

The Blueprint Avoidance 2.0 Common Behaviors and Ways to Address Them April 18, 2024

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Transcript

Thanks for watching! Thank you so much for being here. If you are new to Twitch to the stream, or if it's been a while, let me introduce myself. My name is Kim Blue. I am an HR executive, a strategist, a career coach. Welcome to the blueprint. This is the space where we come on Tuesdays and Thursday mornings to chop it up about all things, personal and professional development. That is the whole point of this podcast. I fundamentally believe that everybody should be the boss of their own blueprint. And that means having access to the knowledge, skills, capabilities, and resources so that you may do three things every single 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 authentically you, you can.

Be great in your gifts. You don't have to Dim your light or shrink back. You can absolutely show up At your best and you can give your best but then you can receive the best from the world Which is probably the hardest part right because it's very easy to believe that the world has our best intentions At the forefront, but when you get control of yourself and you start to really prioritize the things that are important That's when you're the boss of your own blueprint. All right, so we come here We have really good conversations. We do the work. We hold mirrors. We hold each other accountable and we make sure that we Step out into whatever our next is prepared and ready and knowing that we've got a community that's going to Be able to support us. So with that, let's do a little housekeeping Let's say good morning and then we will jump right in to all of our recaps and conversations we are going to go back into the ways to address these common behaviors for avoidance and We are gonna add our third one in today and then we left off on Tuesday with freaky gamer girl asking a really great question Which is what happens when you go down the rabbit hole in the wild?

So I am going to make sure that everybody's on the same page so that we can recap all of those things and We're good to go. So first and foremost On Tuesday, April 30th, there will be no Blueprint I will be facilitating some leadership development that day in DC. So mark your calendars No blueprint on Tuesday, April the 30th. Okay, it will return on Thursday. I think May the 2nd like normal But none that Tuesday. Okay exclamation point coaching if you are interested in Receiving coaching or being a part of

the blueprint coaching group. That is where you can find some information and Sign up it the cost the investment should I say right because it's really an investment in yourself and your development in your betterment the investment is \$50 a month.

So it's about \$600 a year. Think about what you spend \$600 on. And can you put that towards yourself and begin to show up in the right way, or in a better way, or in a way that you've always been thinking about, but maybe haven't been vulnerable enough to say, I'm ready, I'm ready to do the work and I'm ready to be part of all of the good things that are going on here. So exclamation point coaching, if you are interested, there it is. Thank you, Music Level 21 for putting that in the stream. In addition, May 31 through June second is the New York meetup. I am honored that I will be kicking off the Saturday morning conversation. The Blueprint Live will be taking place on Saturday in New York. I am working on getting that information here into the stream so that you can see the details and I'm going to start to post more about it. Because it is coming in just about six short weeks. So if you're interested in signing up, you can certainly reach out to one reason, but you will see it in my stream elements. It was actually in stream elements yesterday, looking at updating some of my stuff until I will start to add that information in.

But Saturday, June the 1st, the Blueprint Live, the New York Meetup, it's gonna be a good time. It'll be my first opportunity to take the Blueprint Live on the road and kick off whatever from there. So I am excited to do it in person, and excited to meet those of you that I haven't met, or see those of you who I have had the pleasure of meeting if you are going to be attending the New York Meetup. So May 31st, June 2nd, see one reason, see DJ Chanel B. Information is all gonna be there, and then I will start to cycle some of that through as well, all right? So anything else that you may need today as far as questions, feel free to whisper, right? Got great mods in the chat. I think I've got one mod here. There you go. Hey, freaky gamer girl, feel free to reach out to my mods. I can get you the gear, right? I can get you the support. I think Keith already came in and said that he was working, but the couch is available. So whatever it is that you may need, it is all available to you. So with that, let's say good morning to who is in the stream, and then we will kick off with the recap, and then jump right into talking back about our four ways that we can address these common avoidance behaviors because we all do them, whether we recognize them or not, and we always find ourselves kind of in the spiral.

The goal is to help you know what to do. So if you're taking notes, grab your pen, grab your notebooks, pull a chair up to the boardroom table because this conversation and this official session of the boardroom is about to kick off. So good morning, Kay. Thank you so much for being here and for the re-up for the last 10 months of supporting the Blueprint. Appreciate you. Good morning, Music Love of 21. Thank you for being here. Good morning, Keith. I know you are interviewing. I hope it goes well, uh, because I know what you were up against. So hopefully you're getting some good candidates, uh, that are coming in the door. Good morning, classics. Give DJ classics to follow, please.

Thank you for being here. Classics on the lurk and work. All good. Good morning, Hobbs. Good morning, indomitable spirit MG. Good morning to both of you. Thank you as well for being here. Music level. Thank you for the compliment. Appreciate you. I've got some, um, I'm trying to do, I've got some things that are lurking, um, and looming that I'm working on.

And so I'm trying to make sure that at least from the waist up, I look a little more presentable and not like I've just come from a walk with Griffin. So thank you so much. I appreciate that. Um, good morning, mama Barnes. Good to see you. Thank you so much for being here. Happy Thursday. How are you? Good morning. Good morning to you. You're up bright and early. Nice to see your name in the stream this morning. Happy Thursday. Double spirit. Good morning. Welcome in. How are you? How are you? Um Hobbs did I see Hobbs? Did you ask a lock if it was safe? It is safe But once we get going you all know how this is right and I know Tuesday I spoke to my life journey yesterday, and she said to me She said did you see my comment Kim that said you were like low -key yelling at us And I said I did see it and I chuckled on the inside She was like you know normally you're like a mom and your voice is very calm She was like but Tuesday you were like I'm telling you like I need you to understand this I need you to like see this and I need you to be present for it So there might be a little bit more of that today But from a place of love and from a place of intention because we are working through the work because guess what?

We can't get the momentum that we need underneath us If we don't understand how to move out of the space of avoidance you all know that may we're gonna talk about We're gonna talk about momentum As far as that's concerned okay, so we're gonna come back and pick up with all of this okay Good morning freaky gamer girl freaky gamer girl has donuts and coffee for the boardroom So you got you all go see her and get yourself comfortable As you're pulling up your chair, and you're getting your notepins and everything out good to see you Thank you so much for bringing treats for the crew Hobbs. Thank you so much for the re -subscription Happy 11 months to you appreciate your support good morning crystal method You did make it listen whether you are here from minute one or you get here, and there's only one minute left Thank you.

It is all about gratitude, and it's all about the work So thank you for being here and supporting this space crystal method. How you doing? Good to see you as well big stove Thank you so much for the seven watch stream streak shout out to you go give big stove a follow as well Double spirit is already coming double spirits like I'm not buying it Kim blue. I'm not even here for it listen double spirit I did give everybody the warning Up front on Tuesday. I feel as though that's the way we start out this morning Right everybody has gotten Themselves together okay, so pull up a chair get your blanket if you need it okay all of these things are available to you exclamation point boss gear if you need it reason immediately comes into the chat and says good morning and then immediately puts the gear up okay good morning reason good to see you I hope you are

doing well reason if you want to drop links in the chat I haven't had a chance to add them to my stream elements yet for the New York takeover I just told everybody or reminded everybody that I would be doing the blueprint live there on Saturday so you can drop it into the stream for sure is it platinum crew good morning welcome in good to see UK I see you on the slaying behind the scenes thank you so much for that so so reason go ahead and drop that information into the chat and we will make sure that we get it so ladies and gentlemen you can get it there for the New York meetup.

