

The Blueprint February Focus Alignment Feb. 8, 2024

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Transcript

Thanks for watching! Thanks for watching! trying again. Good morning, everyone. Happy Thursday to you. I hope you are doing well. Welcome to the Blueprint. My name is Kim Blue, I am an HR strategist and a career coach. The blueprint is the space where we come twice a week to chop it up about all things personal and professional development. 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 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 are authentic, you don't have to dim your light. You can be great in your gifts. The world gets to experience you at your best. And you don't have to do anything other than be great in your gifts always. And I think that that's definitely part of being the boss of your own blueprint. And so that's what we foster here. This is a space where that takes place. We do our work here. We hold mirrors. We have good conversation. We learn we don't judge. We do a lot of supporting. And we take away things that hopefully you're able to use in your next conversation in your personal and professional relationships. I coach on both sides of that and ultimately just to help make sure that you can be the best possible person. Every day that you're here.

So that's what we do. Thank you for being here for supporting this podcast for this conversation. You all allow me to operate at my highest potential and be my most authentic self and for that I am grateful every single day. Let's do a little housekeeping. Let's say good morning to some of the folks who are in the room. Thank you all for rocking with me in this new time. It's actually working a little bit better for me. Schedule wise on Thursday so thank you for being here and supporting all of the adjustments that are taking place in real time. I know many of you may be in other places or have tabs up so shout out to everybody who is supporting whether you're actively listening or you're catching the replays or whatever the case may be and to everybody who is lurking and working.

Thank you. I know I have a really big lurker population and you make this space exactly what it is supposed to be every single day, so I appreciate you a little bit of housekeeping next Tuesday, which is February the 13th. There will be no stream. I will

be participating in. Oh, I'm sorry. Excuse me. Not next Tuesday I'm getting ahead of myself. On the 22nd there will be no stream. I have got a conflict that day and I want to make sure that everybody is not looking for me around that time at 11 a.m. So be intent mark your calendars for that and I will make sure that we do either a stream update in the in the ticker across the bottom so that everybody can see that going forward.

But on the 22nd, please write that down that there is no stream that is taking place on that day, OK? So that everybody's got it. And then there are a couple of other additional changes that are coming. I'm just trying to confirm what some of those are. And then we can make sure that you have those as well. So all of the rest of the month should be the same. And then there's some adjustments that are going to come in March as well. So, stay tuned and thank you for rocking with me through all of the real time adjustments. Other news that is coming, the website is in production. So those who want to have an opportunity to go follow me there, catch other content that I've done in the past, it'll be connected to my LinkedIn page. And it'll have access to past podcasts that I've been a guest on, or I've been featured on. So lots of things in the works. Of course, a reminder about the coaching. Today is the second group coaching for February.

I have been rolling through my one-on-ones with folks and they are coming prepared. If you are interested in knowing about the coaching, there is the flyer. It is monthly that we meet as a group. You get four one-on-ones with me a year. We are in the process of transcribing all the past Blueprints. So if you are new to the podcast, then you can go back and get the transcripts from all of them, which only allows you to hold them for so long on your account. So, they are in the process of being downloaded and transcribed and pulling from that resources that we can use, just like the one we're going to talk about today. The Facebook group is in the process of being built, as is the merch that is in production to be shipped. And then there'll be resources that are going to be available to you. And all of those things are going to be accessible through the website, and you creating your own pathway in through there. So if you're interested, exclamation point coaching, thank you, Kayla, for putting that into the chat.

Jen is not here. She may not be here because normally she's here in the mornings. And so she's rocking with other clients as well during this time of day. But Jen is the person who can help get you information as well. If you want to connect with me, I can provide my email address as well so that we can make sure you're reaching out if you want information about the coaching. But between all of these places, there will be access to me outside of the kind of eight times a month that you're getting access to the blueprint at this point. So, exclamation point coaching for anyone who is interested in that group opportunity or individual opportunity as well. So with that, let's say good morning, and then let's get off into a recap about today's recap from Tuesday's conversation and then jump into um, talking about alignment because that is what we are speaking about today. So, um, first up, good morning to my mod bosses, um, locking

key media who is here and then my life journey who is here in spirit. Um, she is rocking through some for own personal things and leaning in right now.

And so she is away from the day to day, but definitely supporting behind the scenes and being present. So thank you Kayla for holding things down. Um, and in terms of solo modding and shout out to everybody who is a mod, who is leaning in to mod, but not modding directly for the blueprint on the regular ones. It gets to see you. Thank you so much for holding space to me for me. I need it today today. And we're going to do a check -in in just a moment. Um, for sure. Um, around whether and like, what's your color, right? It's been a while since we've done our red, yellow, green check -in. So we're going to check in around that, but I would tell you today that my color is. fully read, I'm actually like managing some sadness that came out of nowhere yesterday. And I couldn't tell you why, I don't know if it's mine, I don't know if I've meet somebody. Sometimes I get these empath warnings that I'm gonna encounter somebody who's also dealing with some sadness, but that's what I'm feeling like right now.

So, thank you, Ranzi, my birthday twin for holding some space for me and for just showing up in all your ravishing fashion today, I appreciate you. Good morning, Dr. Donna Dundas, happy Thursday. As always, good to see you, thank you for being here. Good morning, Auntie Diddy, thank you for being here and thank you so much for the re-up for the last seven months, appreciate you for resubscribing. I hope you're having a really, really good day. Double spirit, good to see you. Thank you so much for being here and for making your way in. The call is 06, good morning to you, sir. Fantastic stream last night, y 'all. So last night there was a raid train and it was twitch and chill, I believe. And so many of the Blueprint Boss fam were in there last night just doing their thing. The call is 06, had a great stream. K -Lock had a great stream. I came in at DJ Nique 10 and I missed some of the folks who were in there before. I know G -Class was in there before, but I caught the end of the stream. I did not catch rich gifted hands. I think I dozed off before that, but I was in there for like a solid five hours and everybody was amazing, but the call is 06 had such, I mean, it was just a whole vibe, right?

And so, I just, shouting out all those folks, there's just so much talent and good music to be explored and experienced. You're right, double spirit, all of them more amazing. So shout out to everybody who was on that raid train, but I wanna give extra love to those folks who were doing their thing, right? So, call is 06, welcome in, good to see you. Thank you for being here. Good morning, Psalmist, good to see you. Thank you for the hugs always. Psalmist and I talk about how hugs are scientific. like people need them in the science behind them. And we talk about that. So that is, it's a very important. So just know that hugs are real and that that is an important part of human connection. So thank you so much for the virtual hugs. They are definitely welcome and appreciated. Good morning, Ms. P. Smitty. Good to see you. Happy Thursday to you. Thank you for being here. Mr. Chaney, good to see you. Happy Thursday to you. Thank

you for being here. I hope your day is going well and that things in the great state of Texas are off to a good start.

