

The Blueprint February Focus Alignment

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Good morning, everyone. Happy Thursday to you. Thank you so much for being here. If you are new to Twitch, new to the channel, let me take a moment to introduce myself. My name is Kim Blue. I am an HR strategist and a career coach. Welcome to The Blueprint. This is the space where we come on Tuesday mornings at 8am and on Thursday mornings, at 11am Eastern Standard Time to chop it up about all things personal and professional development.

I fundamentally believe that everybody should be the boss of their own blueprint. That means you should have access to the knowledge, skills, capabilities, and resources so that you can do three things every day. You can operate at your highest potential. You could add value to whatever work you own or are responsible for. And most importantly, you could show up as your authentic self. Because when you are authentically you, You can be great in your gifts. You don't have to dim your light. You have the ability to give your best to the world and have this space to receive the best from the world. And when you're doing that, that's being the boss of your own blueprint.

So in this space, right, this podcast is all about doing the work. We have really thoughtful and open conversations. We hold each other accountable. We show support and love, and we make sure that everyone feels welcomed and understands that they are supposed to be here. So when you show up to this conversation, you're showing up for you. You're allowing me to show up at my highest potential and be my most authentic self. So thank you for that and for the opportunity to spend time with you during your day, right?

It's not lost on me that you could be anywhere. And so if you are here in any capacity, whether you were lurking, whether your active in the chat, whether just got the tab open, all of that means the world to me. So thank you for ensuring that you are present for yourself first and with me. So we're gonna jump into a little bit of housekeeping and then we will get started with today's conversation. We are going to wrap up our February, which has been focused on alignment.

I've got a video clip that I wanna show you and I got some quotes that wanna read to you and we are gonna revisit our deck. I'm gonna introduce what we're gonna talk about for March and then we are going to just enjoy what it means to be in alignment and take that alignment and move it forward as we go into the rest of the year, right? Today is the last day of February is the Last Day of Black History Month. We are already in the third about to start the 3rd month of 2024. If you add up the numbers 2, 0, 2 for it gives you

the number 8 and 8, the meaning behind the Number 8 is historically related to new beginnings, new starts, right?

The opportunity to step into newness. And so in order to embrace that new -ness alignment is really important and critical to that. So we're going to make sure that before we go any further, that we've done our work and and I leave you with some things to help you carry that forward. So let's be intentional about carrying that with us. We've had some really heavy conversations and want to make sure that things that you hear or things show up for you, you're able to put them into practice no matter what.

So with that, just a little housekeeping. So as we think about March, on Thursday, March the 21st, there will be no Blueprint stream. That would be this 11 a .m. stream, so I think it's three weeks from now. I will in North Carolina facilitating some professional development, and it starts at 11 o'clock, so it start at the same time as the stream so there'll be not stream that day. So I wanna make sure we've got that on the calendar. I the mods put it in there, but I'll reminding us every Thursday leading up to that that so that no one is looking for me on that day. And I'll make sure that I put some reminders up for that in advance.

So no blueprint on Thursday, March the 21st. There will be a blueprint that Tuesday, just not that Thursday. So, and then in addition to that as well, always an opportunity to join the blueprint coaching group, it is growing. I've had someone join already, and so lots of good things are happening. So the group is growing at the right time, right? And when it's right for you, you will know. Lots of great things that you can take advantage of. If there are members of the Blueprint coaching group who are willing to share parts of their experience in whatever capacity, you absolutely don't have to reveal your identity at all. I respect that.

But at the same time, if you want to get some insight into what it's like, you can speak to them and certainly talk to the group experience. The next group is next week. So we're already about to be three months in, the groups is rolling and growing and I'm hearing from them that they are making progress even since January when we started lots of things that are there. So it's \$50 a month to be able to invest in yourself. It's about \$600 a year exclamation point coaching. If you would like some support or help in how to help get your company to cover that cost, please let me know.

And then there's all types of things that you can take advantage of when it comes in to what you'll receive from the coaching. You certainly get the support of the group. You get opportunities to have one -on -ones with me a few times a year, working on the monthly live webinar and what that looks like. So a lot of really good things you that can invest in, mostly yourself. So think about it. If you've got questions, please whisper me, or you can reach out to me on social as well and follow me. I think it's exclamation point socials.

It'll put all of my social followings in there as well. I don't think Jen is in here today, but you can certainly reach out to me via social. And if you don't get me Jen will respond to all of those things on my behalf. So thank you to those who are supporting coaching. Thank you to everybody who is inquired about it. I know some people have looked and said, is it gonna work with my schedule? We can be flexible whenever that takes place. Move my visitor sticker this morning. All right, so with that, let's say good morning to everyone who's in the room, and then we will get started with today's final conversation on alignment and go from there.

So thank you to my Mod Squad for pinning the Blueprint coaching information to the top of the chat, it's there. So shout out to you, Kalak, and to My Life Journey. Thank you for being here and good morning to both. Dr. Dady Priest, thank you for bein' here, and for the re-up 11 months on the subscription. Appreciate you. Good morning, good mornin'. I hope things are going well for you Music Spasm's good to see you happy Thursday. Thank for for bin here. Go give both of those folks a follow if you're not. Good morning, Tawana, good to see you. Thank you for being here and saying good morning. I hope that you are doing well. Who else has come into the chat?

Good Morning, Keith, good see, thank you so much for bein' here. Happy Thursday. Shout out to everybody who is lurking and working and potentially commuting, right? I know that I have a big lurker population in here and I love that. I Love that people are still listening and taking in this content in the way that best works for them. and that's what's most important about my stream is that you're able to leverage it the way that you want and in the best possible time schedule.

So Keith says that he is working, but the couch is set up and comfy. There you go, ladies and gentlemen, the coach is ready. Okay, he put it out there early. Keith, we needed the cash on Tuesday. And I don't know if you were in here when I was asking you about the catch, but folks just made their way to it because I think that they are ready for it. So they just went ahead and just immediately sought the couch out. So, uh, good morning, Hobbs. Good to see you. Good morning. The call is oh six. Good. To see. You as well. Thank you so much for being here.

