

The Blueprint Four Ways to Solve for Common Avoidance Behaviors April 16, 2024

April 16, 2024 · 87mins

Transcript

Thanks for watching! Good morning, everyone. Happy Tuesday. Thank you so much for being here. If you are new to the stream, if it has been a while, if you happen to be new to Twitch, let me introduce myself. My name is Kim Blue. I am an HR strategist. I am a career coach welcome to the blueprint This is a space where we come on Tuesdays and Thursday mornings to chop it up about all things personal and professional development I fundamentally believe that everybody should be the boss of their own blueprint and that means having access to The knowledge skills capabilities and resources so that you can do three things every day You can operate at your highest potential You can add value to whatever work you own or are responsible for most importantly and you all know this Because I stress it at the top of every one of our conversations that you can show up as your most authentic self because when you are authentically you, you can be great in your gifts.

You do not have to dim your light. You can give your best to the world, but you also set yourself up to receive the best the world has to offer. And that is truly being the boss of your own blueprint. So this is a space where we come to do the work. We find ourselves holding mirrors and also making sure that we are looking out the windows because we wanna see what opportunities are available to us. And we do it in a community that is here to provide support. And love as we step into all of the things that are ahead of us, okay? So with that, let's go ahead and do a little housekeeping. We'll say good morning, and then we will jump into today's conversation. We were picking up from last week, talking about ways to solve for common avoidance behaviors, because from here we're gonna move into our action and accountability strategies, okay? So avoidance 2.0 has been our focus for this April.

You all know that the key Kim Jim is avoidance is not a strategy. Hopefully everybody has been taking their notes and they have been keeping up with all of the things. I've got some new things that I wanna introduce into you today. There is a new mantra or a new Kim Jim that I want to make sure that I share with you. So get your notes ready, get your pins together, because we are going to take our journey this week into how we actually kind of wrap up things with avoidance, but set the stage for how we move into action. So first things first, let's talk schedule. I believe I mentioned this last

week, but just in case, I did not. So on Tuesday, April the 30th, that's two weeks from today, there will be no blueprint, okay?

I will make sure that I put it in my IG stories well ahead of that. So if you're not following me on socials, exclamation point socials for where you can find me. And I will be putting this into my IG stories. It will not be a post. So be on the lookout for the stories. You'll start to see it circulating about three days before. So probably that Saturday or Sunday, I will be traveling to the DMV area to facilitate some leadership training. And so there will be no stream on that Tuesday because I will be active that day. So no stream two weeks from now, Tuesday, April the 30th. There are some May dates that I already know that there will also not be a stream. But as we get closer to those, I'll make sure that I put those dates out there to you so everybody is aware well in advance. In addition, exclamation point coaching for anybody who is interested in getting more information, joining the Blueprint Coaching Group, we are in our fourth month adjusted to check in with our group.

We had our group call last week, and it was so good. I'm loving how things are just naturally gelling among the group. And so by the time we meet, we're able to bring things into the conversation. And it just makes so much sense to shout out to my Blueprint Coaching Group. If you are lurking behind the scenes, good morning, and thank you for being here. Thank you, Kayla, for putting the link in the chat. That link right there, ladies and gentlemen, will get you where you need to be. I believe that Jen is in here. So you can certainly send Jen a little note and she can help you with any questions that you may have around that as well. But it is going swimmingly. And I am grateful for everyone, the cost if you are interested in coaching, right? Because you get one -on -ones with me, you get the opportunity to bring your thoughts to the group and actually shape the direction that our coaching goes in. You have access to resources that are starting to be posted via the Facebook page.

There's webinars and all types of things that are taking place. It is \$50 a month for you to reserve your spot. And then, so that equates out to about \$600 a year. So think of it as a plane ticket or investing in something else. Your development, being the boss of your own Blueprint, all of the things I talk about in my opening mantra are worth it. So give it a consideration. It is very much manageable in terms of costs compared to maybe what you would find out there if you were going to get coaching in a different capacity that is specifically for this community. So exclamation point coaching, if you are interested in that, that will get you opportunities to sign up. Or if you want more information, please just reach out and set time with me, right? I'm happy to do a quick 15 -minute chat or have some conversation.