So, listen, shout out to everybody who is again, lurking. I know that folks are making their way into the stream. And this is like the middle part of their day where just before lunch. So I want to acknowledge that for sure. Ready to excel. Good to see you. Thank you so much for being here. First time chatter. Welcome to the blueprint. I hope you find something valuable from today's conversation. And if so, thank you so much for being here. For sure, come on in and join anytime and invite a friend, bring your pins and your notepads, like we like to take good notes here. So welcome in, whether you're lurking or whether you're active in the chat, it is all welcome. Good morning. Sea love 702. Good to see you. Thank you so much for being here. Happy Thursday. Hope you are doing well. Did I get everybody? If not, please say something in the chat so I can make sure that I acknowledge you. Shout out to everybody who's lurking. I appreciate you doing so. We are focused on alignment. We started this conversation a little bit last week, and then we're really diving into it for this week and part of next week, and we're going to talk about the ways in which you need to be aligned, the different areas of your life personally and professionally that require alignment, but why it is so important.

Um, and so if you're lurking, feel free to take your notes on your own. Good morning, Crystal method. Good to see you. Thanks to everybody who's letting me know that they're lurking, um, and helps me make sure that I pause and acknowledge those folks, um, and acknowledge, um, everybody who was on the move. Good morning, big stove. Good to see you. Thank you so much for being here. Y'all big stove was jamming yesterday morning in the warmup on Wednesdays. If you are not familiar, go find, he's always jamming, but certainly in the warmup, it is 90 minutes of get your day going jazz. And it is, it's just perfect every single time. And so, um, thank you so much so that I have now, I went from requesting more popups into the morning and now we got the warmup to me saying, please add these to the playlist. So, I've now, I'm now in the process of encouraging big stove to create, to curate a warmup Wednesday playlist so that those of us who are out walking or exercising or driving, right, we can have access to that.

So, I am grateful that big stove takes my good talk nudges, and he makes them, um, into action and that he loves music enough to be able to do that. So thank you so much for being here. though. So alignment, okay, let's say exactly, let's talk about alignment. And we're going to talk about the Johari window, which is a resource to help you organize your thoughts. But it's important as we think about alignment, and the areas that we need to be aligned in, or where we often find ourselves either out of alignment, or needing to be most aligned, so that you feel fully engaged and fully present. Because when we're not fully present, we know what it feels like when something's off. We know what it feels like when we wake up and we don't have that get up and go or when we're moving a little more slowly, mentally or emotionally or physically.

And those are all telltale signs that we need to tap back in and figure out where we're not aligned. I was actually having a conversation this morning with someone. And I said, How are you? And they said, you know, not so good, but not so bad which is fine, right? And my follow-up question was, well, what do you need? And I just listed off a couple of different areas. I was like, do you need things in the area of your health? Is it in social communities? Is it financial? Is it anything that I'm not listening? And they said, probably all of that, but it's a lot. And so trying to figure out where to start is all of those things. And so when we talk about alignment, sometimes it's also the process of knowing where do I feel the most out of alignment and where do I need to put my prioritization so that you can start to do the things that you need. So, before we dive in, let's do a check-in. What is everybody's color? Red, yellow, or green. If you've never done the stoplight check-in, it essentially is this. Green means I'm going, I'm at a good pace, or I got the energy and all the things around me to help me go steadily.

Sometimes green is also, I'm just aware of where I need to be. And so I can move at the pace I need to. Good morning Hobbs, good to see you. Thank you so much for being here. Yellow is I'm cooking with gas, but not too fast. I'm pacing myself, I'm not overextending, right? I'm not in a place where I am hustling backwards. And so I'm not overextending my resources or putting myself in a place where I'm stretched too thin. And red is I'm permanently on pause or temporarily on pause, whether I put myself there or whether the things around me are there or whether I am just tapped all the way to the max and I don't have anything to give. Now sometimes pause is an emotional thing, right? I told you all this morning, I'm a little bit in the red because I'm dealing with some sadness and I don't know where it came from. So I'm trying to work through the potential understanding of what's up or who's been around me or how I have come in contact with this because I don't think it's self-generated or whatever it is that I'm coming into contact with.

So throw your colors in the chat. Kayla says he's yellow. Sometimes yellow is I got a lot of irons in the fire and so I'm... pacing myself so I can be green when I'm dealing with those irons, but the yellow is, and I'm self-aware enough to know that if I do too much, I'll flame out and I'll be in red. So, at any point in time, put your favorite color remotes in the chat, red, yellow, green, and let us know where you are, I would put red in there for myself so that I can be patient. Leroy Brown, good morning. Thank you so, thank you so much, Leroy Brown. Oh, Leroy Brown, you always bring a smile to my face when I least expect it, thank you for the poem. And thank you for coming in and bringing your entire authentic self to this stream, to this stream.

I hope you are doing well, good to see you. Leroy, we're doing a check-in, so red, yellow, green, how are you doing? I see some folks who have put some red emotes in the chat as well, Hobbs and Luciano 1908 both say that they are. Um, in red, absolutely the foreboding crystal method. You talk about that for real. See love says that, um, she was yellow and now on green radio Excel says yellow, right? We were brown

red. So listen, you can be at any, sometimes you start one color and you move into another one and this all plays into alignment because sometimes it's also, well, am I yellow because I'm hungry? Am I yellow because I need sleep? Am I red because I'm encountering too much, you know, negative energy. That's not in service to where I need to be. And so as we ease into alignment and we talk about the, before we get to the Johari window, I do want to do a brief recap of, um, where we have been going and what that looks like for us.

And so, we talked about a variety of mantras, Miss P Smitty, double spirit. I see you on the yellow, the colors of six says, I think I'm orange. Listen, you can be a blend. Okay. Of things. Kayla says he's hanging, almost he's hangry. So, he might be close to being red. Let's make sure we get that handled Kayla probably after this, after this stream, unless you have the ability to go sneak and get something right now. Right. Which I, as you know, I fully support all of those things, but it's okay to be a blend. Sometimes you can be yellow green. Sometimes you can be orange, right? Sometimes you can be something else, whatever that looks like. But on where you are, because once you know where you are, then you can check in with yourself and go take care of your needs.

All right. So let's talk about, um, what these areas are, where we should be in alignment. Here's where you want to get your pins out. We're going to talk about three areas today. And we're going to talk about three areas next week. Big stove says, no idea. Different tests have different COVID descriptions, a hundred percent stove. Sometimes you can be red and then sometimes you can transition. Sometimes the conversation. can transition you. Right, you can go to green, sometimes people will pay you a compliment, or they will, you know, just stop to write big soap talks about all the time, like how we can show love, and it's taking interest in someone and sometimes that taking interest can shift you from red to green from one other place, right. And there's a lot of things that can shift that. So it's okay that you don't have a whole answer. In this moment, you could just be like, I'm all three. So here are the three things that I want you to write down before we jump into the slides, where we talk about needing to be in alignment. And then I'm going to take you to the Kim gym from Tuesday, where we talked about alignment and what it is. Okay, reason, good to see you. Thank you so much for being here. You're not late, you're here, you're right on time, you're actually getting ready, reason to hear the definitions of the things where we need to be in Alignment with listen folks.

There's a lot of amazing people in the chat Please go give them a follow big stove one reason lock in key media the call is oh six some amazing mods Hobbs See love 702 right is in here go give all these folks a follow Ronzi in it for the fashion is in here Okay, go give her a follow all types of great folks double spirit is in here Psalmist is in here a lot of people just because they're lurking doesn't mean that you can't go follow them because they will lead you to Really amazing places around twitch All right the

three areas where we're going to focus our alignment on today Okay, the first one is we need to be in alignment with our values This is what you want to write down.