Happy Thursday to everybody who was lurking, um, who has made their way to the couch already, there you go. Keep keep says the catch is always available. Um, virtual salute to. Everybody who is, I'm doing their thing right outside of the chat. So let's get started with putting a bow on alignment. This has been a really great month worth of conversations. They are still a few of them, I think, up on Twitch. If you want, they're also being uploaded, I believe, to my YouTube channel so that you can go and find them there if you wanna go back and catch any of the Kim Jims that have been shared.

The main quote related to alignment, good morning, Michelle Bell, good to see you. Thank you so much for being here. happy Thursday. The main quote related to alignment that I want to show is this one okay and this is where we've been putting our

focus and this original Kim Jim when your inner work becomes your outer voice alignment is present and that means when you spend the time taking care of yourself in whatever way you need to coaching, therapy, meditation, journaling, exercise, healthy eating, removing yourself from toxic space, people, opening yourself up to new mindsets, fill in the blank with anything that helps you feel better on the inside.

That's going to reflect in, the way that you speak, the way that you talk about people or talk with people. The way that you express anything, gratitude, manager, emotions, all of that. Because when When you are not good on the inside, when you have a need that's not being met, it comes across in your outer voice. And when we think about alignment, what we know is that you first have to be in alignment with yourself before anything else will allow you to be an alignment with it. You almost can't receive whatever new, good, better, greater is out there until you have done the inner work, because that inner work when it doesn't have space, when it cannot see its way, it sort of jumbles up.

Think about, you know how when you receive a package and there's like this one small thing in it, but you get this big box full of those packing peanuts and the big bubble wrap that's in there to take up all this space. You may have a box that is, you know, this big, right? All of that space that's being taken up by those peanuts and those packing peanuts and that bubble wrap, right, it represents the space that it's all congested when you don't do the work to take care of yourself on the inside, right and the congestion looks like those negative thoughts or mantras.

It might look like feelings of, you know, sadness or disappointment or anything that is keeping you from having the space that you want to be able to move forward and to be in alignment. So until you can be an alignment with yourself, you won't have the opportunity to be in alignment with anything else. And I spoke on Tuesday, we didn't get to watch it, but I spoke whole notion of truly belonging to yourself and what that means. And I gave you the quote, but I found, um, a shorter video where you hear Brené talk about that herself and we're going to watch it in just a moment.

And um yes, my life journey, the longer one is a really great clip, uh, that I wanted to show and I'm going show the shorter version of that today. Good morning, double spirit. Good to see you. Happy Thursday. Good Morning. Good Mornin'. Um, but I want to talk about this because this video, in my opinion, personifies what it means to be in alignment because you heard me talk. How, if you don't first belong to yourself and by belonging to yourself, meaning I manage me based on what I need, not on what the world suggests or expects of me or that I do or demonstrate or contribute.

And so she talks about that very intentionally. And I think that that fully helps us start to embrace this shift that comes with why prioritizing your alignment with yourself makes sense, that inner work that you hear me talk about. And then after that, we're going to go back and look at one of the articles that was shared with me by Bearded

Bearto and I will put the link in our chat. and there's five different quotes or statements that I want to bring into our conversation that are gonna help us move towards surrendering some things, right?

Clearing out some of that mess, we talked about the meaning of mess on Tuesday, clearing out that mess and these are statements that we can go back to so that we check in with ourselves on saying, are we being true or are allowing ourselves to align to the expectations of the world and not what we need to do for ourselves. So let's look at this first, and I want to make sure that, all right, let me share my screen. All right. Can everybody see this or one of the mods? Can you put something in the chat? I just want make that you can at least see the screen before I hit play, because I really want to ensure that this is up.

Okay, awesome. Thank you both. So we're going to watch this. It's just a minute. And then we're going to go back into conversation. There's this part from braving the wilderness that it really changed me. It's the practice that came from the book. Don't walk through the world looking for evidence that you don't belong, because you will always find it. Yes. Don't walk to the world looking evidence you're not enough because you'll always find it. Our worth and our belonging are not negotiated with other people. We carry those inside of our hearts. And so for me, I know who I am.

I'm clear about that. And I'm not going to negotiate that with you. I will negotiate a contract with you, I will negotiate maybe even a topic with you but I'm not gonna negotiate who I am with you because then, and this is I think the heart of the book, then I may fit in for you, but I no longer belong to myself. And that as a betrayal, I am not willing to do anymore. I spent the first 30 years of my life doing that. I'm not going to betray myself anymore to fit in with you. I just can't do it. So lots of very powerful words there. When we talk about alignment and this whole notion of not surrendering who I am to be on your terms, right? and you hear her say it very, oops, I'm sorry. So sorry, y'all.

But you here, Brené, frame it in a very meaningful and powerful way. You have to fit in with who you are first, right? Doing that work of saying, I know who I am. How many of us feel like we can say, I Know Who I Am versus I No What's Expected of Me, right, it's expected that I show up in my faith community every day. It's expect that that have a job. It is expected I do things the way that my parents did them, right? Or it's expected of me that, you know, I do these things that I don't really enjoy. Because, my dad went to law school and so I have to go to a law school.

My dad wanted me to be there. And my mom did this. I don't have someone else's life. And you're not in alignment with yourself. You are now saying, I'm going to betray what I love, what desire, or what want. And I am going to seek that and be in align with someone else's expectation. And you heard Brené say, I spent the first 30 years of my life doing that. I'm not going, I'm no longer going to be betray myself. And if you've seen the triangles, and we're going to get to the triangle diagram in just a minute, it. But

if you've seen the diagrams that I'm talking about that video clip, and I can certainly put the link to the chat.

If anybody linked to the video, if anybody's interested, but that ultimately is really what this means. Good morning, bearded baritone. Good to see you. Thank you so much for being here. Um, that's it? That's the crux of that. Sometimes we find ourselves belonging to our careers. We find ourselves belonging to the work, to the title, right? To the promotion, to the job. We find ourselves belonging to the expectations of showing up, right. I've been here 20 years. I need to be here 20 more, right, I belong to the retirement. I belonged to the pension, whatever it is, but you belong to that, right you belong to yourself and you bring your gifts to that work because you're passionate about it in some way, but you don't belong to that.

