

The Blueprint Barriers to Momentum The Power of Intention

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Transcript

Thanks for watching! Good morning, everyone. Happy Thursday. Welcome to The Blueprint. For those of you who may be new to Twitch, new to the stream, if it has been a while, allow me to introduce myself. My name is Kim Blue. I am an HR executive, a strategist, and a coach. And The Blueprint is a space where we come on Tuesdays and Thursday mornings to chop it up about all things personal and professional development. So welcome in. I fundamentally believe everybody should be the boss of their own Blueprint, and that means showing up every day so that you can do three things. 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 can be authentically you, you can be great in your gifts. You do not have to dim your light or shrink back. You can give your best to the world, but you also set yourself up to receive the best the world has to offer. So in this space, we show love, we show support, we do the work, we hold our mirrors, but we also make sure that, and so looking at ourselves, we find our windows so we can see what's available to us so that we can do all the great stuff that. We are destined to do what we are on this earth. So That is why we are here. Thank you for joining. Thank you for taking the opportunity to invest in yourself and When you choose to come to the blueprint you do two things you prioritize you and you allow me to show up Authentically as who I am right?

I love this the coach in me loves it and I get an opportunity to connect with you because community is a thing that I about put high value on so With that let's do a little housekeeping Let's say good morning to those folks who were in the room And then we are going to jump right into barriers to momentum and the power of intention Picking up on all things related to momentum for the month of May as you know last month we came off of avoidance 2 .0 we are going to continue to weave in some of the components of avoidance and relate them to how momentum is the wind beneath our wings that helps us move towards our goals and We're gonna talk about that both from the professional sense and the personal sense We're gonna touch on our LinkedIn project right because that's where everybody's getting momentum Related to kind of their careers are putting themselves out there and just making sure that we are as

connected and visible as we need To be right so with that a reminder that next Thursday May the 16th.

There is no blueprint stream I will be traveling to go speak at a conference in New York, so Mark your calendars no stream. I will make sure that I put a notice up on Socials that'll go up next Tuesday after my stream to remind everyone that there is no stream on Thursday May the 16th Okay, in addition to that the blueprint live is making its debut in New York at the New York takeover I am really excited so for everyone who's gonna be there can't wait to see you again Can't wait to meet you for the first time if you're going to be there I will be speaking about the power of collaboration and community on Saturday, June the 1st at 12 o'clock p.m cannot wait to make this happen live, right? I've come through this last sort of six or eight months broadcasting live from Lock& Key Media Studios, if you can't tell, that's where I am today. And so now I get to take this show on the road, literally so excited to debut that there and really, you know, speak in front of people and really be able to connect with folks in that way, because I truly believe that that is part of what my destiny is, is to take all of this knowledge that I have and go make it available to folks.

You know, via Twitch, but also beyond that. So hope to see you there, May 31st through June the 2nd, go ahead and sign up. If you were looking for information, you can go to see one reason you can go look for DJ Chanel B. There'll be a ton of us there that weekend, myself, Alize, Mike City, so many amazing DJs and streamers who are going to be participating. And that's just to name a few of them. So go find that information and sign up. And I look forward to seeing everybody there that weekend. All right, so let's say good morning to who is in the chat and then we will kick off today's conversation first and foremost shout out to My mod bosses extraordinaire locking key media who is hosting me today. Thank you so much. There he is Ladies and gentlemen and my like journey who I am certain is probably doing her thing. She may pop into the stream, but Thursdays around this time gets to be tough for her client wise So she is with us in spirit. So thank you for being here. Good morning DJ classics Great stream this morning great meditation stream If you are not following classics on YouTube, please go find her and follow her there and join us for Meditation Monday through Friday at 6 30 a.m. On YouTube. Good to see you. Good morning to one a good morning 90 net Good to see both of you. Happy Thursday. Happy Thursday to you. LaWanda Baskerville. Always good to see you here music Love of 21.

Good morning. Good morning. Big stove. Good to see you as well. Great stream yesterday morning If you are not following big stove all of these folks, right, please go do so the warm -up on Wednesday mornings at 6 30 a.m. Eastern Standard Time It is a great way to start your day with some good vibes some good tunes and just ease into into your mid into your midweek Right. So come join us there. That is where I am on Wednesday mornings after I leave DJ classics in our meditation family So good to see you. Good morning. Eb. Happy Thursday to you. Good morning Vance. Good to see

you. Welcome in Happy Thursday to you as well Who else is coming listen while I'm scrolling shout out to everybody who is lurking or working whether you have a tab up or whether You are active in the chat Thank you for the support if you're listening via Twitch audio for those who may be commuting wherever you are in your day Let the stream be in service to you.

That's the most important part of this for me any day of the week Okay, so thank you so much for being here double -spirit. Welcome in good to see you. Happy Thursday to you Yes classics definitely on the lid. This is like a good lurking time. It's like pre - lunch but like late morning right? So it's definitely a good time to lurk for anybody who is there. So virtual salute to you. Appreciate you being here. All right. If I missed you, please say good morning in the chat so I can make sure that I shout you out. Otherwise let's dive right into barriers to momentum and the power of intention. Okay. So you all know me. I like to make sure that I make meaning and I like to be intentional about how I recap and bring everybody into where we are currently in the subject. So last year I introduced momentum and I see events.

Last year I introduced momentum and this whole notion of like what it is and why it's important. and this year I want to take it up a level and tie it back to why it's related to avoidance, discuss some of the barriers that get there, but then also use that as we start to talk about why intentional momentum is important for you to achieve your goals. And of course, you know me, I've got the science behind the matter at hand and so I've clearly looked up an article that are gonna reinforce barriers to momentum. And so I want to open up with a quote before we go through and reframe what momentum is and then we'll dive right into these barriers, some of which I think you are going to be able to really relate to. So we're gonna have a real open conversation in the chat today, just like we did on Tuesday before we dive into all of the things related to our LinkedIn project and how everybody is coming along with their homework because I did give everybody some homework on Tuesday, okay? So I want to read this quote to you. I was looking up an article on LinkedIn around momentum. I wanted to see what's out there, both from the professional side and the personal side because momentum affects us in different ways.

Who in here can attest to the fact that from a professional standpoint, sometimes, right, the work stuff gets put to the side and we are not a fan of the momentum, but we've got all the momentum on the professional side. I mean, on the personal side, when it comes to getting laundry done or getting things cleaned up, but like those work emails and those other things that we know we need to do, we're not interested at all in doing any of that, okay? I will attest to that. I will raise my hand. Sometimes my momentum shifts and where I put my energy is where my momentum goes. So if I'm all about something at home, sometimes the, okay, blue consulting stuff will get put to the side, right, temporarily or vice versa.

So here's the quote that I want to open up with. So the article was written by a woman named Vicky Carell. She is an academic language therapist and she is... writing

about barriers to prevent momentum. And the quote is that she opens up with in her article says, When you look at people who are successful, you will find that they aren't people who are motivated but have consistency in their motivation. Let me read that to you again. When you look at people who are successful, you will find that they aren't the people who are the most motivated, but have consistency in their motivation. I want everybody to acknowledge the word consistency, because how many of us will start a project and then stop it?