We need to be in alignment with our values the second thing is we need to be in alignment with our emotions and Number three would be to be in alignment with our needs I'm going to say that again. We need to be in alignment with our values first with our emotions second with our needs third There's no particular order at all I'm just giving them to you as I was making notes of them in preparation for our conversation So we need to be in alignment with our values our emotions and our needs Because those are some of the bigger The right think about a triangle and if we think about the widest part of the triangle It's at the bottom our needs our values and our emotions probably take up the majority of the second half of the bottom half Of the triangle because they comprise so much of who we are every day and how people experience us And so when we are not in alignment with these three things it has some of the greater impacts on How we show up our presence our ability to engage or be present with someone Or with ourselves, right?

And each of these things is so substantial that but if one of them is off, then we ourselves feel off. We don't feel like we've got our footing steady underneath us. We might be in question around why there's a misalignment or a disconnect between some of the very basic things we have going on. All right. So alignment with values, emotion and needs. Okay. All of that is very real. Now, sometimes, let's start backwards and go with our needs. Sometimes we don't want to admit what we need. Why is that? Why don't we want to admit some of the things that we need? It could be because we think we'll be judged. It could be because we think people won't understand or people will question us, well, why is that something you need? Or people will belittle it. Well, that's easy, but they may not know the circumstances by which your needs are not being met. And they could be very personal. Sometimes we don't want to be, we don't want to talk about why we're not alignment with our needs because those needs make us vulnerable. We're now exposed in some way. Absolutely reason it shows weakness or lack of knowledge. Sometimes the things that we need require us to change and we're not ready for that change and when we are not ready for that change it means our needs are out of alignment literally by circumstance.

I know I need to stop doing this. We talked about stop start continue in our sessions last week. I know I need to stop doing this but if you're if that need is not met then now you're out of alignment and each of these things that we're talking about right this lack right this potential to show weakness or show knowledge to not be in a space where we can own what our needs when our needs are not met it has a direct impact on our emotions not being in alignment with them.

Does everybody see the relationship between if our needs are not met and this goes into professional relationships personal relationships because if our needs are not met emotionally physically psychologically professionally in particular on the professional

side we're going to talk about our needs not being met professionally and how that ties to our value the value we contribute the value that we're getting out of something the value that we think people see in us or that we could be contributing one of the number one things I hear about when I coach is I don't know if I'm being tapped for my value or I feel undervalued right or I don't know if like my value is really seeing that or my worth sometimes the word worth and value are interchanged but let's go back to our needs right we don't always want to admit that our needs are not being met because then that means we have to own that we're out of alignment with something it also means that we have to we might recognize that we are the reason that our needs are not being met we are now our own opposition and we talked about opportunity over opposition last week and Tuesday, right?

All these things, when we talk about this whole notion of are my needs not being met because I am doing something or I am not doing something, right? Put your favorite ready moat in the chat if you have been the adversary of not meeting your own needs. You have been the person that has gotten in the way of your needs being met, whether it's through your words, your choices, your behaviors, right? Listen, people out there who are petty, right? People who are petty and I say this from a place of love, people who are petty, we get in the way of our needs being met, 100%. You absolutely, right? Because now you are sacrificing something else to satisfy potentially an emotional need or to potentially satisfy a psychological need or to validate in some way. Your superiority whatever that is and I'm using the word superiority But understand what I mean by that is right I want to try to take a dig or I want to try to like feel this way And so my response to it is going to be petty and being intentional, right? Right, so you love I see Kayla as easy love, right? I see Lushana But it happens and I'm using pettiness just as a main example right now but substitute pettiness with I need validation or I need more or Absolutely.

Listen y'all. I told Kayla the other day That he was the captain of his own pedicopter and he said you're lucky that I love you. I Said I'm just telling you that I'm telling you the truth in the spirit of this, right? Okay, like and I have a lot of conversations for a variety of reasons number one He helps me with a lot of my streaming stuff number two He's my friend and number three I am coaching him on some business stuff that he has going on So we talk a lot about just things that we are experienced and bouncing ideas off of that each other and like thinking through like Well, what does this look like and how do we get here? Why why do these things happen and during all that there's always some who there's always some humor, right? And so I told him that he was the pilot. He was the pedicopter pilot On Tuesday, I think Kayla I think I can't remember when we had this conversation I think it was Tuesday after my stream. I told him he was the pedicopter pilot and sometimes you got to recognize when you are and it's not a bad thing But at the same time it's acknowledging what is the need that's not being met? And am I the person that's not meeting it?

Because I'm because I'm trying to be petty because I'm trying to prove a point because I want to be right Do you want to be right or do you want to be happy? So happiness is a need ladies and gentlemen, and it's an extension of emotions, right? Crystal method says I don't consider herself petty But she might be this is a right hashtag mirror moments Who was I talking to about mirror moments the other day? I can't remember but somebody I was talking to to when we talked about this whole notion of mirror moments. Somebody that I was coaching, and I can't remember who it is. Nick, Tim, good to see you. Thank you so much for being here, Nick. I was just talking about the raid train yesterday and how all of y'all killed it. I came in at your stream, Nick, and rode the train, you, Kayla, call us 06 who was in here, all three of y'all. Just had amazing streams yesterday. So good to see you. Thank you so much for being here. So, when our needs are not being met, when we're not in alignment with our needs, absolutely see love, right? When we're not in alignment with our needs, it causes us to have a shift in other places, primarily in other areas that are not aligned.

So, if our needs are not being met, our emotional needs. Take a moment, ladies and gentlemen, and think about the relationships that you have. Social, romantic, personal, professional. Of those relationships, would you identify all of them as really solid? Or would you say in some of these relationships, there are needs that I have that are not being met, but those are still people that I engage with. Do you stay connected to people among your social circles, whose needs, who don't help you meet your needs? Music spasm is good to see you. Thank you so much for being here. Happy Thursday. I hope your day is going swimmingly and that you are doing well. Go give music spasms a follow as you should meet 10 and others who are coming into the chat, right? When we think about the people who meet our needs, what is it that they're doing to meet them? How are they showing up? Or are they showing up? And are we just settling for them because we don't want to do the work of unwinding the relationship or holding them accountable?

Sometimes our needs are not met, and we know our needs are not met and we allow it to continue, and we don't make any type of shift. We don't hold people accountable to the level that we need it. And so this need is not met. And then that creates an emotional shift for us. And so let's talk about the relationship between being in alignment with your needs and being in alignment with your emotions. When your needs are not met, the response feels emotional, right? And then that's what causes us to react instead of responding. We talked about reacting over responding last week and on Tuesday. Dady Priest, good morning, good to see you. Happy Thursday, I hope your day is going well.

Thank you so much for being here. When we think about this whole note, Dady, we're talking about being in alignment in three areas and this relates to self-care and all of the work you do in engagement matters. We're talking about being in alignment with our values, our emotions and our needs, Dr. Dady. And I started backwards in working

with needs because when our needs are not met emotionally, physically, psychologically, physically, mentally, any of those things, right? When that is off, we get to a place where we now, it connects to our emotions. So when our needs are not met, we feel unfulfilled. There's a void there. There's a disconnect. We're missing something. Something is not right. And so then we feel that emotionally when our needs are not met, emotional needs not being met, frustration, disappointment, sadness, whatever the opposite of joy, happiness, greatness is all of those things, but we feel all of those emotions.

