

The Blueprint February Focus Alignment.mp4

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I'll see you in the next video, bye! I'll see you in the next video! I'll see you in the next video! I'll see you in the next video! Thanks for watching! Good morning, everyone. Happy Tuesday to you.

Thank you so much for being here. Welcome to the blueprint for those who may not know who I am, if this is your first time to Twitch or first time to the blueprint. Let me introduce myself. My name is Kim Blue.

I am an HR strategist and a career coach. Welcome to the blueprint. This is a space where we come on Tuesday mornings at 8 a .m. Eastern Standard Time and on Thursday mornings at 11 a .m. Eastern Standard Time to talk through all things personal and professional development.

I fundamentally believe everyone should be the boss of their own blueprint and that means having access to the knowledge, skills, capabilities and resources. So we can do three things every day. We can operate at our highest potential.

We can add value to whatever work we own or are responsible for, but most importantly, we can show up as our authentic selves because when we do, We can be great in our gifts. We don't have to dim our light or shrink back for anybody.

We get to experience the world as our best selves and we get to give our gifts to the world in their best state. And that is really being the boss of your own blueprint. So we come here, we do the work, we talk about all things that are gonna help you.

My goal is for you to leave this conversation and go to your next conversation meeting, exchange, whatever that is, taking something away so that you are better having been here. And that's what we do twice a week.

And so thank you all for joining and being here and participating and truly investing in yourself. We're gonna do a little housekeeping and then we're gonna get started because I have to exit our conversation today promptly at 9 a .m.

So we're gonna be mindful about making our way because I've got a commitment that I need to be on time for. So let's do some housekeeping first and foremost. Just a reminder about the new time on Thursdays, it's at 11 a .m. Eastern Standard Time that's working a little bit different with my schedule for some things that are going on. So I'm gonna make sure that I'm saying that more consistently and reminding folks that that time has shifted so you're not looking for me at eight, but you are available hopefully at 11 to either be present or to listen in.

A very good morning to all of the folks who are lurking, working and commuting. If you are, I know this time is very transitional whether you're starting your day, ending your day. I know I have a really big worker population and so I appreciate everybody coming in and being here and being intentional about holding space for yourself but also making time to be a part of the blueprint.

As always, I want to mention the group coaching. This is something that I have officially kicked off and it is going really well. We just finished our second month of the group and I'm doing individual one -on -ones which is a part of the package.

The Facebook group is up and running and so for those who are participating in coaching there will be invites going out and then I am working on getting all of the artifacts and things up there plus the transcriptions available so that you'll have all of the ChemGems all of the nuggets that you hear during our conversations they'll be available to you so that you can take advantage of those opportunities to remember those things and apply them and then other resources that I am pulling together like one I'm going to introduce today.

The cost is \$50 a month so if you think about this yearly it's about \$600 a year it's probably a little the cost of one flight it's the cost of you know a ticket to a concert that you really want to see right think about this is investing in yourself and that's part of being the boss of your own blueprint if you're interested in having your work/business pay for it. I'm happy to help you with a proposal or a business justification for how you can get your company to sponsor this in terms of it being professional development so that you can participate.

So exclamation point coaching is where the link is if you are interested in getting more information or signing up this is where you can do so. I think Jen is in the chat and so if you want to if there's questions you can add Jen and she'll be able to help you get started.

In addition the website is coming along very well and so I was able to get a sneak peek of that so all types of really cool things happening for the blueprint and I cannot be more excited to unveil all of those things to you.

So with that hi Jen so with that let's say good morning to everyone who is in the chat and then we will get started so that we can be timely on our raid and timely on all the things. So good morning L Frank was first in here to say good morning to me good morning to you sunshine happy Tuesday hope you're doing well.

Good morning Jen thank you so much for being here Jen just so you know I created a graphic it's probably not the most glamorous so I'm gonna be seeking your help to clean it up a little bit and make it a little more appropriate for the Kim Blue brand for sure.

So good morning LaJuan Baskerville good to see you Keith good morning happy Tuesday to you thank you so much for being here how you doing hey Miss KV happy Tuesday to you I hope everybody's morning is going well East Miley 67 good to see you thank you so much for being here listen to everybody who is lurking behind the scenes whether you're active in the chat or not you are more than appreciated I know so many folks who may not say good morning but they are present and that's totally okay you all know I want the stream to be in service to you so whatever that looks like that's what's going to work for us in this conversation so all right So with that incident, anybody I didn't get, please say good morning and I'll make sure that I acknowledge you for sure and shout you out.

So good morning, Dr. Dady Priest. Good to see you. Thank you so much for being here. Happy Tuesday to you. Hope you are doing well. So let's jump right in. Very quick recap of everything that we have been talking about.

So our mantra is for 2024. So I am currently modless right now, you guys. So I will be doing a little bit of my own modding. My life journey is likely going to return, if not towards the end of February, likely sometime in March.

She is navigating some grief work right now. And so, of course, I'm supporting her and told her to take as long as she needs. And I believe that Kayla will be here. He might be commuting. So no worries on the mods and the commands.

I will make sure that I say good morning, but there may not be any direct shout outs or commands right away as I'm talking. So just wanted to make sure everybody knew that and shout out to everybody who is a mod, but not my mod, but who leans in to support and help at any point in time.

So thank you for being here. So here are our mantras that we've been talking about. This is the first one. If you act better, you will attract better. I think this one speaks for itself, your attitude, your mindset, all of those things really go into the type of energy or environment that you're gonna either create, be a part of or produce, right?

So that other people can be a part of that. And that's how people will experience you. There he is. Good morning, Kayla. Don't worry about the tardiness. You are here and you are safe and that is all that matters.

So good to see you. Thank you so much for being here. Shout out to you. Lots of good folks in the chat, right? Lock and Key Media, Dr. J .D. Preece, LaWanda Baskerville, mods, streamers, all types of folks.