See one reason or DJ Chanel be for sure for details, but make your way to New York so that you can come see me and hug me in person and take advantage of all of the other dope things that are gonna be taking place, all right? So with that, let's get started with a little bit of a recap. So this is April, April is all about avoidance 2 .0. If you were with us last year, we talked about avoidance and introduced it and understood that all of the things that we avoid come for a reason and that we know that avoidance is intentional and we are avoiding because we don't want to deal, feel, or potentially heal, okay? And sometimes avoidance helps us get clear on what it is that we need to feel or deal with or heal from, but it keeps us from taking the steps forward. And so that's what we're kind of talking about right now is common ways that avoidance shows up or what those behaviors look like that show up. I'm just getting our slides together. And then when we think about what that avoidance is, oh, sorry, you guys. When we think about what that avoidance is, we get to a place where we start to be consistent in these behaviors and we may gravitate towards certain ones, right?

And there were five behaviors that I called out and I asked everybody to identify what's the one that you do the most? Like, do you avoid doing your tasks or do you avoid things that are gonna make you feel? Because when you feel things and you have to like do something about them or do we do mental avoidance? Meaning I'm gonna put it out of my mind. I'm not gonna think about it. I'm not gonna give it any mental energy, right? Or do we avoid doing things that are gonna cause physical sensations? So we avoid exercise so that we don't feel pain. or discomfort or tired, we avoid conversations so that we don't have to feel the disappointment or the frustration that may come from either having to own something or being vulnerable, or we may not want to feel the sensations of what we think might happen if we have to own our truth to someone or if we have to say or give a difficult message, right?

This is especially true for managers. Anybody in here who is like, conflict is not my jam. And so you avoid conflict through other ways, right? Hobb says bits and parts of all of these, right? The sensations, okay? But that's right, we don't want to feel those sensations because then we have to do something about it or we have to own that. We are the source of whatever those sensations are. And we don't want to be affiliated or associated with knowing that we didn't show up any way that was less than our best, right? But in the moment where we chose that, we now have to understand that because we did some level of avoidance, that we now have to overcompensate and that was

right. So I'm just sort of recapping all of the foundational messages that we've talked about.

And this overcompensation as a result of avoidance causes us to now show up in ways that are not normal for us. So now we're operating outside of our highest potential. We might not be adding any value. We might be showing up and people might be experiencing us differently, right? You ever heard somebody say, well, why are you acting brand new or, you know, this is, they don't just don't seem like themselves or, you know, something is really off when it comes to Kim. Like yesterday, she was even kind of quiet and today she's like kind of hiding off to the side. It's because we don't want to be perceived in any other way than our best. But when we avoid, we lower the ability to show up at our best. Okay. And so I wanted to take quickly through the common avoidance behaviors because these are the ones that we have continued to come back to. Okay. And all the time we find ourselves here. So we avoidance cope and that is the formal name of it.

We cope through avoidance as our strategy. And so we cope by avoiding feelings, dealing with people, situations, circumstances that are going to make us feel or have to acknowledge that we may be the cause of those feelings that either we experience or someone else experiences. We avoid through action. So we don't do things that are going to trigger painful thoughts or memories. We don't allow ourselves to sort of sit with it, right? We're going to talk about sitting still today as we recap the ways to address these common avoidance behaviors. But right, sometimes you have to sit in what it is that you have done. And so we don't do that. We avoid that by doing other things, right? The mantra that goes with action avoidance is being busy does not always mean productive, okay? Sometimes we try to be busy and we try to cover it up as productivity, but we know for a fact that it's not actually productive. It's busy. And sometimes the busy is actually stuff that we don't even like to do anyway.

Good morning, Lex, I see you. Thank you so much for the work and lurk, okay? But we avoid it anyway. And so we decide then that we wanna be busy to avoid the things that we need to do. Mental avoidance is when we don't give our thoughts any of the energy they deserve to help us take the momentum to move forward, all right? The same with our tasks. Sometimes we just say, I don't even see how I'm gonna get through it and I'm not even gonna start. And you just heard me talk about physical sensations, right? So it's avoiding the things that are gonna help us get to that place and feel the things that we need to feel because when we feel it, there's a response that comes along with it and we then have to deal with our feelings and Sometimes dealing with your feelings requires you to take action now Let's go back to these mantras that I've been talking about because there's four key mantras that align with each one of these Common avoidance behaviors.

So let's put this back up real quick as I talk through the mantras. Alright, so when we talk about action avoidance, I I Want you to align this mantra to it because it's

important that you know that the mantra comes from one place All right. So when we talk about action avoidant Busy doesn't always mean productive. That is What shows up when we do action avoidance? Thank you reason for putting that information in there Okay, if you have a second, can we copy that and put it into our notes so that I can pull it over into stream elements Please and thank you or pin it to the top so that I can see it You can take down the coaching pin and we can put this one up Alright when we think about Physical sensations, I'm gonna hop around a little bit.

Okay physical sensations the mantra that goes with that one is Some kind of failure always occurs before success All right, so we don't want to feel the feelings of failure we don't want to feel the feelings of disappointment or having a missed step Okay When we think about this whole notion of mental avoidance, okay, the mental avoidance is The one that goes with that one Excuse me is related to this one. I'm gonna change the slide for just oh, sorry not our not our man on the railroad tracks Okay, but it's this one mantra for it's not other people's job to love and respect you it's yours Okay, and you don't have to wait for an apology to forgive that one goes with mental avoidance Okay, those two when we yes Yes Okay, you want me to repeat what I, what, what I was asking if you didn't mind doing, or you want me to repeat the mantras.

Can you put that in the chat so I can make sure I'm doing what you asked of me. You don't have to wait for an apology to forgive. That's mantra number three, which should be on the screen. Hopefully everybody can see that. And then mantra four is it's not other people's job to love and respect you. It's yours. And thank you for pinning the New York takeover information. So when we, okay, so when we think about these mantras three and four align with physical sensations and mental avoidance, does everybody see that? So I wanted to make sure that these mantras are these, these statements that we are. connecting ourselves to absolutely show up to the way that we avoidance cope. So they're not disconnected at all. One is directly tied to the other. And when we spend our time understanding that one is tied to the other, then we can be intentional about correcting the way that we show up. That's not an avoidance. And so we've been talking about these common behaviors that are, excuse me, the common ways that we can correct these avoidance behaviors, all right?