It's why people stay in roles longer than And they may necessarily want to or feel they deserve or why there's fear there because they're not alignment in alignment with that confident voice. That job has become the comfort zone, right? That space where they have shown up every day because they know what to expect. But are you showing up because of you or are showing that because it's the space that you know, and you don't really have to, you know navigate any challenges or whatever the case may be. But what's, what not in alignment with you that gives you the power to say, I'm ready to move forward. I am ready step out and go see what is next. Good morning. Aye McKee. Good to see you. Thank you so much for being here and for the re -up 15 months already.

I can't even believe that it has been that much time that I have been streaming for 15 month, man, it'll be two years before we know it. That is crazy to me. Um, so thank you all for this support and, uh, for, for rocking with the blueprint. Right? So when we think about this whole notion of who we belong to, okay, you have to belong to yourself and you'll have be okay not negotiating that with anybody else. There is something to be said for knowing, right, the call is a six, there is to something to said knowing that you first is enough, is worth it, and is the most important thing.

You first, enough is worth it and the most important thing because if this is not good, if this, is, not, good right anybody ever been in struggles just between their head and their heart about a decision they need to make before they even make the decision and then have to deal with whatever comes with what that decision is when your head and your heart are not in alignment what does it feel like to me it's stressful to me my head tells me one thing my head tells me all the rational things, girl, don't do it, stay away, sit down, let it go.

Don't even think about it. Surrender. Right? But my heart says, but it feels good. And I like it and what if they need help and I'm a good person? And will I feel a certain way? If I don do and what will they think of me if I don and all of the mantras that we misconstrued when our head is trying to keep us in alignment, right? Our heart is telling

us something completely different. Right? My journey says you feel anxious when your head and heart are not in alignment. It's very true. There's this whole notion of feeling a disconnect.

Right. If we look at the triangles, and we're going to pull up that diagram in just a moment, when we Look at The Triangles, when our head in our hearts are Not in Alignment, it's like the triangles are off kilter, right? And they're not even together. And that even more so makes us feel that anxiousness or that anxiety all over, right? The cause of success, the work in progress, but becoming easier to recognize and address 100%, right. If something as simple as our own head and our heart cannot be in alignment, then what Brene said becomes even more powerful, because when there's misalignment there, we're only loyal to one part of us, which means that we're willing to then align ourselves to someone else's expectations of what it is that we should be doing.

And then we allow their disappointment, their dream, right? The life that they didn't get to live or have or do, or the job that didn't get also, you know, pursue, they want you to do that so that can find happiness, but that's not your calling. That's Anybody in here who's seen the movie, Varsity Blues, you hear that line in there. He says, I don't want your life. I can't live out your dream of playing football because you didn't get a chance to fulfill that. That's just one example, right? And it's hard to go against that, that's where that betrayal comes in. I'm gonna betray my needs and surrender my passion in order to do something in a different way. And when we do that, we don't belong to ourselves, right?

Let's go to the diagram. So here is where we have been spending all of our time. Good morning, Latisha P. Good to see you. Thank you so much for being here, right, Kayla says he's putting his Kevlar vest on already because he sees the direction that we're going in. Right, but that's the truth. There's a lot of truth because then what happens when we are in, we're simply in the space of my head and my heart cannot be in alignment. Now the emotions get involved and now the needs are not being met because sometimes going after a passion brings us a level of happiness or joy or contentment or satisfaction that we not only want to feel, but we need to fill because those things validate our purpose.

And when we're not in alignment with our purpose, now our mindset, our choices, and our behaviors reflect the fact that we are not doing the inner work to take care of ourselves, or we are doing not the work that speak up and push back against somebody or something. We're doing no inner -work that allows us to say this job is not for me, this career path is for not me. This level, I'm entry level when I should be at the highest level. I don't want to be entry -level when should I be teaching the class.

All of those things are there, okay? And so sometimes we recognize that these triangles are wildly out of whack and we don't give ourselves the opportunity to do the

inner work. And our alignment struggles, not only does it struggle, okay, our alignments struggles for a long period of time until we acknowledge that we have to do something about it. And then we to suffer through understanding what the change is gonna be. We all know change is uncomfortable. People don't like change. We find ourselves in our comfort zone, not wanting to exit, stuck in that revolving door that you heard us talk about.

Because here's the thing, when we are out of alignment, folks, we're revolving. We are not evolving. And the quote is the other way around. You don't want to stay revolving, okay? You want begin to evolve and move forward towards what it is that you should be doing that is most meaningful to you that accurately allows you to reflect your gifts that brings you peace right to the point where it does not feel like work it's your passion coming out every day when you come to The Blueprint when, you step into this virtual board room to sit down and have this conversation when.

You take out your notebook in your pen to take notes when you open up your ears and your heart and mind to listen and take in whatever it is that you hear from this conversation, you do so willingly. And I opened up saying, take away from his conversation. Whatever's going to be in service to you. Okay. That's what this is all about. But if you come here because you think that I am going to be disappointed, if you don't, I will be more disappointed if you calm and you, don't take away something that's going to help you because I know that that's what I'm here to do.

That means that in some way, shape or form, the risk of disappointing me outweighs the opportunity that you have to gain to be better, to grow, whatever that looks like. Okay. And that should be a risk that, you should be willing to take with yourself. So when you come to this space, I want to make sure that you are recognizing and also in alignment with who you deserve to be, and who you want to be. Because this is very important to me. When you feel certain things, or when you don't feel, certain, things it's an indicator. When you think certain things or don't think, certain things. It is an Indicator. When your choices reflect some things that are not related to your values. When Your behaviors are a direct result of your emotions.

When your needs are lack thereof influence your choices right, we don't have the right type of connection and now you start to belong to other things and not you and in this Right in the year as I say to my life journey in The Year of Our Lord 20 and 24 We need to Belong to ourselves because the betrayal is Not the Betrayal of self right belonging over betrayal every day. Okay? Okay. Somebody write that down. It's all about the belonging over the betrayal. All right. And I fundamentally believe that. Fundamentally believe. That all right, let's go to the article that I referenced.

So again, um, I get to hang out in Barrett, Barrett tones room some Monday nights when he does his ASMR and he always ends it with some really positive affirmations or sharing of things that are very thought provoking. And so one of the

articles that he sent, I've been reading for about the last week and a half. And there are a few things that I think very much relate to the Brené Brown video and to some of slides that have curated.