Sometimes it's our shadow behavior, right? All of those things, when our needs are not met, it feels like we are off. Like we don't have what we need. Like we're not, right? The term, I'm not fulfilled. It's not enough. I don't have, you know, I don't feel valued. I'm not connected to a purpose. I don't feel grounded, whatever it is. but there's a variety of emotions that come into play when our needs are not being met. And when our emotional needs are not met, what do we do? We withdraw to go figure out why we go inward and we think about what I need to be doing more of, right? Why are these needs not met? And sometimes in doing the inner work of recognizing why your emotional needs are not met, good morning, LaWanda Baskerville, good to see you. Happy Thursday to you. Thank you so much for being here. Go give these folks a follow, LaWanda Baskerville's fantastic mod, Dr. J .D. Priest is a fellow streamer for sure, Neat 10, Music Spasm, folks who are just making their way into the chat. When we think about our needs not being met emotionally, it allows us to go on this discovery of understanding, well, why? Why am I allowing this to continue to go on? Is it because I don't want to deal with the work of change?

Is it because I don't want to hold up my mirror and go, how have I been perpetuating the fraud, right? And if you heard Keisha Hicks and I talking sometime in 2023, we talked about this whole notion of perpetuating the fraud. That means I know exactly what I need to do and I'm moving in a fraudulent way. I'm sending the representative out there. I'm presenting as if, but it is not being my authentic self. It can be something as simple as when somebody says, how are you doing today? And you're like, I'm fine, but you're not. Because somewhere in your life, a need is not being met and emotionally you are suffering, struggling, deprived, depleted, but you say you're okay. And you don't give yourselves the grace to own that, right? I told you all off the top of the conversation, right? If my color is red, cause I'm dealing with some sadness, there's no reason to perpetuate that fraud. I can tell you I'm sad and still be in alignment with all of my things, right?

Because if I am doing that, then that means I am in alignment with my. emotions. I'm in alignment with potential. And then it helps me get clarity on what my needs are. And in this moment, I don't know what that need is. I can just tell you how I'm feeling emotionally. That's what's going on. Right now, the relationship between needs and

emotions. So when our needs are not met, we feel it emotionally. It comes out in the way that we have conversations.

Not only that, ladies and gentlemen, anybody, I posted something not too long ago on Instagram. And it said, thank you to everybody who has listened to me talk about an issue over and over again, until I worked through it. Because that's how it shows up in our emotions. We have to tell people, we put our emotional position out there. Sometimes we're not direct about it. Sometimes we tiptoe around it. Sometimes we elude to it. Sometimes we kind of dance around it because we want people to see us as meaningful, valuable. We want people to validate us and we want to be seen as, you know what? I can contribute to this. I have place/space opportunity. And we go try to pick off all of the things that we need emotionally from different places and piece it together, as opposed to doing the work that we need to. K .B. Brown's on the check -in, I see you, good morning, King, happy Thursday, right?

Spasm says he does that all the time, right? Where we get in this place where we say, I'm fine, but really I'm not. Here's the thing, when our needs are not met and we are in this emotional space where we're not owning what the needs are and we're not maybe owning our emotions, that now means we're not in alignment with our values. And to know me is to know that I have said to everybody, listen to me, we need to always be in alignment with our values and not in opposition of them. That is why opportunity over opposition, why emotional intelligence over emotion is going to reign supreme every single time. Absolutely crystal met that we have not because we don't wanna ask though, because we don't wanna be judged or perceived as, Reason said it earlier in the chat, we don't wanna be perceived as weak, we don't wanna be perceived as lack of knowledge, we don't want anybody to question us, we don't wanna be misunderstood. So, we present as if, when really, we're seeking some of these parts of this triangle to be met, right? Crystal method says living in the lack, shadow lack, right? We don't like to burden people with how we really are.

That's a great statement, Crystal method. We might not trust people with that information. So we're gonna get to trust in just a moment because that really plays into why our needs are not met. Can we trust people to meet me where I am and not belittle or ridicule or make me feel inferior or less than because I've not done something, KB Browns, listen. Okay, see, see Kayla for whatever gear you need, bro. Okay, but listen, you already know. Okay, I do, I come by this honestly. Absolutely. Nick says trust is her problem with people. I'm telling you, sometimes our needs are not met and this is also part of the problem, ladies and gentlemen, and it's a double -edged sword. We don't trust people, so then our needs can't get met, but then we struggle in silence because we don't necessarily know if we are resourced with all the tools, we need to actually do what we need to do. Okay. And it's a cycle, and this is why you heard me say, we're not revolving, we're evolving because we stay in this revolving door of where my needs are not met, but I can't tell anybody. I don't want to necessarily go to therapy.

I don't want to necessarily get my help because then I'll be exposed. And now I'm this emotional mess because I really value these things over here, but they are not being met. Good morning, DJ Dilak, good to see you. Thank you so much for being here. Happy Thursday to you. Absolutely stove this shadow cycle that we're in that side shadow cycle is the revolving door that we've been talking about Okay Everybody get your boss gear as you're coming in because it's gonna do this For the next 30 minutes up and down as we talk about right as we talk about this whole notion of being in alignment Or actually being out of alignment and by out of alignment. I mean Opposition somebody write that down right out of alignment means opposition and we talked about that right opportunity Over -opposition dicta dated dr. Diddy free says trust equals honesty transparency Reliability let's talk about the reliability of it all for example.

Okay, that is a whole word Thank you Kayla for pinning that because here's the thing reliable people breed trust Those that's how our needs get met and how we are satisfied emotionally Emotionally when we cannot rely on people now, we're all up in this emotional tizzy Because those people force us to not be in alignment with our values and now our needs are not being met and now we're emotional Because we're not in alignment with our values. It's a whole thing Molly party I see you coming out alert to tell me that I have personally called her out. Listen says first of all Second of all good to see you third I'm here for you and I speak the truth and I appreciate you coming out of alert Thank you so much for saying hello. Go give Molly party a follow. Always a good time in the treehouse. Okay Listen folks. I promise you these things that we are talking about are really important because what we don't want is to be in opposition with Big stuff I see you, right?

Right, but I'm just saying we don't want to be in we don't want to be out of alignment with our values our emotions and our Needs and I picked these three on purpose to start because they're so interconnected when we think about this triangle I wish Jen were here because I'm going to end up making this into some type of graphic and it's going to become a blueprint for leadership and other talks. Maybe this is my TED talk, ladies, and gentlemen, right? The power of alignment. Somebody write that down so I don't forget, okay? Kayla, I see you on the Kim Blue called me out support group, so funny. But listen, folks, when we think about this whole notion of how we are in alignment, if these three are out of alignment, needs, emotions, and values, everything else feels off, okay? And we are not present, not authentic, not able to operate at our highest potential.