So I want to recap that. And then we're gonna go into something that I said on Tuesday, one of the Kim Jims that I said from Tuesday, and I'm just getting up my notes, which is sometimes we find our why in the wild, okay? And we talked about this whole notion of that. And Freaky Gamer Girl asked a great question. She said, well, what happens, Kim Blue, when, you know, how do you not get lost in the wild? Because it's very easy to do that. And we're gonna answer that question today. All right, so if you're taking your notes, pen and notebooks out, let's pick up from where we left off. So there are some ways that we can address these avoidance 2 .0 behaviors, all right?

One of them was to manage our mental mantras. That means you have to be in control of the story that you're telling yourself. You have to speak kindly to yourself. You have to use positive words, and you have to use words that are affirming the direction that you're going in, the choice that you make, and the reason behind it. The reason behind it is your why, okay? And sometimes our why is not always present right in front of us. Oftentimes it is, we're very clear about what we wanna do, why we wanna do it, and what the impact or the outcome is going to be. But sometimes our why is not readily available to us. If you were with us on Tuesday, I was talking in the podcast and I said, your why sometimes is in the wild. Well, how does our why get into the wild? I'm glad that you asked, right? The other thing that I said on Tuesday is that sometimes we have to leave some things behind. And way number two, after managing our mental monitors and starting to tell ourselves that it's okay to exit our comfort zone, it's okay to speak kindly to yourself, to be positive, to be intentional about the way that we're going to move and know that we can detach ourselves from these negative stories and spaces.

We have to though embrace the new environment that we're stepping into. So this is this is way number two to be able to address them. Good Hobbs, I'm glad you are putting this into practice. Shout out to everybody who is putting this into practice, whether you are saying it or not. I know many of you are. Listen, I was in somebody else's stream last night, I think it might have been Vader stream, I was hopping around all over last night, because sometimes I get big pockets in my evening. And so I'll go spend time with people who make their way into the stream, whether they are lurking or whether they're active in the chat. And so I hopped around last night to go support Noah Blass in Glace. And I was hopping around to go see some other folks and I had people on different devices, right? And so I was in, can't remember whose stream I was in. Maybe it was LV stream cause he was on Noah Blass in Glace.

And some, or maybe it was, no, it wasn't. It must've been Vader stream. Anyway, I was in there and somebody said, Kimbleau have been missing your streams and I need to catch up on the homework, right? And so those are the things that make me feel great as a coach because I know that the things that we're working on and talking about in here, you are giving yourselves permission to put them into practice. So if you are not doing that, consider every stream that you join or rewatch the permission for you to do whatever it is that you take away that's gonna help you be at your best, right? So thank you Hobbs for saying that out loud that you had to tell yourself many mantras. I hope that they resonated and I hope that they gave you what you needed in that moment or in those moments yesterday, okay? So you have to manage those mental mantras, okay? And sometimes those mental mantras are giving yourself permission to detach, let go, speak kindly to yourself, hold yourself in a different regard.

And then as you step into the new space, right? Or the wild, cause sometimes it's a place you've never been, you have to embrace that new environment. And what I mean by embrace is you have to be okay stepping in and knowing that this space is

new, unfamiliar, uncharted territory. You are now the artist who is gonna create, you are the architect who's gonna build, you are the designer who is going to design whatever that is that needs to be. But you're gonna bring your knowledge, your skills, your talents and your resources into this new environment. But you can't go into that new environment or this fresh canvas, dragging the things from old behind you. And so yesterday, excuse me, Tuesday, what I said, said to all of you is that sometimes we find ourselves in this labyrinth of limiting beliefs.

The limiting beliefs are those negative mantras, that negative space, right, that lower vibrational energy that we bring with us into the thing that we want to create, or curate or stand up. But if we want to embrace the new environment, we have to leave the labyrinth of limiting beliefs behind us. Because if you bring your labyrinth into this new space, it'll immediately take it all up. And then you won't have space to build. And now here you are back navigating these limiting beliefs and trying to figure out how your mindset shifted back to all of the things that you had done the work to get away from. So you have to leave the labyrinth of limiting beliefs in order to embrace the new environment. All right. Now, this is where you get into the new environment. And sometimes those mental mantras can start to creep back in.

And you're like, you know what, how did I get here? Hello, imposter syndrome. Hello, negative thinking. Hello, self-talk. Hello, ways of the world or the things that the world believes that we should be doing, saying, how we should be acting and moving, the choices that we even need to make. All of that can be among the labyrinth that you're trying to leave behind. And you may actually forget your why, or you may discover that the why that you had coming into this new environment may need to shift. And this is where I said to you all, your why is in the wild. Hopefully this is connecting for everybody as we recap and we start to turn the corner into today's today's method for how we address common avoidance behaviors.

All right. So if does anybody have any questions before I, I kind of keep moving forward because I was navigating the recap pretty quickly. Good morning, Dr. Donna Dundas. Welcome in. Nice to see you as always. Happy Thursday to you. Thank you for being here. Okay. So I'm going to take your silence as we're good. If you listen, folks, if you need me to slow down or you want me to repeat something. If you put the notes emoji or the notepad emoji or the pen emoji in there, let me like, I'll know that I need to repeat something. And I'll pause for a moment as I'm glancing at the chat and glancing at my notes so that I don't say something too quickly or I give you time to capture whatever you want to capture. All right. So put just some type of notepad ink and pencil in there and I'll read and I'll make sure I slow down.

Thank you classics for that. Okay. So when we think about managing our mental mantras and we think about embracing the new environment, I said that the labyrinth of limiting beliefs, sometimes we unintentionally or intentionally drag it in with us. And that may mean that our why gets lost or that we have to reestablish a new why.

Reestablishing a new why can be very challenging. All right. Let me give you an example. If you've ever been in the workplace and you started working on a project or a set of projects, and in the middle of this rhythm or in the middle of this cadence, shout out to all my IT and tech folks, we refer to these as sprints that you might be in depending on what type of work that you're doing.

But in the tech space, we call them sprints. So let's say you're in the middle of this sprint and by sprint, I mean, it's just a rhythm or a cadence that you follow to get through all of the steps until the work is done or until there is a pause, and then a new set of work comes in and now you're following the process or steps to be able to see that work through. OK, so if you're in the middle of this sprint and then let's say the work that you were doing all of a sudden changes, meaning the reason that you're doing it changes, the outcome changes, the people who were working on it change, all of the information that you had built up or were working towards around this shifts. And your why changes your role in what it was that you thought you were doing is not the same. In fact, it may be given away to someone else and you may actually have a completely different role, right?

So this is what I mean when I say your why is in the wild. Okay. You actually have to go and reconnect yourself with your purpose, your values, your reasoning, the things that you're bringing into this new environment or into this shifting environment so that you can show up at your highest potential and making sure your ad values. But here's the thing when your why is in the wild you have to go out there and navigate the wild in real time. Who in here is equipped to navigate the wild in real time? I just want to see a show of hands. Right or put your favorite emoji in the chat like if you got it, you're like I'm ready to step into the wild right now I'm good. I got my gear. I got all of the things that I need nobody, right? Nobody is prepared to step into the wild right now because the wild represents the unknown ladies and gentlemen somebody write that down wild equals unknown. And so now you're stepping into this space and you do have Pisces 20th century.