Or we'll get halfway through and then find a reason to not complete it? Or we'll lean into an excuse, controlled or otherwise, around why we just can't complete something, right? Or we'll find a reason to say, Well, I can't do it because of and then insert all of the reasons, excuses, barriers, roadblocks, hurdles, landmines, anything you want to not completing the very things that are in front of us, right? It is so easy to allow ourselves to get connected to everything except the thing we need to have motivation or momentum to do. We will leave it there. And not only will we leave it there, we will look at it and then continue to make excuses for why we shouldn't do it or why we can't do it or the reason that it's just not gonna work for us anymore or why it's not a priority, okay?

All of those things will ensure that our barriers to momentum get higher because sometimes there's the environmental barriers that we can't control. Then there's the things that we can control, like ourselves, our mindset and all of the things that go into helping us stay successful, okay? So consistency is the thing that I want you to acknowledge. Can we be consistent with our momentum? Likely the answer is yes if we make some slight changes, okay? The article then goes on to talk about how if you turn on ESPN, you will see athletes with talent and passion. And she poses a question, but is that enough? Is passion enough for these athletes to be successful? Is their sheer talent enough for them to be successful? And she says that athletes that work hard, withstand criticism, right? Have a mental mindset that's strong, maybe have a high pain tolerance, whatever the case may be. But she also goes on to say those things are not enough to succeed. Motivation or momentum has to be a part of the equation and it's no different in the workplace. So let's talk about these goals that we have. Who in here has got some goals that they're working towards right now? I will raise my hand, right? I will raise my hand. A big, big, big one, right, that I have going on is launching a new coaching program that I have going on.

And it's this thing that's been looming in my mind easily for six months and I've not done a single thing. about it. When I tell you it has been sitting in my brain for six months, and I've not done anything about it. And I'm going to tell you the barrier. I'm going to tell you the barrier I've been leaning into when it comes to momentum and motivation, when we get there, right? But I see music over, I see you Kayla, right? Sometimes we have these ideas that we're really excited about, and they just live in our head, or they live in our heart, or they live on this napkin we scribbled things down on, or

on the 47 sticky notes that has our dreams or on the whiteboard, wherever it is that you document your stuff.

But that's where the idea lives. And it will stay there until we do something about it. Ideas are born and die on sticky notes, whiteboards in our heads. And we disconnect or disavow ourselves from this notion of, maybe I should be doing something about it because too much time has passed. Or we say, I'm not even going to be successful with that anymore. And so I don't need to think about it, right? And I let it go. Absolutely. Music love being afraid of the unknown. Okay, so when we think about this whole notion of momentum She goes on to say that it's an internal condition that involves goal directed behavior. I want somebody to write that down momentum or Motivation if you want to call it that is an internal condition, right? It's an inside job ladies and gentlemen It's an inside job that involves goal directed behavior So when we have this idea when we have these plans when we think about what it is that we want to do Are we clear on where we want to go?

Do we know where our goals are or are we kind of cloudy in the beginning and saying maybe I need to spend some time thinking about Where it is that I truly see myself because sometimes we see ourselves in one place and the path to get there is What is? What is what is is the thing we are most afraid of it's what we feel like if I start down this path What am I going to encounter? I want to tell you guys a story I was talking to my friend Nikisha Hicks this morning. Shout out to her Who may be lurking behind the scenes or watching work from from from an undisclosed location? I'll just leave it at that but we were talking about How we get where we're going and I mentioned to her that I had watched this Clip on it was either tiktok or YouTube or something but it was it was a pastor and he was talking about how if we knew The plan to get where we wanted to we said we wanted to be if we knew the work that it took if we knew The hardship the sacrifice if we knew all of the emotional and mental stress that it was going to take them to get there We would absolutely not do the work at all.

We would surrender the plan full stop Right, which is oftentimes why the plan isn't revealed to us before we start the work, right? Because we know where we want to go But if we were told that we were gonna have 14 stops these roadblocks We were gonna have sleepless nights. It was gonna physical angst if we were gonna have to show up and give more of ourselves than we even believe that we have to offer, we would surrender and we'd be like, nah, I'm good, I'm Gucci on this plan. I actually don't even think that you know it, get somebody else to do it. We would full on say no, but we'd still be thinking about these ideas that we have. We would be wondering what if, we'd be connected to this whole notion of, but I wanna know what the success feels like or tastes like.

I wonder what kind of impact I would have had if I'd have just stuck with it. But the minute we know the plan, we surrender the work. We surrender our presence and our intention. And I'm here to tell you that that is why momentum is so important

because when we don't know the plan, it's the momentum that gets us through those moments where we feel like we don't have any more energy, where we feel like we can't be connected to our purpose or our outcome, where we feel misaligned on our vision, our mission and our resources.

When all of those things are in front of us and it literally looks like a pile of gobbledygook, it's the momentum that's going to help us soar above, through or around to see ourselves get to the other side. So momentum is an inside job. I want somebody to write that down as well. It's an internal condition that involves goal-directed behavior. This is also a statement that she put in here that I love. It says, research shows that people influence their own levels of motivation. That means we're in charge, folks. We are in charge. We own this. People influence their own levels of motivation, which also means that people can allow others to influence their levels of motivation. Anybody ever had a dream or an idea, and then as soon as you said it out loud, it was immediately shot down by someone and you were told, oh, that's never going to work, or we can't do that because of this reason, that reason, and this reason. Before you ever even explored anything, before you get into these spaces, someone just throws a dart right into your little balloon, or they just throw a dart right into whatever it is, and they just drain all the air out or all the wind out of your sails before you ever even get your idea out there.

There is so much to be said for not allowing people to drain the wind out of your sails, right, to keep you from feeling as if you are not able, not capable of seeing your dreams. And we're going to start there to get to these barriers to momentum and before we get to the power of intention. So knowing that momentum is an inside job, let's pull up the slideshow. So these were our four M's from last year, right? When we think about this notion of momentum, we talked about manifestation motivation, which is a little bit where we are right now. Are we ready, willing and able? And then moderation, right? Can we balance all of the circumstances that we have and then mobilization? How do we gather our resources? Okay, I wanna put this quote back up because this is one that I used last year and it stands true, which says, ask for what you want and be prepared to get it. Sometimes we start out this journey of asking for what we want and then it shows up and we are ill prepared to get it, okay? Meaning we're scared, we're afraid. We're like, oh man, I'm really about to do this.

This is really all actually happening. This is really gonna come together and it's going to work. And then what happens? We freeze up and we get scared and we don't know if we're actually ready for the very success that we were trying to find, okay? Now, here are our barriers to momentum. Everybody get your pins out and this is where we're gonna start to take our notes because each one of these are something that we find ourselves doing, okay? And so here is where, I might step on your toes a little bit and I don't mean to, but I want you to get out your mirrors. Whatever mirror you have, whether it's your notepad, whether it's a physical mirror, whether it's reflection, but get your

notepads out, right? Because we're gonna hold up our mirror and we're gonna acknowledge where we are on this barriers to momentum category.

