new time slot. Additionally, I want to just give a quick nod to my group coaching program that's out.

Let me talk to you about this. It's already kicked off and for January our monthly group session has happened and we are off and running already. Here's what you get. You get a opportunity to have one -on -one time with me outside of Twitch to truly experience me as a coach. Our time here together is always amazing, but I don't get to dive as deep into some of the things, right? So I have to drop a lot of nuggets and Kim Jims to make sure you can take things away into your day and also be mindful of how you can use them. The group coaching encourages opportunities for you to get transcripts from not only these sessions, but also opportunities to get transcripts from the individual sessions. There is a focus and a topic, but you are more directly involved with the things that we talk about because you bring your topics. You do leave with homework. The folks who were in here in the coaching will tell you that I send them out with homework. They will have three weeks to do it. You also get the opportunity to connect with me four times a year in a one -on -one session.

The private Facebook group is coming up and I'm working on curating specific resources for that group. So it is, let's talk about the cost. It is \$50 a month. If you wanna know what that equates out to, it's about \$600 a year, okay? So, if you are willing to buy a concert ticket, if you're willing to buy a plane ticket, if you are willing to invest in something that is of significance to you, your career and your personal development are just as important. So I am going to encourage you to look at it as an investment and see it as, I'm bettering myself, I'm choosing me and I wanna make sure that the things that we talk about in the blueprint, not just during that one hour, right? I can enhance this. Now, some people have said to me, is there a possibility that I could get the company that I work for to potentially invest in that? The answer is yes, you absolutely can get your company to invest in it.

If you want to investigate coaching, I can certainly send you a justification template for how to write the request to say, this is how I would like to spend my professional development dollars and invest in a coach. Some people may say, I want it one -on -one. I actually had a group person say, I thought this was one -on -one, but now I see the group value and that all are okay. So if you were, interested in joining the group by all means let's do it okay if you are interested in one -on -one then certainly let's talk about that as well but the group coaching is there if you are interested in learning more information you can go here [writes exclamation point coaching](#) and that is the link where you can sign up and you can be intentional about going there and getting yourselves set up okay other housekeeping dates that there will be no blueprint streams

so next Tuesday morning the 23rd and then the following Tuesday the 30th there will be no streams next Tuesday I am guest lecturing at my undergraduate alma mater and the following Tuesday I will be traveling to go see a client I'll be in New York for two days so no streams on Tuesday mornings there will be streams on those Thursdays though at the 11 o'clock time so be sure to join those streams next week because I don't want you to be looking for me on Tuesday I will manage my schedule and twitch so everybody can see when I think I still have the Thursdays on at 8 a .m.

So I need to adjust that anyway but no streams for the next two Tuesdays only in the next two Thursdays and then that will move us into February right where we'll be getting ready to take on some new topics outside of our mantras which is what we're rolling through today okay so that's all the housekeeping group coaching exclamation point coaching no streams the next two Tuesdays only the next two Thursdays this is the new time slot for the blueprint on Thursdays going forward okay with that let us see who is in the stream today we'll say our good mornings and then we'll get going on today's conversation so Kayla thank you so much for the re -up to my mind boss extraordinaire who is solo modding today on his own and when I sent him a text he was like no problem I don't have any issues solo modding so he is in here on it and thank you to anybody else who leans in across and provides mod support there is likely going to be a need for me to curate another mod or two just to be able to provide some support for the next couple of months my life journey has got some personal matters going on that she is leaning into and so I want to make sure that I give her the space to support her family and what those needs are and right now I don't know when she will be back she may be lurking but she may not necessarily come in to actively mod because of the way that she is leaning into support her family so if you are interested in a Tuesday mod or a Thursday mod opportunity please let me know and we can have a conversation about availability In particular anybody who is actively seeing the stream and you know how I run My shows it's very steady very production s very intentional.

So if that's something that you're interested in let's have a conversation about what that could look like and We can talk more about that there so but that is why you are not seeing her so I want to make sure that you are aware of that and that nobody thinks anything is Wrong in that way. It's just more that she has stepped away and I'm supportive of all my mods, right life happens and It's as simple as that. So whatever they need I will always lean into that because I I support that full stop So that is why you are not seeing her or may not see her anytime soon. Okay So, Kayla, good to see you. One reason, good to see you. Thank you so much for being here. Dr. Donna done this. Happy Thursday to you. Good to see you as well. Who else has come into the stream this morning?

Big stove, good to see you. Happy Thursday to you. Thank you so much for being here. Good morning, Hobbs. All good on the being in and out. Thank you for just

being in and out. Whatever you need to do, you all know I get that right. If you're working, lurking, if you are on some type of lunchtime commute be safe. Again, I support this stream being whatever it is that you need it to be in real time. Yes, Kayla with the late morning caffeinated quote. This is what it looks like mid -morning, you guys. So after I stream is usually, unless I have an early meeting, when I'm really driving into getting myself together. So when I'm on my calls with clients and things like that, this is usually what I look like. I'm a little more made up. I'm a little more rested. I'm a little more glowy as Kayla says, okay. The Miss Sweet Tea, good morning, good to see you. Thank you so much for being here. Happy, happy Thursday, double spirit, welcome in.

Good to see you. Sea Love 702, good morning, good morning. Happy Thursday to everybody. How's everybody doing today? This is like new time of the day. So you all are deep into your morning already, usually by this time versus first thing in the morning. And so everybody's kind of getting themselves together. So the greeting is gonna be a little bit different. How's your morning been? So when I talk about red, yellow, green, it might be a little bit different because we're coming in at a different time. I wanna acknowledge that and what that looks like as well. Music Love, good to see you. Thank you so much for being here. Boho ikigai, good afternoon to you. Happy Thursday, I hope you are doing well. Double spirit says she's in the trenches of work and foolishness, I believe it, I believe it. This 11 o'clock hour, people are either in the middle of work trending towards lunch or some type of midpoint in their day. I'm very, very interested to hear how everybody's doing. So certainly drop those thoughts in the chat as we are finishing up our greetings and then we'll jump right into today's conversation. So I saw Boho come in.