I know many people who have reached out and whispers or have reached out in other ways, happy to take those conversations and you can certainly join whenever you are ready. If you're interested in figuring out how you can get your organization to cover the cost, whether it's through professional development dollars or something else, let me

know. Got templates that we can use to help you build a business case, okay? So with that, let's say good morning to everyone that's in the chat and then we will get started with our conversation for today. So to my mod bosses extraordinaire, Kaylaak and My Like Journey, good morning. Thank you so much for being here. Appreciate both of you and all the things that you do for the stream. I see some great folks who are already in here.

DJ TNT, good morning to you. DJ Classics, good morning to you. Go give both of those folks a follow coming in first. And early, I see you, good morning, Jen. Welcome in. Good morning, Jennifer. Good morning, good morning. Oh, Jennifer says you tweeted the stream. Thank you so much, Jennifer. I appreciate you. Happy Tuesday. and enjoy the walk with your cat. I understand how that fresh air time is. I take a walk with my dog every morning to get my day started, so enjoy that. Good morning, Music Love of 21, happy to see you. Dr. Donna Dundas, Tuesday blessings to you as always. Thank you so much for being here. Sea Love 702, welcome in. Good morning to you, and thank you as always for your support. Ebony ATL, good to see you. Good to see you on Saturday, Eb. Happy Tuesday to you. Thank you so much for the re-up for the last six months. Appreciate you, DJ Neat 10. Good morning, good morning to you, Queen.

Happy Tuesday, go give Ebony ATL a follow. DJ Neat 10 a follow. Amazing folks who are doing great stuff on Twitch. They have all types of good things happening in their streams, so go find them or go find their mods and give them a follow for sure. You won't be disappointed. Michelle22, good morning to you. HR Nerd, good morning, good to see you. Thank you so much for saying hello. How have you been? We are overdue for a check-in, HR Nerd. I know you have been out here grinding and doing all the things, so the fact that I'm seeing you either tells me that you are coming to get some recharge for your soul or we're due for a check-in or both. So you just reach out and let me know. Good to see you, STRS. Happy Tuesday to you, welcome in. If I missed anybody, as I'm saying hello, please say good morning in the chat and I will give you a shout out.

Virtual salute to everybody who is working, lurking and commuting. You all know how I feel about the mornings and you all know that I know that this is a time that should be in service to you. So let it be whatever you need. Thank you so much for being here, whether you have a tab open, whether you're active in the chat or whether you are listening in whatever way. Thank you, I appreciate it. Virtual salute to all of you. Auntie Diddy, good morning. Happy Tuesday to you, thank you for being here. Dr. Dady Priest, my soul sister, good morning to you. Happy Tuesday, I am excited, Dady, to hear about how your classes went last week coming off of all of the things that we were talking about. I know you were gonna have some good updates for me when we get a chance to connect. So go give Dr. Diddy a follow, Auntie Diddy a follow, write some great mods and DJs and streamers who are in here, okay?

So thank you all for supporting this space. I am excited for our conversation this week and we are gonna kick it off with a new grounding foundational principle. Let me get my notes, okay? So if we are to go ahead and get your pins out, okay? So we can kick off with this and I'm sure my mods and I'm sure everybody's gonna be like, here she goes starting early, but I had time last night and this morning. So you all get to be the benefit of the debt, beneficiaries of that, okay? So as we're talking, yes, already Ebony, right? At 8 .13, go ahead and get it. So here we go. We've been talking about avoidance 2 .0 and we've been talking about common avoidance behaviors, okay? Now, let me just go ahead and... Throw the slide up really quick because I just want to do a reminder. Here are our avoidance behaviors that we've been talking about or avoidance coping. Okay. And what we mean by avoidance coping is what are the things that we do to avoid actually doing the work that we need to be doing.

Okay. I did get a nap Kayla. So there it is. So when we talk about this, what are the five common ways that we avoid? That's what you see here on the stream for anybody who either hasn't been here or if you're coming in or if it's been a while, right? You want to get a recap. So we avoid through not dealing with our feelings. Okay. We also avoid through action avoidance. So we don't do things that trigger thoughts or memories from the past that could show up as PTSD or any type of trauma or unresolved resolved issues. And I want to talk about how sometimes that can show up right in the form of bias. All right. So sometimes action avoidance can show up in the form of bias. We also avoid mentally. Okay. Mental avoidance is when we maybe have a goal or some outcome that we want to achieve, but there's all of these thoughts that show up that maybe produce anxiety or that give us this sort of anxious feeling or things.