Most particular, are we getting in our own way? Because nine times out of 10, we are. So the four barriers to momentum, here we go. Double Spirit immediately comes in with the gear and she was like, this is it, right? She just comes in, she's distributing the boots to everybody. Double Spirit is like, here we go. So the first barrier to momentum, ladies and gentlemen, is resistance to change. I know the crazy that I'm in. I've been doing this for a long time. I understand how this works and now everything that I know or knew is shifting. And what happens when change is presented to us, in particular when we don't have any control over it, right? We lash out and we try to control the change. We try to say to ourselves, but why does it have to change? And what is it actually going to help if it does change? And when we think about the change that is coming, we start to question, well, who's in charge and where did this decision come from?

And most importantly, what's my role in it? Is my value going to be diminished? Are people still going to respect me? Is my regard for my intellect and my contribution still going to hold the same level of weight? What's going to happen to me in this change? change. And if things change, will I know that I have what it takes to survive the change? Will I come out just as shiny and clean and sparkling on the other side? Or will the change be so significant that I won't have relevance, that I won't matter? If it changes, then what's going to happen? And it's in this thought process that we begin to deflate the momentum. It's even before the change takes place. This change may be your very best friend, right? Classics, put it in the chat. Change is your friend. Grow and evolve. This change could be the very best thing that happens to you.

And yet here you are stifling your momentum before the change ever takes place. What did I just say? As you were looking at yourself in the mirror, a shout out to my, my, uh, Coaching group because I'm sure those of you who are in the group, especially when we talk this afternoon, right? We're gonna come in and this is gonna be part of these barriers to change So this some of this is for y'all who are behind the scenes lurking right freaking gamer girl. Welcome in good to see you Okay, when we thank you so much for the re-up as well. Okay So when we think about this whole notion of getting in our own way Okay, what we know about change is that it is necessary it is intentional and it allows us to Present ourselves in front of the opportunity that's available to us But if you don't see change as an opportunity you will remain where you are stuck confused complaining and deflating your own Momentum before the changes even started to take place here you all coming in being a negative Ned or a negative Nancy Right.

Hello Ned's and Nancy's out there and Deciding that this change cannot even be possible And so now you are getting in the way of what potentially could be your own success your next opportunity The way that you add value a bigger scope more complexity getting one step closer to your dreams But you're shutting it down because

you're so resistant to the change and you're only coming at it from a mindset of this can't be good Right. Remember last month and when we were talking about avoidance I said you have to let go of the labyrinths of limiting beliefs You cannot move forward with any momentum if you deflate it and put it back in this labor It's that you have back here, right now You're dragging all these limiting beliefs with you about what the potential for the positive change could be instead of embracing the opportunity that potentially could be ahead So when we talk about barriers to momentum the very first one is Resistance to change we've all been there and the moment we acknowledge that we are the issue We can then begin to move forward and I'm not going to Don't jump too far ahead because we're going to talk about the power of intention next.

The second barrier, so if you're writing that down, write down number one, resistance to change because this is the one that probably shows up the most for people. It's also where we have the greatest opportunity, right? When we lower our own resistance and start to embrace change, we have the opportunity to show up in a better way. Number two, lack of access to resources. Now, this is, I wanted to put perceived in here because I didn't, but I didn't have enough space. This is a perceived lack of access to resources. Oh my gosh, I don't have time. I don't have money, right? I don't have the people that will help me. I don't think I have access to the information that's going to tell me how to do what it is that I need to do. I don't have all of this fancy equipment. I mean, what if I had let not streaming from lock and key media studios stop me from. doing the blueprint at all, right? All of this beautiful equipment that's in here, right? The lights, the microphones, right? All of, right? Everything that you see, the graphics, right? Access to this whole space. If I had let this stop me 17 months ago, I cannot believe that I have been streaming for 17 months, but if I had let this stop me 17 months ago, I would not be here talking to you all about these barriers to momentum.

I knew I wanted to do it, and I knew that I wanted to start a podcast. I knew that I wanted to be connecting with people, but there were so many things that could have gotten in the way, right? Even speaking out loud, right? I could have said I don't have access to resources, but what I didn't know is that sometimes resources don't look like what I think they look like. How many of you identify resources based on your own vision of what a resource is, right? What I didn't know 17 months ago, and let's just take it even further, what I didn't know maybe 25 or 24 months ago is that LV was gonna be a resource to me, and that resource came through a lunch conversation, and him asking me one simple question, what do you need?

How can I help you? All right, what are you working on that someone who I know might be able to help you? I like stuff like that. That's what gives me energy, okay? Sometimes we are so committed to what our view of something should look like that we can't surrender it, and then we think we don't have the resources when they're right there available to us. We just have to see it differently, okay? So when we think that we don't have time, energy, money, people, equipment, information, opportunity, whatever it is,

right? We have to be able to understand what is available to me before we start getting so bogged down in what we don't have, because we'll...to what we don't have and put a whole laundry list of excuses together before we ever start to prioritize, well, what do I have that I can get started? What can I go ahead and set in motion that might motivate this momentum to get going?

The third barrier to momentum is overthinking. Hello everybody who talks to themselves and talks to themselves and talks themselves out of things, right? You get an idea and it is a great idea. You already know what it is. You can see it. You can feel it like it is in your soul, ladies and gentlemen. You already know, oh, this is going to be brilliant. And I see it looking like this and the colors and just the success. And then you start to get inside your head and those mantras on your mixtape start to show up. And what are the mantras on your mixtape say, this isn't going to work. I don't have the best equipment. I don't really know that I have a lot of time. I mean. Oh man, I just saw somebody else do this very same thing. Look at how good they are. Look at how much time they've had to put in it. They've been doing this for six months already.

Look at how good they are. Or you know what? I don't even know like where to begin. Or what happens like when this thing goes, but then like something breaks apart or what insert all of the negative thoughts, the low vibrational thinking, any excuse reason valid or otherwise to block you from doing the thing that you say you're going to do or that you want to do. All right. It all shows up in how we overthink and we will listen who in here will over engineer something to death. I mean, just straight to you have an idea and then you tell yourself every reason why it absolutely can't work, which are preposterous, ridiculous, and unnecessary. By the way, let me just make sure that I state that every single reason. Why you think something may not work is highly refutable. Okay. And if I'm talking, if you feel some kind of way about this, I'm likely talking to you. Let me be clear about that. Okay. If you feel like I might be talking to you, I am talking to you because all of the reasons that you might think something cannot work. I'm here to tell you that unless there is concrete proof or evidence, unless you feel like you're just in your head and the story that you're telling yourself is the belief why something can't be what it should be.

Overthinking is a severe barrier to momentum and it will keep you stuck. And in so being stuck, that stuck means that you choose to remain right where you are and you've accepted the circumstances that surround you. It doesn't mean that the desire goes anywhere. It just means that you're stuck and you're like, man, I'm okay here. But that stuck really means that you're settling. And let me look at everybody when I say this. Okay. When you choose to overthink and when you accept the fact that whatever it is that you want to do cannot be done, you are settling for less than what you deserve. You are settling for less than what you are capable of, and you are settling for less than the work that you know that you're willing to put in, okay?