The call is 06, did I see you come in? Thank you. I believe that you were in here. Yes, there you go. The call is 06, good to see you. A. McKee, good morning. Good to see you. Happy Thursday. C. Love, 702 says work is slow and she is grateful opposite of double spirit who's like, I'm in the trenches of all things. Listen folks, normally I'm in the trenches of all the things at 11 a .m., right? I actually have a meeting after this stream today with the CEO of one of the companies that I'm supporting. So I get it, right? I worked this morning, then got myself together to come prepare for the stream. And then, stream right in and we'll go right back to work after this. So it's going to be a little bit of an adjustment and I'm excited to see how everybody is, right?

Hob says she's working and literally asking why, I get it. So Big Stove is on a 15 stream watch street. Thank you so much Stove, I appreciate you. I appreciate everybody who's on any watch street, whatever that is or however that looks for you. If you are watching actively, if you are listening, wherever that is, thank you. You are appreciated and I appreciate the fact that you're willing to continue to just move around with me during your day right outside of that eight o'clock timeframe, all right?

Okay, so let's get started with today's conversation. We're going to go ahead and pull the slideshow up. So we started out on Tuesday talking about our 2024 mantras, right? And we prepared for this because if you remember in December of 2023 or actually in November of 2023, we started talking about what we were leaving in 2023 and not taking with us into the new year, okay? And so we want to make sure that now that we're into the new year, we're more than halfway done with the month already folks, right? We are rolling through 2024 in beautiful fashion. Today's January the 18th, okay?

Let's just be clear about that. And they're just shy of what 12, 13 days left in this month and then we are already moving into February and it's going so fast. Is it Sir Leviticus 69? Good morning, good to see you. Welcome to the blueprint. Thank you for being here, first time chatter. So we want to make sure that we are grounding that right Amy Key already. We are more than halfway through January and soon it'll be summer and soon it'll be whatever it's going to be. So we have to make sure that we ground ourselves in good foundational information so that these mantras are not in vain, right? They become the way that we move and the way that we move. that we live and breathe.

So we introduced the first two mantras on Tuesday. And we're going to introduce the additional mantras today, and then pick up with some supporting context for the next two Thursdays. And that's how we're going to round things out just for January. And then each quarter, we'll have a mantra focus. And that's how we're going to get to, we're going to get through the year. Okay, so let's add these in so that you can see them. So here are mantras that we started with on Tuesday. This is me, right? I'm going to be delivering the information to you. So I want to make sure that for anybody who's new, this is who I am and what I do. I own my own business. I'm an HR consultant. And I'm a career strategist. So I help people specialize in how they manage their career and bake and profession. professional development, life coaching, personal development, and then that's what I do in my business outside of here. It's a lot of HR, but it's also a lot of strategy, right? I tell people that I perform career alchemy, and I do, people come and ask, you know, how do I get from point A to point B? And my job is to help them think about what that roadmap is going to look like, all right?

So here was our first mantra that we introduced on Tuesday, okay? If you act better, you will attract better. And if you want to make sure that you are capturing the mantras, please check the chat. Kayla is going to be putting them there in highlighted fashion, but this is our mantra number one. This is an original Kim Jim. I didn't hear this anywhere, right? I ensured that I brought some of my own things in here because as we are moving through the year, you're going to hear me talk a lot if you come into this stream. That's what this podcast is all about, is making sure that I leave things with you that motivate me or that come to me as I'm doing my own reflection. And this came as a result of me thinking about how I wanted to ensure that I was attracting the right things in my life. And I had to check my own actions. I had to check my own mindset. I had to

check the words that were coming out of my mouth. You all hear me talk about word economy a lot. Literally the economy of our words, our word choices, the value of the words that we are putting out there, okay?

So, if we act better, if we make better choices, if we improve our behaviors, if we choose different things than we have chosen in the past, then we will attract better and we will be able to see improvement in our life in the ways that we want. It also means that we must surrender some things, right? Because at the end of the day, how you act is based, will determine what you attract. Okay, so add that into this whole mantra right here. Hobb says we could have warned her about Tuesday's replay and that she just got her boss gear. Somebody said that to me. I think somebody said that to me. Somebody told me I was a warrior after my stream on Tuesday and they were like, you were just talking to the people and giving them all the things, right?

Absolutely big stove. Please don't be a bad actor in your own story because you're the author of it. So if you're the author and the star and your acting is bad, you're going to attract bad, right? Supporting cast, people who are around you, who want to be close to you, but based on how you act, if they see you acting that way, they're going to think that that's okay. So if you act better, you will attract better. Period. That was our first mantra. Okay. Our second. So then we went into how we do better, how we act better. And this was our blueprint for how we get there. All right. Start, stop, continue. So what are the things that we need to start doing that we are not doing? What are the behaviors, choices or actions? that we should start doing that can add value or help improve any of our circumstances, right? All of this. Hobbs, love you mean it, okay. This one is probably gonna hit home for anybody who's in here that's in the blueprint coaching group because everybody that I'm working with to some degree, and they know, right, we had our own coaching and we talked about a variety of things because they all have career -related shifts that are taking place and so we're honing in on that.

But this parallels with what we talked about in the group coaching. And so if you're there and you want to take this with you, take it with you because the other thing that we have to be able to do is to stop doing things that are not in service to us. Listen to me, folks. Sometimes we know exactly what we should stop doing and we keep doing it anyway. Sometimes we continue doing the things that we should stop. Right, but what you guys says, yup. And listen, we know, we will say, I know I shouldn't do this, but. I know I shouldn't be involved with this person, but. I know these aren't good habits. I know that I should. I know that, right. What did I say on Tuesday? Self -awareness or avoidance isn't the absence of awareness, right?

Somebody write that down. Avoidance is not the absence of awareness. We avoid the things that we know. It's just like coveting. We covet that what we know. We want things that other people have. Avoidance is not the absence of awareness. We are clearly aware of what it is that we should or should not be doing and we do it or don't do it. Hence why avoidance is not a strategy even though it is a strategy that we employ,

okay? So when we know when we knowingly do things that we should not write, write a McKee. Exactly. Okay. We're, we're aware and we always know we say to ourselves, right. And I know I shouldn't be eating this extra dessert, this extra meal. I know this food is not good for me. I know I should be taking this medicine. I know I shouldn't be having this, whatever it is, but we always know what we shouldn't be doing and we do it anyway. And we're willing to accept the consequences. So when our clothes don't fit, when our boss is not satisfied with our work, when our partner's not happy, when we're not satisfied with ourselves, we now have to go right. I know I should be logging off, right? I know I shouldn't be scrolling on social media. I actually know that I should be doing these two tasks, but instead I'm going to do the things that feel comfortable, right? I know I should be doing the hard things first, but I'm actually just going to avoid the hard things and do the easy things.