And we start to think I'm not going to accomplish it or whatever kind of negative mantras that show up for us. And so we just stop all together because we let the thoughts win and we let the thoughts take over. Okay. Task avoidance kind of similar to action avoidance. We don't actually do, um, yes, stir it will, no worries. It'll be up shortly after I end the stream. Okay. It should be up by about nine 30 or nine 45 this morning. All right. So then task avoidance is we just don't even start it. We just go, you know what? I don't even see my way through it. So I'm not even going to worry about it and I'm just going to leave it be. All right. And then we avoid certain things because we don't want to deal with our feel the physical sensations of it all. All right. So we might avoid things like exercise. We might avoid conversations.

We might avoid certain things like taking the stairs or talking to people, or we might avoid going to the doctor because we don't want to experience all the anxiety that comes associated with white coat syndrome or hearing noise or hearing news that could trigger certain feelings in us, right? So we avoid going to the doctor, all of those things, right? Good morning, double spirit. Good to see you. Happy Tuesday. Thank you for being here. All right. All right. So these are the ways that we commonly avoid. And then we are going to revisit the two approaches that we talked about last week. And then

we're going to introduce one more today because we are talking about four ways to solve for common avoidance behaviors.

Okay. Um, good morning, Latisha P. Good to see you. All right. Now here is. Um, the new, um, the new Kim Jim that I want to make sure that I talk to everybody about and you're going to see this, um, again. So I want everybody to get their notes and write it down. All right, here we go. Everything that is permissible is not beneficial. Let me say that again. Okay. Everything that is permissible is not beneficial. Right. One more time for the people who might be taking notes. Everything that is permissible is not beneficial. All right. We hear oftentimes like, right. You've heard the phrase everything in moderation, even things that are in moderation are good for you, not good for you, right? Too much of a good thing can even be bad for you, whatever that looks like. Okay. So what do I mean by this? What I mean by everything that is permissible is not beneficial means that if it is available to you, if it is accessible, if through whatever channels, vehicles, or resources you have, you can have access to certain things.

It does not mean that because it's permissible and by permissible meaning you have permission, you have secured your access. You have been able to understand or come into agreement with this is available to me and I don't have to go through the necessary channels or red tape or rigor to get it. That does not mean that it is beneficial to you just because you can go get it. Just because it's available does not mean you should take advantage of it or that you should even get access to it. In fact, sometimes the things that are permissible to you, you should absolutely leave alone and you should let sit still because that permissibility can be something that perpetuates right procrastination. Let me say that again. Sometimes that permissibility is something that can perpetuate procrastination. So you may have permission to access space resources and things like that. But sometimes that permissibility could be delaying the actual action that you need to take.

Good morning, Nikki Walker. Good to see you. Happy Tuesday to you. Welcome in. So when we think about this whole notion that everything is permissible is not beneficial. The question that is begged is, if I go and do that, is it going to be right for me? Is it going to be good for me? Is it going to be in service to my happiness? Last night I was talking to my life journey and she told me that a friend of hers shared with her that we were in a season that is happiness over everything. Okay. And so sometimes yes, happiness over everything, but how do we achieve that happiness? Are we achieving that happy happiness through the right actions or are we going to get it through coping, avoidance coping? Meaning I know that I need to go do this, but this is the thing that makes me feel good It's I'm gonna go for the feel -good thing Instead of doing the work. All right Now the the second Kim Jim that I want to put out there to you Okay, and I had this revelation while I was walking a few weeks ago When I took a reduced soccer practice, so when I take every to soccer practice on Tuesdays Mondays and Wednesdays I use that time to exercise sometimes I use that time to catch up on

phone calls but I always use that time to think okay, and so The second Kim Jim that I want to offer to everybody today is don't avoid the work or the weight Don't avoid the work or the weight.

Okay, because sometimes we avoid the work Yes HR nerd this is what you've been missing, okay In here right because here's the thing sometimes in avoiding the work W a I T Keith, thank you for asking that and good morning to you. Okay, don't avoid the work or the weight now we could get into the W E I GHT Keith, but we're gonna talk about the W a I T today because the weight right Ebony It could be both but today Specifically we're talking about the weight as in like the time the patience the pause Okay, because sometimes we'll try to go around the weight the W a I T in Order to not have to do the work But sometimes the work is in the waiting and we're impatient people Okay humans by design are impatient and so when we don't want to wait We do unnecessary work.