Oh, okay. Hey, Ebb, how you doing, Shiluk? What we are not here to do as the boss of your own blueprint is settle. Somebody give Ebb some help, okay? Because she said that my foot is on her neck. We are not about settling, but overthinking leads to settling. Settling in, getting comfortable. Let me pull up my fuzzy blanket and settle right into this comfortable part of my couch because I'm not gonna do any more. I'm just gonna continue to talk myself out of this brilliant idea that I have. Or you get around some people who are the opposite of what Big Stove tells us to get around. Big Stove says, get around people who are gonna love on you, who are going to encourage you, and who are gonna uplift you. But instead, you get around some people. who are gonna pour the toxicity into you, who are gonna elevate their own negative thinking, who are gonna project their fear on you, who are gonna protest against your success, because there are folks out there who will protest your success, okay? All of those things. And then they will leave those seeds planted in your brain. And that's where the train of overthinking continues to happen. And now you're on this hamster wheel of heaviness and you cannot let it go.

And now you're holding on to other people's reasons why your brilliance cannot shine. And so then you settle for that. Well, somebody told me this or somebody told me that. Just because someone lived their life in a way and they did not choose to take a choice does not mean that they get the right to project that on you. It is your choice to receive it, but they don't get to project that on you if you believe that your idea, if your vision is worth seeing through, okay? Good morning, Hobbs. Good to see you. And shout out to everybody else who has come into the room. We do a quick reset and then we're gonna go into this last barrier to momentum before we start to go into the power of intention and manifestation. Good to see you. Good morning, Aimee Key. Welcome in. Good to see you. Okay, happy. Stove says he needs some layers. Somebody go give him support or that. Good to see everybody who's coming in. Stove says he's had that happen with close family. They've tried to talk him out of something that was working for him because they didn't believe in what you were doing and then it became an issue, okay?

All of those things stove, right? So now what people are doing is seeing your rise because misery loves company, right? Success loves to see other people succeed. What success won't do is be weighed down by settling, right? You can choose success or you can choose to. settle in, settle down, settle around, but success does not settle, okay? Success is gonna find the space that it's supposed to hover until it parks itself where it needs to be. Good morning, Misty Mountain, good to see you. Vance, I see you with the side out, but you do. You have to ask for what you want. You also have to be prepared to get it, okay? Ebb says she puts an add out for loving friends. Pin that, please, Kay. Can we put, like, let's just normalize putting an add out for loving friends? And for the people that Big Stove encourages us to get around. I hope you all feel like the blueprint community is that space.

Yes, I lovingly step on your toes, and yes, I lovingly snatch edges or get close to them. And yes, I say things directly, but it is because I very much believe in the things that all of you are doing. And I also believe that we do not have to settle for less than what we are capable of, which is excellence. Despite what others may have said to us, despite how others may label us, despite the fact that other people didn't see their dream. Listen, I'm sorry that you did not have the people around you to encourage you, uplift you, push you right, right off that cliff. This is what LB said about me yesterday. If he's listening, I think he's streaming, but he might be listening. Okay. But LB said, right? Somebody had to do it. Kim blue, somebody had to push you off that cliff 17 months ago and look at what you're doing now. He's not wrong. So if you don't have people around you who are not pouring into you, get you some friends who are going to talk to you hard from a place of love, but then also say, okay, and now that you've got that message, let's go figure out what that next step is so that you're not into this vicious cycle of overthinking.

Okay. Hobbs, you may need your pew. Okay. Now absolutely big stuff. Well - meaning folks will lay waste to your dreams and they will not push you forward. They will though, try to be those cinder blocks on your ankles that I was talking about on Tuesday. Okay. Leaving all of their residue trying to weigh you down because down there deep in their own dark depths is where they want you to be. And when they're alone, they're just alone with their thoughts. But when they have some companionship, when they feel like they can keep you there, they'll keep it. Anybody there that is willing to stay, you can choose to succeed or you can choose to settle. The choice is yours though. There's not space for both. You could settle into your success, but you have to choose success first, right? Vance says a person that has friends must first show themselves friendly. And he stands on that. That is very true. You do have to show up willing to lean in, to love on, to let go, right? All of those things. All right. I just, I, I, to Kayla can I talk about this all the time in the spirit of like the things that, you know, when we do our strategize and for what, doing here.

And when I'm helping him, right, he will tell you I get on him about stuff and he tells me things or he asks me questions. And he'll say question, and he'll present something to me, or he'll tell me things that he's thinking. And I'll say, okay, well, I just want you to consider these things before you just land in such a definitive place about stuff, right? And he gets these sermons on the regular, but it's because I don't want him to overthink, right? Oh, that's what we're doing. Okay. I don't want him to overthink, but he knows. And at the end of every single one of these conversations, he always says, thank you. I needed that because as his coach, as his friend, as somebody who sees the dope stuff that he's doing, my job is not to say to you, you're overthinking.

Sometimes it is, but what I've learned about my friend, Kayla is that it's better if I say to him, okay, you have your thoughts. I want to just present you with some perspective. As you are making your decisions, consider all of these things. And they're

oftentimes things that he doesn't like right or oftentimes it might feel like I'm snatching his edges or oftentimes He is just like, you know, I'm out here naked Kim. I don't have on any gear You didn't even tell me we're gonna get here today. Like this is not cool. Okay, you could have been like Right you could have told me that this is what we were gonna talk about but at the end of the day He always comes back since he always comes back to me and says thank you That was exactly what I needed right because I see him overthinking and overthinking can be the detriment of your joy, okay as can be Comparison comparison is the thief of joy and comparison is a form of overthinking.

Okay, finally, okay, I do Listen Kay. I like that. I always hand you a pair of perspectives. I listen, I think we're gonna adopt that in the blueprint I like that For sure. Okay, the last barrier to Momentum is having no blueprint. Okay, and what do I mean by that? I mean feeling like you don't have a plate. You don't know where to begin You don't know who can help you you don't have a roadmap. What's the problem? I have no idea where to start What do I do? Nor do we want to ask questions because if we ask questions we seem vulnerable and when we're vulnerable We don't want people to judge us. We don't want people to go it come in and say well I wouldn't you know that or didn't you know like this is where the information is and it's okay to say, you know What?

No, I didn't this is all very new to me But we don't want to say that right which gets us back into the overthinking We don't have a blueprint and then we overthink about well if I don't know the steps if I don't understand the process Right, if I don't if I can't figure out how to navigate these things Then i'm going to show up as or present as or people will think and now i'm in back into this scope of overthinking And because now i'm overthinking I don't believe i've got access to the resources or I can't ask for the resources and now I'm resistant to taking these steps forward as it is. So these barriers to momentum are like, right? Positive and negative magnetic attractors. They just find their way to each other, right? Oh, I don't have a blueprint. Now I'm resistant to change. Or, oh, I don't have any lack of resources. Now I'm overthinking it. And they just bond together, right? Just find your polar opposite, right? And we're just going to connect. And we stay in these spaces where each one of them may show up. Some days it's the overthinking that's a little more loud than the resistance to change.