And we're gonna spend time with five of these statements that, I, think are going to really bring home this whole notion of alignment and are going to amplify what it is that we are talking about and truly set the tone for how we make sure that alignment is the thing that we're going back to. Because for the remaining nine months of this year, can we stay in alignment with ourselves, with our choices, with our beliefs, whatever that is. And can we not betray ourselves in any way so that we belong to us first and then to the things that we own or are responsible for, okay?

So I will make this link available. I want to start with one of the mantras and ensure that we get through all five of these. Yes, Vader, sometimes that is in fact the case and good morning to you. Thank you so much for being here. Please give DJ Vader a follow if you are not doing so. All right. And sometimes, Vader, you do need to leave them there. You're absolutely right, because if that's where they are choosing to belong, then let them belong there, but you don't have to do that at all, all right?

So sometimes you just need to lead them in there and that is that on that. Vader coming in hot with the laughs and the seriousness at the same time, all right. So I want to spend some time talking about some of these statements, okay, that we are going to, there's five of them, all, right, so I everybody to get their pins and write these down and spend time with them. And we're gonna just talk about them over the next 45 minutes until we get ready to get out of here, okay? So the first one that I wanna talk about when it comes to, now listen folks, let me be clear that, I'm not coming for you, okay, I picked these five because they directly result in how alignment can perhaps be impacted.

Remember, we're talking about doing our inner work. work. So if I read something and you feel double spirit. So I say, if I read something out loud and you feel it, it garners a reaction to you. Please know that I am not coming for you, I am merely presenting you with things, right? What does Melissa? I don't know if Melissa G is in here, but she says it all the time. It's a mirror moment. Okay. I'm merely presenting you with your I am merely presenting you with your mirror and offering you the opportunity safely and among those who will encourage and support and reflect, right, to do the work.

So please don't feel targeted, triggered, any of those things. The intent is to present these things to you so that as we check in around our alignment, We are intentional about ourselves because we mostly belong to ourselves. We're our responsibility. Now, the first statement says, distractions will get the best of you if you let them. Let me say that again. Distractions will the get best you, if let you them The context behind that says study your routines. Figure out where your time goes, because what do we know about time? Time is currency, okay? And remove distractions. You

become a true master of your life when you learn how to master your focus. And the question here is where does your attention go?

So the first thing that we need to remember as we are thinking about belonging to ourselves is what are the distractions that we choose to engage in? What are we trying to avoid that that distraction then becomes the thing we replace it with? Are we avoiding work? Are avoiding emotions? Are are avoiding a difficult conversation? Are you avoiding truth that needs to either be set out loud, written down, felt, expressed, whatever the case may be, right? What we doing in our routines or what we are doing throughout our day that allows us to say, you know what? I don't want to do that. So I'm gonna go over here and do this. I Don't wanna talk to this person.

I wanna send that email. So, I am gonna do the thing, right? How many of us do all the things that we wanna do before we do things we need to? Right? How Many of Us Do The Easy Things Before We Do the Hard Thing? Or, who in here can say this is the thing that I want get behind me? Okay? And I Wanna Be In That Space? Hobbs says, I would have felt that if I didn't have my gear on already, Ms. Hobbes, okay? I lovingly said to everyone, I want everyone to be prepared. I'm not coming for you. But here's the thing. How many of us indulge in distractions and they can be in a variety, right? In a variety of ways. Right? Scrolling on our phones, television, online shopping.

You know, What, whatever it pick, pick your distraction. And is that the thing? Like at what point in your day do you get to places and spaces and moments where you're like, I don't want to deal with this person. I don't wanna do this. I'm not ready for this? And so you just veer in a different direction and you don' t do it. You absolutely full on avoid it, sometimes you do have to figure out where your time goes because time is currency. And among the way that you' re using your time, remove the distractions. So how do remove distractions? You have to acknowledge, look at what I am doing and what do I need to be doing? It's very simple questions.

And sometimes we don't want to answer that because we already know the answer. I know I should be doin' this. Or we say, oh, let me put this phone down, or oh I gotta stop scrolling, right? I got to get on this work. Because what happens when we lean into the distractions? Now we've wasted our time or we use it in a way that's unwise and we cannot get that time back. And then it makes it easier, more difficult for us to refocus and then we fussed ourselves and we don't give ourselves a grace because we didn't use our time wisely.

And now we're rushing or scrambling or feeling the pressure of trying to get something accomplished when had we used our times wisely and not been distracted, right? It could have been different. So as part of our inner work, you have to minimize your distractions, but you to recognize what they are. And you have to be okay saying, I know I'm distracted by this. Why? Okay. The next statement, as we talk about being in alignment, but more importantly, as We talk about belonging to yourself, right?

Belonging over betrayal any day of the week. The next statement says there's a big difference between empty fatigue and gratifying exhaustion. the call is 06. Right? Let me read this again. Okay. There's a big difference between empty fatigue and gratifying exhaustion, empty fatigue, gratify exhaustion. Know the difference ladies and gentlemen, the context says life is too short. Invest in the activities and the relationships You deeply care about value what you give your energy to please. Let me say that again for the people in the front.

Okay. Excuse me for. The people. In the back because I guarantee you the. People in. The back heard me. It's the, people, in front who are pretending to listen and not okay. Value what? You give. Your energy too. Focus on what matters and let go of what does not. If you need gear, see the mods. Okay, they are prepared. I'm sure both of them came in with their gear on this morning. Okay Let me start over from the beginning because this one to me is probably one of the most Important where we spin our heels and we go in that revolving door Thinking that we are doing the work so we can be perceived as being busy Present right because if we give the perception that will we're busy Then people will say oh, I got a lot going on there doing this, but are we?

Fatiguing ourselves, draining ourselves from doing the work that we should be doing to invest in ourselves and build ourselves up. Instead of being gratified, instead of exhausted from a good place, right? I did all that work, but man, I feel amazing. It's like leaving the gym after a really good workout or really hard workout. Okay. This, the statement says, ladies and gentlemen, there is a big difference between empty fatigue and gratifying exhaustion. Know the difference. Life is too short. These next two sentences, right, are really where it hits home. Invest in the activities and relationships you deeply care about. Why are we giving our time, our energy, or currency to anything that does not hold that same level of value with us?