So go give them a follow for sure. If you act better, you will attract better. And then we did a quick recap on how we do better, which is our start, stop, continue method. This is one of the resources that I'm going to be making available in some type of graphic form because it is one that I use very consistently.

So more to come on that. Our second one for the year is we are not revolving. We are evolving. And I think most of the emphasis for the focus part that we're talking about in February around alignment is really about our evolution.

So how we are evolving. What we're not doing is revolving, staying stuck in that same cycle, thought patterns, behaviors and choices, moving forward in our evolution. So what's next? What's ahead of us?

And how do we make sure that we're working towards that? We don't have... backwards, right? This comes from my very good friend Nakesha Hicks who is the CEO of the Elevate Her and what we mean by that is we don't give away our currency in a way that allows us to overextend ourselves.

We won't return on our investment. Good morning Hobbs, good to see you. Thank you so much for being here and thank you so much for the re -up nine months in this thing. Hobbs, good to have you and super excited about all the progress you're making.

I won't spoil it because when the time comes, it will all be your good news to share but happy to be your coach. I will say that to you so hope your morning is going well. We don't hustle backwards. I would probably say of all of the mantras and we're gonna get to one around emotional intelligence in just a moment.

This is the one when we think about path forward, when we think about evolution, you can't evolve if you're in the same place, right? You can't go forward. and go back. So you cannot hustle backwards.

If you find yourself hustling backwards, you're kind of stalled in your path forward. And so this one is really important. In fact, Nikita Hicks and I were just talking last week, and I was bringing some things to her for her consideration.

And she was, you know, truly talking to me about this whole notion of but like, are we are you stuck? Are you hustling backwards? You know, that's not what we do. We are out here about moving forward.

And so not overextending ourselves, not living or outliving, you know, our availability, so that our return on our investment is here. Emotional intelligence over emotions, right? Simply stated, reacting, I mean, responding over reacting, right?

Emotional intelligence is let me pause before I speak and have this awareness of how I'm feeling and what my response is going to be that the emotions is that thing that drives us to respond right away, perhaps absence of the intelligence parts of it.

And that's often why we get ourselves caught up in situations that we may not necessarily think we should be in or intended to find ourselves in. And so when we have these podcast conversations, there's something to be said for seeing yourself in what you're hearing me say or what you're watching on the screen, right?

And so we talk about IQ or EQ, but ultimately, it's the whole EI over just the EQ. You want to be or excuse me, just over your E, I'm sorry. So your E, the emotions are always going to be on the bottom.

But how do we make sure that we are adding the intelligence to that? So this is one that I find myself checking in on and I'm holding accountable to those who I am coaching right now at any level. Opportunity over opposition.

It was our next one and we talked about defining what opportunity is and we defined what opposition was and we checked in with ourselves about our Are we the that gets in our own way? Are we the adversary?

Are we our own competitor and are we competing against ourselves fairly or in a way that doesn't create that descent or resistance? And we talked about the path that opportunity over opposition takes.

So there's a decision place, sometimes there's redirection, and then we always run into some level of challenge, whether it's mental, physical or emotional challenge, but it's going to be present. And in this space, opportunity over opposition, the opposition could be how you react in those emotions versus the emotional intelligence that allows you to recognize the opportunity.

So we talked about how all of these were connected. This is the other mantra, and this is the one that we have been talking about now, which took us into February. When your inner work becomes your outer voice, alignment is present.

And so alignment is our focus for February. And. I promise you folks, if you spend the time doing the work to align the aspects of your being, it has so much potential to have impact on other things.

Dr. Dady has this wonderful, wonderful self-care, I'm gonna call it a visual. What is it? Is it a self-care map, Dr. Dady Breeze? Good morning, Dr. Dundas. Good to see you. Happy Tuesday. Is it a self-care roadmap?

Is that how you, I'm forgetting, Dady, because I haven't had all my mushroom coffee yet. But anyway, she has this great self-care, it's like these different tiles. And it's her roadmap for how we, how you should think about taking care of yourself and it covers things like your voice and your body and all of these different things.

And part of that is she talks about using your voice and being able to do that in a framework. Thank you so much. Thank you, my brain is coming along, it's a framework. And she talks about that. And there's a component of that that ties right into what you're saying.

So definitely go spend some time on engagement matters because she brings, just similar to me, she brings up the same consistent themes because when you have certain foundation, yes, Dady, right? But when you have certain foundations, you'll notice that my stream, Dr. Dady Priest's stream, DJ Classic stream, if you catch her on YouTube for meditation, you will hear a lot of the same foundational things because they just, they are so powerful and they're so meaningful.

DJ Lockdown, good to see you. Thank you so much for being here. Great stream last night. I hung out with you for about an hour before I had to call it a night. But good to see you, thank you for being here.

Good early, early morning to you, sir. And so you're gonna see us talk about that and you're gonna see the connectivity between our messages. And while they're not exactly the same, they align. And alignment is very important because when you're aligned in not only your thinking, but your community, the activities that you wanna do, you start to move in a different direction. It also means that the way you feel on the inside is going to be represented by what you say on the outside. When we are not in alignment emotionally, physically, mentally, it impacts the way that we show up and how people experience us.

And so we talked about how to get to that inner and outer alignment. We talked about validating your knowledge. So what do you know and what do you need? And then once you have gotten clear on what you know, being confident in your voice, exiting your comfort zone.

We spent a lot of time talking about getting out of that comfort zone and about how that zone keeps you stuck. Exiting your comfort zone is equivalent to getting out of that revolving door so that you can evolve and then really being mindful of protecting your peace.

Because once you take those steps, everybody's going to have something to say in support, in opposition, to potentially challenge you or trip you up. And all of those are things that as we get into this alignment conversation more.