I know I should really sit down and have this conversation. and I know I need therapy. I know that I need help. I know that I should. Kwame Brown Beats, good morning to you. Good to see you. Kayla. That's what I say to you. All right. Listen, folks, we all know what it is. And this is why start, stop, continue is so important because you own the starting, the stopping, and the continuing. The accountability is on you. The avoidance is on you. And when avoidance meets accountability, we then have action because the avoidance goes away. Absolutely the miss sweetie. Avoidance is not the absence of awareness. We are fully aware in our avoidance what it is that we should be doing. All right. And so then we need to also understand what are those choices or what are those things that we need to continue doing that are going to be in service to us. Lockdown, good to see you. Thank you so much for being here. Listen, quick commercial to go follow all the dope DJs, mods, and streamers who were in the chat. Big Stove is here. DJ Lockdown is here. K -Lock is here, right? All types of amazing folks who were in here, who were DJs, Oiki guys here who streams, right? The Miss Sweetie is a mod. CLove702 is a mod, right? So many folks who wear so many hats in here. So go give them a follow. Lockdown, this is the new time for the blueprint. On Thursdays is at 8 a .m.

Pacific time, 11 a .m. Eastern time. So hopefully it's not super, super early for you. But thank you so much for being here. Happy Thursday. All right. All right. So we're talking about our mantra recap from Tuesday. And the first one was if you act better, you will attract better, okay? And this is the blueprint for how we're going to do better. Start, stop, continue. Okay, if anybody wants me to go back to this slide, then I will, but we're going to move forward otherwise. The second one is we are not revolving, we are evolving. And we talked about being in a revolving door. That was our visual here. This one comes from my friend and friend of the blueprint, Nakesha Hicks, via her coaching group, the HR Path. She got this from a member of her HR Path, heard it and said, I need to share that with Kim Blue because that's going to be important for the blueprint. And she did, right? We are not revolving, we are evolving. Tuesday, we talked about this whole notion of being in this revolving door and being in the place where we can only

take so many steps and we have this one opportunity to exit and get forward with our path. And again, we know that we're in a revolving door. We know that we're in a revolving cycle. We are very clear about the fact that we keep spinning our heels and our wheels. in places and spaces and with people that don't deserve that.

But we knowingly stay there. We continue to be in the revolving door, even though we should stop revolving because the minute that we are not spinning and we have a clear picture of everything, we can see what's ahead of us. We know when the exit needs to come. We understand when it is time to get off of this hamster wheel that we're on and move forward in a space that says, this is why it is important for us to get forward, for us to stop looking back, for us to stay here. Sometimes getting off of that revolving door means leaving someone who wants to continue to spin in there to spin. Some people are happy spinning. They're happy in the chaos. That's where they're most comfortable because if they're spinning and someone can spin with them, then they're not alone. I call it the misery loves company complex, okay? Because it does. Nobody wants to be on a hamster wheel by themselves, but everybody wants to get off the hamster wheel. So how do we do that? We are intentional about our choices. We are intentional about what we start, what we stop and what we continue. Sometimes you just have to stop choosing the hamster wheel so that you can be intentional about not revolving because your evolution requires you to look forward, to invest in the things that are important and meaningful, to potentially start some new things that you have not started so that you can be intentional about seeing success, all right?

So that's our Tuesday recap. Let's go into the next mantra. We do not hustle backwards, ladies and gentlemen, okay? This one is directly from Nakesha Hicks. Now, she also owns her own business. She's the CEO of a business called The Elevate Her, okay? Thank you for the lurk, the Miss Sweet Tea, right? The recording will be here. if you would like to go back and watch anything, it will be up in the stream shortly after, after I'm done, okay? But she, Keisha Hicks being she and I, we talk often and we talk about this notion of hustling backwards and how we coach our folks in relative ways to make sure that they are intentional about what it is that they're doing. All right, everybody see this picture that's here? You see the demands on your time. The demand on your time is, this picture represents this whole notion and this is what it says down there at the bottom. When we talk about not hustling backwards, what we mean is this. We're not giving away any of our currency or resources. We're not overextending ourselves in a way that's above and beyond our means of living, our availability that does not yield a worthy return on our investment, okay?

We are not hustling backwards, ladies and gentlemen. What that means is we're not going to be out here giving away things for free and not being willing to say, Hey, would you be willing to do this with me for me? Is this in the, in the realm of possibility, right? We hustle backwards. When we don't take advantage of the opportunity to ask people, absolutely. Don't give a, don't give the game away for free. Sometimes we hustle

backwards when we're willing to say, yes, I will do this. And there may be something from that person or from their network that could be valuable to us, but we don't use our voice, which is our greatest currency to say, would you be willing to do this for me? Here is what this would look like. And here is how this would be used in particular, if we know it's not going to be a great tax on anybody else's time or resource, or if we've seen them do it for someone else, but we feel like I can't ask for that, right?

We're taught to be humble. If we go all the way back to the summer, right? When we talked about this, Hey, Daisy, be good to see you good morning, right? We talked about this notion of humility being a liability. And so now instead of operating in our power, we allow humility to then be a liability for us. And we hustle backwards. I'm not saying it has to be tit for tat. What I am saying though, is that you have to feel comfortable saying, this is the thing that's going to help me. So sometimes we have to start hustling forward so that we can release the hustle backwards and get where we need to be. Because if we continue to hustle backwards, we're not going to get into any of the places that are, we're meant to, right? We think about this whole notion of the promised land, right? What is our promised land? Sometimes our promised land is this is the space that I know I'm going to go. Here is where I ultimately want to be.