Value what you give your energy to. If you don't care about it, why are you there? Why are doing it? Why Are you investing in it help, right? Help me understand, make it make meaning, please focus on what matters and let the rest go. When we spend our time in spaces, in places, with people, all of those things that do not support the direction that we're going in, right. That's a choice. And then those behaviors as a result of, those choices can put us out of alignment.

And now we belong to someone else and not ourselves not your average guy. Good to see you Thank you so much for being here. Happy Thursday Okay There is a big difference between empty fatigue and gratifying exhaustion. Here's the thing folks you can Do the work you think you should be doing or you? Can do the word that you know is going to be meaningful and is gonna help move you forward When I coach people and I see them taking advantage of the work, I watch their transformations come in real time, right?

Right, Bearded? Right. When i watch people do the works, i see the right and my coaching clients will say to me, oh my gosh, I really don't want to do this. But then weeks and months later, as I'm talking to them and i literally see their transformation, I go back to the beginning and I say, remember in our discovery conversation, we talked about these things, right? You told me you wanted to evolve and you want it to be more this and less that you're absolutely doing. I had it with, I said that to a coaching client yesterday and she said, you know what, You're right.

I'm definitely feeling more strategic. I definitely am balancing being a leader who leads from my head and not just from my heart. I am getting more comfortable, right, learning how to influence through my relationships. All of those things come because she had to minimize the spaces that she was going to to avoid doing this very work. But she wants to achieve something. So she has to surrender that. She had the let go of the distractions, she have to start being present. And as a leader at that level, that's the most meaningful thing you can do. And you know how I feel about leadership. Leadership comes at every level. Whether you're entry level or all the way at the top.

Distractions come, the opportunity to, again, you belong to the worker, or you can belong to yourself. Belong to your self and let the work benefit from you belonging to you self. It is the best thing you could do.

Statement number three, okay. You probably need the gear for this one. I'm gonna go ahead and say that out loud so that the mods can prepare the couch. I think Dr. Dady Priest is in here. or the mod she can get you a weighted blanket, okay, they will be able to get what you need. The next statement. Statement number three says, you are likely holding on to things that hold you back. You are like holding onto things, that holds you. Back the context says when things aren't adding up in your life, begin subtracting. Is it easy to subtract? You can add all day. Yeses are expensive, ladies and gentlemen, but yeses add up. Don't think you see nobody saying nothing in the chat. Is everybody still with me? Okay, or are the mods giving out all the gear?

Here we go. You are likely holding on to things that hold you That holds you back Double spirit says i'm just gonna lay down. I'm, just laying out right here. Okay. Not your average guy says baggage is heavy And you're absolutely right. It is. Ok baggage is heavy Okay It is heavy. All right, double spirit just says I'm gonna lay down right here. Just leave me here Okay, and don't get me. Here you here we go. Ladies and gentlemen, okay Life gets a lot simpler when you clear the clutter that makes it complicated, right?

Absolutely your average guy Not your every sky not everything and everyone you lose is a loss Keith comes comes off the couch and says first of all, let me read that last line to you again and not everything and everyone you lose is a loss. Okay, my life journey says I'm in the corner. I just doing my job, okay? That's all she can do. She's in a

corner, all right? Kayla taking care of the people, covering up folks with the modesty cloth, okay, making sure people have what it is that they need.

See the mods for gear. Keith is on couch duty, okay he's the couch, he is the head couch superintendent today. Please go see him if you need him. I think Dr. Dady is in here if we need weighted blankets. Okay. I don't think classics is on until one, but you can go find her meditation from this morning on YouTube, whatever it is, right? Couch duty. Okay? Bearded baritone. Keith owns the couch, it's the K couch for that reason. All right, that's bearded. The couch is where the people go when they just need time. You see double spirit? She just laid down. I thinks she's on the count. She might have gotten, she might be on my couch but she may not, okay?

Okay, listen to me folks, right? The one that I just read before that, let's go back to that cause you know me, distractions will get the best of you if you let them, okay, or excuse me. There's a big difference between empty fatigue and gratifying exhaustion. But here's the real thing that I want to say to you. Are you fatigued because you were holding on to things that hold you back? You can be gratifyingly exhausted from letting go. You have to release to receive, ladies and gentlemen.

Okay, listen to me. It says when things are not adding up in your life begin subtracting release Subtract let go Okay to receive Life gets a lot simpler when you clear the clutter that makes it complicated my life journey And I do this thing when we both are feeling heaviness Right we, both have the benefit of of having closet space in our homes. And sometimes we spend time decluttering our closets. And that's where we have some of our best, best best friend conversations, okay? Keith says the couch is here for y'all because you don't get to tell me what to do, right?

When things add up, start subtracting. We do these things called closet conversations. And we get on FaceTime and we talk And sometimes we leave those moments where we've rearranged and re-overhauled our closet space, right? And you know, things are in their place, but we have clarity coming out of those conversations. What are we leaving behind? What do we coming? Out of that conversation with, okay? Life gets a lot simpler when you clear the clutter. So it's not just about the physical clutter, it is about mental clutter absolutely. Not your average guy. Here it is. Not everything and everyone you lose is a loss Not every thing and every one that you loose is the loss So what are you holding on to or who are are holding onto that is holding you back?

Okay There's a lot to be said there when we talk about alignment when We talk About our triangles not matching right when? We talk about these choices. It's a choice to hold on to things. And because we hold onto those things, our behavior and our emotions are a direct result of those thing, okay? Understand that, absolutely. Not your average guy says you've gained room for something that needs to be there or that

deserves to there, shall I say. All right, we ready for statement number four. Everybody doing okay.

You're all all right out there. doing a chicken, right? Just doing the chicken. Okay. Just doing it. Kayla says I'm out. He's like, I am not even going to do it, he's not going even to be here. He literally says, I AM OUT, okay? He is done. Stay with me, Kay. Please. And thank you. All right. Statement number four. KayLAX says just raid yourselves out, he is not doing this. Yes, not your average guy. On occasion, not your average guy, my mods will decide that they don't want to do it.