We want to be mindful of okay, so last week We had a great conversation on Thursday probably and I spent four days thinking about how excited I was leaving that conversation ready to come back to you today with a Visual and an opportunity to add to it So if you remember we talked about alignment and so much so listen y'all let me let me just take this out for just a minute Let me tell you how substantial this conversation around alignment is remember We said I said maybe this is my TED talk the power of alignment Well somebody Managed to find this talk.

I don't know if they got to it through twitch I don't know how they found me, but they emailed me and said I found your conversation on Alignment values and emotion and this focus that you're doing in February, and it's so powerful if you ever considered publishing a book And if not we are a company that self-publishes, and I think that you could publish This very conversation could be a book in some ways So I must be on to something in some way shape or form because that just came out of nowhere And so I don't know what I'm going to do with it, but I want you to know that when we talk about These components of being in alignment both professionally and personally remember I told you that I was going to bring more of the professional pieces into it today, which we are TNT Good morning.

Good to see you. How you doing? Happy Tuesday to you. I hope you are doing well Good to see you in here. Give TNT a follow We all always good stuff happen y'all if y'all have not been in his stream on Friday nights when he does his game nights Sometimes I'm lurking in there Or I have a tab open because I'm momming on the other side, but I'm telling you it is a good time It's like doing trivia and all types of good stuff that is happening in his stream on a Friday night So go spend some time with me I can certainly go follow him and spend time in other ones, but that is one that I have definitely come to enjoy.

He's putting like his creative streak out there and I appreciate that. So good to see you, TNT. So when we think about alignment, just know that there's a lot of power behind getting an alignment with the things that your life should entail.

All right, so here is, oh, you're welcome TNT, of course. All right, folks. So here is my struggle bus attempt to take what we talked about last Thursday and bring it into focus. And Keith, I know you're in here, but Keith, you've been in and out.

But this one, Keith, I want you to really pay attention to because I know you and I have. Had numerous conversations over the over our coaching conversations, especially from a career standpoint about this And so this is some overlap between all the things that you experienced and it made me think about you Keith because you recently posted About not getting the role at SI but then SI going through all of those layoffs and what that meant So Keith if you're still in here I just know that like I know we haven't been in communication as regularly But I've seen things and it's just it all plays into the things that I'm thinking about so Yeah, listen Keith I see things even though coach is not saying anything I see things don't trust me Okay, so Jen, this is my very rough attempt at trying to bring some connection to the conversation we had last Thursday around emotions values and needs and What we're gonna talk about today so Jen this will be the graphic it's in Canva But we can we can work on cleaning it up and I welcome your ideas on how we can make that work a little bit Better so good to see you Ebony ATL.

Happy Tuesday. Go get that lovely queen to follow And go find yourself jamming out in all of her streams Whenever she is on is listen Eb. It's Tuesday. I remember it's Tuesday today And I didn't I didn't remember not to shout you out for boom by my face It's not Monday today, but good to see you nonetheless.

All right So everyone last Thursday we talked about being in alignment. So let's look let's focus on that top triangle. All right We need to be in a lot we talked about being in alignment with our emotions our needs and our values okay, and the reason for that was when you are we talked about being an aware we talked about being aware of your needs and And when your needs are not being met You then have a you garner an emotional response, right?

So think about when you're hungry when you want companionship, but you don't have it when your person is busy when the things that you are really trying to get accomplished there's just blockers for that in whatever way now you've got some needs that are not being met you know you're not getting enough sleep so you're physically tired right rest is a need even though we deny ourselves a need rest is a need and i want to make sure i call that out because when we're tired or hungry or cranky that fuels a lot of our emotions and there's this whole notion of our emotions then taking over and when our emotions take over sometimes it means that we are out of alignment with our values because that's the thing that we're responding to if you value honesty and you say yes when you really want to say no now you're out of alignment with your values and you're emotional with yourself because you're not meeting your need of time or honesty and you now have gotten in your own way and so there's this whole Theory, and this is the Kim Blue Theory, this theory around if we can be in alignment with our needs, emotions,

and our values, you'll have this synchronicity that is going to help you be as grounded as possible, okay?

When your needs are met, your emotions are steady, and you feel like you're in alignment with your values, that then gets us to this bottom triangle, and here's where we're going to start to take the notes for today.

And certainly, if you haven't been here, you have questions, or you want me to clarify anything, please let me know. But let's talk about this bottom triangle. Remember, I told you I was going to come back Tuesday with three additional components that you need to have alignment with in order for alignment to happen, because if we're out of alignment with things, right, now our voice is not confident, we can't protect our piece.

In fact, sometimes we disturb our own piece because we're not in alignment in those two triangles. And then we stay in that comfort zone, because if we move out of the comfort zone, then we're going to risk exposure.

We're going to risk the potential to be seen, right? We're going to risk the potential for people to go, oh my God, what was wrong with Kim? Like she was snappy, or she was sure, and listen, we're all human.

Hi, Jennifer, good to see you. Happy Tuesday. How's it going? How's the substitute work going? I saw you streaming yesterday and could not get in, Jennifer. I wanted to say good morning to you, but I did see you on.

So I hope you're doing well. Everything is going well on your stream and with the new routine, right? A lot of adjustments that's happening. So thank you for being here. When we are not in alignment, right, the whole component that we talk about around staying in our comfort zone becomes more prevalent.

Because if our needs are not met, if all of these things are off, then we will retreat to places that we can control. We will retreat to places that allow us to stay hidden and not expose. We'll in fact even retreat to places until we can figure it out quietly behind the scenes so that we present the way that we want to present instead of operating in a vulnerability mindset and saying, right now I don't have it all together.

And so my needs are not met. And I need to spend the time prioritizing that because if we prioritize ourselves over other things, people, what do we risk? We risk the potential for people to judge or identify us as selfish or whatever else, right?