Welcome in good to see you. So now here you are stepping into the wild or the unknown this unfamiliar territory new faces new spaces I don't even know where the bathroom is. Somebody can guide me to the closest exit was where's the fire escape, right? All of these things are in here, but you are now stepping into the wild to go discover your purpose. It's like leaving the nest for the first time, okay. You got it. Ready go and so now you are being pushed out into this space that you don't know how to navigate is dark. It's nighttime and all you hear is these grumbings and noises around you and you're waiting for your eyes to adjust. You're waiting for your mind to adjust you're waiting for your your heart and emotions to adjust, because somewhere out there, wherever there is, is your purpose and your reasoning.

So you've got to go reconnect with your why, but you can't do that if you're not confident in what it is that's going on. You also can't do that if you've not taken the time

to understand what this new environment is, what it has to offer, and how you can navigate it successfully. Hobb says, currently standing in the middle of the wild. I'm telling you, you may not realize that you were in the wild until all of the lions and tigers and cougars and everything starts to hiss at you, okay? All of those things. You might hear it in real time, but I promise you that you will at some point recognize that you were in the wild, because the other thing that starts to happen is things get real uncomfortable, right?

And what do I mean by uncomfortable? A variety of things. Uncomfortable means you stop seeing familiar faces. There's changes to your schedule. There's adjustments to your routine. You may have had a very comfortable, steady, predictable routine that you step into this new space and your routine goes out the window, right? It's like having been home during the pandemic and all of a sudden now having to return to the office three days a week. Well, if you've been commuted in three years outside of your sort of five mile comfort radius, now you have to drive 20 miles into the office every day. You forget about traffic. You forget about the stoplights. You forget that you got to get out early in order to avoid this extra backup on this commute, all of these things. That's the wild, you're reacclimating yourself and then re going into the office and going, all right, well, how's everybody's attitude? What's the energy going to be? I can't anticipate some of those things. Your routine is now off and not comfortable, right? Music Lova says that just happened to her with policy changes. Listen, it's real, it is very real. Policy changes is a great example of that. When you go into the office and there's new rules, new policies, new practices implemented, all of those things are the wild. And here you are trying to find your purpose among that.

So how do we find our why amidst all of this? If your why is in the wild, right? Absolutely, mama barns, life is the wild, right? There's so much unknown. Every day you wake up and you step out, you put your feet on the ground and you step into whatever it is. None of us can predict what the day brings or what the day will hold, even if our calendars are there. Do you all understand that our calendars are just a guide? Let me be very clear about that, right? Our calendars are a guide for how our day is expected or anticipated to unfold. But at any point, a meeting can get canceled. things can get shifted around. You may get a phone call that changes all of those things. So your calendar, for those of us who live and die by calendars, and I say this as myself, right, as one of those people, it's got to be in my phone, it's got to be on my calendar. But that calendar is merely a guide. It is not chapter and verse. It is not right policy. It is not something that I'm married to. It's the thing that says, okay, in the next few minutes, I should anticipate joining this meeting and this person coming on and us having a conversation about that.

But if it doesn't happen, then my guide still is my guide. Then I look to my guide to say, what's next? Or where do I go from here? Right? It's, it's like, it's why we're excited when we get time back, right? We're like, Oh, this meeting got canceled or this thing got changed around. I now have time to eat. I now have time to run and put

something in the laundry. I can go do this. Aaron, it's why the joy shows up because now we understand that our purpose can shift. Our intentions can shift. But when we don't have that, When we are not being intentional, excuse me, when we don't have that, so that we can be intentional, what do we have to do in order to embrace this new environment? Here it is, ladies and gentlemen, you have to slow down to go fast, okay? You have to slow down to go fast. What do I mean? Let's break this apart. The slow down part. You have to slow, you might be like, Kim, people say this all the time, I don't really know what it means.

I'm going to tell you what it means. So when you step into this new environment, when you now have to reset these mental mantras, when you are going into a space and you're like, I don't even know what this looks like, okay? You have to slow down to go fast. What do I mean by slow down? I mean, slow down, look around, sit down, embrace everything that it is. You have got to activate all five of your senses in the slow down part. I hope you all are capturing this, okay? Because here's what happens. We only activate maybe one or two senses because we want to get to the go fast part, but it's the slow down part is where our greatest opportunity is. Okay. Slow down, sit down, look around. Three steps in the slow down. When you slow down, that means when you step into this new environment, acknowledge that you're in a new environment. Don't just roll right into the door.

Okay. I'm just saying, right? But when you step into the door, don't just step into the door. Listen, there are moments that you do need to act like you've been there before. Let me be very clear. That's probably where we're going to go in May when we start to talk about momentum, because there are moments where you do need to act like you've been there before and you need to act like you're supposed to be there because those are the things that help mitigate imposter syndrome. Act like you've been there before. Act like you are supposed to be there and know that you know what you're doing. But in this instance, you have to slow down so that you can look around and go, let me survey this space. Let me understand if there are resources available at all. Let me slow down and get the, understand like what, what does the light look like at this time of day? Who is in here? Is there anyone in here or is this all available to me? Do I have the ability to move as quickly or do I need to pace myself as I'm taking in this new routine, this new rhythm, this new timing, all of those things, but you have to step, right? We barrel through stuff like a bull in a China shop and wonder why we have no space to move.

It's because we come in with all of our stuff. Instead of leaving our stuff, our labyrinth of limiting beliefs or all those bags behind us until we look around and go, okay, so I'm going to put this bag over there because it's going to be best suited in that. So when you come in, you have to slow down so that you can look around, take it all in. Take some deep breaths and acknowledge I am in a new space, I may not necessarily know or understand what it is that I am doing, or being asked to do or need to do, but I

do have to survey the scene. I need to check in about my own safety. I may need to recalibrate and recenter, and I may need to check in about what it is that I need right now and how I'm feeling about the fact that I'm in this new environment, because I cannot pursue my why until I've looked around to understand where it may be or where I may need to go and find it.

Good morning, bearded baritone. Good to see you. Don't worry about being late bearded you are here. Okay, this is making sense for everybody. Okay, like says he's gonna need a stronger drink. Right. So, step one, slow down. Okay, so slow down and look around, and then as you look around this whole notion of sitting down, right, you've got to stand still in that moment. Sometimes when we go into the door, or enter into this new space, we just keep walking and we try to do too many things at once. So we come in the door we look around we go oh, I need to, there's not a place to sit. That was look good. Who left that garbage there. Oh my gosh, how are we even going to do this, I need to do, and you're walking and surveying and talking all at the same time, be still. That's what I mean when I say sit down, right, find a place that you can park yourself, so that you can actually spend a few minutes thinking and taking in your surroundings and starting to make meaning of what is actually going on.