This is where I know my presence is going to be valued. My gifts are going to be active where I'm going to be able to see the most return on my investments. So what is my presence? Promised Land if I don't hustle forward and if I keep hustling backwards right if I continue to hustle backwards and if I don't stop doing some of the things that I know I should I Will stay on this hamster wheel and I'm not going to get off any time soon In fact, I'll be right here in one month in three months in 12 months and If I continue to stay here if I continue to hustle backwards Waiting for people to decide they're ready to bless me or offer their gifts to me When I could have clearly asked for them even after I have overextended shown up and given things If I keep waiting for that I may never get it So that's what I mean when I say we're not giving away our currency What are our currencies folks time is currency energy is currency Okay, love is currency emotion is currency. I'm not just talking about money. I am actually talking about your Resources and abilities right? Time is currency all of those things if you give them away your gifts are currency and when you give them away in In a fashion that overextend you meaning you don't get to do something in order to now have to support serve help Give something to someone else It doesn't create any return on your investment.

So now you're hustling backwards, right? You're also hustling backwards when you don't tell the truth about what it is that your intentions are Let's spend a moment here. Here's where you might want to get your boots Okay, when we are not clear about what our intentions are and not let me be let me let me offer some qualifying here Right when I say not being clear when I mean when we are not telling the whole story when we're not providing full Context when we are not being Intentional about saying the actual purpose of what it is that I'm trying to do is this we only tell the part of the story Or

we only share part of the need that we think is going to get people To do what we want them to do.

We underestimate people's intelligence. Their willingness to support us people are not Silly some are but they're also not dumb Okay So if you don't tell them the whole context and then they figure it out without you telling them then you have to deal with Their emotional runway in response to you not coming clean So you do have to be honest about what your intentions are because if you hustle backwards By not being honest you're now getting in your own way So you now become your own roadblock your own speed bump your own hurdle For the direction that you want to go in So you have to be willing to hustle forward to be vulnerable and say this is where I'm trying to go Honestly, I've noticed that what you offer or your gifts here are really Meaningful is this something that I could ask of you.

Here's how I'm going to use it. Are you okay with that? Sometimes we don't put that level of transparency out there because we don't want it to be used against us Okay I'm coaching someone right now who literally told me in the spirit of all the Relationships that they have that trust has been broken. And so because the trust has been broken they are holding on to information and Strategy so that it does not get used against them So we now hustle backwards to protect ourselves so that someone else in Their hustle can't use our stuff against us, but then we stay stuck in the same place So then we just strap ourselves into the hamster wheel and get comfortable, right? We find a comfortable pace and we're like everybody ready. Let's go and we start running Right, because we don't want to get off the hamster wheel because getting off the hamster wheel then means that we have to then give up this comfortable spot that we've created. Anybody in here who's a runner knows when you find your pace and your rhythm, it's all good. You don't need to change. You don't need to shift, except you do. Good morning, Ebony A .T .L. Good to see you.

Thank you so much for being here, okay? I see folks going for the boots, okay? Let me tell you something folks, hustling backwards can be something that sets you up for failure. And by failure, I mean not receiving the things that you know you deserve, especially if you're working for them. Because in hustling backwards, you overextend yourself in a way that allows you to protect your intellectual property, your emotional runway, because you don't want to get hurt. You don't want to get burned. You don't want anybody to have access to you. But if you don't give people access to you, then how are you going to move forward? I'll wait. Anybody? No. No thoughts there. So you have to give people an opportunity to get close to you because even in doing so, you may learn a little bit about people's moves, motives, or meaning. Okay? And when you understand how people move, what their motives are, or what's the meaning, right? The reason why they want to get close to you, then you can move different. But as long as we are intentional about giving away certain currencies, or overextending ourselves to protect, or overextending ourselves not to be able to be available, now then we are,

listen folks, now then you're mad because you've given up all your currency and your time and your energy and your expectations and all of these things only to not get anything.

And so now you can't hustle forward because you actually have to hustle backwards a little bit more in order to steps forward we hear that phrase right I took I took two steps forward to only to take three steps back if you just hustle the right way you can only take your steps forward and the steps backwards won't seem so significant all right so don't give yourself away in a way that exceeds how you're going to be able to see return on your investment it happens a McKee right and it is cringe -worthy here's the thing when you realize you're hustling backwards and I'm telling you so for some of y'all this is gonna bake your noodle later on you are actually going to be doing something or having a conversation or being engaged with someone in some way and you're going to discover that the reason why you're doing something or the reason that you don't have access to something is because you may have been getting in your own way now let's go back to that start stop continue model well what do I need to stop doing And then even more so, you might say, I know I should have stopped doing this a long time ago, but we wait, we wait for the natural disaster.

We wait for everything to be a cluster. We wait for it to be a dumpster fire, to then own a truth that we already knew. That is hustling backwards, ladies and gentlemen. Why would we do that? We don't have to, okay? Hustling backwards means that you can be very aware of what your resources are and know your limits on how you want to make them accessible. And the reason why certain things need to be available to you. This picture here represents someone who has overextended themselves, because what we see is someone is saying, well, how long is this going to take? I need you to talk to this person. These reports and these things are due. Can you help me with this? Because you've said yes to all of those things. And what do we know about folks? Yes, folks, yes is expensive. Yeses are expensive. And so this is what giving away your currency looks like.

You've given away, and now you've got to overextend yourself to meet all of these currency requirements. Because the bill has come due. It's come due for you to deliver. It's come due for you to do that, right? Hobbs says, or Bosque just got a dent. CK Lockhops, he will give you new Bosque, okay? But those yeses are expensive. Sometimes those yeses will cause you to hustle backwards because you now have to take steps to course correct. You got to go backwards to go forwards. If you're going to go backwards to go forwards, at least go backwards for yourself and not for other people. Prioritize your hustle. Somebody write that down, okay?

Prioritize your hustle. All caps, Y -O -U -R, prioritize your hustle. If at least you're going to hustle backwards, hustle backwards for yourself so that you're not giving all of these things away and that you're not getting in your own way.

Please prioritize your own hustle. Emma Key says, saying yes will have you all messed up and will, okay? Because you're saying yes to everybody except for you. When you say yes to people who are not yourselves, when you say, yes, I'll do that, you then say a no to someone else. Typically to yourself, yes, I'll do this, but does this mean no, I don't get to eat? No, I don't get to get that bottle of water. No, I can't work out. No, I can't go to the doctor. No, I can't really see this movie or watch this documentary. No, I can't meet this person for lunch. No, I can't go for this important exam that I need to do. No, I can't go get my car taken care of. No, I can't get my kid on time. No, I can't take this vacation that I desperately need or see this therapist.