Does everybody get that? Operating at your highest potential means you need to be connected to your values, to your source. The why, the power of alignment, 100%. Maybe that's the name of the Ted talk or maybe that's the name of the thing that I write about on LinkedIn or maybe that's the thing that I talk about on Tick -tock right today's conversation might get chopped up into some tick -tock or YouTube shorts Feels like absolutely the power of alignment, right? Maybe that's what maybe that's something that

I talk about and it's this triangle because I'm telling you folks when these things are off Everything is off. They're so big in our lives. We downplay our needs It's specially professionally.

Let's park the personal side of it for just a minute Right. Let's park the personal side of it for just a minute professionally when what happens when our needs are not met professionally We're not satisfied on our job. We don't like the people that we work with. We feel like our value is not recognized I'm not getting developed My leader doesn't see me for the person or doesn't recognize my contributions I am in a space where I can't actually operate at my highest potential because people don't see the value that I can bring or they Overshadow it or they downplay it or they misalign it or they describe it in a completely Different way. Okay, Matt. Good to see you. Thank you so much for being here. Happy Thursday to you. How you doing, right? Good to see you. Good to see you. Okay, good came at you little follow ladies and gents All right, when we think about this whole thing, okay Okay, like are you over here arranging the the Kim Blue Meetup group for those who?

Just because I don't stream on Wednesdays means I'm not around on But what I'm saying to you is is when we're not satisfied at work on the professional side we then Directly identify because my needs are not being met. That means I'm undervalued. I'm not appreciated I'm not seen for my capabilities. I don't have the ability to operate at my highest potential. I don't know what my potential is. What am I doing? I used to know every day what I was walking into, and now I'm not clear at all on why I'm here, if my contributions are being made. And because we look for value financially, so if I don't get a raise, if I don't get a promotion, if my title doesn't change, if I'm not the lead person on this really big project, if I am stuck in this cycle and I feel like I can't get out, if my needs are not being met professionally, then my value is in question. And now I'm emotional in absolutely. And then the resentment, because we're going to talk about what lives in the middle of this trial. Does everybody see how the triangle can go in different ways? We can go from needs, emotions to values, to needs, to value, to emotion.

It's a whole connected thing. Hobbes, just see, Kayla, he will give you New gear right there's fresh shipments coming in and then the thing right that triangle is real And then what goes into the middle of that trip that triangle Molly since you've already started us resentment Disappointment frustration Okay, all of these things go in the middle of the triangle, right? Because now we say well, I can't trust you to hold me at At the in the regard I can't be accountable to you because you've shown me that Who I am and what I bring to the table isn't important to you and you're not willing to represent my Interests in spaces that I'm not in even if you're there to advocate for me, right? All of these things Get professionalized, right? So understand I'm talking about it on both sides of the house because when we talk about alignment It is holistic. I'm not just focused on one. I want to bring both of them Big stove I see you right I want to bring both of them to the table

because listen folks one is not better than the other G class good to see you Thank you so much for being here.

Go give G class the DJ a follow always good times in his stream He was also a part of the raid train yesterday I did not get into his stream because I was being the taxi chauffeur. However, I Because I've been in past dreams. I know it was everything so G class. Good to see you DJ Funk Lord. Good to see you Good morning. Good morning. Welcome in happy Thursday to you. I hope you're doing well Listen folks this triangle that we're talking about of alignment of needs values and emotions Anything can be on the base. It does not matter Right whether your needs are not being met and you're not in alignment with your values That's going to be emotional if your needs are not being met in personal or other relationships Those emotions are then going to make you check in with well, why am I not sticking to my values? Why am I not holding myself and others accountable? It's because you got to do the work of saying hey Kim blue you're actually not giving me the things that I need. And because I'm not receiving what I need from you, I think that I've got to really start to shift my thinking around this relationship.

Does it continue to serve me? Or how do we think about, can we do something better? Or has it run its course in the season that we have grown through has been harvested? That's a tough conversation to have with people because you don't want anybody to see you that way. But the minute you start to say to them, or you start to own in yourself, not in alignment with my values, or we've come through this season, right? Right, it is so hard. But then think about the way the emotions level off when you have spoken freely. Because then on the outside of that triangle, while there was resentment and all these other things brewing, now there's peace. Now there is stability. Now there is rationale. Now there is all of these things. But we don't want to do the hard stuff. Because the alignment that we seek starts with us ladies and gentlemen Absolutely KB Browns you can have the hard conversations now or be subject to mediocrity the choice is yours Mediocrity is a choice, right?

Mediocrity media meat being mediocre or mediocre as spiritual thought leader would say or has said in her stream before, right? All of these things right all of these things right and so when we go back to this whole notion of then What sits in the middle of this triangle? Trust is one because if people are not reliable if people are not honest if people are not Transparent if people are not showing themselves if they're not demonstrating any behaviors so that you feel confident in your in your emotions That your needs will be met and that you don't have to sacrifice your values Because when we're in opposition of our values, that means we're not being who we are very simple example When you say yes, when you really want to say no Who right raises hand Have said yes when I want to say no and now I'm taking on everybody else's stuff because I value Honesty and integrity if I'm not honest with myself If I'm out of alignment with the integrity that I hold myself to and now I'm frustrated with myself And I've gotten in my own way because my needs have not been met because I've put myself in a position

absolutely, so now you betray yourself and the betrayal of self is one of the hardest things to do because Essentially now we are the person that's breaking down our own fortress Absolutely Kayla right and so we are the one that starts to hack down our own walls Because we don't want to demonstrate that we are not there.

But here's the thing, when you say yes, because what do we know about yes? Yes is what, okay? Yes is expensive. Molly, you see Kayla for the crying emote or for the tissues because he can get you so many. Absolutely see love then, then the triangle becomes a square because we've now gone from being like, here's my thing, needs, values, emotions to now, right? Just pretend this is a square, just saying there's a fourth element in this and it's somebody else's currency trying to fit into my triangle. And it doesn't. Sorry, I don't understand. Sorry Siri, okay. So when we think about this whole notion, there you go Molly, there's a tissue there for you, right? But what I'm saying to you folks is this whole notion of making sure that our needs are met, our values are in alignment and that our emotions are in alignment creates it right. Molly Siri, right. But this whole notion of saying, I can choose to be in alignment. Or I can choose to be in opposition. I can be in opposition of my needs because I know what I need to do.

Or I can be in opposition of my needs because I don't want to do the work to do it. Right. I can choose to be in alignment with my emotions. But being in alignment with my emotions means I have to be honest. I must be transparent first with myself and then with somebody else and be okay that they may not like it. The right everybody heard of the phrase we can agree to disagree. Nobody has to agree with your feelings. They're yours, but they are yours. It's not about agreeing to disagree. It is agreeing to say, you know what, I'm going to agree with myself on how I feel. And I don't have to agree with you about how I feel. But we're going to move forward in figuring out how we work through this together. And that's where the alignment starts to come back into play. Okay. So now let's add this in and then I want to show you the quote, okay, because this is really, really important.

When your inner work becomes your outer voice, alignment is present. This is an original Kim Jim, okay. When your inner work becomes your outer voice, that means that the things that you feel on the inside, or experience on the inside, when you start to represent that through your voice, through your behaviors, through your actions, through your choices, right? Now you're operating more in alignment with your values. When your inner work becomes your outer voice, alignment is present. Because here's the thing, the triangle cannot stand on two legs. It's just two legs, two pegs in the sand. It doesn't become a triangle until it has some foundation, but it needs all three because no matter what, if this is the base, if this is the base, if this is the base, if there's no base, then what do you have? And it won't stand on its own for long. When your inner work becomes your outer voice, alignment is present. When your inner work stays on the inside and your outer voice can't, absolutely, it's baseless though, right?