Okay, you do have to slow down long enough, because let's say you get inside there, and someone wants to check in with you, if you've not taken the lay of the land or if you've not surveyed what's available to you, how can you then actively describe to someone what you need. How can you actually say to someone I need help, how can you act. say, I think there's some opportunities here, or how can you say I went in and I had a moment of clarity and I know exactly what I need to do, why I need to do it, and how it's going to help people. I understand my impact. I'm really clear on what this project means. I now see why you wanted me to be the person who is leading this or facilitating this. The slowing down gives you the opportunity to take in information so that you can then put it back out there when it comes time to describe your needs. The other reason that slowing down is important is because when you slow down, you allow things to come into alignment. Remember that word that we talked about last month, right? We talked about alignment and this whole notion of when we're not in alignment, right?

Our mood, our energy, our choices, our behaviors, all of those things are off. When we spend so much time moving forward. So quickly and we don't give ourselves the opportunity to slow down. We invite in this organization dysfunction we invite in all of the things that will frustrate us from seeing the success of the progress that we intend to make as we are in the wild then what we do is We delay our ability to connect with our why because we're trying to move through everything and take it all in and super So you've literally got to stop You've got to look around so you've got to use your sense of sight, okay You have to use your sense of hearing. All right, what is it that I'm pretty and by hearing I even mean like What is it that I'm perceiving is around me? What am I taking in through that right your sense of smell which is I need to take a deep breath and

Give my brain enough oxygen to start to process and mentally make meaning of what's going on when we breathe in We put oxygen into our brain and when our brain is oxygenated or fed in that way It allows us to be able to have much more clarity when we don't spend the time breathing Right and shout out to DJ classics who I know is working and lurking because part of her mantras in the mornings when we do This is just this ability to breathe because you would be surprised at how much breath facilitates alignment So when I say we have to take our sense of smell we have to inhale, right? To give our oxygen some brain and then we have to exhale to just release all of the stuff that is going to be blocking Us from doing this. All right, you have to put your hands out and you kind of have to touch and sense What's going on in the air? What's going on in the environment? What am I taking in? What are those sensations and feelings that I'm now working through that? I need to absorb in okay Now the one that you might not necessarily activate so much is your sense of taste But those first four your sight and your hearing your smell right and your sensory your touch Those are gonna be the things that start to give your brain information to put the story together, all right?

Because when you can use those senses, it's gonna help you identify what your why is and where you fit among the wild, right? Hobbs said earlier, currently standing in the middle of the wild, okay? It also helps you make meaning of why you need to leave your labyrinth behind, okay? Hobbs says, slowing down for her seems to let the resistance come in and that's why you try to charge through. That's a very good point, okay? That is a very good point, Hobbs. We're gonna come to that as we answer Freaky Gamer Girl's question because she said, what happens when you get lost in the wild? And one of the things that happens is, is that we resist or that our defenses go up, okay? Sometimes we get lost in the wild and we stay in that fight or flight mode and we get ready to defend or we resist the fight, Hobbs. What you're talking about, that resistance, Right is a little bit of that flight. I'm gonna kind of go away I don't want to be a part of it. And so you keep charging through but in so charging Hobbs you power down those senses It's like when your brain starts to shut off the things that it doesn't need when you go into survival mode Because it has to protect all of its assets and by its assets.

I mean your organs, right all the things that help us function Absolutely Hobbs right Hobbs says I'm getting in alignment and you realize that you're getting there But the stuff that has to be let goes a lot hundred percent if you don't let go and this is why you have to slow Down because as you're charging through Hobbs, which is the go fast part when you put the go fast part Ahead of the slowdown You don't get to experience any of those sensory moments that help you start to make meaning so that when it's time to go fast You can go fast from an informed place Versus going fast and just being like I'm gonna take what I think I know Or I'm gonna take the roadmap or the blueprint from this last environment Which looks nothing like the blueprint for the environment that you're trying to navigate but we will sure touch try to insert square peg into round hole won't we and Keep trying to make it fit and wonder why it doesn't it's because you haven't taken the time to slow down Now the go fast part of this.

Okay, so once we slow down We've activated these senses and we've spent the time getting our information together so that we can have stronger alignment The go fast part of this is going fast from an informed place and by fast I don't necessarily mean speedy what I mean is you have the information that you need so that you can make smart decisions You can describe what needs you have that are not being met or that can be anticipated You can also go fast in the sense of now I understand where to go and what the stops are going to be along the way so that as I make my way Into the wild or I navigate the wild. I know where the water breaks are right? I know where the restroom is I know that I need to climb this tree and I need to hide behind that bush, whatever that is, so that you're trying to mitigate any type of attack, right? And by attack, I mean risk of something or someone stopping you from pursuing what that goal is and getting you out of the alignment that you're seeking. So going fast is not necessarily about pace. Going fast means I'm moving with intentionality.

I understand that if I move in one direction, it's going to take me here. And if I move in another direction, it's going to take me there. But each of those steps is in alignment with where I need to go. And now my why starts to become so clear earlier instead of waiting until I get all the way to the end. You have who, who in here has ever gotten to the end of a journey and then it became clear to them why they had to take it. All right. Sometimes we don't understand the why until the very end of the journey. Okay, but here's the thing that I want to be able to tell you Okay Sometimes you have to do everything forward. Okay fail forward Meaning I need to fail fast, but understand that the failure is actually what's gonna get me to the success Okay, right. I said it to my life journey yesterday, right for those of it, right? So you have to meditate forward. You got to pray forward. Don't come into this Asking for it. It's already yours. The why is already your why you're just going to find it So what you're doing is saying thank you for revealing to me what my why is and so now I can step confidently into it Right.

So hobbies think about it this way when you're talking about getting through all of the things right the letting go say out loud Thank you for giving me the energy to let this go because I already know that this is the step that I need to take That's gonna get me there. So thank you for giving me the energy to let this go. Thank you in advance for Right the support that I'm gonna walk into even if I don't know where or who or when but thank you for surrounding me with The people that I'm gonna need that are gonna help me through this in these moments You may not know what it looks like and it may not happen right away, but you have to do it all forward, right? So fast forward move forward fail forward meditate forward But put it all out there so that you draw it to you or it's you're drawn to it Not that you're discovering it in real time. Sometimes you are discovering it in real time However, if we want to mitigate avoidance meaning in the midst of all of these things that we're talking about We don't go back to those negative mental mantras.

We don't avoid tasks We don't avoid the actions that are gonna get us to these feelings. We have to invite it in So go fast with intention go fast with purpose go fast with meaning and information Understand that going fast intentionally means that you may stay in one place, but the next step may be those five steps forward that you need to take in the one step that you take because you spent the 10 minutes to go slow. The step forward that you take in the going fast is intentional enough that you're going to be steps ahead so that it doesn't feel like you're slowing yourself down, that there's no bottleneck, that you're not in your own way, that you're not letting any of these negative mantras creep back in, that you're very intentional about saying, this is what I have to do and why I need to show up. Okay, Freaky Gamer Girl. So your question was, how do you not get lost in the wild? Okay, when you slow down to go fast, let's go back to those senses, Freaky Gamer Sort of finding that you go so far down the rabbit hole and free creaking game of growth Do you want to put your words back into the chat or your question and so many words back into the chat for those who?