When you say yes to everything, when you say yes to the world, Know to yourself that yes to the world is a step backwards in your hustle. So prioritize your hustle ladies and gentlemen It is well worth it and you will be better for it Okay Hey Daisy B said she's right in the middle of a storm right now I'm telling you when we don't pro when we deprioritize our own hustle and we prioritize other people and then we question ourselves on why we are not thriving and And we're watching others live the shiny life Right grind or thrive the choice is yours Let's get to our last mantra for today and this one is just original to Kim blue right emotional intelligence over emotions all day Okay IQ over e that's the equation Now you might be saying what Kim blue, but I promise you just go with me on this one.

Okay emotional intelligence over emotions because here's the thing the emotions are What you are responding to The emotional intelligence is how you respond to what you're responding to More often than not we respond from a place of Emotion I am so mad. So I got to pop off at the mouth right now Emotional intelligence is I know I'm mad but the minute I'm mad at you if I give you that mad Then you're gonna be able to see me mad then you're gonna play into my anger Then you're gonna play into my emotion and then really I'm angry is what you're experiencing, but I might just be sad I might be something else and I don't get the opportunity to do that The emotional intelligence allows you to say What's really going on?

What am I really feeling? Am I really mad at this? And listen, you might be mad, but you might also be something else. And so you may need to just take the time to understand what I'm really is this, right? This, this is the notion of peeling back that onion, right? Peeling an apple, right? Digging through the haystack to find the needle, whatever it is, right? But you have to do a little bit of digging in some circumstance in order to understand what it is that's really going on. Emotional intelligence over emotions. Absolutely. Kayla, know your why. When we don't know our why, we are very ill informed. And that's where our self-awareness comes into play. At the top of the

stream, we talked about avoidance not being the absence of awareness at the same time, because we do know that two things can be true at the same time.

Okay. Even though we don't want that to be the human condition is not for us to accept two things being true at the same time It's this one thing is true and this must be right. No, it can rain While the Sun is shining it may not happen often, but it does happen Okay And we know that period We have to be okay with these things being the truth. And so when we recognize our emotions, I'm angry. I'm frustrated I'm happy whatever that is Right, especially because positive emotion trumps negative emotion Even though we sit in negative emotion much longer than we do positive emotion. Does everybody understand that guzzle? Good to see you don't sneak in and grab a seat in the back. Come right on in Kayla cool escort you to your seat towards the front of the room guzzle welcome He'll also hand you a pair of boots or whatever boss gear you may discover that you need Thank you so much guzzle for the re -up.

You've been rocking with this thing for a full year. Thank you. Thank you Thank you. Guzzle. Appreciate you. Okay When you are intentional About understanding your emotional intelligence over your emotions It allows you to say I don't have to give away my emotional currency I'm not gonna let you take me to my emotional cap My capacity is what it is and you don't deserve that right? Why am I mad? Why am I frustrated? Why am I? Trying to now over talk. Why am I trying to talk you through my emotions? Do you deserve that is it worth? That if I have to talk you through my emotions, I'm now giving away my emotional currency to somebody who may not Deserve it Vader good to see you. Thank you so much for being here. Happy Thursday to you Vader says his emotional intelligence intelligence is tired. Listen, that is a real statement. You ever give away your EI to people who are not worth it, worth it.

This is probably, this happens in relationships all the time, personal or professional. You ever look, right? You try to explain someone because you think if I just could help them understand where I'm coming from, they don't want to understand, ladies and gentlemen, if they did, you wouldn't be having to have this conversation with them. Okay. If they were, listen to me, until someone is ready, they're not ready. Let me say that again. Okay. Until someone is ready, they are not ready. And that's on everything that I know. You could tell a person all day, I just want to help you understand, right? We share things with people in the hopes that if they get it, If they hear you out, if they understand your reasoning and your why, they'll then say, Oh, you know what, I get it. That makes so much sense. Now I understand why you move the way that you move or why this choice is that, but until they're ready to receive it, ladies and gentlemen, okay, if they're not ready, they're not going to receive it.

And that's that it is a loving punch. Um, Hobbs right in the shoulder. Okay. Right in the shoulder. Sexy vibes. Good morning. Good to see you. Thank you so much for being here. Right. If they are not ready, they're not going to receive it and it will love you mean it. Hobbs. Okay. It will listen. You will keep hitting this same wall. Okay. Lessons

will be repeated until they are learned, ladies and gentlemen. And sometimes it's not you that needs to learn the lesson, but you also can't control the timing on when someone's ready to learn the lesson.

If their readiness is not there, okay. That's where your emotional intelligence comes into play. Sometimes you have to be emotional and tell emotionally intelligent enough to know that they're not ready. And then you have to stop here. Let's go back to that. Start, stop, continue. And then you have to stop trying to make them ready and start meeting people where they are. The hardest thing is to meet people where they are because it's not where you are and you want them to hurry up and get to where you are so that you all can move forward. But that's not how it works. Sugar, sugar, boo. Okay. That is not how it works. We hear the phrase, stay ready so you don't have to get ready. But if you're not ready to be ready, nothing is going to change. So there's no reason for you to try to help others get to a place that you want them to be if they're not ready to be there for themselves, which is why. To Vader's point, his emotional intelligence is tired because if you absolutely Kayla, you cannot wait for them. If you continue to try to help people get to a place and listen and they hear you, they'll be like, you know what? You're right. People will not. It's not. You're absolutely right. Thank you for sharing that with me.

I appreciate you offering that to me. You really are, you know, you're a good, but you knew you're good. Thank you. And then they continue to do the same things that they've been doing because they are not ready. All right. Tank. Thank you so much for the re-up. Appreciate you. Good morning. Good to see you. You all have kicked off a hype train. You all kicked off a hype train. So we were at a level one, always, uh, see, see, love says, I'm thinking of one person who says that, right. Listen. Okay. It happens. Right. So listen, folks, thank you in advance for the hype train. And you all know that it is always appreciated, never required. I do what I do for you. that's what this stream is all about, okay? So when we think about this whole notion of emotional intelligence over emotion, Big Stove, thank you so much for the boss bits, appreciate you. The emotional intelligence is in place to help us say, if I show up this way, then I can be intentional about protecting my emotional capacity. Music Lover but thank you so much for subscribing. Appreciate you. Welcome to the Blueprint Boss family in that way. You're already like, it's family. If you follow family, if you've subscribed, no matter what, it's all family, right?