Some days it's feeling like I don't know where to go next or what I need to do or how I'm going to acquire these resources. Yes, I know I need resources, but how am I going to get the money? Who do I know that's going to say yes? Do I believe that I have what it takes to sell myself, to present myself in such a way where I know I'm going to get what I need? And so when we get all of these barriers to momentum together, this is what keeps us grounded. What keeps us choosing to remain instead of evolve. What keeps us stuck on that hamster wheel and ultimately what keeps us pushing these emotions into these piles and how we find ourselves in a cycle of avoidance.

And what do we know about avoidance? Ladies and gentlemen, avoidance is not a strategy, but when we don't acknowledge these barriers to momentum or the part that

we play in them of what it becomes our strategy and we don't want to stay in that space. Right? So how do we work around these barriers to momentum? Because just because they're barriers doesn't mean they have to stay there. They will remain there if you choose to let them remain there, but we can get around them over them, through them or we can just knock them down. And this is where the power of manifestation and intention comes in. Okay. So that you don't feel like you're snatching your own edges so that you don't feel like someone else's projections are taking over your visibility. You don't feel like someone else's mindset, energy or reasons for why you can't be successful or that idea will never take off become the thing that take root. You're not going to water those beliefs.

You're not going to fertilize those beliefs, right? You're going to dig those roots up and you're going to throw them out of the way and you're going to start to plant seeds that are going to take root because you're going to be intentional about what it is that we have going on. So I want to reintroduce Dr. Donna Dundas. Good to see you. Thank you so much for being here. Happy Thursdays. No apologies for being late. You made it here, right? That's all that matters. And to anyone else who has come into the stream, if you are lurking, or if you are commuting or whatever it is, virtual salute to you and thank you for being here. Okay. We just finished going over the barriers to momentum, which I will recap shortly, but right now I want to talk about the power of intention and how we. to get around those barriers of momentum, okay?

So last year I introduced the law of attraction, okay? I said it earlier in this, right? You have to ask for what you want and be prepared to get it. There could be no truer statement than that, right? The law of attraction says that positive thoughts and actions reap positive rewards and the same is true with negative. So if you think that it's going to happen and it will be positive, it will. If you think that you are going to be put in spaces, you are going to be presented with opportunities, you will have whatever it is that you need, that the resources we will avail themselves to you, all of that will happen and it will come to you, okay? Because you are attracting it. You are deciding for yourself in this moment that instead of overthinking, I'm going to choose to attract in and my mindset is going to be the thing. My mindset is the magnet that pulls in everything that I need to get where I want to be.

Because once you start to attract all of those things, your momentum starts to increase because you're like, Oh, well, I've got this resource or look where this unexpected blessing come from, or look what somebody offered me. Now I see the things coming towards me. I really can do this. And that overthinking starts to quiet and the positive thinking and those mantras that you were now resetting start to play in your mind. And you're like, I got this. I can do this. Okay. So you have to begin to embrace the law of attraction and that's what manifestation is, right? It's using our thoughts, our feelings, our beliefs to bring something to our physical reality, right?

To go from being an idea into it actually being the tangible thing that we can touch or taste or present to someone else. When you do not embrace the law of attraction, those barriers of momentum start to root and they start to make a home in the way that you make your choices in your tone of voice in all the ways that you live your life. Okay. I want to spend a moment revisiting the law of attraction because the law of overthinking, okay? When we overthink, it is typically in a space of negativity, right? Why we can't do something, why we shouldn't do this. And I am here to tell you that if you start thinking about the, what you can do, right? Let me tell you something folks. Just go with me on this. We are so conditioned to start everything from a place of pain. We are so conditioned to start everything from the why it won't work. What are the pain points? What's going wrong with what is happening? Why something won't work? We go right to the pain and then we make the pain normal.

And then we don't even try to figure out, right? You heard me last year talk about being a vitamin or a painkiller. Well, we start with the pain and we increase it, but we don't look at anything to kill the pain. We go right to the man, this isn't going to work. Why isn't this going to be the thing right? We go right to what is wrong. And then we just wallow in all of the pain. Well, it won't be this and we just, right. And then we pull in, well, somebody used to say, and these, you know, all of this negatives, all of this stuff. and the reasons, and we just stick it to us, right? We put a pain patch here and we put a pain patch there and we put another pain patch here and we put one right here and we just attach all the pain to us because we keep talking about that. That's the place that we start. So we start from the pain. But what if we started from the positive? What if we said, well, what about this is actually already all right? What about this makes sense?

What about this am I already doing? How can we then start to accept that there's already some good that's out there? There's already some things that's being presented. If we started from the positive, where could we go next? If we started from all of the great things, what's available to us, right? We always wanna understand the pain points and I'm here to tell you that maybe, just maybe, if we started with the law of attraction and we said, you know what? These things are already good. Now I am inviting money in, right? I am ready for positivity. I am ready to bring in somebody who has access to these resources. They're gonna cross my path and they are gonna show up and I'm gonna have all the things that I need to be able to get past this step, past this particular barrier. What if we started from a place of positivity instead of a place of pain? What could change for us? I just wanted to introduce that back as we think about the law of attraction because if we start from here and we let go of the pain, it won't be so painful along the journey because we carry the pain with us at every step and then every time we meet a barrier, it becomes more painful and then we have more of this labyrinth that we're dragging along when instead we could just let go of the labyrinth and go, you know what?

That's a good thing and I'm not that far away from it. Sometimes. Because we see things that are closer than we give them credit for. But instead of labeling them close, we'll say, man, I'm still so far away. Instead of saying, actually, I'm closer than I think. Good morning, site giver, good to see you. All of those things that are available to us, when in actuality, we have to shift the way that we think. Okay, so let's go back to the law of manifestation and the law of attraction. Yes, double -spirit, right? This whole notion of changing it. And this is why barriers to momentum and the power of intention is so intentional. Okay? Because here's the thing, it's really time for us to soar, ladies and gentlemen. Once you start to attract that which you know is going to be beneficial to you, then you can soar above those who are choosing to settle. Then you can soar above those who are choosing to settle. all of the negative projections, the overthinking, right? And so how do we soar? What does the soar model look like? And it's very simple. If you're taking notes, I want you to write this down, right?

You've heard me talk about, oops, sorry you all. You've heard me talk about a SWOT analysis before, or maybe some of you do this in your work, right? But a SWOT analysis is what are our strengths? What are our weaknesses, opportunities, and threats? So when we look at a SWOT analysis, 50% of the SWOT analysis is what are the negative things that we are leaning into and focusing on, right? You don't need a SWOT team. You don't need a SWOT team. You don't need someone to tell you your weakness is nine times out of 10, you know what your gaps are, and you know where you need to do more work, and you know where you need to be more intentional, right? If you know that you have like a weakness, you're aware that it's gonna show up here. You may do everything not to elevate it or amplify it, but you already know it's not something that needs to be revealed to you. It's either come through feedback, you've experienced it through trying to do work, right? But we don't need a SWOT. You don't need a SWOT team, ladies and gentlemen, but you do need folks who wanna soar with you, okay?