May not have been here on Tuesday who want to refresh their memories on where we left off and set us up for how do we not? Get lost in the wild because it can be very easy to get lost while you're trying to navigate your why Why you're trying to understand what it is that I'm doing. Why am I here? Why is it important how it's going to impact my life? And so here you are out in the wild and it is Not uncommon for people to get in and get lost sometimes though. The redirection is the protection Does that make sense? So we get into the wild we we pursue with a passion our purpose or we go pursue What we think is our purpose and then we find ourselves off the beaten path We find that we are not connected to any parts that are familiar.

That tree doesn't look familiar I don't know what this flower looks like This is an animal that I've not seen before the Sun came up on this side yesterday and now it's on this side I can't even see the stars because the tree tops are covering it, right? I'm in the dark and that darkness that you're talking about freaking game of girl represents being lost in the wild So you have to activate those senses But sometimes you and so sometimes this is where I'm going back to embracing the new environment Sometimes the lost is not really lost Sometimes it's recognizing that I am lost and when I'm in this space of unfamiliarity What are the steps that I need to do to redirect myself back to being found so to speak because when you're lost What happens inside of your brain you start to in you start to invite in doubt? You start to invite in imposter syndrome You start to invite in all of the things that that don't tell the story of why you should be where you are And so once you get lost you decide you want to stay lost, but you have to make up in your mind that you don't want to be lost.

You also have to make up in your mind that this is a moment along the journey. And how do you not get lost is to connect back to the reason why you started this. I left this labyrinth behind. And part of that labyrinth was not knowing what it was that I wanted to do, not wanting to be connected to those feelings, not wanting to be associated with

this narrative. So you have to think to yourself, if I don't want to be connected to that, what do I want to be connected to? What are the things that I want to make sure that I am embracing? Do I want to embrace honesty? Do I want to embrace integrity? Do I want to embrace those things? Sometimes you have to question yourself and say, if I continue on this journey, is it in my best interest, or do I need to surrender the struggle?

It is a little bit of a conversation, and this is where the sit down part comes in. Freaky gamer girl, right in this whole moment that you're having with yourself Even if it's dark and even if you can't see sometimes you have to sit down and then this gets back into this Moment of self-care. Do I need to recalibrate and recenter why I am here what I am doing What's my meaning? All right. Why am I having this conversation with myself? How did I get lost? You need to go back to the start. What was my original purpose for doing this for going here for being present? Why did I even start this journey? I left these things behind because X I'm going forward in this because Y I need to be able to see X results at the end. Okay, so where am I now? I've taken two steps Do I need to ask for help?

Do I have enough energy to continue to move forward? or do I need to kind of retrace my steps and Realize that the path that I was on is actually not the correct path So it's a little bit of that recalibration in that recentering freaky gamer girl And when you have these conversations and check in with yourself this is where the slowing down comes from because what typically happens when we realize we're lost we panic and Then we get nervous that we're not going to be able to navigate our way out of this Nebula space that we're in so instead of panicking we've got to stop We've got to look around and we've got to sit down This is where the slow down and come to go fast in because once you start to look around You can activate your senses and start to recognize.

Oh, okay. This is the thing that I was actually moving towards If you were with me last spring before I got to avoidance last year in March I did a series on it. I called it the month of me Okay, and the M's stood for one thing and then the ease stood for another thing and one of those M's freaky gamer girl was Around migration. I need to move towards some things or away from from some things Okay, this is that moment of migration that you're having when you're in the wild think about it You're moving from one space to another or you're moving through one space to another. So you're migrating. In this moment of migration, if you are sitting down and having your going slow moment, what is it that you need to migrate towards? Or what do you need to move towards? And what do you need to move away from? Sometimes it's even in your thoughts. I need to move away from thinking this was stupid. This was a bad idea. I should never have trusted myself, whatever that is. And I need to move towards, I've come this far.

If I take these more steps, or I think that if I go in this direction, it might take me towards X. But you need to move towards that which is positive, that which is embracing

the new environment in those ways. Now, if you really find yourself so lost, absolutely get help. In the new environment, go seek help. Because sometimes we discover that we might not be as equipped as we thought and that is okay and in that discovery That may be enough to overwhelm us and keep us from feeling like I can move forward and in those moments I will encourage you to go seek help to raise your hand and say I don't have it to activate those senses to be Able to say, you know what?

I came as far as I could and now at this stage in my journey I've got to ask for help. I've got to seek support I've got to make sure that I've got you know, a re-up on my resources Okay, all of that starts to put you in the space where you're now saying this is how I don't get lost Sometimes we get lost and we don't check our resources to see how we how if we even have enough to navigate We just forget that those things are available to us. Okay, but vulnerability is a resource. Remember I said that Being vulnerable enough to ask for help being vulnerable enough to go back to the start Being vulnerable enough to look around this new environment and go, you know what if I didn't move so fast I bet you I could have taken a moment or two to look around and go Oh, I went left when I should have got when I should have gone, right, right? Sometimes I went right and I needed to be left I needed to be left right here so that I could spend time observing seeing what's available to me Alright anybody in here seen the movie Hunger Games the first one in particular the very first Hunger Games, right?

Let's paint a picture that might be relatable to us, right? If you're a Hunger Games fan I am I love the books, but if you've ever seen that movie the Hunger Games or if you understand the concept They're pretty much in this dome and they are going to fight for their lives right and you know that you're going in there and you may not come out and The intent is to get lost and to navigate but you've got to use your resources that are in there And so the main character her name is Katniss and you see Katniss go in she's got her backpack She's got all these resources and she's got all of these things that are available to her but it's not enough. So you see moments in the movie where Katniss is like, okay, I need to pause. I need to survey and look around. I need to check in on my resources and make sure that I have everything that I need to do. I'm lost. I've hit a wall. I've come to these spaces where I can't move forward. So now I need to turn around and retrace my steps. At some point you need to maybe look up and go, maybe is what I need above me or to the left or to the right. I've been going left for this whole time. Maybe I now need to go to the right so that I can stop being lost, but you do have to slow down to go fast. And in those moments, as you're slowing down, check in with your senses, check back with your resources and make sure you can be intentional about saying, why I am here or the why that I am seeking, I'm going to be able to achieve that.

I'm going to be able to reconnect with it because once you do find your way out of the depths of the wild, your why is probably going to be closer. than you think. You're going to be able to see light. You're going to be able to process more quickly. You're

going to be able to make meaning because you took the time to slow down. So now you can intentionally go fast. And remember, fast doesn't mean pace. It means I'm moving with intention, I'm moving with purpose, and I'm moving to be able to get towards the thing that I came in here for. Does that make sense? Or does that answer your question, Freaky Gamer Girl? I wanted to make sure that I put some real meat behind what your question was on Tuesday. The other thing that it helps you do, Freaky Gamer Girl, is if you remember the triangles around alignment, it allows you to choose your behaviors wisely, and it allows you to choose, make good choices.