When we put our needs first, but when we don't prioritize our needs, we then don't show up as our best self. I was in Bearded Baritone's stream last night. He does ASMR on Mondays and he had this great list which I'm gonna bring into a future conversation around alignment.

And one of the things on there was talk... I forget one of the tenants that was on there, but it basically talked about how self-neglect is real and how we neglect ourselves with like intentionally.

We intentionally say no to ourselves to say yes to somebody else to garner validation or love or peace or whatever while in so doing create this disruption that ultimately leads to not being aligned.

I was thinking about that last night as I was preparing for my stream this morning. And that gets back to right having a confident voice. When your voice is confident, you can say no. And it is okay.

You don't mind, but the potential noise, the backlash, whatever. You can exit that comfort zone of yes. Yes is a comfort zone, ladies and gentlemen. Like I don't know if that has been very clearly stated, but let me be the first to just present that for our consideration.

Yes is a comfort zone and no is a place of anxiety. When we say no, we get anxious about the backlash. We wonder what the whispers and the conversations around us are gonna be. Yes is a comfort zone because we get that temporary or short-term gratification of pleasing or acknowledging or having someone say, oh my gosh, thank you.

You're such a lifesaver. And then immediately we go into this anxiety-ridden mindset of saying, well, now I've got to do this. I've got to change these things around. I've got to. I've got to make sure that I now move this.

I undo that. I canceled this. I changed that. And then we say yes in this comfort zone. And then someone who may not care as much about that comfort zone or the things we've had to change around to accommodate a yes, they may so quickly come in and be like, oh, nevermind.

And now they have no idea what we have undergone to support their yes. Oh, sorry, Kayla. Love you. mean it. Okay. And so there's so much of that happening. These are recurring themes that happen with our families that happen with our friends in certain social circles.

Listen, folks, this, dare I say this is a component of why people experience church hurt, why people experience hurt in professional settings, right? Where we write somebody says, Can you get this to me by a certain time?

And we say yes, and we don't eat lunch and we don't go to the bathroom and we blow off a meeting to get this done. And the person says, Oh, you know what, we actually don't need it until this it, right?

So this whole fire drill is created. Yes, is a comfort zone. We need to acknowledge that somebody write that down because I will forget it. If I don't do it, and I can't, I don't have an ink pen close to me, somebody write down, yes, is a comfort zone.

And there's all these things that go into saying yes. And once we do that, our voice is not calm, excuse me, our voice is not confident. And we're staying stuck in this comfort zone, but now we're angry in our own comfort zone.

We're angry in our own safe space, right? We do not want to be angry in our safe space. You want to be in your safe space and feel good. You want to feel confident. You want to feel engaged and you want to feel happy and intentional, okay?

So when we think about this whole motion, absolute thank you, Kayla, so when we think about this, this now gets us from the top triangle to the bottom triangle. You see alignment is in green there, and I picked green intentionally, right?

Because when we think about our stoplight, green, red, and yellow, sometimes alignment can be red, meaning we are out of alignment, ladies and gentlemen, this is not happening. Sometimes yellow can be removing towards alignment.

We're not quite there yet. Remember, yellow is we're cooking with gas, but not too fast, okay? So we're moving towards alignments. Maybe I'm not feeling as great. Maybe some of my needs are met, but some aren't.

But there's three more things that, absolutely, Jennifer, right? Well, there's three more things on this bottom triangle, I'm sorry, on this bottom triangle that I want to make available to you. We also need to be in alignment with our mindset, our choices, and our behaviors, okay?

Hopefully this is making sense for everybody, but we need to make sure that we are in alignment with our mindset, meaning how we think about things, how we acknowledge things, how we process things, acceptance of certain things, decisions, choices, whether they're our choices or the choices of others that now impact us.

We have to be in alignment with our own choices. Am I choosing this for me? Am I choosing this because I'm pleasing someone? Am I choosing this because it's the lesser of two evils? It's the path to least resistance, whatever it is, but you do have to get clear on that choice.

And you do have to be okay with it. You have to be okay with everything you're okay with. and you have to be okay with all the things you're not. Otherwise, you won't be in alignment with your choice and you'll have that dissatisfaction.

And then you have to be in alignment with your behaviors. So how you're acting, thank you, LaWanda, how you are acting, how you are, how people are experiencing you and what it means to truly say, despite this choice that I've made, I've made peace with my choice in my mind and in my heart, right?

And I'm gonna show that through the way that I act, the way that I talk, the way that I move, whatever that looks like, okay? Those things need to be in alignment because let me tell you something. If your mindset is out of alignment, okay?

And I mean this truly. If your mindset is, oh, this is the worst, you know, I don't like this, this, you know, whatever it is, but if it's out of alignment, out of alignment from a positive place or a higher vibrational pace, I'm telling you your behaviors will reflect your mindset.

And because your behaviors reflect your mindset, there's a direct parallel to the choices that you make. If you're, if you are in a bad place mentally, or if you, good morning, Amy, good to see you. Happy Tuesday.

Thank you so much for being here. Um, when you are in a bad, we are talking about alignment, Amy, and I just introduced the second part of the triangle to everyone, um, so that you could, we could all see it.

And so we talked last week about emotions, values and needs. And now we'd be in need to be in alignment with our mindset choices and behaviors. Okay. When you are, when your mindset is poor, right? Mindset can be attitude.

It can be intention. It can be any of those things, but when it is not strong, when it is not grounded or rooted in positivity, higher vibrations, opportunity, your behaviors will indicate your choices, right?

Essentially it's like being petty. Let's just use that as an example. If your mindset is petty, then your behaviors are going to be petty, right? Well, Luna Moonblood, good morning. Good to see you. Thank you so much for being here.