You do absolutely need people who are going to want to be present for your success. And so when we think about soaring, this is the opposite. So here's what I want you to write down. What are your strengths? That's the first S. Here's how we move from pain to positivity, right? Yes, Kay says, where did we go wrong? Exactly. How do we start with our strengths? What are we already good at? See, Warbs, good to see you. Thank you so much for being here. Happy Tuesday afternoon to you. I hope that you're, or excuse me, not Tuesday, Thursday afternoon to you, should I say. I hope that your day has gone well. Thank you so much for the nine month re -up. Appreciate you as always, and good to have you with us. Oh, see, Warms, we are talking about the power of intention. I just spoke about barriers to momentum and there were four key ones that we identified.

And now I am talking about the law of attraction and manifestation and the power of intention. And those are the things that we use to get around over or through those

barriers. Black Earth Gamer, good to see you. Happy Thursday to you as well. I missed your stream the other day and I was so emotional because I wanted to come in and not only support, but catch some of this great knowledge that I know you are sharing with the people. So thank you for being you and doing what you do. Happy to have you with us on this Thursday. Lots of dope people in the chat, so make sure you are following everybody who we are seeing come in, right? Because that is what support looks like, support is a verb. Okay, I love you, Black, I love you, Black Girl Gamer. Good to see you. So S is for strengths. What am I good at? What is already working? that I want to continue?

What have I already seen success with the things that I have tried? Okay, what are the things that really and truly need to continue to be a part of this journey, this process, this blueprint, right? What are my strengths? What are my opportunities? Now, opportunities is the way that we say, where can I stretch myself? Where is there the potential to do more? Where have I seen some places that are not as strong, right? Where have I gotten to a place where I've been like, you know what, I don't know if like, for all intents and purposes, these are the things that I should be doing. If I had the chance, would I go back and do that particular thing again? Would I make this choice again? Opportunities is the place where you can explore weaknesses, threats, anything where the fabric is not as strong or solid as you want it to be. That's opportunities. So if you want to know where we put some of the bad or the negative, it's underneath the O, but notice we're using a word that isn't negative. Opportunity presents as positive. It presents as this is something new. It presents as potential. Where can I stretch? Where can I grow? Where is there an opportunity for me to go and do and be something that I haven't tried before?

What can I do that's new and different, that's going to teach me something? What do I need to learn that I didn't know before? All of those things are opportunities. Aspirations is the next one, right? What do I aspire to? What do I want to achieve? What are my goals? What are the outcomes? What are my desires? What do I want to win? Right? What do I want to work? How do I want to see success? What is my ideal state? All of those things, the aspirations, where do I want to go? What gets me excited? what gives me energy, all of those things. That's what I aspire to. And are we talking about it in a way that allows us to show up so that people see the energy? Aspirations, ladies and gentlemen, is where your momentum can be most present and recognizable. When you start to talk about these dreams, these goals, these outcomes, right? When you're like, man, when I told y'all that I am manifesting my millions this year, right?

When I told y'all that I am literally, and what I mean by manifesting my millions is I'm inviting anything into my life that is going to help me work towards the level of wealth and financial freedom that I aspire to. So I can start to change the direction of my generation. Whatever I yield going forward through Avery and through all of these other things, right? I can change the direction of my generation. That's why I am aspiring to my

millions. Where does it start? It starts with things like coming on Twitch and saying, I want to use this content to be able to put myself out there to market so that people can see me as an industry contributor, as a thought leader, and as a subject matter expert. That's what I want to be labeled as. Kim, you are a thought leader. Kim, you are an industry contributor. That means that the things that I say out of my mouth, other HR professionals, leaders are going to take and say, I want to use that approach in my business to enhance the goals that I have.

That is contributing to the industry. That is molding the culture. That is shaping the success of others. That's what I want to be known for, period. That's what these children say in the streets, period. Don't laugh at me, Kay. But it is what the children say in the streets, right? But that's what I want to be known for, right? Black girl gamer, I want to be dominant in my niche. I want to be magnificent in my ministry. Pick your words, but whatever that is, that's what I want to be able to do. Nick the Quick, good to see you. What's happening? Happy Thursday to you. I hope you are doing well. Thank you for being here, all right? But that's what I mean when I say I'm manifesting my million. So when I start to put my words out there and say this, I am ready to invite in every opportunity so that I can be present in that space. So I'm going to do it afraid. I'm going to say yes, even if I'm scared. I'm going to say yes when I really want to say no, because I would rather say yes and soar, then overthink and stay stuck, right?

You can choose to evolve or you can choose to remain, right? There you go. Well, Vader, because you enhanced your soreness by walking up the steps, then it will allow you to soar in other ways. And good morning to you, sir. Or good afternoon to you, sir. Should I say happy Thursday? Good to see you in. Okay. Lots of dope folks coming into the chat. Black Girl Gamer, Vader, Nick the Quick, all types of folks who are making their way and please go give them all a follow, okay? And discover more of the magic that is taking place here on Twitch, all right? But this is why it's important to understand the aspirations. So when I talk to you about what I'm aspiring to, you hear the energy in my voice. You hear the passion. You see it, right? You see it in my body language. You see it in my smile. You see it in my eyes. They light up when I talk about the things that give me energy. And that is what I'm aspiring to because your aspirations are gonna be what lead to your results, okay? You all see it. You all feel it. You all know like, yo, Kim Blue was in her stream the other day and she was talking about how she's manifesting these millions and she wants to be this thought leader and she wants to contribute to everybody's greatness.

Yes. And she was all fired up in her eye, right? I have a friend of mine who used to say, when I get excited, right? He would tell me that my eyes would dance. when I get to talking about things that make me excited. That's what he would say. He'd be like, oh, yeah, Kim Blue, I see it. Your eyes are dancing, right? And we used to do a lot of work together. And that's what he would say to me, like I see your eyes are dancing, like what's going on in there. And I've never forgotten that, right? I've never forgotten that. So

if you see me and we're talking and my eyes are dancing, it's likely because I'm excited about something or I see that passion in you or for you, right?

All of that. Thank you, Black Girl Gamer. I appreciate you, right? And then the aspirations are what help you identify your results. Results are, did I get where I want to be? Is this the outcome that I was seeking? Or maybe it isn't the outcome that I was seeking. Maybe it's even better than what I thought I was capable of or what I was aspiring to. I may have been aspiring to one thing and through this journey that I'm on because I have been manifesting intentionally because I am choosing to not overthink because I am embracing the blueprint, right? Because I am not allowing myself to say I'm limited in my resources. I can now get to results that are even better or far more advanced than I had ever even given myself the opportunity to receive, right?

That's that growth, right? At the beginning of the stream, I was talking about resistance to change, okay? And classics said, change is your friend, growth is good. That's where that growth comes in because you have to grow with the flow, ladies and gentlemen, right? Soaring is a flow. It's not a clunky thing, right? You flow when you soar. You recognize that the wind is the thing that helps carry you through the momentum advance. Thank you so much for the boss bits. Appreciate you, okay? All of those things are present when you start to soar but you have to be able to grow with the flow and embrace all of those changes because you may get to results and those results be something that you're like, man, in my wildest dreams, I could have never even for a minute thought that this was where I was going to get to. All right. That this was where this was going to lead me. Right. That this is something that I thought would come out of this. Okay.