When your inner voice can't connect with the things on the outside, then you don't have a voice. It's not present. And then your work is in vain because you're not giving it life. And we don't want our work to be in vain, we are here for a time that is so fleeting. So there must be some opportunity to look at what you're doing to say, can I be honest with myself first, even if it's difficult and acknowledge what it is that I need? Because when I acknowledge what it is that I need, now my emotions can be checked and I can be authentic. Now I can trust that if nothing else, I am doing what I need to do for myself. Now I'm in alignment with my values. You have to be okay recognizing what your values are. And if you don't know what you value, then that's the place to start because oftentimes we're so spun up emotionally because we know that somebody else has us in violation of our values, but we may not know what our values are.

So you do have to do the work of recognizing what they are so that you can be honest with yourself about saying, my needs are not being met. Right? Dr. Debbie says in education, they discuss the notion of nurturing voice. Even if it's not solid, it needs to be shared. It's like trees becoming stronger when they're blown by the wind, a hundred percent. What are those roots that you're putting down? Those roots are your values. I am rooted in honesty. I am rooted in integrity. I am rooted in kindness. And now somebody is making it so that I can't be kind. I can't be honest, right? I'm rooted in accountability. If I tell you I'm going to do something, I'm going to do it. But when I can't do that, now I'm feeling all swirly and disconnected and like I'm a bad person. And that's the mantra that shows up in your head. Now emotionally you are struggling, you are challenged, you are feeling not like your most authentic self, which means you cannot operate at your highest potential, which means you're not adding value.

A hundred percent spasm says you must protect your character at all costs. It's not anybody else's. It's yours. Your values are yours and they don't have to be anybody else's and no one else has to agree with it. Your values are yours. Your emotions are yours. Your needs are yours. People may try to tell you, well, that's, that's simple. It's not, it may not be simple and you don't have to settle for someone else's explanation of what your values should or should not be. Why your emotions may or may not be what they are or why your needs may seem or feel ridiculous, out of pocket, whatever the case may be. It's all owned by you. It doesn't have to be anything other than yours.

When I used to do diversity and inclusion work early in my HR career, I used to do focus groups. And one of the ground rules of the focus groups focus groups was if you feel it, it is period. Just because someone else expresses an opposite view or lived experience does not in any way shape or form diminish what your lived experience is or was, it is just as valid and valuable and has space here. Sometimes, ladies and gentlemen, you must hold space for yourself. That goes back to what Nick was saying about trust. You can trust yourself. You know your abilities. You also know what you're not able to do. If you can hold space for yourself, your triangle is going to stand because

your ability to be in tune with your needs, your emotions and your values is always going to be among the space you hold for yourself.

When we give away that space to try to satisfy someone else's need or to be what we think we're supposed to be, that is the opposition over the opportunity. We lose our opportunity to stay authentic. So don't give away that space and don't let someone else fill it with their crap. Whoever that someone else may be, friend, partner, social community, faith community, whatever crap they want to put in there, that's their crap. It's not to be dumped on you. And when your triangle is not steady enough for you to say, you know what, I appreciate that you're sharing that. That's not something that I'm going to be able to support or contribute to. That's okay. It's really hard. Probably one of the most difficult values is honesty because we're hardwired to be kind. We're hardwired to make sure that we're being supportive. We don't want to hurt anybody's feelings, but the truth is something that is needed. I say to people all the time, the truth is wildly inconvenient, wildly inconvenient, right? The truth travels on. slow. Yes, KB Brown, you can send the crap centers to me. I got you 100%, right? The truth travels slow, but a lie will make it around the world or a misunderstanding or a myth or a fallacy will make it across the room faster than you can even get the truth fully whispered in somebody else's ear.

Okay. Lockdown. Good to see you. Thank you so much for being here. Good morning to you. Happy Thursday. I hope you're doing well. When we think about this whole notion of right what it is that we have to stand in the truth is wildly inconvenient because when we have to lay the truth on someone, especially when they don't want to hear it and we feel swirly about saying it that gets us into an emotional tizzy and so we would rather be emotional than be in alignment with our values about honesty for ourselves so as not to hurt someone else and now here we are all bent up inside got headaches. Can't sleep. feeling tired, restless and all of these things because we don't want to own our values or we don't want to operate in alignment with our values. And so now we're throwing off our own need, our need to be honest, and we're creating emotions, unhealthy or toxic emotions internally. Because now we're on this revolving space instead of evolving and saying, for me to be my best self, I got to check in with my emotions. You can always frame it and say, my intent is not to do anything other than to be honest.

Because if I'm not honest, then I'm not being the best person to you. And I'm really not being the best person to myself. I'm not accountable to me at all. And we want to be accountable to ourselves. This is where our first accountability lies. If we can't be accountable to ourselves, accountability, trust, transparent, then if the inside of our own triangle is cloudy, then how is there going to be space for any of that good stuff to exist? There just isn't, right? Now we're stepping on our own toes. Now we are the person sitting on the train, okay? Remember in April, which we're going to come back to this

April, we're going to come back to how avoidance is not a strategy and about how we move from avoidance to action because it will have been a year since I coached on that.

And I think it bears repeating because in the middle of this Luciana 1908, you are so welcome. I'm glad this was helpful to you today. Thank you for being here, okay? Now we're the man in the train. Y'all remember that visual that I had? It was the man in the rocking chair on the train tracks on a beautiful sunny day with his newspaper, right? Because when we are not in alignment with our needs, emotions, or values, we are avoiding the work that it takes to get in alignment with them. And what do we know about avoidance? Ladies and gentlemen, it is not a strategy. Avoidance is not a strategy at all and the more we trend towards avoidance through not keeping the the components of our triangle in order the harder it gets for us to unwind ourselves from those avoidant choices behaviors mindset because now we're trying to protect ourselves from the environment from the blowback right from the whipping winds we go we want to stay in the calm of the storm but we don't get to that at all okay so I want to jump really quickly before we get out of here to oh it may not be in here today give me just a second did I get it I thought I did hold on there it is so let's talk about this Johari's window okay because when we talk about alignment the Johari window is sort of this it's a way to kind of talk to ourselves about what we know.

Now, this is the blueprint version of the Johari window. There is a more formal version that I have that I believe is PDF fillable so that you can go in and type it and fill it in. It's a quick way for you to think through what are the things that I need to be assessing. So, there's four components. Think about a window, right? And there's four window panes in this window. Each one of these windows help you process part of the alignment strategy, right? So you see the top left, which is that light blue, okay? This is that open area. This is the, I know what I know. So somebody write that down. If you wanna scribble this Johari window or if you are interested in receiving this as a resource, you can just either whisper or DM me window and I will get this out to you, okay?