Happy Tuesday to you. Good morning, Reason. Good to see you. Thank you so much for being here, bringing the gospel takeover family into the blueprint. Happy Tuesday, SFC fam. Salute to all of you. Massive shout out to One Reason for the Ray.

Thank you, Reason. Good to see you. Happy Tuesday. How was the stream this morning? I hope it was wonderful. Good morning, SFC fam. Come on in. Make yourself comfortable. We are continuing our alignment conversation, please, and thank you for refreshing your screens.

Let me do a quick reset and then I will jump back to the graphic and we will finish our conversation around alignment. So if you are new, if it's your first time in, or if it's been a while, my name is Kim Blue.

I see your reason. My name is Kim Blue. I'm an HR strategist and a career coach. Welcome to The Blueprint. This is space where we come on Tuesday mornings at 8 a .m. and on Thursday mornings at 11 a .m. both Eastern Standard Time to chop it up about all things personal and professional development. I am so happy to see all of you. Thank you for being here. This is our podcast where we talk about how we can be in alignment to work on being our best selves, both in professional conversations, personal conversations, just showing up as our most authentic self.

And today... We are talking about alignment. This is a continuation from our conversation last Thursday. So thank you for the raid reason. Thank you for everybody who is coming in, who is new if you are for any new follows.

Thank you so much for being here. Let me go back real quick and greet the SFC fam, make yourselves comfortable and at home. And we will ensure that we pick this up right where we left off. We just got to the second part of our alignment conversation.

So you all are right on time. So good morning reason, good to see you. Thank you for being here. Good morning. Is it Red Avisis? I think that's it. Good morning to you. Thank you for being here. Kaby Brown, it's good to see you.

Thank you for being here. Lamonda Baskerville, good to see you as always. Shelly Thunder, good morning, Shelly. Happy Tuesday to you. Indeed reason we are in here. Good to see everybody who came in on the raid, LaShawn 47, good to see you.

Chatty Chappies, good morning. Welcome to the blueprint. Nice to meet you. Welcome in. I hope anybody who is a first time chatter or if it's been a while, you take something away from the conversation and you find it valuable, right?

My goal is for you to leave this conversation and go use it in your day immediately, okay? That's always how we roll here in the blueprint. Luna Moon Blood, good to see you. Thank you for being here.

Miss Fortune 500, happy Tuesday to you. Good morning, Psalmist, big hugs as always. Good to see you. Thank you for being here. Your DJHB grand rising right back to you. I hope you're doing well. Did I catch everybody who came in?

If I did not say good morning, please shout, say something in the chat so I can make sure that I shout you out and show some love. So that is what the blueprint space is all about. So thank you for being here and reason.

Thank you again for the raid. Cassandra Royal, good morning. Good to see you. Happy Tuesday to you. Thank you so much for being here. All right, everybody. Looks like folks are making their way and continue greeting each other.

I'm just gonna jump right back into the graphic. so that we can round out our conversation. As I mentioned, I've got to get out right at nine. I've got a commitment and I've got a coming up later in my morning and I've got a little bit of prep to finish that with, so.

So we're talking about alignment. That's our focus for February. Last Thursday, we talked about this whole notion of being in alignment with our values, emotions, and our needs. And I wanted to introduce the second part of that to the conversation, which is also being in alignment with our mindset, our choices, and our behaviors.

And as the raid was coming in, I was speaking about how if our mindset is poor or off, good afternoon, Bohoiki God, good to see y'all. So many, so many dope folks in the chat. Go give them a follow.

Jennifer, Aimee Key, Dr. Donna Dundas, right? Everybody who's in here, everybody. TNT, everybody, so many good DJs, mods, and streamers. Okay. Definitely go find them and go follow them and then get familiar with their schedules, some great content, great music, great education being provided to you through these platforms.

So if you are not following the folks in the chat, please go do so. And they stream at all different times. So you can always go and find someone whether it is right here in your own backyard, wherever that may be, or somewhere across the globe, right?

There's always access to good things happening here. So mindset behavior and choices. Now, if your mindset is good, your choices and behaviors are going to reflect your mindset. And we were talking about being petty or we were talking about being low vibrational, right?

So if your mindset is petty, it basically means your choice is going to be good, right? It's basically like, well, if that person didn't pick their socks up off the ground, why do I have to pick mine up off the ground, right?

I can actually leave my stuff here. I'm not going to do that. My behaviors are going to reflect the environment around me. Sometimes people do that. And then we follow suit TNT. Thank you so much for the boss bits.

Appreciate you. When we think about this whole notion of mindset, understand that our mindset controls the choices and behaviors. We actually may choose to behave a certain way based on how we feel. Now we start to make the connection between the top triangle and the bottom triangle, which is how I want to spend the remainder of our time before we get out of here today.

Okay. I want to make sure that everybody understands the way that we move is directly correlated to the alignment that we have or don't have between these two triangles. Okay. Let's be very clear about that.

When our needs are not being met, our mindset immediately starts to kick in, and we start to question ourselves. We start to question others. We start to... Jennifer, right, says that she agrees with this, and this is why I wanted to...

I tried to represent this graphic the best way. There's probably a much more effective way to do it, but this is how it showed up in my brain. So when our needs are about being met, our mindset starts to shift, and we start to question ourselves, right?

We start to question whether or not there is something wrong with us. Why would people treat us a certain way? Why don't I have access to these things? How come some of the things that I'm working towards are not happening?

And I'm using this big picture, but it could also be I'm hungry, and because I'm hungry, I'm not patient. Because I'm not patient, I can't really extend grace, and because I can't extend grace, I'm now going to make a person feel bad with my words.

Does everybody see how that all plays out? Big Stowe, good to see you. Thank you so much for being here. All good on the lurkington. Happy to have you with us as always. Does everybody see how this now starts to play in, right?