All of these things are capable and available to us, but we do have to acknowledge the barriers that we have. And we do have to be okay saying, can I stop overthinking? Can I be less resistant to change or whatever the barriers and now listen, those are the four common ones that I brought up, but there's a ton of other, a ton of other barriers to momentum. Let's talk about distractions, right? It's so easy to get distracted with what other people are doing or to allow other people to distract us because they need our time, talent, technical expertise, whatever that is. And so we get distracted trying to support others and now we don't have the momentum that we need to put on ourself. You hear me say this, right? If you were in the blueprint with me earlier last year, even if you were following me on Clubhouse, shout out to everybody who used to follow me on Clubhouse. I used to open the blueprint and they are saying, you have to secure your own oxygen mask before you go assisting others. Because if you don't have any oxygen, baby, then how are you gonna breathe through your own stuff?

How are you even gonna have enough oxygen to help somebody else secure their oxygen mask when you can't breathe? So you have to be okay, okay? You have to be okay being intentional about securing yourself. Secure you, boo, because if you don't, nothing that you wanna do will have any energy or momentum underneath it. Period, as

these children say, okay? So, Kayla is laughing at me in the back, y'all. But I'm just saying, that's what they say, period, okay? So when we think about this whole notion of taking care of you and prioritizing you, sometimes distractions can also be a barrier, okay? Sometimes being overwhelmed or saying yes to too many things at one time can be a barrier because you've got so much on your plate. It's a barrier to your own success. It's a barrier to your ability to do the work, to put in the time and the energy it takes. And now yes becomes a barrier to momentum because you said yes to everybody and everything except you and your things.

And now you have no energy left to give to yourself and you are your most important thing, right? So distractions can become a barrier, saying yes is a barrier to momentum, right? Sometimes saying no is a barrier to momentum. Oh, no, Ed, too much. I'm just saying, saying yes can be a barrier to momentum, saying no, because who in here says no to success, right? Who in here says no because they think or know that they're going to be good at something, right? Sometimes we know that our greatness awaits, and we become that barrier to our barrier to our momentum, right? Sometimes, absolutely. Okay, like sometimes people get scared of the manifested success. That's right, stove, right? Sometimes we are aware of what it is that we know we are, and we don't want to embrace it, right? Or we want to remain in a space where we don't want to be seen as overly something, whatever that something is, right?

The perception that I could really win, absolutely. It absolutely scares people. When you think about your legacy, ladies and gentlemen, what do you want that to be? All right. Eb says, that's when I questioned if I'm ready for what you're manifesting. Here's the thing. If you're already asking the question, you're ready. It's as simple as that, Eb. If you are already right, because here's the thing, you're manifesting it. You've already said out loud that you want it. You've already said out loud. You've already written it down, even in the depths of your own quiet where nobody can see you. You've already said out loud, thought it, put it into motion. You probably have researched it, spent some time talking to somebody. You're already doing it, Eb. You're already ready. And guess what? If you're not ready, you're going to get ready. Right. I'm going to put Vader on blast for just a minute. So if you ever see me in Vader's stream, right? And I didn't do it this morning, but because I was rolling when he came in, he came in with the funny. And so I didn't do it. But one of the things that Vader and I say to each other, right? If you ever in his stream or my stream, one of the things we say to each other, he always says, all right, because I always say, as I live and breathe, but he always says, LMD to you, Kim Blue.

And I say it back to him, right? LMD to you, sir. And where that comes from is in my own coaching conversations with Vader, right? When I talked to him about the things that he is doing, and I asked him a question one day, I was like, what is it? What do you want to do? What's your jam? What are the words, Vader, that inexplicably describe who you are and how you want to be experienced? And these are the things that he said to

me, legendary, right? Magnificent and dynamic. And I said, well, then those are words we have to say every day, and you can't back away from that. And he said, but what? And I said, no, no, no, that's not, that's not a part of this. So every day, in my engagement with him, right? Or if I'm in his stream, or if I cross his path, and you're right, that's how I greet him, LMD to you so that every day, right? Because if that's the thing that you already are, which he is, right, because Vader does dope shit, then you have to speak that which you already are.

So I say that to you, Ebony, if you already are questioning it, you already know that you are those things. Right. Vader is a legendary DJ, as are many of you who are in the stream, right? He is magnificent at what he does. Right. And he is super dynamic. If you've ever been in the presence of Vader's energy, right, he shows up, he makes everybody feel like they're supposed to be there, wherever there is. So that's that's how we speak to each other, right? I give him those words, and he gives them back to me. And that's just part of the thing that we do, right, so that he knows every day, this is who he is, and this is why he shows up. And it doesn't change anything, right? It's a reinforcement of his confidence, not an amplification of his cockiness, because Vader's not cocky, he's an Aries, he will tell you that, right? but he has to speak his legendary status into existence. Yes, Vader, yes, you are an Aries and you are confident you are not cocky, right? But that's what I'm talking about. This is an example. So that's the answer to your question, Ev. If you are already questioning, if you're ready, you are ready because you've already started manifesting it. So those are some additional examples, Ev, right? Those are some additional examples of things that can also be barriers. Now, I gave you this core four because it's easy to remember those, but also understand, right?

Certainly distractions, certainly, you know, saying yes or saying no, certainly not speaking words out in the way that we want them to manifest in our lives. If Vader were to use the opposite of legendary, whatever that is, right? Or not magnificent, right? Or not dynamic, right? And when he told me this, I said, well, what makes you those things? And he said, well, that's my approach to DJing, right? Like when I wanna do these things, I said, well, give me an example where you did that. And so he sent me a video, right? Of him DJing for a crowd of like 40 ,000 people. You gotta be dynamic to be able to do that because I would be scared shitless, but not Vader, right? The man said Vader's name and what did Vader do? He pushed the button and I watched him rock this crowd on this video. And it was one of the most incredible things. I watched the video twice, right? And I was like, so you have to be legendary to rock a crowd and I might have the numbers wrong, Vader, so correct me if I have it.

But it was like 40, 50 ,000 people, right? It was a whole ass concert, right? But you can't do legendary, dynamic, magnificent stuff like that if you don't already know that that's who you are or that's who you are. That's what you want to be, okay? So when Vader pushed the button to do the things that DJs do, right? You get the response that

people get. And then you hear the, and right. And I said, what was the best part about that? He said hearing like 70, this is where this is like 70, that right. It was a, listen, a whole last concert, big stove, right? A whole bunch of folks. There it is. Right. But I'm saying the thing that he said back to him was, but I got to hear them sing back to me, Kim Blue, right? You, you, you know what it's like for like 70 ,000 people to like sing back to you. Some legendary shit. So understand that you have to mitigate the stuff on the other side, right? Those barriers to momentum, right?