And they will leave me here to Do what I'm doing. Um, and they'll just surrender all that. They will, they will just leave Me where I am and They Will Exit stage left. Sometimes, sometimes my life journey will want To raid me out early, she, She will get support from people in the stream. It just depends on the day, not your average guy. But yes, sometimes the mods will be like, I'm out of here. I've not doing it. Okay. Um, but they will just exit themselves. They'll quietly, you know, escort the group.

It just depends on what's going on. Okay, right. Yes, yes. Absolutely. Kay. Give me just a second. Okay? I will recap the first three. Let's see you. The number one on the recap before we go to number four, the first statement is distractions will get the best of you if you let them not your average guy listen I love them both they know that we have excellent conversations and I guarantee you after come after this I'm sure they're in their own they are in our group chat right and I will hear it from both of them usually it's my life journey he says you know you could have warned me in advance that you were this is what we were gonna do or Kayla will say, so you just going, you're just coming in hot with the cocktails today.

You wouldn't even go give anybody some warning. You just dishing them out. It happens sometimes like that, but from a place of love. Okay. Distractions will get the best of you. If you let them study your routines, no chaser, no chase, they're not your average guy, right? Study your routine and figure out where your time goes. You become a true master of your life when you learn how to master your focus. That's the first one. All right. Statement number two says there's a big difference between empty fatigue and gratifying exhaustion.

A big different between an empty, fatigue, and a gratify exhaustion, invest in the activities and the relationships you deeply care about. value what you give your energy to please and thank you sir and ma 'am value, what, you, give, your, energy, to okay statement number three says you are likely holding on to things that hold you back when things are not adding up in life, begin subtracting life gets a lot simpler when you clear the clutter that makes it complicated.

Not everything and everyone you lose is a loss. Okay. And that's real. Not everything. Listen, folks, we say it all the time, not everything is meant to be with you. Not everyone

is meant to go with you. Some people are there for a season, and then baby, when that season changes, the elements and the components of that season may need to remain, but you don't take it with you sometimes. You can't evolve taking things from a previous season into a new season.

There's no space for that, and that is where some of the clutter comes from because we're holding on to things from the past season trying to carry it into a new season and now we don't have space to receive what the new season has for us, And then we wonder why we can't get what is for us. What is ours? What has meant for US and why? We feel stuck distracted held back heavy it's because we've taken all the stuff from this season that was meant to grow us or Expand us, or support us into this next season, but those elements don't be in there, right?

It's like read it, it right When I got married and I had a bridal tea, okay And yes, I have a bride to because I'm very southern and my family's extremely southern very traditional and one of my girl friends she said to me not your average guy says he's gonna lay down the couch is available not you're average a guy okay yes okay like I had a bridal tea right I'm out of brides he was it was glorious one of my very much a southern belk a very Mucha southern bill and one of mine very very best friends from childhood because the one the one of the activities in our merriment section of The Tea was to allow the women who were there to provide me with some advice.

And one, of my very good childhood friends, we've been friends since we were literally 12 years old. She said to me, not everybody's furniture fits in your house. Not everybody is furniture, fits, in, your, house, what works for you, works, for, you. If someone offers you advice, right? That's fine, but you cannot take furniture from somebody else's life, their lived experience, and try to put it in your house, because now you're trying to clutter up your space with furniture that does not fit, because the circumstances, the environment, the anything may be very different.

Hobbs, I see, oh man, right? You're gonna get the job, Hobbes, don't worry, okay? The call is no six. I am very much a southern bit. Like let me tell you something. The cause of six I'm so I've very southern like I have a picture of me in full hats and pearls and gloves, right Going to like Easter church service with my aunt. My dad had four sisters and That's just what it is. Right? So like and on and all my 21st birthday, I got my first church hat That was what it is. So they all got them. And then it's like this thing.

Like we transitioned into, right? All of that. Right. So I'm very, very Southern, but that's what she told me, right in at my bridal tea, she literally said, not everybody's furniture fits in your house. Right? And so now we get distracted by other people's furniture and then we. Cluttered up and wonder what, right. Anybody ever had a piece of furniture that they couldn't throw out because they were like, but it has sentimental value and this person who meant something gave it to me and they did give it to you. And perhaps the season of your life that you were in, it's served. Remove the clutter. That is

clearing, right? How did you can have a single person tea? I'm just telling you, that's the advice that I got.

Absolutely not your average guy and it accumulates dust and takes up space. Okay. And so here's thing, right. We hold onto things that hold us back. What could you put in that space that, you remove that armoire, that antique piano, know, right? What could go in there, what could actually go in that space that brings you joy, makes you happy, serves a purpose is more in line with what the space should be used for. Instead, we look at this couch that we don't use every day, because it is attached to someone who may have had meaning, their meaning is not defined by that thing.

Their meaning is what is lives in your heart, right, the memories that you have the the things that they taught you, and then now how can you take that space and put something in there that is going to be more are in line with what you need, right? Belonging over betrayal, belong to yourself. It's okay to betray the couch, okay? It's okay, to portray the piano. Because if what really need in that space is a desk and you keep a piano in there, where is your productivity?

Okay, which leads me to the fourth statement, which is you ignore your inner voice too often. Kayla, I think my like journey locked the door, right, Hobb says, my mom tried to slide me some furniture yesterday and I advised her, it was absolutely Hobbs, because not everybody's furniture fits in your house. And by furniture, let me be clear about what I mean, metaphorically, everybody has opinions, the way that they would choose to do things, their lives, the job that have, career that you think you should have. The way you move up the corporate ladder, the company that need to work for, the church that should attend. We have always done it this way. You should do it this way too. It's their furniture. Absolutely.

Not your average guy. Your inner voice knows. Here it is. Give yourself the space to listen to your own voice, your own soul. Too many of us listen to the noise of the world and get lost in the crowd. Too many of us listen to the noise of the world and get lost in the crowd It is very easy to allow ourselves to just flow with the crowd and not let our inner voice, Vader, let me tell you something about the statement that you just made.