And what do we know about doing unnecessary work that busy does not always equal productive, right? Isn't that one of our? Foundational gems that we started out with. Good morning big stove. Good to see you. Thank you for being here. Good morning Keith again Good to see you. Go give Big Stove a follow, all right? Good to have both of you in here, okay? Let me put up this one more time in just a moment, okay? I wanna go back to this comment. Big Stove says, there's always a period of time between planting and harvest, 100% Big Stove, right? And so here we get into this space of, don't avoid the work and the wait, sorry. All right, so those are our two Kim Jims. Everybody got that? Everything that is permissible is not beneficial and don't avoid the work or the wait. Because when we do when we seek permission, or when we go seek out things that are available to us, sometimes those things that are available to us are actually things that distract or actually things that keep us from feeling like I have to deal with the feelings, or I have to deal with my healing because sometimes we don't want to deal with what it means to heal, because healing comes in the form of a mirror.

Okay. Did you just say 40 12? Oh man, you made me laugh. So here's the thing. When we don't want to deal with our healing in whatever way this is now it's personal and professional. Sometimes we don't want to deal with our healing. Okay. Happy Tuesday, Katie Browns. Good to see you. Thank you for being here. We don't want to deal with what it means to heal, because our healing means we have to look at ourselves in the mirror. And then what do we do when we look at ourselves in the mirror, we start to not manage those mental mantras. Okay, because we see what we don't like, instead of acknowledging what we do see or what's really working well. Okay, and those mental mantras begin to take over, and then we kind of find ourselves reverting to those avoidance behaviors that we talked about.

So now I'm not going to do the task. Now I'm not going to step out into this space where I'm thinking about things. I'm not even going to start it, right? I'm not even going to take that action. I'm not going to talk to this person, whatever the case may be. Ebony A

.T .L. says, I spent the pandemic healing, but did not get the opportunity to put it into practice until last fall. So your mind and body are defaulted to pre -heal actions. That is so good, Ebony. So now here we are. It's almost like we're in two different dimensions. My body is up here, and my mind is down here. Do you all remember last week, or the week before last, where I talked about having your house in order, right?

I said, there's the what you do and the how you do it. This is what Ebony's talking about. She did the what, right? She did the healing, but the how she did it, there was no alignment in there. And so now her house is not in order, right? So she's reverting to these actions that were available to her at the start of the pandemic because we go back to what is familiar. We go back to what is intentional and we go back to what is comfortable, i .e. the hamster wheel, i .e. these other things. Good morning, Amy Key, good to see you. Welcome in and happy Tuesday to you. So now when we look at these things, where we look at this space where we're saying, right? So Eb is basically saying, I went back to what is permissible, what's available to me, or I reverted to these things that I knew were going to help ground me. Even though I had done the work to heal, I've got to have this mirror moment with myself and go, now, what do I need to do to find alignment? Because that's essentially what she's being vulnerable about and I appreciate you for that Ebony because there's a level of vulnerability that's like, but I have to now look at myself and say out loud, there's still some work that needs to be done.

Here you go, Eb. So that mantra was for you. Don't avoid the work or the weight because there's still work that you need to do. And if you keep waiting to do the work, you will delay your healing. And the feelings that come in the wake of delaying your healing are all the things that get messed up in our heads and they get munched up with all of the good stuff that we're trying to produce or put out there. So thank you, Ebony, for your transparency. What did I say a couple of weeks ago that vulnerability is a resource? Do you all remember that? Vulnerability is a resource. So take advantage of this opportunity to be vulnerable, okay? So we're starting out real strong today, everybody. So if you missed it, let me read these two to you again. Good morning, Martian Queen. Good to see you. Happy Tuesday. Welcome in. How are you doing, Martian Queen? I am so happy to see your name in the chat. Martian Queen, we are doing the work. This is April. We're talking about Avoidance 2 .0. And we are introducing new mantras into the blueprint regime this morning.

I'm going to recap and then I'm going to get to your comment, Dr. Dede. So the first one is, everything that is permissible is not beneficial for those who may be lurking or coming in behind the scenes. I see you. Good morning and welcome in. Okay, everything that is permissible is not beneficial. And the second one is, don't avoid the work or the weight because human nature is to avoid the work. And we are impatient. But if we are talking about solving for avoidance behaviors, we can't do that. We cannot avoid the work or the weight. Dr. Dede pre -says, when we begin new behaviors, we

have to have time to practice what we expect and give our attention, ourselves grace in the process. That's real good data, because the other thing that goes along with that is in that practice, we also have to give ourselves the time to like mess up, and then to learn throughout what that practice opportunity is.