But in the Johari window, this is, I know what I know. I know that I'm great at these things. I know that I'm not great at these things. I know that I have access to this. I know that I can't do this. I don't want to do it right. I know what I know. You know it and other people know it. They know it about you. They know it about themselves. They know it about the environment, but it's very open, okay? This one is the most important one because this is where we strive to be. You wanna be in the I know what I know window or corner, okay? Going from there is the blind area, right? I know what I don't know. So, there's a bunch of stuff that you don't know, but other people may know it and that's where we oftentimes then must go and ask for help. We have to be in a position to say, you know what, I don't know this.

Can you help me? But this also gets back to the exposure and the vulnerability of admitting that you don't know something. And you might not want to do that for your own reasons. Then there's the things that you know that others don't, right? And these are,

we now go from this blind area that you're in, which is there are things that I don't know to, oh, I do know things, but now others don't. This is the space where sometimes people take advantage of this space.

This is where we use information in the wrong way. This is where we now try to test the waters and go, well, what do they know? Oh, they don't know that I need this. Oh, great. They don't know that they hurt my feelings when they said this. Oh, they don't know that this is the thing that's really, important to me. And I'm struggling to have this conversation to me. Things that I know that others don't. Right? The battle is between the turquoise blue and the yellow blue. We're always in this flux. We're always in this space of trying to acquire more. People will use information against you, or they will use information as a way to try to manipulate or re-manage a situation so that they can then have the upper hand. And then there is the part where you know what you don't know. You don't know things and others don't know things. This is what I describe as the darkness, okay? The blind area and the hidden area are where shadow behaviors can come out.

Because when other people don't know, they'll operate in their shadow. And when you don't know, you might operate in your shadow as a defense mechanism because you don't wanna be seen any less than, right? It goes back to what Reason said. We don't wanna seem weak or vulnerable, right? Or as if we're not present with what it is that's going on. Okay? The knowing what you don't know is actually the opportunity. Because if we're all not in the know, okay, well then what is it that we need to learn? How do we need to get there? What's the journey that we need to be on? In order to get back to that open area, which is everybody's in the know, it's safe space to be able to say, I didn't know that, or we went on this journey together, or I feel safe enough to say, you know what? I don't know. How do we get more information? What's the help that we need? Right? What's the help that we need instead of the hate that we give, right? And by hate, I mean like, I'm not, you know, right?

We all understand what haters are. We all have them. We all experience them. We all watch people hate on other people, right? So what's the help that we need in this unknown area versus the hate that we give potentially in either a blind area or a hidden area, because we're using information to cover that up. This is the space where we get to, where we start to understand how we can think through this safely so that when we think about questioning our values, this open area is, well, what do I need, right? You know what you need, but other people may not know what you need. And are you comfortable enough being transparent with that? Or do you not want to do the work of emotions? Do you not want to do the work of something else?

Right. And now this blind area is where you're operating in and others see it. This is why feedback is such a challenge, ladies and gentlemen, because there's things that you don't know and other people know. And then when you hear it for the first time or someone brings it up, now you are like shocked and appalled. What? I didn't know that. I

didn't realize that. No one has ever told me. Now you're processing these emotions because you realize that you might be out of alignment with your values. And there's some truths there that you may need to bring to this, um, bring forward. It is so important. When we think about that Johari window that you try to get to that open space because more often than not, you're either in the blind part or you're in the hidden part.

That's right, Molly. Right. And it's, it's very stinging. When you hear or learn some things like that for the first time or in a way that makes you feel like the perception of who I am is not how I'm being experienced. And that's part of why we then react as opposed to responding. The Johari window gives you a place where you can say, I can start to think about what that looks like. Now there is a more formal version of this that looks like this right here, right? And this is where you get to it, and this is often like what you see when you're doing this in more professional settings, right? Jen and I just blueprint arise this so that you could see it right, but this whole notion of how I get an alignment with my values and myself absolutely dating. Don't know how to engage in the feedback cycle. Feed forward. That blind spot where others know when you don't is the greatest opportunity for you to be in alignment all together. Does everybody understand that?

I want to make sure that we own our opportunity to be in alignment with our values, our emotions, and our needs. We talked a lot today about how they interconnect and our next conversation is, and the homework that I want you to do is think about what are my values and what do I need and what emotions are present when my needs are not being met or when I'm in opposition of my values. And then if you haven't taken the ALP free so that you can be clear on your shadows, I want you to take it. We're going to put the link in there, so it's exclamation point shadow for you to drop that in there because I want you to start to see the connection with that because you may be getting feedback. They're just showing up one way and right from a spouse, from a leader, from a partner, from someone else and not understand at all why. When in actuality. You have the opportunity to get clear on, Oh, I get manipulative when I feel like people are taking my kindness for weakness and now I have to protect myself.

Right. There's a whole lot we can do with this, but we only have four more minutes and so I'm not going to be able to fit it all in in four minutes. But I do want to wrap up by talking about the importance of understanding that being in alignment with your values, your emotions and your needs is such a big part of who we are, our human condition and our human existence. That when any one of them are off, it has such a great impact on the others that are out there. Molly, it's like, it's like, can I wallow you all out of love? Is that what it is? Right. Listen, Funklore, it happens. This is why this podcast; this is why I do this. Because what I have learned, especially in my corporate America career, is that we forego this inside the workplace, especially in college. They teach you all of these things, but no one teaches you about the human part of being human. And you just roll into corporate America, and then people bring their people

things to the, and you're like, well, that doesn't make any sense. Why do I have to do that? And then they leave them with you, right?

Walloped by love, yes. Yes, Molly, I've been walloped, right? 100, KB Brown says, they can take my condoms for weavers if they want to. And see, that's the thing, right? That's the attitude that we get in. Now we're all in our emotions because somebody is check, right? Somebody is misrepresenting, right? Or misunderstanding what our values are. And we don't want that. So every day, ladies and gentlemen, part of being the boss of your own blueprint is making sure that your needs, values, and emotions are in check, right? The power of alignment. If you didn't write that down, that's what I want you to write down. The power of alignment. It's really more important than I think we give it credit for, right? Yeah, Funklore, right? The whole Johari window, the blind spots, and the hidden spots, Funklore, are where we spend most of our time. We're very clear on what we know and we don't, and we get better at understanding and admitting what I know that I don't know. But those two, the blind area and the hidden area, that's where we get tripped up. And that's where part of this whole being in alignment goes all the way out the window, okay? Next Tuesday morning, we're gonna talk about the other three things that we need to be in alignment within addition to our values, emotions, and our needs.

All right so eat your Wheaties and gear up because we're good we're gonna have part two of this conversation because it's just that important I'm gonna dive a little bit more into the professional pieces of this on Tuesday as well because I want to make sure that as you do your inner work from a whole person standpoint remember that's how that's what you bring to the workplace and when you do your work and people don't that's where we get all ruffled up on the inside okay right okay see those have no to say she got blinded network someone left we're good right so you never know you never know it's all of these different little things right right and that's the thing that he says if I'm if I get blindsided with some foolishness it's going down on the spot that right because now our emotions are out of whack you see what I'm saying right you see how everybody was like on site immediately And that's the thing.