Vader says sometimes his furniture doesn't fit in his own dang house. Let me show you when your current furniture does not fit in your new house, it may be time to redecorate. Delight in that or delete it ladies and gentlemen. Sometimes redecoration and renovations are required. If the furniture in your house does not fit, then sometimes we need to think about a redeckoration, a renovation, whatever it is, but you may need new furniture and that's okay. As long as you don't ignore that inner voice that says, sometimes my furniture don't fit, right? Give yourself space to listen to your voice. Ooh, there he is, ladies and gentlemen. Okay, very is. There he has, he's making himself known, all right. I don' know what's going on outside, but somebody is too close to the

house and he does not like it, okay. Hobbes, double spirit says, double -spirit Hobbs says can you make some space for her on the floor, Okay, or the couch wherever it is.

Yes. There he is He is whatever that is what's going on outside. He's letting us know that he's not here for it Okay But exactly exactly bearded says Griff is saying don't bring that furniture into this house. Okay leave it out there Right Vader makes a very good point when your own furniture stops fitting in your house when you rearrange the furniture in your house and it just doesn't settle and you walk into a room and you look at the furniture and your like this is not it may be time to redecorate or to renovate okay listen to that inner voice ladies and gentlemen all right don't ignore it statement number five okay the last one there it is Dady says, sometimes it's not the furniture, but the accent, ooh.

Listen, they said you might have a nice couch, but that pillow in the blanket or that photo on the wall. That's really what it is. Now, that is an entire set. We don't even have time to get to that because it was 1202. Okay. And I don't even have the time properly to address that. But, Listen to me, Kayla, okay? Listen, those accent pieces that arm candy, those nice things that we keep around us, sometimes those things are the distraction that crowd or overshadow our inner voice, okay, that keep us from, sometimes it's the accent piece is that we need to subtract so that we can add the right things.

Mods don't leave me. Okay. We only have the we only have 12 minutes. okay. Stay with stay with me stay with. Alright, don't me and don't read me out. Okay, I knew it was coming. I Know my mods y'all I know them. They will decide that they are done and they will exit this right um have a great day. Dr. Dady Thank you so much for being here. Listen, I know my mods well. I've known them both of them will be like, I'm done. Here's what we're not going to do. Okay. All right. Listen to me folks. All Right. Number four, the call is 06. I will absolutely repeat it to you. Okay? Number 4 is you ignore your inner voice too often. Okay, give yourself the space to listen to your voice, to own soul. You're okay. Come here, come here. All right. The call is a stick city. I had to go see a patient.

Number four is you ignore your own voice, your inner voice too often. Come here Um, it says too many of us listen to the noise of the world and get lost in the car. There it is. Double spirit says she just, she laid out. She is laid out, okay? Okay. She is laid out. Hold on just a second, ladies and gentlemen. Okay, so it's the most overhead compartments. So the last, did you get that? The call is 06. I think you're back, but I want to make sure that you got that. You let me know. Absolutely. Dr. Dady pre -says we've listened to others for so long under the guise of wise counsel that we aren't even comfortable listening to our inner voice.

100% we start again, we'd betray our in her voice. Dr. Danny said of belonging to ourselves. Okay, awesome. Hold on for me for one second. Okay. Thank you for, for bearing with me. For just a minute. Okay? He has Paul stuck in something. Okay so, um,

number five. No, no, not that I was guy as Paul, stuck it a little something All right. So statement number five, before we get out of here, says, forgiveness is necessary for personal peace.

All right. Forgiveness is necessarily for a personal piece. Forgive others not because they deserve the forgiveness, but because you deserve peace, free yourself from the burden of being an eternal victim. This one is hard, ladies and gentlemen, because we hold on to things, right? And so what does this say? Right, let's go back to one of our earlier statements Alright statement number three, I think Which says you're likely holding on to things that hold you back Okay Yes, victim mentality 100% Forgiveness is necessary for personal peace the line that I want every right Forgive others not because they deserve it, but because you deserve the peace Part of that forgiveness is giving yourself permission to move forward and not let them have that power over you any longer.

Absolutely. Carlos 06, right? And sometimes if we don't forgive, we stay in that victim mentality, not your average guy is talking about that. We get into this space where we are saying, woe is me, I wish it were this. When you can just say, you know what, it's not going to be that I forgive you for that and now I can do the work, the inner work so that my outer voice reflects that I have done what I need to forgive you or to forget the situation, even if I don't have closure because you may not get it.

And sometimes we hold grudges against people because what we really want is the closure. But if you forgive them, you give yourself the closure, because that's the piece you may actually need. Absolutely. Not your average guy. You forgive so you can move forward. were not so that you can necessarily, right? You stop then dealing with all of the things that keep you distracted or keep in clutter, right, not forgiving somebody means their furniture still remains in your house.

You're still looking at that painting that they gave you. You are still holding on to the clothes that they offered you, right and anybody ever said, hey, I got some hand -me -down clothes and you gave, you accepted them, knowing you didn't have the space for them but you took them anyway because you wanted to be nice, or you want it to supportive. But at some point, you're gonna have to let it go. Molly Jones says, sometimes I just wanna lay hands and I can't. And you are mad about the fact that you can. That's it. It's really hard to surrender that.

But the minute you forgive and say, because didn't do this, perhaps you didn' know that that's the thing that needed to do. So I'm not even gonna let that disturb my peace. I'm actually going to go get my piece now so that I don't have to worry at all about anything else. Nothing else, right? Good morning classics or good afternoon classics should I say to you, thank you so much for being here. Happy Thursday. Go give DJ classics a follow. Go find her on YouTube. We start a new series tomorrow.

It is called Begin Again and there is never a better time to begin again than right now. now whatever your right now is so if you're interested in that come join us for the beginning in meditation starting tomorrow at 6 30 a .m. on YouTube in mindful moments and meditation Kayla can you put the link in the chat for for classics YouTube please good afternoon boho ikika good to see you okay forgiveness is necessary for personal peace it is your forgiveness that is going to get you peace, whether you are, especially if you want the one doing the forgiving, free yourself of the burden of being an eternal victim.

Okay. Those five statements that we talked about, absolutely not your average guy, even if they don't accept your forgiveness, you cannot let that hinder your peace. Right? Their acceptance of your forgive is not any influence on the fact that you can, you could still have peace their choice to not accept your forgiveness is on them. You forgiving though is about you. Okay. Each one of those statements, ladies and gentlemen, are directly related to how you belong to yourself and you no longer betray yourself, right? You heard Bernay say, I'm not willing to negotiate who I am with anyone else.