Because here's the thing, and I said this to My Life Journey, and this is the real issue about why getting lost in the wild is so painful, okay? Because we react. And when you move from a place of reaction, when you react without thinking, without coming from an informed place, your choices are sloppy, your behavior is sloppy, your work is poor, you're not productive, you present as busy, and you are not in alignment with any of your values at all. But when you're proactive, sometimes you have to be, you have to pause in order to be proactive, okay? So when you're proactive, you're now slowing down to be able to think, you're surveying the thing and saying, you know what, I need to get ahead of what this is, so let me spend the time, let me sit down, let me check and make sure all my tools are together, let me make sure that everything that I gathered up all my notes from the boardroom, because I'm gonna need this blueprint, this roadmap, to make sure that I'm stepping into the places that I should be. And what looks like mud, I recognize as mud. What looks like quicksand is actually quicksand. What looks like a landmine, I actually recognize as a landmine so that I can get around all of these things.

Is that making sense? As we recap these ways to address avoidance behaviors and tying it all in. Hopefully it does. Okay. Hopefully it makes sense. You always show with me. So you have to manage your mental mantras. You have to embrace the new environment. You have to slow down to go fast. Okay. None of those things you can do if you are dragging your old why your old mindset, your previous ways of, you know, advancing or engaging. You cannot do any of those things if you fill it with the stuff you used to do. Okay. Because what happens when we fill it with the things that we used to do? We get the results that we got before. If the right, if you do the same things that you used to do, if you do what you've always done, you're going to get what you've always got. It is as simple as that. So you cannot go into new spaces with old mindsets, old behaviors, old practices. It won't work. And you will find yourself continuously hitting this wall, which will then put you out of alignment and feeling disorganized. And we go back to all of those components around mental disorganization. And because we feel disorganized, we now avoid the work, but guess what you can't do. You can't avoid the work or the weight. Remember that from Tuesday.

Okay. You cannot avoid the work, nor can you avoid the weight. Because when you avoid the work, right, you will move forward fast without doing the work of slowing down because it takes more work to slow down than it does to move forward. Does

everybody understand that? It takes a lot of work to slow down. Anybody can take a step forward, right? Hobbs said it. She said getting in alignment, right? The stuff that you have to let go is a lot. And so you just charge through because you don't want to feel the feels, but it takes way more work to slow down. Anybody can keep going under the perception of I've got this, but who in here can choose to slow down, look around and sit down.

We don't want anybody to see us sitting down because sitting down, stopping, pausing represents failure, represents a misstep means that I'm not in alignment with what it is that I'm doing. Okay. And so now if someone sees you slowing down, the perception is, oh, they don't have it. They don't have what it takes. Their engine isn't quite as, as game as I thought it was, right? They don't have that get up and go. They're not going to be able to see their way through, but in actuality, you're recharging, you're recalibrating, and you are doing the things that need to be done so that you can charge through thoughtfully, intentionally, and from a real place, from an informed place. There's nothing like going fast and realizing how fast you're going, even if fast is slow because sometimes fast is slow. but we don't like that. The human condition is not to connect with fast being slow, right?

We want fast to be fast and we want fast to be now. We don't want fast to be next week, right? We want fast to be right now. We don't fast to be six months from now, but sometimes six months is fast. Look at everybody in here. Think about where you were six months ago. Where were you six months ago? Where were you six months ago? I could tell you 10 things right now, indomitable spirit says mirror moment, right? Where were you six months ago? I know where I was six months ago. This is April. Okay. Six months ago was November. It was just before Thanksgiving, six months ago. Think about where you were just before Thanksgiving. Ladies and gentlemen, think about the people that were still with you six months ago. I do know where you were six months ago, Kayla, right? But think about where you were six months ago. Think about the people that were alongside you six months ago that might not be here now.

Think about how much has occurred in these last six months. I was just talking to Kayla about this. I literally ran down the last six months of his life for him. I said, look at the things that you have done since I met you in August and it's now April, right? And look at where you were from November until now, right? I've said this to a fair amount of people. I said it's a my life journey. I said it to other folks that I'm coaching as well. Six months ago, and look at how fast six months has flown by and think about the things that you have been able to accomplish. Okay, I say it from a place of love, okay? But think about what you've accomplished over the last six months and in the moments where you went fast. Did you go fast because you took the time to slow down?

Think about all of that, right? Think about what you had to say to yourself so that in the moments where you could go fast and think about how it felt to go fast. And Domitable Spirit MG says, I needed to hear that. Your life is completely different, but you

don't pause to take it in. How many times, ladies and gentlemen, do we pause to celebrate our wins? Or do we do what Hobb said, which is I'm just gonna charge through, whew, I got through that. Okay, what's next? How many times do we pause to celebrate our wins, to acknowledge our work, to say to ourselves, man, great job on being patient, because if you'd have kept going, you would have missed it.

How many times do we pause to celebrate our successes? Or are we so used to just moving quickly? How many times do we pause to look out the window? Because sometimes in the going slow, when we look out the window, we then conserve. What is available to us and now we know what we're going out the window for or now what we know We see what we're moving towards or away from There is so much power in being able to manage those mantras embraces new environment But importantly slowing down to go fast. No one wants to slow down But it takes so much more work to slow down than it is than it does to go fast any day of the week Because slowing down represents that we don't have it all together Okay, so take the time to get it together Hobbs says I'm celebrating the winds but because you're still in the window you are low - level asking what exactly did you win?

Mmm, so if you have to write so then slow down Hobbs so that you can reflect in the wild Yes, there you go because you're in the wild. You're right. So slow down Hobbs find it find a space in the wild And spend some time thinking about what it is that you've accomplished. All right. Who was with me when I started streaming before I had set my office up and I was in the corner of what is now my whole office. Okay. I had this one space that I was in. I had just enough space for my laptop to work, to stream the rest of this space though, was nowhere near what it is. These shelves were not in here. The stuff that's on the walls was not in here. Right. The first five or six months of me streaming was in one small corner of this room that I'm now in, which is my whole office. Okay. All of that. And it took me months to get to a place where I was like, okay, I'm ready. I'm ready to take all this stuff off. And I remember the night that I did it, I was like, this is it. If I don't take, okay, Kim, you just have to stay.

And I realized what it was. It was because I had everything positioned on this shelf. I don't know if you can see this shelf, but y'all see that I have stuff on this shelf behind me and I didn't want to slow down long enough to take the stuff off of the shelf, but that was the thing that was keeping me from moving everything that was upstairs downstairs and setting this space up. So one night I was like, that's what I have to do. I was in the wild looking around, trying to figure out why my office was not coming together. But the minute I took everything off the shelf, I gave myself permission to re - navigate because I already had a vision, then I could get the shelves downstairs and start to set it up.