So thank you all for being here and for the bits, right? And that just pushed us right into level two for this hype train. So thank you all. Listen, folks, the emotional intelligence is sort of the modern day version of how to protect your peace, how to guard your heart, right? How to be intentional about saying, here is my opportunity to make sure I am prioritizing myself. You just heard me say, prioritize your hustle, okay? Prioritize your peace. Be emotional intelligent about what it is that is going to be meaningful for you.

Dr. Donna Dundas, thank you so much for the boss bits. Appreciate you. When we talk about emotional intelligence over emotions, because emotions will allow us to get away from the actual very reason, our why, right?

You heard Kayla saying the stream earlier, know your why. Sometimes emotions can cloud that why. And now we're trying to assuage our emotions. Sometimes we are trying to solve for this pain or this hurt or whatever it is that we are feeling, okay? And because we are trying to solve for our emotions or because we're trying to cover them, right? Whatever that is. Now we've gotten away from the emotional intelligence just because the emotion is what is driving all of this. Let me pause because there's a lot happening in the chat. The call is 06. Thank you for the boss bits. Appreciate you. Vader with the stack. Thank you so much, Vader. Appreciate you. Aim a key with the 200 bits. Thank you so much. That just pushed us into level three on this hype train. C Love 702. Thank you so much for the bits as well. Appreciate all of you. Okay. I'm here for you and I'm here because of you. All right. So listen, folks, the emotional intelligence gets away from us because the emotion clouds our ability to act rationally to demonstrate good judgment. And now we're trying to satisfy our emotion.

We're trying to get back to happy. We're trying to get back to ideal state. We're trying to get back to, but if this person could just listen to me, if they would just see my point of view, if they would just take the time, but they don't want to, because then they have to come out of their space where avoidance is not a strategy, their comfort zone, their hamster wheel to get on your hamster wheel, and they are already on their own hamster wheel. So why would they get off one thing? to go be somewhere else and do another, right? Why? Why would they do that? Make it make sense. So you have to activate your emotional intelligence, folks. Okay? Absolutely. So you cannot make folks do something that they do not want to do, right? Guzzle says acting on emotion can be detrimental to a situation, 100%, because then the emotion becomes the focal point. It's what everybody's trying to respond to, solve for, get away from, get around. All of those things. And you are right in the depths of all of it. And the emotion is not letting you go because the emotion becomes so overwhelming that you just want it to stop. You don't want to feel, you don't want to do anything, right?

All of that is present. And now the emotional intelligence goes completely out of the window. So that so much so that when you reflect back on a situation and you think about what you should have done instead of what you did do, you will actively say to yourself, I'm, oh man, I was so caught up in my emotions. I didn't even realize; I didn't even recognize. I wish I would have, right? And it's all very present in that way for you. Kayla, thank you so much for the gift sub to the Miss Sweet Tea. So emotional intelligence, right? EQ over E, any day, ladies and gentlemen, somebody write that down, literally like a fraction. EQ over E, emotional intelligence over emotions, literally that is the mantra, all right? This is the mantra. Because once we activate our emotional intelligence, our emotions can be more in check. Then we can manage our emotions

and talk through them, breathe through them, work through them, not let them be the dominant presence in the room, not let them be the thing that we're actually trying to solve for.

The emotion, okay? is the what, that emotional intelligence is the how, how we are going to respond to it. The key word is intelligence. The intelligence is the how we respond to the emotions. So emotional intelligence over emotions any day of the week, we will come back to that throughout year two of the blueprint in whatever capacity this is, all right? Because if you, here's the thing, sometimes we don't even recognize that our emotions have run away with us. Anybody ever get asked a question and in the midst of response, it triggers you in some way that you may or may not be aware of. And then in that triggering, you start to run off with your response and you start to think to yourself, man, and now you're all off topic because your emotions are driving it. The intelligence kicks back in and you think, how did we even get here? How did we start talking about this DJ Funklore? Good to see you. Thank you so much for being here. Funklore says he needed a smoke signal so he could be present. Well, you're here now, Funklore. So welcome in.

Welcome to the blueprint. Good to see you. Thank you so much for being here. Happy to have you with us in this space. Come back anytime. Okay. So when we think about this whole notion of emotional intelligence, it is the thing that can conduct this train that we're driving. Your emotions are every single car behind it, anger, frustration, happiness, joy, excitement, sadness, fear, whatever it is. But your emotional intelligence is the engine at the front. And however many emotional intelligent engines you need, right, will be how much it takes. Thank you all so much for this hype train. Appreciate all of you. Thank you. Thank you. Thank you for all of the love for the gifted subs, for the bits, mostly for the support of the stream. Okay. It's all going to go back into all of that. So thank you so much. Okay. When we think about emotional intelligence driving this train, it is what keeps us ready to handle our emotions. Anybody in here know of the notion of compartmentalization, right?

We compartmentalize. It means that even if I'm sad, if I read something while I am in a meeting, that makes me sad. I can park the emotion of sadness over here because I still have to move forward with what it is that I'm doing. Right. Compartmentalization is a form of emotional intelligence. Probably no one's ever going to say that to you, but I spend a lot of time thinking inside my head and reading things. And there's a lot of, reason, all the things, right? You're going to have to go back and watch the, you're going to have to go back and watch the replay. I had, I had a whole talk about emotional intelligence over emotions. Okay. Right. Anybody? Okay. Like, right.

Reason, just go back and watch the replay. Okay. It's all in there. I promise you. But when we talk about this whole notion of compartmentalization, right? Compartmentalizing is a form of emotional intelligence. It may not seem like that, but you may be emotionally intelligent to say in this moment, I can't deal with the sadness. In this moment, I can't deal with the grief. In this moment, I can't deal with the frustration. I got to put that down because this thing needs my attention right over here. I got to be present here because I can't do that. This happened to me once, right? I had a very severe personal thing take place to someone in my life that required me to take So some needed action, but I got the news first thing in the morning, but I literally, and so this is how I describe it to people. So this thing happened to someone and I was going to need to step in and provide some immediate support that was going to require a lot out of me. Okay. And in knowing that that's going to require a lot out of me.