You don't have to, all right. People may offer you thoughts. people may ask you questions. People may engage in conversation with you. At the end of the day, when all of it is said and done, what you know to be true about you is just that. People might come from the best place and more often than not, they are. They want to see you when they want. To see that you successful and they wanna push you in that direction. But every once in a while you come across someone or people who don't. And that's the same. So then you have to decide, am I going to betray my needs, my life, or am I gonna belong to myself? Right? Absolutely. But what you guys say is your values and your inner peace. Double spirit, that's a great point.

They may not even know that you're upset or distancing yourself because the forgiveness is for you. And at the end of the day, you may Not even have to explain that to them, double spirit. You can choose you in the belonging. It doesn't mean that You have To be mean or disrespect, any of that, you can just choose you and put the boundaries in place that you need in order to be supportive, in order to be healed and whole and happy.

Right? All of those things are very important. Very, very important when we think about what it means to belong to ourself, right? And not negotiate who we are with anybody else. Because when you start negotiating, you throw that alignment off. These triangles are very important. This is what we strive for, all right? This what is we work towards. When we start to negotiate who we are with other people, all of this goes out the window, right, and we're not connected with ourselves.

We are now prioritizing the world, who I am, what I should be doing, what should I be thinking, Why I'm doing these things right for so long. I lived part of this right. I've

lived a very good part in my life doing things Very much the way other people expected right very simple case in point I wanted a destination wedding and I didn't have one I got married in a church because that's what Everybody thought that I should do and did not want to disappoint anybody.

And so what did I do? I did NOT belong to myself. I belonged to the world on that one. If I ever do it again, I think I'm going to advocate for my destination wedding because that's the thing that I genuinely want. I love the beach. I'd love big, right? All of those things, go get married with my toes in the sand and then throw a big party. It sounds great to me, but I didn't do any of that at all. It doesn't mean my wedding wasn't beautiful. It just wasn't the things that I wanted. So that part of who I was as a bride belonged to everybody else who expected me to get Married in a church and walked down the aisle. So I did it But I didn't belong to myself and I haven't belonged to my self in many other ways, right?

But I'm not betraying that anymore. And that's what a lot of my professional journey has been about as well, Right belonging to Myself as I have grown and as I have done all of these things. Okay? So those are the tenets around how we're going to belong ourselves we are going to do a belonging slash alignment check -in in April. Okay. We're going to take the month of March and start something new, but we're gonna revisit this in April because I want to check in and bring everybody back to this. I will bring the Brene video and make sure that we can connect in with it.

I'll have these five statements and we'll just have a conversation about how we're doing, what this means, how we are feeling. Are we still in alignment with ourselves? Or have we let the distractions, the clutter, whatever it is, start to seep in and take over all of the spaces that we are working to, right? Where is our inner voice and what does that feel like and what does that look like? Are we still doing okay? Right? Are we still doing okay. All of those things. So when we think about all of who we are and how we're moving. I want to encourage you to spend some time going in and looking at what it means to, what means, to belong to yourself. No, Vader, I do not belong to the streets. I did not, belong to streets, okay? None of that.

I don't belong to this street. I know who I belong to, right? I'm very clear on who I belong to. And that is the most important thing. And I want to encourage everybody here to know who they belong to. And right, that is it. Not your average guy says you give them some level of control when you start to negotiate. That is very, very clear, right. And sometimes we negotiate because we want, we, we want to convince others. But the truth of the matter is, is that you have to know that you belong to you first and not the streets, as Vader says, right? You belong to you, first, and, not, the, streets. All right, ladies and gentlemen, that is your session of the blueprint today.

Thank you so much for rocking with me, for being present, for enduring the work of February, right. This was a lot of work around alignment, setting our tone for the year,

coming through this all good talking moats in the chat and good talks to everybody who has been showing up faithfully to the board room for these conversations.

And, um, thank you. My life journey. See the mods. If you need any type of support as we exit, okay. All pens, notebooks, Okay. Um, any, any types of supplies that you bring in or documentation that is left, please gather it. I'll take it with you because we are not responsible for any belongings that are left behind in the boardroom. The board room will be locked until next Tuesday, okay, when we meet again. So if you leave your belongings in here, all right. Reason, you might, you may be okay. Kayla says that the Blueprint Support Group starts next Wednesday for anybody who needs it. Okay, the oxygen will be there next week. The oxygen masks will be available folks, but the boardroom will be locked up. So please gather up all your belongings, all notebooks, blankets, gear that you may need. Please exit with you, okay, please take it with you because the mods are only going to provide replacement sizes.

Okay but you got to make sure that you have your gear unless you need to add something to your arsenal, and and they will be able to provide it. So, you know what? In the spirit of going to see people that I don't get to to often, right? We, let me see here. We are going see, you what, I think chaotic is on. Let's go see him because I don't get a chance to raid him often. So let's see DJ Chaotic today. All right, and go spend some time in his room. We can go hang out there for just a little bit, right? We don't have to stay forever, but let's go show Chaotic some love. He always shows me lots of love when I come into his stream. He is never on when i'm on, so he's not somebody that I get to raid or support often.

So copy the raid message. We are going to be on our way to go see DJ Chaotik and goes spend time with him in the middle of the day and hang out. Listen, folks, you already know what the exit mantra is going to say, right? I am sending you into your, thank you boho ikigai, I'm sending you in to, yes, for real this time, Hobbs, this time we're getting out, I'll send you to your Thursday, and I will send you on your weekend with all of the good energy and light you need to guide you, And I genuinely mean good energy and light.

So take from this, what you need that made you feel good or that's empowering you. And you've got the light that you need to guide you to say yes, to say no, to declutter, to use your voice, to not get distracted, whatever it is, but it's available to you, okay. When I tell you to take very good care of yourselves, anybody who, um, listens to big stove, he says it all the time. He says, you know, you got to go get it yourself around people who can help. So go find those communities.

Speaking of big stoves, of today, it's his two year anniversary. He is gonna be streaming today at two o'clock on. So let's, hopefully I see you there. I plan to go spend some time there this afternoon and show him some love. He's a really massive lover of

people and supportive of this space. So, let go and spend time here. I will see everyone next Tuesday at 8 a .m. Copy the raid message. We are on our way to Go See Chaotic.