Once I got the shelves and the credenza downstairs, then I could say, okay, so my desk goes here, this goes on this wall. And then things moved super fast, right? Got to be the CEO, get it done. I see you Kay on that one, but it wasn't until I slowed down, I

wanted my office to just be ready, but it was never going to be ready until I got myself together. Okay. But I'm telling you how I was that. Listen mom, because, because I had an undone. office. And I would stand literally in the doorway of my office and wonder, okay, now what? What is this? What do I need to do? And it's still not fully complete there, right? There's some y'all know, I got a mail pile over here of stuff and things that I need to move around, things that I need to work through. But for the most part, it is all complete, right?

There are parts of it that are very complete. And then there are parts of it, the parts of it that are not done are all together. So I can clearly see what it is that I need to work through. But for the most part, it is all put together. But I had to take the time to actually want to move it and want to do it. And so I spent those first few months in the wild, avoiding the work and waiting. Right? Bitter Baritone says when there are lots of excuses for why you can't get it done, challenge yourself to focus on all the tiny reasons why you must make it happen. I guarantee you There are way more tiny reasons to why it needs to be done than why not, right? Thank you, Mama Barnes. All of these things here, okay? All of the stuff that you see around me, once I decided that I was ready to start moving it, then I called my handyman and he was like, oh, I have time tomorrow, I'll be there, done. And then I reached out to someone who helped with interior design and she was like, oh, I've got time on Saturday, done. And then I went to go look for things that I had and then I wanted to add it and all of that was available and done, and it came together so quickly, right?

It took about another two weeks, but two weeks is nothing in comparison to five months, ladies and gentlemen. Bierden Barretel says next Monday, he has some things to say, some new life lessons, there you go, okay? So know that they will make their way into the stream, Bierden. But this is what I'm talking about, folks, when we start to talk about the ways to mitigate avoidance, you do have to slow down to go fast because sometimes in slowing down, we need to quiet our brains so that those mental thoughts that we have that block our ability to take action, we can quiet them and we can recognize what it is, okay? We can change those mental mantras. We can then start to say, right? This was a new environment. This was a whole dining room. I will show you all a picture. I will bring it in next week, but I will show you a picture of what this space looked like before it became my office. It was a whole beautiful, gorgeous dining room, right? It had a big table in here and chairs and a whole different rug and all of these things, right? What a difference time makes. What a difference slowing down makes.

What a difference slowing down can make in our ability to move fast and go forward. Those are the ways that we start to make sure that avoidance doesn't get the best of us, okay? Because when avoidance gets... the best of us instead of slowing down, we're at a complete standstill and no action is happening. Nothing is taking place and we can't begin to get ourselves out of the wild from away in ways that are going to be in alignment with what it is that we need to do. So hopefully that helps. Hopefully that

answers your question freaky gamer girl. If you're in here, if not, then it will be on the replay and you'll be able to take those nuggets away from today's conversation.

All right. So next week, we are going to talk about action and accountability because we are rounding out April. We spent a good bit of time looking at these avoidance behaviors, ways to get a ways to correct them or mitigate them. So now the opposite of avoidance. or the antithesis of avoidance is action, and you have to be accountable for your actions, right? That's what we say. You're accountable for your actions, only you. So we're gonna talk about what action is, what accountability is, and what are the things that help you put some really good accountability systems in place so that you can always be accountable for yourself and your choices, all right? Okay, so good talking moats in the chat. Thank you all for being here. Thank you all for listening intently and taking notes, whether you had a tab up, whether you were active in the chat, or whether you were just looking back at your notes and thinking to yourself, now, how am I going to slow down to go fast?

When am I going to slow down to go fast? What does it look like to embrace this environment, right? Because that's what I'm thinking. Right now, I'm thinking to myself, how am I gonna slow down long enough to, or shaking the pew, right? In my mind, I'm thinking to myself, how am I gonna slow down long enough to eat, to take the dog on a walk, and to get a little bit of work done on this proposal, while at the same time thinking about how much time I'm gonna spend going through this mail or my shred pile, all before two o'clock, which is when my strategy session is, but it's gonna get done, and I'm not concerned about that. I do know that it's going to get done, no matter what, okay? So with that, I am appreciative of all of you. You got the shred pile, yeah, okay. My shred pile kind of is done. Shout out to you for your help with that, but I'm starting to build another one. And so I'm thinking to myself, all right, well, when is this gonna get taken care of? But nonetheless, working through it a little bit at a time, it's probably gonna be, I'm thinking that I'm gonna take it in 15 and 20 minute chunks between now and two o'clock, right?

Walk the dog for 15 minutes, eat for 15 minutes, right? Take 20 minutes to shred, take 20 minutes to work on my proposal, right? So that's more than an hour right there already, and I only have until two o'clock. o'clock. So I think about all of those things and think about how I use my time. So slowing down to go fast. Okay, Dr. Donna Dundas, thank you for the boss bits. I appreciate you. Okay, everybody, let's copy the raid message. We are going to go ahead and get ourselves out of here. All right, I appreciate all of you. Mama Barnes, you are welcome to attend any time. Okay, you are welcome to attend. I hope this started out your day really well. All right. So copy the raid message. We are going to get out of here. Double double spirit. You were quiet the whole time. So I'm gonna I'm gonna assume that that means you're saving your gear. You were like using the gear that you had during this conversation and that you were taking good notes.

And that's to anybody. Keith, if you are still here, thank you for lurking while you were on your interview. Thank you, Classics. Thank you, Reason, for dropping all the... Double Spirit says, yes, I was holding on. I was just using my gear today, Kim Blue, right? So thank you all for being here, Kay. If it is, if you're ready, you can go ahead and bring the fancy shuttles up to the door so we can get ourselves on our way, okay, out of here, for sure. Listen, folks, I appreciate every single one of you. Thank you for your support. We are doing the work, okay, and the work is not easy, but we are not going to delay the work or the wait. Next week, we get into accountability and action. So invite a friend, tell a friend, bring them. There will be new slides that are going to guide what it looks like for accountability and what it looks like for taking action and what happens when we don't take accountability for our actions, because when we don't take accountability for our actions, that's how we get back to avoidance, and that's not what we want to do, all right?

So thank you all for the re -ups. Thank you all for the support today, all right? I am sending you into your, no homework this weekend. The homework will start next week when we get to action and accountability. Debene, good to see you. Thank you so much for being here. Happy Thursday, I hope you're having a good day, all right? So I, let's get the raid message up one more time. So copy the raid message, okay? Crystal Method, all good Crystal Method, you were here. The replay should be up no later than one o'clock, but it's usually up in about 15 minutes, right? After my stream has ended, all right? So copy the raid message. I am sending you, Taste by Tash, welcome in. Good to see you. Thank you so much for being here. Happy Tuesday, happy Thursday to you. I am sending you into your Thursday and into your weekend with all of the good energy and light you need to guide you.

Take exceptional care of yourselves. I will see you next Tuesday and I'll see you on the other side. We're on our way to go give dads some love, ladies and gents, all right? Take good care of yourselves. Thank you.