Oh my goodness. We're getting a Ray Jennifer. Good to see you. Welcome in. Good morning. Good morning. Thank you so much for the Ray, Jennifer. Happy, happy Thursday to you. Welcome in to everybody who's coming in from breakfast and feelings. Check in. Good morning. Good morning, Jennifer. How are you? How is your stream? How is the new gig? Kwame Kwame Brown beats told us that you have started in the new capacity. I was lurking in your stream the other day, very, very briefly and listening. But I think you might've already talked about it. I came in in the middle. So welcome in everybody who is coming in from breakfast and feelings this morning. Good to see you. So let's see who's here. Is it Mark? Is it Mark and Sutton? Good to see you. Thank you so much. Grow TV. Welcome in. Good to see you everybody who is coming in. If you are lurking, if you are getting settled in, welcome to the blueprint. Let me introduce myself. My name is Kim Blue. I am an HR strategist and a career coach. The blueprint is the space where we come to chop it up about all things personal and professional development. I know, right, it's a little bit of a change.

This is a change for me as well. I'm glad to hear that your stream went well, but I also understand what it's like to not stream. And I'm glad that you are enjoying the new sub gigs. So shout out to everybody who came in on breakfast from breakfast and feelings. Welcome engine to forgive her a follow and go check out her stream. It is very different from other streams, right? So just be prepared for that. Don't go in thinking that, right? So give it some time when you go in there to just take a listen to what's going on and how she sets up her stream, but she talks about a lot of resources, a lot of things that you just may never know. If it's not you that could take advantage of it, right? It may be someone that's in your network that could leverage that, okay? And Jennifer's also a substitute teacher. So she is in the education space and that's something that is important to her.

All right, so welcome in everybody. Thank you so much to Jennifer for bringing the folks over. All right, so quick recap for folks who are coming in from Breakfast and Feelings. We are talking about our 2024 mantras for the blueprint. I am going to recap

them quickly for you. So let me introduce myself. I was in the midst of that. So this is who I am. I own my own HR consulting business. I spent a ton of time in corporate America. I worked for ESPN, Microsoft and Zoom. And then I worked for a fintech startup out of Boston where I was their chief human resources officer. And now I do my own thing, right? I dangle my shingle out there, so.

I'm a girl boss. That's how I would describe myself, right? I am a girl boss and in 2024 we are talking about the mantras that are going to ground us as we move through This year and this is these are the things we're gonna come back to in the blueprint All right. So the very first one is if you act better, you will attract better. All right All of those things DJ fun floor Yes, I did fun floor dangle my shingle, right? I listen fun floor. I laid myself off in 2022 Short story there is I saw the writing on the wall the company that I took the CHRO row for I was going in to take them public and Ended up taking them through three rounds of layoffs and I saw it coming So I raised my hand to the CEO and said when the time is right I will set my team up for success and I will exit so you don't have to lay off as many of them So I gave back half of my salary up front and then I exited I took a very minimal Severance I took a little bit of time off and then in February of 2020 to 2023 I went out there and I said, hey Okay, blue consulting is officially open for business, but I was building my business quietly behind the scenes anyway, right?

So that's what I did and dangled my own shingle out there. So here's our first mantra. If you act better You will attract better. What does that mean? It means how you act Determines what you attract so if you make better choices if you operate in better energy if you give the right mindset if you surround yourself with the Right people you will continue to attract that and in the same breath if it is in a negative space all good Jennifer on the lurk and work, okay If you are in a negative mindset, if you bring in things that are not positive, right? You will continue to draw those things in Okay, so how do we act better? It's a three -step blueprint start stop and continue So what are the things that we need to start? doing that we are not doing that are going to enhance our experience or influence the outcomes that we want.

What do we need to stop doing? And more often not, these are things that we know we need to stop doing. Um, what are the things? Dank and Kayla, I don't even want to know what's going on there. Okay. Cause I don't, right. I'll do, we can talk about that after the stream. Okay. But like, what are the things that we need to stop doing? And oftentimes we know we need to stop doing and that are going to help us get to where we need to be. And what are the things that we need to continue doing? Okay. That will help us keep moving forward so that we can prioritize the things that we want to work on and see our goals. Right. Our next mantra says, we are not revolving. We are evolving. So we're not going to stay in this. hamster wheel that we have been on, we are going to move forward and we're going to find ourselves evolving, embracing change, opening ourselves up to opportunistic mindsets, perspectives, and anything that is going to help us use our gifts in a way to say, Hey, I'm evolving, I'm growing, I'm better, I'm

more, I'm greater, I'm faster. Right? But we're not going to stay revolving in this hamster wheel or through this revolving door, when it's our opportunity to jump off, we're going to jump right off and we're not going to stay there.

Okay. All right. The next mantra that we introduced today is we don't hustle backwards. All right. We are not hustling backwards. And what we mean by that is we're not giving away our currency, our resources. We're not overextending ourselves in any way that is above and beyond our means of availability, the way that we live or doesn't yield a return on our investment. Because when we hustle backwards, when we put demands on our time and then everybody wants us to deliver, we then find ourselves stressed at our emotional capacity. We don't have the ability to respond. Sometimes hustling backwards means that we shut down. And we had a real deep conversation with this whole notion of when we hustle backwards, sometimes we hustle backwards because we want to protect ourselves.

We don't want to give away our currency. We don't want to be exposed, but what we need to do is do that. And you have to prioritize your hustle over other people's hustles. Because once you start prioritizing you and you say yes to you, because what do we know about yes? Yeses are expensive. Okay. When we think about the yeses, we can then hustle forward because when we're hustling forward, that is more of that start, stop, continue. We've stopped doing things for other people and we've started putting our currency and our resources on ourselves. So that overextending goes away and we just extend whatever it is that we have available to us to extend. And then finally, emotional intelligence over emotions every day. The emotion is the what we're responding to, the emotional intelligence is how we respond. We respond to emotion, we respond through emotion, we respond with emotion, but the emotional intelligence then says, take a beat, take a breath, take a pause, and understand what is it that I'm responding to?