So my needs are not being met. So my mindset is now poor. Now I'm emotional and I'm reacting out of emotion. And because I'm reacting out of emotion, I'm making poor choices. And because I'm making poor choices, the behaviors of the way people see me potentially makes them say, well, what's going on there?

Now I'm all out of whack with my values. Now both, right? And so you see these two arrows that are going back and forth, right? This is why those triangles are so important. And I wanted to show the relationship between both of them.

Because ultimately folks, you absolutely have to be in alignment across every single one of these, right? Jennifer says, and then it's the cycle until we can ground ourselves and identify what we need and how we can meet those needs.

Yes, listen, folks, there's a reason I started with needs, emotions, and values. When our needs are not met on any level, right? On any level, it throws every single thing that's on these two triangles off.

Typically our emotions first, then our mindset starts to shift. Popping cutie, good morning, good to see you. Thank you so much for being here. Happy Tuesday to you and good vibes and all the hugs. I hope you're doing well.

Absolutely, absolutely happening. Absolutely, right? It's this whole notion of if our needs are not being met, I'm telling you, your emotions kick in, then your mindset is all janky. And we just, listen, and then we operate in bad choices.

We will continue to make a slew of bad decisions. Then our values go right out the window and people are like, what is going on in this person's life that they feel the need to show up this way, right?

Jennifer says, that's why she's big about feelings, which is what the name of her stream is, right? It's breakfast and feelings. She does a check -in. It has really helped her become more. aware of when she might need to investigate what stories you're telling myself.

Listen folks, we will tell ourselves stories. That's where the mindset comes in. Not only we tell ourselves stories, when our needs are not being met, our mindset shifts and the emotions start to be the thing that informs the stories that we tell ourselves.

Then we make choices based on these emotionally inaccurate stories. Whoo! Emotional inaccuracies, ladies and gentlemen. We could have a whole conversation about things being emotionally inaccurate. Our words, our choices, the way that we receive other people, there's just so much that can be unpacked there and we don't even have the time to do it.

But I'm telling you, when we are operating from emotionally inaccurate spaces, it reflects in our behaviors and our values are nowhere to be found. Then we have to do a full reset to understand, well, how did I get here?

Why am I here? What triggered these things? And why am I showing up like this, as opposed to in alignment with my values, more of who I am authentically, right? Spartacus, good morning, good to see you.

Thank you so much for being here. Happy to say to you, welcome in Spartacus, first time chatter, welcome to the blueprint Spartacus. Good to see you. Spartacus, I am, so I don't know if it's your first time chatter, right?

So this is the blueprint podcast. We talk about all things personal and professional development, essentially how to be a good human being, both at work and in your personal or social circles. We are talking about alignment Spartacus and this relationship between what you see on that top triangle and what you see on that bottom triangle.

Because when we're out of alignment, one or more of these things are not being met. And they start to impact each other. And that's what you see, right? And it becomes that cycle of, I'm not getting this, I'm out of alignment here, right?

And because of that, I make poor choices. And we use the one about hunger, but let's get to one that's even a little more personal, right? That could have some depth to it a little bit more. Aimee Key, thank you so much for the gift sub to DJ Spartacus, appreciate that.

Spartacus, welcome to the blueprint. So when we think about this whole notion of being out of alignment emotionally, right? And from time to time, so let's talk about our mental health just a little bit.

Because sometimes when we're out of alignment, what happens folks is our shadow gets triggered. And we've talked about shadow behaviors. Shadow behaviors for anybody who doesn't know is those things that help us not operate at our best, right?

So we become manipulative, we become controlling, we might become, we might show up as someone who's indecisive. We might show up as someone who feels like, you know, they become judgmental. Any of those things that are those behaviors that are not at our best.

When we are not in alignment, we can, we risk triggering our shadow. Now, you all have heard me talk about mental health in our relationships. And sometimes the people that show up in our lives who in any capacity who may not have done the work and are showing up in their shadow.

Okay. And so when we think about some of the types of personalities that we encounter, when those personalities are out of alignment, they will project those shadow behaviors on us. So let's talk, let's use narcissism as an example, because I think many of us have seen that.

And I'm not, listen, I'm not a psychologist, I'm not a therapist. So, I'm talking about this in the spirit of studying human behavior. That's what my jam is, right? I think I've said this, but my master's degree is in organizational development.

So the fancy talk for I study human behavior in the workplace and I'm really good at it. And so I can look at people and go, oh, these are the things that are now going to align or these choices are gonna reflect what they do.

And so when people feel attacked, when people feel out of alignment, when people feel that their needs are not being met, and let's use the need, let's use validation as a need because just like, yes, as a comfort zone, validation is a need.

Does everybody understand that? The need to feel validated, important, as if you are contributed and not only feel it, but have it acknowledged by others. That's the real component of it. Yes, you need to like receive the validation.

Someone needs to like say it out loud, hey, you're doing this really great or whatever, but you need it to be acknowledged potentially publicly or in some other way. And when that doesn't happen, now there's an emotional response to that need not being met.

Absolutely, Kayla says that dopamine hit is serious. Validation is a full need. We may not think it is a need, but I'm here to tell you that it is. And as soon as you start to recognize certain things like that being a need, it will help increase your self-awareness and your emotional intelligence and why you can be emotionally intelligent over your emotions, okay?

Because when we don't get validated, what happens? Our mindset starts to shift and we start to think I'm not good enough. Hello, imposter syndrome, right? I don't have all of the answers or I'm not sure why they would want me to be here.

Okay, so now the imposter syndrome starts to creep in. Well, now we have all of these negative thoughts and emotions. So here's our mindset now shifting to being like, I don't really have this, but I can't let people see this.

And so now we make choices and we try to decide on how we wanna hide or cover up. And so now we are not the boss of our own blueprint because we are not being our most authentic self. And when we are not our most authentic self, we behave inauthentically, right?