Because then when we mess up, we have to be comfortable enough to say, Oh, I did mess up, I need time to course correct, I need time to figure out what it is that I should be doing more of or less up, right? You all have heard me talk about the start stop continue method. I would encourage you when you have your check ins with yourself, especially when it comes to avoidance behaviors, right? What is it that I need to start doing that I'm not doing? What do I need to stop doing? That's not in service in me and what's in service to me and what's working really well that I just need to continue doing, right? Start stop continue. All right. What are those things?

And oftentimes we know the things that we need to stop doing and we know the things that we need to start doing. We're comfortable continuing, but it's that start and that stop that get us. The start, stop, continue method goes hand in hand with, don't avoid the work or the wait. Does everybody see that connection? Because when we continue to avoid or stop, or excuse me, start doing the thing or stop doing the things that we know we need to do. If we keep doing the things that are not in service to us, that's avoiding the work. When we start doing the things that are in alignment with what we should be doing, that's doing the work, but are we allowing ourselves to be accountable for doing it through and through, right? And seeing ourselves completely in action, right? And what I mean by seeing ourselves in action is, it's are we saying, I know that these are the four things that I need to be doing. I'm doing two of them. I've yet to start these other two, but ultimately I'm still in a state of avoidance because I haven't started all four.

Does everybody understand that? You're gonna be doing two things, okay? But if you know you need to be doing four and you're not doing all four, you're avoidance coping. Does everybody see that? Let's put this up one more time. If you know you need to be doing four things, right? So let's say you're employing the start, stop, continue method. And this is really powerful for those of you who are thinking about this from a work standpoint, okay? Nikki Walker and Dr. Data Priest, I see both of you in the chat. Double spirit, I see you as well, all right? If we are talking about this whole notion of what we need to do. So if you're like, here are the four things I need to start doing, but you only do two of them, you're still avoidance coping.

It's task avoidance, it's mental avoidance, it's action avoidance, but it is avoidance coping in some way. You're still employing these behaviors, okay? And I want to make sure that you understand that, because in avoidance coping, if we're doing it, if we're only doing some of the things that we should be doing, trying to solve for that by saying, Oh, well, you know what, I'm going to now access this, or I'm going to take this shortcut or I'm going to do, you know, I'm going to take this, you know, or I'm going to

delay this in some way, shape or form. All of that is avoiding the work in the weight. And so what do we do when we avoid the work in the weight? We go to the things that are permissible. And sometimes the things that are permissible are the things that make us feel good in our brains about not doing the work that we should be doing.

So let me give you an example of things that are permissible. Okay. You all hear me talk about circles and squares. Okay. Double spirit. I know. I told, I tried to get, I don't know if you were here, double spirit. When I gave the warning at the top of the conversation, I think I said it at eight 11. I said, we're going in. Hardcore right off the top this morning. I did at least try to tell everybody so that they would know. All right So let me thank you my life journey So if here's here's an example of what the permissible Looks like when we're avoidance coping. Okay, you all have heard me Talk about your circles in your squares, right the people who were in your corner the people who were in your circle, right? When we are avoidance coping When we're not dealing with our feelings when we are task avoidant, right when we're waiting instead of doing the work We will find those among our circle who will console us and not hold us accountable Okay, we will go to the folks who we know will listen the folks who we know will say I'm sorry to hear that But they also won't in the same breath go.

So now that's great that you've said that love your vulnerability But what are you gonna do about it? Are you gonna stay here or are you gonna get off your ass and move a little bit? Are you gonna take two steps forward or are we just gonna sit in this chair and look out the window? There is some time where we do need to look out the window But remember that the window is the space where we see our opportunity. So you're gonna look out I'm looking out my own window So we're gonna look out this window and watch our opportunities and see what's available to us Are we gonna get out the chair and go on the other side of that window and take advantage of them? Avoidance coping or going to what's permissible our circles are permissible to us people are permissible to us Right the things the comfort is permissible to us, but the comfort will keep you comfortable.

Does everybody understand that? Big stove Good morning spasms always good to see you. Happy Tuesday. I hope you are doing well, okay I'm to my mods. I love both of you. Okay, but y'all are petty and I and I say that from a place of love Thank you. My luck. Okay First you next is welcome in how are you. Dr. Day to preach says someone called her yesterday and got wonky because you didn't buy what they were selling. No accountability, bad energy, a hundred percent first and next or welcome in. Listen, Dr. Day, we're going to come back to that point in just one second. I want to make sure that I captured everybody. Uh, Stove says, and snatch and as it's KB brown came in with the gear, FBA deals basically says, here she, here she goes. All right. I'm telling you folks, I'm telling you. So mods after we get, after the petty lots, yes. It's like love petty. I know it. Right. But, um, here's the thing and I'll, and here's what happens.