That's why alignment matters, ladies, and gentlemen, so that we can stay in check. Now we don't have to go from being walloped to molly -wapping somebody else, okay? We just, we wanna be walloped with love and understand what's going on, okay? That is, it, instead of having to take it out on somebody else, all right? Okay, ladies and gentlemen, that is your, exactly, ratchet molly party, all of those things, right? Hood Daddy needs to stay where she is at. I tell people all the time, don't let this corporate America and this red lip fool you, right? That chick that I was, she lives just below the surface and she stays ready. She stays ready. Miss P. Smitty, thank you for the boss bits. Appreciate you, okay? My pleasure, Funklore. Thank you so much for being here, all right? That's your blueprint for today, ladies and gentlemen. Values, emotions, and needs. All the legs of our alignment triangle, okay?

All right, with that, we are going, LV, is the ninja, LV, are you still on? We are coming that way if you are. I already told Kayla that's where we're going. All right, folks, part two on Tuesday, okay?

Part two on Tuesday. This is where we are going to pick up with the other three parts of where you need to be in alignment. I knew we were not gonna have enough time to get it all done today, okay? I knew we weren't, so I wanted to make sure that we are intentional about this. Callers06 says I have the same anxiety that I have, but Callers06, you don't have any anxiety. Your stream was so dope and you are a fantastic doctor, so have none of that. Just lean into all the parts of this. My pleasure, Spasms. Kayla, we are ready anytime, okay? Big stove, thank you so much for the boss bits. Oh my goodness, did the hype train just start? Do I see this? Thank you. So, we're hanging out for a few more minutes. We're hanging out for a few more minutes, okay? Because you all just kicked off a hype train. You all just kicked off a hype train. Thank you so much, Molly Party for the Boss Bits. Right, Stove, here we are, right?

So, listen, Neek, thank you so much for the Boss Bits. Appreciate you. So, listen, folks, while we have a few more minutes, I want to talk about alignment. And then, Kalak, we're going to COV as long as he is still on, okay? That is the whole, that's where we're going, right? The call is 06. Thank you so much for the Boss Bits. Appreciate you for sure. Bring back the boss gear, Big Stowe says. So, listen, here's the thing. I want to talk quickly about how you show up when you are out of alignment. And going back to our shadow, okay? Those shadow behaviors that we may know. And when I talk about shadow, I talk about the things that we are not proud of ourselves about showing up in, okay? The things that we wanna make sure we don't, like when we're not operating at our highest potential are our best. The call is 06, thank you so much for the gift sub to DJ Funklore, appreciate you.

Welcome in Funklore officially, okay? When we show up as our shadow, right? And we are not at our highest potential. We actually put ourselves in a position to not be in alignment. We then become the thing that gets ourselves out of alignment. KB Browns, thank you so much for the boss bits. I appreciate you, we're at level two. Rolling through this hype train, appreciate all of you, all you guys know it is never required, always appreciated, and it all goes back in to supporting this stream in any way possible, okay? So when we show up as our shadow self, we are fully out of alignment with our values, our emotions, and our needs. Does everybody recognize that? Okay, when we are in our shadow, we are fully out of alignment with the triangle.

The triangle is broken down, okay? It's all in shambles on the ground and people don't get to experience this as our best because what happens is the shadow takes over and we stay in that space of being like, well, because my needs are not being met, because my emotions are all out of whack, I now have to react. And so then the shadow

takes over and drives our reaction and diminishes our ability to respond and the shadow is what crumbles our triangle from the inside because the resentment has gotten so great because the anxiety has gotten so great, because the stress has gotten so great and all of those things take away from our ability to operate in the light.

And so when the shadow bursts our triangle from the inside, we now have to rebuild all of those things. So let's go back to what Nick 10 said. Nick talked about how trust was her issue, but how hard is it to rebuild trust once it's broken, ladies and gentlemen? Thank you all so much for the hype train. I appreciate it. Okay, it's still going. It's got another two minutes or so. But how hard is it to rebuild trust when it's broken, Hobbs? How hard is it to be comfortable being transparent or vulnerable again when someone has used it against you? Because the shadow has come to say, I got to protect myself. I'm not giving access to anybody. I'm not giving myself access to anybody. We shut it all down. We hold it in and we keep it to ourselves. Right, Nick says it's very hard. It's so hard to go back to saying I can trust, especially those of you who give trust first. And then, it is violated. Oh, nobody's getting that trust ever again, right? Or for now, when the resentment starts to brood or when the disappointment is there or when we're dissatisfied, any of those things, that's what goes in. And so now the manipulation, now the control, now the ability to say, you know what? I can get really, short and disrespectful. All of that feels our triangle. And we literally explode from the inside. That triangle becomes an active volcano. And we should all know how volcanoes work.

It's the stirring and the movement of heat beneath the surface. And then it implodes and comes out. That's what happens when we are out of alignment and our shadow takes over. And that's why it's so important that you recognize the importance of knowing that when you're in alignment with your values, your emotions, and your needs, you keep those platelets from underneath the surface from wiggling too much, right? This whole notion of plate tectonics isn't just scientific, ladies and gentlemen. It's human as well. Absolutely, Molly says it happened to her once on the job and she totally imploded. And then what happens? You're a whole mess on the inside. And then that smoke, right, is rising and you have to then heal. You have to reestablish the boundaries. You have to reestablish all of these things in real time. And it takes time to recover, ladies and gentlemen, from all of that. It takes a lot of time to recover. And so when we get to this place where we have to do the work of recovering, we have to put our shadow back in its place so that we can operate in light. All of that becomes the work that we have to, right, Molly, I was gonna say, and it's not an easy job.

Sometimes it can take a long time, years, years from that level of implosion. So listen, folks, when I talk about this whole notion of getting in alignment, it's important because once your shadow takes over, you know, You never long, you never know how long it can take for you to recover from that because your shadow, once it's present, it's present. It's the same way that people who have mental illness or mental break, it doesn't, right? You don't recover from those things quickly. You don't recover from an

emotional breakup quickly. You don't recover from the loss of someone quickly. It all stays present, right? And this is where we will pick up on Tuesday with the additional three areas that you need to be in alignment. Absolutely. Sometimes it is. It can be, it can be whatever amount of time, right? We don't recover from these things quickly. Once the shadow is taking over and we're going to talk in more depth about that on Tuesday as well. And I, and I, we had the extra minute, so I at least wanted to introduce it, but it's important that we understand that.

Okay. Okay. You all, we are on our way out of here. Thank you for letting me sneak that in. Thank you so much for the hype train. Okay. Always know that it is greatly, greatly appreciated and goes right back into supporting this. I appreciate every single one of you. Blessings, love, good energy, good vibes, right back to you, okay? Copy the raid message. We are on our way to go see, I know, DJLV, because I don't get to raid him that often, and so I wanna go show him some love today. Listen, folks, I could not be prouder of the way that you all are engaging and taking the opportunity to do your work, all right? There is the link for the coaching one more time for anybody who may want it, okay? And or want more information about it. Again, please message me directly. If you are interested in having the Johari window, I will be bringing it into Tuesday's conversation for us, okay? So copy the raid message, and I am sending you, yes, the Wallops, right? I am sending you into your Tuesday, excuse me, into your Thursday, and into your weekend with all the good energy and light that you will need to guide you. Take very, very, very good care of yourselves, and we will speak again next Tuesday, okay?

Have a fantastic day, everybody. I'll see you all on the other side.