What if, what if Vader would have said, nah, I'm not the right person to DJ this concert. Right? What if you say to yourself, no, I'm not the right person for this or I'm not this. Don't be your own barrier. Don't deflate your own momentum. Be the reason that you can soar. Get around people that will help you soar. Okay. You're welcome, Vader. You're going to go to the car and cry. Sitegiver says she's going back into the corner, right? So she doesn't get timed out. So she does. Uh, Kayla, please do not time out Sitegiver at the request of your podcast host. Okay. So when we think about, right. So there it is. Ebb says it just happened. She has a gig tomorrow and was shocked. She's not the opener and a friend assured you that you belong in your position. So here's what happens, right? You got the opportunity and while you're not the opener, maybe the position that you're in is the position that you're supposed to be in, because in that position, that might be where you are seen and noticed, right?

It's the equivalent of being in rooms that your name is not spoken in, right? So that you can be spoken about in another room that you're not in Vance. Thank you for the data point. 70 ,000 people. Okay. So when 70 ,000 people sing back to you at a concert, I would say that that makes you legendary and magnificent and pretty dope. Does everybody get this whole notion around? Um, absolutely. Okay. Legendary, but this is why we have to acknowledge these barriers to momentum. I'm going to put this up here one more time in case folks came into the room, right? Oh, I'm sorry. I skipped it. Here they are. Okay. We have to recognize that these are our barriers. We don't want to be resistant to change, right? You do have access to these resources or overthinking, right? Oh, she's going to do it for sure, okay, right? And you do have the blueprint. You've got community, you've got mindset, you've got opportunity. Most importantly, though, we're about to activate this law of attraction, so I want everybody to write down, this is your homework, between now and next Tuesday when I see you, because next Tuesday we're introducing the Momentum Map. It is the partner to the Mind Map that I introduced last year, and this Momentum Map is going to be the roadmap for how we move forward, okay? Ebb, do you see all this love you're getting in the chat?

I just want to, let's just pause right here, because, Ebb, I want to make sure that you see all of this love that you are getting in the chat, Ebb, good talk. Good talk, sis, okay? Because everything that everybody, listen... Okay, everything that everybody is saying in this chat ebb for you about the note about to know about these ebb cakes We know about them. Okay, Vader says make them remember your name, right?

Everybody's giving you some look That's because you're supposed to be there And so don't worry about not Opening recognize that you were the oh you're crying boo and we love it. Okay, that's why we're here That's what this community is all about So cry and be happy because there's no barriers Right. There's only the law of attraction. So everybody's homework this weekend Big stove, right?

So everybody's homework this weekend is to activate the law of attraction Okay, we are activating the law of attraction. So all Day for the next four or five days. Everybody is gonna say I invite in this So if you need money Then you invite in money or you invite in the opportunity to be in a place where that can be in abundance to you If you need time then you invite in for something to shift so that you now have time To be able to do what you need to do if you need space if you need energy Then you invite the energy that you need to come in or you invite the shift of something so that it can be creative But we are attracting that which we need deserve or desire period You That's what we're doing ladies and gentlemen, we are activating the law of attraction Because once we get some of those good things around us Then people will acknowledge it and see it we first acknowledge it ourselves But then when we get that law of attract and activated now, it's time for us to soar All right Well, ebb then I guess you're off to go buy a new romper should pick a color that amplifies your gorgeous complexion Okay, don't get don't get don't get it in black pick some color.

All right I'm excited about that. I'm excited about this for you, Eb. And we will be waiting for the report out. The social media posts are all of the updates because you see all of the love that you're getting in the chat. So you can't run away from us. You're pretty much stuck with us, Ebony. Good talk. Okay. And good talk emotes to everybody in the chat. Bader, thank you for letting me pick on you and put a part of our coaching out there publicly. Okay. I hope you don't mind if you're out of the car crying. Good talk emotes to everybody who's in the chat. Good talk emotes to everybody who's in the chat. Thank you all for being here. Listen, you are activating the law of attraction this weekend. So if you need it, if you want it, if you desire it, invite it in. Create space for it. Say yes to it. Don't run from it. Step to it. Okay. I did, Jen, I did pick on him just a little bit. He let me, Jen, he let me publicly put some of our coaching conversations out there. So, um, thank you, Vader. I love you for that. OK, for letting me just and I didn't even ask permission. I kind of volunteered you that I was going to do it right. I volunteered you that I was going to put some information out there.

Right. But it was needed information. OK, so with that, I will say this to you. You all are stuck with me. I think that I am pretty much stuck with you. And the blueprint is going to continue to move forward. OK, we are going to get out of here. Thank you all for being present, for doing the work, for inviting in all the things that you need, for acknowledge all of these things. OK, I pick on you all the time, all the time. You're like my you're like my person back there. Right. There he is back there. Yes, he's like my he's like my. It's like my I don't know what kind of punching bag, like my beanbag

punching bag lovingly. Right. But what y'all don't know is that he was back here snickering at me because I was trying to use words that the children use, even though I'm like in my 40s. So, OK, absolutely. So better to apologize and to ask for permission.

I did, but I did. Right. I did Hobbs. I did. Kayla, I did. I did volunteer him something. Right. But if they reminded, he will he would say it or he will tell me later that he didn't that he doesn't like it. Exactly. Exactly. OK, you know, right. You understand. All right, ladies and gentlemen, we're activating the law of attraction every single one of you. And if something happens to you over the weekend or in the next few days and you get something, I want to know about it. Right. We are going to amplify the things that we attract because once we see the good around us and we start to say it out loud, then we are all soaring together. Mr. Crayt Digger, good to see you. Welcome in. Happy Thursday. Blessings right back to you. Greetings all the way from here. Is it to the Netherlands? Do I have that correct or Switzerland? Please tell me so that I know. where to acknowledge that all of this love is coming from. Sweden, thank you, thank you, thank you. Please give Mr. Crete Digger a follow. I was in LV stream yesterday. We rated into him such amazing, amazing vibes in there, y'all. We were like 600 people strong, rocking in there the whole time, okay?

So thank you, Mr. Crete Digger for being here and appreciate you and hope you enjoyed this dream. Please come back anytime and just like eat. I think it is evening where you are. So I hope that you had a good day, all right? Okay, Kay, we're ready. We can go ahead and get ourselves out. There we go. Am I back? Okay. I don't know what happened there for just a moment, but we're back. Thank you for hanging in there with me. He didn't do it, but he did come to help. Okay, good. I'm glad that we're all back. So thank you all for hanging around. Listen, basically, sitegiver, he basically was like, I am. Oh, he's definitely kicking me out. So copy the raid message. We're on our way to go CLV. Okay. Listen, folks, you all know how I feel about you. Thank you for being here. Lots and lots of good talk emotes in the chat. Activate your law of attraction this weekend, and you may very well be surprised at how much you get out of it or how much finds you or finds its way to you when you put it out there that you're open to receive. Okay. So with that, I am sending you into your Thursday and into your weekend with all of the good energy and light that you need to guide you. Okay. Take very, very, very good and exceptional care. Oh, sorry, you all take good and exceptional care of yourselves. And we will see each other next Tuesday. And I'll see you on the other side when we go to LV. Thank you. What a mess, Kay. I don't know what was going on.