We go to our circle. Okay. We go to our circle for comfort, but is that comfort that keeps us comfortable and we know that our circle will sit right here. You go. I'm gonna just, so here's a demonstration. Okay. Okay. We will sit right here and we will make space for whomever. is next to us. Do y 'all see this space? There's some space next to me. There's space for a chair here. So we will put ourselves right here with our person, with whomever from our circle has availed themselves to us because our circle is permissible and we will emote and we will express and they will hold all of that for us and we will let them hold it.

And they'll hold so much of that that there's no space for them to hold the mirror that we need to see ourselves in this moment. And I'm going to pause right there. My life journey says I lose my chop if I give you the code KB Brown. I'm going to pause there because I see the raid has come in. Good morning Reason. Thank you so much for being here. Happy Tuesday to you and all of the gospel takeover family. Thank you Reason for consistently coming to support this space. Reason, you may want to get the van ready though. I think once it's parked, there is no getting out of the parking garage because I think my life journey holds the code. So when you park the van and you let the soldiers out, I think they're all in. So as you usher them in, they're coming on in. So good morning Reason. Good to see you. Thank you for being here. How was your stream? I was in there a little bit this morning getting my praise and worship on before.

So thank you for the good vibes. Good to see everybody. Good morning Miss V07. Good to see you. Happy Tuesday. Good morning Scrib neatly. Happy Tuesday to you. Welcome in. Who else has come in on the stream? Good morning Rebel. Good to see you Rebel. Great stream last night. I was working and chuckling at the same time at you. Okay. I am so glad to see you, to see you on and to be entertaining the likes of Jaja Studios and the Avian dancer. Good stream last night. Good morning Shelly Thunder. Good to see you. I know Shelly came in geared up already because she says that every stream I'm coming in gear on. Okay. My life journey already said it. Once you're in, you're in. Right. One reason. Good morning. Good morning. Good morning. and you're ready, Reason, okay? So I will do a very quick, Shelly's like, I'm peeking in. I think I might need a peek in emoji, I mean, emote, right?

Everybody, so for everybody who's like coming in, you can kind of see it. All right, good morning, good morning, everybody who came in from the raid with Reason. Thank you for being here. If you are a first time chatter, if you are new to following, if you are here, let me do a quick recap and introduction. My name is Kim Blue. I am an HR executive, a strategist, and a career coach. Welcome to the blueprint. This is a space where we come on Tuesdays and Thursdays to chop it up about all things personal and professional development. So it's like digestible HR. That's essentially what it is, right? I make all of the lessons and the things that we learn about how to be good people professionally and personally easy to digest through this space right here.

Okay, so welcome in. Get comfortable. These are boardroom conversations. So once you make your way into the boardroom, right? There is no exiting the code the door gets coded if you need to use the restroom see the mods They will be able to supply you with whatever gear that you need or if you need additional gear tissues Vests hard hats weighted blankets, please see Dr. Daddy priests for the weighted blanket she'll be able to get you if you need meditation or support Please see DJ classics who may still be lurking all of these are resources that are available to our bosses Thank you for being here My life journey you let me know when the room is secure and I will continue on.

Is it platinum? CRU good morning and welcome in thank you so much for being here. Welcome to the blueprint I hope that everybody who is new or who is given a follow you take something away from this conversation That's my goal is for everything that I say in this conversation in our podcast stream Right for you to take and be able to use it immediately into some Conversation or some opportunity that presents itself for you. Okay, so welcome in Everybody gets seated and comfortable Good morning. Shelly. I think I said that did I miss anybody virtual salute to everybody who was lurking and working behind the scenes Is it miss is In this GZ 5b 2004. Good morning. Welcome in good to see you. Okay. Happy Tuesday Thank you so much for being here Jimmy transit. Welcome in good to see you Happy Tuesday to everybody who is new and coming in. Thank you for all the follows. Thank you for all the support reason Thank you again for the raid. Okay, I think reason is part of the van and we are in Alright, so let me recap really quickly. Here are the two new blueprint Mantras or Kim Jim's as I like to call them.