And then people go, right, they're putting on, this is a front, this is the representative, whatever it is. And then people start to expect the representative from us, but the representative is not who we are fully.

And it all goes back to these needs not being met. It's such a simple thing, right? When you don't take the... Good morning, Tantrum, good to see you. Thank you so much for being here, right? But even at the simplest of levels when our needs are not met, think about how frustrated you get.

Think about the words that you use when people say to you, like, are you all right? You just pop off on somebody, right? When those needs are not being met. When we are out of alignment, we then make choices that are not positive.

We make choices that are not good, especially because when we are out of alignment, we now come from a place of emotions instead of emotional intelligence, attentional, that's what we've been talking about, how our needs are not being met and about how that potentially throws everything out of alignment because when our needs are not met, our mindset starts to shift, then we make poor choices, our behaviors reflect that, we're all emotional and we're nowhere near our values. And you just show up, I mean literally, you just show up any way because ultimately what you're trying to do is get that, Ebony, exactly, exactly, right? And it is something as simple as that, but it could show up, right?

So let's talk about the Ebony makes a great point. Let's talk about the actions and the choices, right? Ebony just talked about a choice, deletes bad behavior, a bad decision text. Taste by Tasha, welcome in, good to see you.

Thank you so much for being here. I'm telling you folks, anybody ever pop off and fire out a text or an email? Listen, the email is my thing, right? Because y'all know I work in HR. And so now we get these petty email phrases per my last email, first of all, as previously stated or indicated, right?

We get into, right, okay? Going forward, right? So we start to put those phrases in there where you know now because you've, right? Those are choices and decisions that you write, right? If you recall from our previous conversation as discussed, right?

All of these things come into play when we start to talk about that. And those are all of those, Jennifer, right? But Ebony makes a good point. Something as simple as a text can be a bad decision. Right?

All of, listen, all of those things become part of the decisions that, right, right. Listen, I have so many of them that you can, and email is a great example because that's a place where we can be like undercover petty.

We know we're being petty. As last indicated, per the previous attachment, right, if you refer back to my last, whatever, right, all of those things, but it all comes from potentially a need not be met.

If absolutely petty mindset equals petty papers. If the need is for you to read the email and someone didn't read the email, now you're all in your feelings about it. Because what are you saying? Can you just read the damn email, right?

But people chose not to read the email and because they chose not to read the email, now you have to choose violence and the violence is what comes out in your behavior. Your values go out the window because now your mindset is all petty.

Oh, so since you didn't read the email, you know what? I should not even respond to them because they didn't take time to read the email. All of these things show up, absolutely. I told Kayla, he was the pilot of the pedicopter the other day, right?

But all of these things, and something as simple as a text, but think about the domino effect that all of these things happen, when one thing is out of alignment. So there's a lot to be said for making sure that you own these things, right?

Tantrum, cool ladies probably, what keeps you from choosing violence, tantrum. Yes, big stove. He is the pilot of the pedicopter, right? But I'm telling you, right? All of these choices, these decisions, and not only that, sometimes they're premeditated.

We know, we can't, absolutely, right? Responding with an, listen, we can't wait for someone to send us an email or we can't wait, right? Sometimes you are ready for the petty, or you are ready for the smoke, right?

You are ready for anything that is gonna allow you to make, to come from, because what you wanna do, part of this is also that comfort zone that you retreat to. We don't call it a comfort zone, but it's the space we go to when we know we wanna be petty, because then we can misbehave in those spaces.

We then say, right, absolutely, we are ready for the petty, Kayla, ready, okay? Absolutely, Shelly says, so you choose to throw me under the bus by not reading what was clearly communicated, got it. So I took the time to write this email, you didn't read any of it, and then you came to this conversation asking me questions that are clearly answered in the email.

So now we've wasted time, you've wasted my time, which is currency. Now I'm emotional about that and I can't operate at my highest potential because you chose to, absolutely, absolutely, right? And it, so does everybody, so now it's so, it's so easy for us to get out of alignment family and I want to stress that.

I want to stress why these relationships are so important and this is why self-awareness is directly connected to that and we're going to talk about that on Thursday. This whole notion of how we connect self-awareness to our alignment.

If you are hungry you need to stop and eat. Listen folks write this down absolutely big story so you didn't listen to my voice. Did you read the text? Did you see anything right? Did you see the attachment?

No I didn't even get a chance to read it but I sent it to you yesterday. What were you doing? You asked me just not on that you asked for this and then you didn't read it you asked for it and you didn't do the very thing that you asked right and so now here I am looking crazy all out of alignment and off my game.

When we can be self-aware of how people's behavior absolutely you ask for it. When we can be self-aware of how, absolutely, Dady, and we're going to talk about Maslow on Thursday, right? Because this whole notion, right, taking care of your needs before acting wonky with other people.

Because here's the thing, if the needs on the bottom are not met, if you know anything about Maslow's hierarchy of needs, at the top is self-actualization. You cannot have any awareness of what's going on. She's at work right now, looking at a strange email response from a person. Yes, okay. I'm telling you, G class, good morning to you. And

yes, so you asked me for it and you didn't read it. You asked me to create this, and then you didn't even look at it.

But you came to this conversation void of all knowledge, opportunity, information. And so now we have to slow down our progress because we cannot move forward because of your choices and actions. And now I'm all out of alignment emotionally, because you chose not to do something that you needed to do.

And now our triangles become all out of whack. What I'm going to add to this is what it looks like when our triangles blow up. Because they do blow up. And then all of the things that happen, right? And so instead of you see these nice graphics in the middle, yes, Jennifer, we'll see if we can get them animated, right?

But these things absolutely tantrum. It becomes a Bermuda triangle. And then all of this loveliness where we're trying to have these foundations goes all out of whack. When the triangle opens up, everything that's in the center where the calmness and the rationale is goes all out the window.