And do I want to respond to it in this way? Or am I going to be intentional about saying, I know that I am on this train of emotions. And when Jennifer rated in, we were talking about emotional intelligence. And we were talking about this notion of compartmentalization and what I was saying to you all before we get ready to get out of here. Okay, what I was saying to you all is that there's an opportunity for us to look at how we compartmentalize our emotions compartmentalization is emotional intelligence. It's this awareness of I'm feeling sad. I'm feeling angry. I'm feeling challenged or frustrated. I'm feeling misunderstood. I am feeling undervalued. Whatever that emotion is, you know, pain, despair, discouragement. Yes, I'm feeling all of those things, but I'm aware that there's no space for that right now, because I need to push through to get to this other space. Sometimes compartmentalization gets a bad rap, but I want to give you this other perspective around saying if we choose to compartmentalize, sometimes we're operating in emotional intelligence.

Sometimes the byproduct of compartmentalization means I don't have to yell at you, right? I don't have to, you know, talk out of pocket, call you out of your name, say something that I'm going to regret later. It means that I can stay right here. And then by giving myself an opportunity to take a breather, because I compartmentalize and I left the emotion where it was. Now I can be intentional about going back and responding from a place of rationalization, I can be intentional about saying, you know what, man, I'm glad I didn't respond earlier because I was so frustrated. Now I can think. Now I have an opportunity to be real when it comes to all of the things that I got going on, right? All of the places and spaces that I want to be in. So understanding that compartmentalization gives us the chance to say, yes, I want to acknowledge my frustration.

And at the same time, I'm not going to give into it because if I do that, it's going to overshadow this other thing. And that's the thing that may get us to a place where we don't want to be. When you allow your emotions to take over, now you're trying to solve for the emotion and you're not in the space of intelligence. Okay. have to think about what that means and how we want to show up for ourselves and how we want to make sure that our emotions don't take over. So emotional intelligence over emotions, because when our emotions run away from us, or when our emotions get the best of us, we're now in a space where we can't control anything. And we're now in a space where we say, had I not let my emotions get away from me, I would have been better for it, or I would have been able to respond in a way that is intentional. Griffin is saying hello, everybody. Okay. He just woke up from his nap promptly as if to say, mom, it's time. It's time to go out or it's time for a snack. Right. So, so with that, ladies and gentlemen, those are our mantras. Okay. Those are the four mantras that we are going to, um, yes, the head of security is making his presence known very quietly right now, thankfully.

All right. So when we think about this whole notion of what it means to Manage our mantras, these are the mantras that we are always going to refer back to this year. When you have a moment to check in with yourself, can you say, am I operating an emotional intelligence or was, did I let my emotions get away from me? Am I truly saying that I'm not hustling backwards, right? What am I doing? Am I overextending? Am I offering too much? Am I giving too much? Am I expecting too much? Sometimes we can expect too much from others. And then when they don't do what we think they should do, we get upset. When really we're upset with ourselves, it happens all the time. I think you should do this, okay. And then they don't do it and you're wanting folks to do it, right?

When we also think about this whole notion of acting better and attracting better, okay. And not revolving, but evolving. All of that is how we are going to keep ourselves grounded in 2024. If you add up the numbers, 2024, they give you the number eight and eight is the number of new beginnings. This is our new beginning, ladies and gentlemen. We are in January. We are settling into what our rhythm is going to look like, but we're also grounding ourselves in very real things so that when the world attacks and we slide

off track, right? We've got these things that we can go back to. We have these spaces that we can remember, oh, it can be this or oh, I can do all of those things, right? It is as simple as that. So because we're in this new beginning, I want to encourage you to embrace it.

I want to remind you that you have an opportunity every day to act better and attract better. And I really want to encourage you to act, activate your emotional intelligence over your emotions, because at some point the world will attack and you may be off track a lot...little bit, right? So embrace your new beginning and be intentional about how you're going to show up through these mantras. Okay. So hopefully, everybody got a chance to write those things down. Hopefully, everybody's got context. If you missed any part of it, the replay will be up shortly after. And that, ladies and gentlemen, is your blueprint for today. So thank you all for being here. Jennifer, thank you so much for the raid. Thank you to everybody who has been lurking and working if you were commuting, if this is your time, right to commute for lunch or whatever. Thank you. If you had a tab up, thank you for the support. This was the first time we got to the new time slot today at 11am on Thursday. So this is where we will be. All right. Certainly drop those good talk emotes if you took something away from today's conversation.

Thank you for being here. A reminder that there is no stream next Tuesday. I will be The guest lecture at my undergraduate alma mater. So I'm going in to talk to the children about their lives and all of those things so Vader You're welcome I am happy. I have no response to that in this in the stream other than this All right, ladies and gentlemen, we are gonna find somewhere to raid out to and Go support someone Let's see. Where are we going to go this morning? You know what let's go to Somewhere that we haven't been for his LV LV is off. I think Is he off? Thank you Kayla for putting the schedule in there. Is he done streaming? I think I know he was on when I was on but he might have hopped off early Today it looks like Let's see here Okay, thank you, let's go see Hmm Let's see here You know what let's go see crazy Berrytown she is not somebody that I get to raid often and I know that She is on this time of day So we write this is new slots for me So I got to figure out who is in this space at this time of day So we are gonna go see crazy Berrytown.

She is doing Zumba and fitness and health She is a supporter of the blueprint. I you know, both of us often are like crossing paths and I see her her off all the way in these Twitch streets. She is also gonna be playing good music. So if anybody's looking for some activity during their lunch break, this is a great way to go and support. So let's copy the raid message. Thank you, Kayla. We are gonna go see Crazy Berry Town. I could not be more excited to go over there. Oftentimes I am in there to connect, but it reminds me to take a stretch break. Even if I'm not Zumba -ing, I sit at my desk and I stretch and I support her in her efforts and I encourage everybody to be healthy because health is wealth, all right?

So please copy the raid message. We are gonna go see Crazy Berry Town, all right? Thank you so much for being here, Kayla. Thank you for holding me down so low today. C -Love 702, thank you for leaning in as the unofficial blueprint mod. Thank you all for the hype train. Jennifer, thank you again for the raid. I appreciate you. We are on our way to see Crazy Berry Town. I am sending you into your Thursday and into your weekend and next week, because I won't see you all again until next Thursday with all of the good energy and light that you need to guide you. Take very, very good care of yourselves and I will see you in one week. I'm going to leave you with this, ladies and gentlemen. Thank you.