And everything else is game, right? It's all game for just it to be a crapshoot, a crazy show. Dr. Davey says that's been her entire professional career, unfortunately, and folks want to act like you're going to pivot.

Absolutely. Right. And then you now you have to work on on you so you can be the better person because somebody else is out of alignment. Let me tell you something folks, alignment is work. Alignment is work.

And if you don't do the work to be aligned or be self-aware on your emotions, values, and needs, your mindset, choices, and behaviors will shift everything. Full stop. Absolutely, Jennifer, sometimes we see people spinning and we're like, I don't want to be parts of that, but you have to stay grounded so that you don't get caught up in the trade winds, right?

Tantrum just said, right? We don't want any traveling violations. You need to be, right? We need to be where they need to be. I get you, Davey, right? Davey says it's not in the framework for nothing, right?

She's gone there with quite a few people. And here's the thing. You get to a place where you are now saying, my alignment is work. it is off because of other people's choices and what do we, what we have talked about not giving away our power in this stream on several occasions right when you are out of alignment as a result of somebody else's choices you are giving away your power and we don't give away our power we operate in it full stop right through our word economy through our ability to recognize what we are avoiding and when we need to take action all of that is part of how we get absolutely interred good to see you thank you so much for being here right traveling violations i'm telling you sports analogy tantrum is on to something y'all here we go thinking that we're

on the right then then here comes somebody walking with the ball i gave it to you but you know you had a dribble right if anybody hopefully everybody understands this but you can't walk with the ball you have to dribble and take a step you just can't walk with it and hold on to it right absolutely dady this is why setting boundaries incorporate assessing our headspace and protecting our energy and what we know about protecting our energy is right here because when we want to be aligned internally right we absolutely have to protect our peace tantrum right you all get it clearly you all are getting it and we're using this taste by thank you so much for the boss bits appreciate you okay but here's the thing ladies and gents before we get out of here when we don't own where our alignment sits those two triangles that you saw there explode right and if we go back to this what we're going to see is absolutely you have to focus to shoot your shot shout out to em terry for adding that gem okay we When the triangle opens up, and I got to figure out how to get a graphic where we can see the triangle open up and all the good stuff from the alignment goes right out the window, and then it's just a mess of sorts, then we are a mess.

And then that's how people experience us. And then we're not operating on our highest potential. We are not adding value. We are being authentic, but it's our authentic shadow instead of our authentic light.

And we want to be in our authentic light, okay? All right, ladies and gents, that is our blueprint for today. I've got to run out of here so that I can get myself together for, good morning, Diamond Lee, good to see you.

Thank you so much for being here, right? I've got to run out of here. Exactly, attention, we are on time because I've got to get somewhere and I cannot be late for this. I am speaking at a company for their Black, as a part of their Black History Month, and I'm doing a series.

And I've got just a tiny bit more prep that I personally wanna do to make sure that I am where I need to be. So that's, listen, Diamondlee, you came in and you were here and that is all that matters.

So don't worry about being late. You were here. Good to see you, LV. Thank you so much for being here. Appreciate you. Good talking moats in the chat. Shout out to everybody who was here today. If you were lurking, working and commuting.

Reason, thank you so much for, Emteri. Listen, Emteri, you know this is coming. So just, you're gonna see this again, right? You're gonna see this again. Reason, thank you so much for the raid. Thank you for bringing folks over and for giving everyone, there's so many great folks on this morning that we are gonna go and see that I would love to take us to. I gotta try to, we gotta try to work our way around. Okay, we're gonna go see Alize this morning. Okay, because I rarely get to go raid into him. So we're gonna go spend some time over there. Tank, good to see you.

Thank you so much for being here and for the re-up. Incognito, good morning. Good to see you. Thank you so much for being here. Shout out to everybody who is coming out of LERT to say hello. I hope everybody took something away from the conversation.

Please come back on Thursday morning at 11 a.m. Eastern Standard Time. We are gonna pick this graphic up and we are gonna talk about what happens when those triangles explode. We are gonna bring Maslow's hierarchy of needs into it and then we are gonna apply this to like, we're gonna go back to Ebony's asterisk statement, which is delete bad decision text.

Okay, that is where we're gonna be. So Thursday morning at 11 a.m. Eastern Standard Time, that is where we are going to be. I am super happy to see you. Okay, you can send us whenever you're ready. Okay, I think he's up if I'm not mistaken.

Yes, hopefully he's there. I think he's not going out. So listen, folks, I am on. I am excited to like bring the rest of this to the conversation. Alignment is our February focus, that too tantrum, right?

Alignment is our February focus. So I want you to spend time being focused on what that means for you. At the end of every conversation, my exit mantra is I am sending you into your day and into whatever it is that is ahead of you with all of the good energy and light you will need to guide you.

When I say take very good care of yourselves, I'm talking about the things that we talk about in these conversations. So when we're talking about our needs being met, when we're talking about checking in with our emotions, when we're talking about this whole notion of our mindset and what it is, all of these things are choices.

We choose to say yes, we choose to say no, we choose to be in alignment with our values, right? We choose to like eat lunch or not eat lunch, but all of those things have impact on what our needs are.

Okay, so I want to make sure that we are intentional about taking care of ourselves. So when I say to you, I am sending you into your day. Good to see you, Vader. Good morning, good morning. Thank you so much for being here.

Happy Tuesday to you. Beard Veritone, good morning. Bearded, I was just talking about you and the article that you referenced. I'm gonna bring it into the conversation on Thursday. So hopefully you can make it or catch the replay, all right?

All right, folks, sending you into your Tuesday with all of the good energy and light that you need to guide you. Take very, very good care of yourselves, okay? I will see you

again on Thursday morning at 11 and on the other side, we're on our way to go see Alize.