Okay Yes, they did she was on last night and it was a time right it was a it was a chuckling time in there All right. Trust me. Here we go the new blueprint Okay. Or the Kim Jims, as I like to call them, as they are affectionately labeled. Everything that is permissible is not beneficial. Everything that is permissible is not beneficial. Okay. And I was just talking about what that means. And we were talking about how we go to the permissible things or the things that are accessible to us because we've been given permission or access to them. And that's the example. The second one is don't avoid the work or the weight. Okay. Don't avoid the work or the weight. For my first time chatters, we are talking about avoidance and how avoidance is not a strategy. That is a foundational Kim Jim. If you know me and you've been in this stream before you've heard it, for those who are new, that's your introductory Kim Jim avoidance is not a strategy. And that's what this whole month of April is about.

Okay. Is avoidance. All right. Here we go. If you are new to the behaviors, here are the five common avoidance behaviors. And we are talking about ways to solve them, but I'm unpeeling this onion back a little bit more, because it's important for us to know that sometimes we go the long way to try to avoid solving them. Hence why we avoid the work and the weight because we're impatient. Okay. And we don't know that if we sit still

long enough to do the work, it will be okay that we'll be supported, but we don't do that. Human condition is to do what we want to do. So for those who are new or if it's your first time in the stream, these are the common things that we go towards when we avoid. And I actually asked everybody, I gave some homework over these last few weeks, and I said, I want you to identify the one or two or more than one that you may naturally align to.

What do I mean by that? I mean, when you are looking to avoid, do you task avoid or do you avoid feelings or do you just not take actions or mental avoidance? There is the head of security. Ladies and gentlemen, he is making his presence known in the back. Okay. Um, there he is. Right. He's notifying me that something is happening outside of the house. All right. So these are the common avoidance, right? Hopefully everybody got this. Feel free to take a screenshot if you would like, but I guarantee you, you will find yourself just not doing things or just not responding to emails or just not acknowledging things, right?

All of those things. All right. So now when we think about this whole notion of avoidance and we look at those two new Kim gems that I just put out there, what I was saying to everybody is that sometimes in avoiding the work, we, we avoid the work and the weight by going to what's permissible. And I said, let me give you an example of what that looks like. Okay. So we know, yes, screw neatly. Absolutely. There you go. Thank you for, thank you for asking. Okay. birthday twin welcome in good morning to you happy tuesday birthday twin uh ronzi is my birthday twin you all we are november 12th babies we are happy scorpios okay and on our birthday she made herself and me and kitty bradshaw who is not in here or kitty made us emotes not not ronzi kitty made us these amazing emotes right ronzi she made us these amazing emotes and she let us keep them up i think ronzi's is still up actually i think she kept hers right that it was it was our avatars with with queen crowns on them and it was super cute so ronzi is ronzi is my birthday twin ronzi is a streamer and a gamer so go give her a follow okay good to see you this morning so when we think about this whole notion of um how we are showing up right sometimes we show up and we don't do the work Through this script neatly.

You let me know when you're ready Okay, and that you got this and I will pull it down Okay, but I want to make sure anybody else who's taking notes gets this I'm gonna put this one up and there's one more I'm gonna put up and then we're going to I will go back to giving my example now that the now that reason is okay awesome now that this is up All right. So there's our friendly. There's our friend right? No response is a response. Y'all see this one This is another Kim Jim You can choose to evolve or you can choose to remain for anybody who's writing these things down You all know how I feel about this one. The choice is yours But sometimes through things that are permissible we choose to remain. Okay, let me take a step back Here are our mantras that we write. Good morning Hobbs. Good to see you. Here are our mantras, right?

Being busy does not always mean being productive which we've talked about. Some kind of failure always occurs before success. This is the one that I want to tie to why we avoid doing the work. Sometimes we avoid the work and the wait because we don't want to fail. Right Keith don't come at me for this one because this one is you be safe. Okay Thank you for continuing to listen during your commute. All right, this is the one Keith That's you some type of failure always occurs before success. And so we avoid the failure by not doing the work right Vader good to see you. Thank you so much for being here LMD to you I hope you are having a good morning so far turning baja. Good morning. Good to see you Thank you so much for being here. Happy Tuesday to you, right? Listen Vader, that's real because sometimes Right. No response is a response when your value is in question, right? that's a whole separate stream that we're gonna get to maybe later on this month as we talk about action and accountability because Accountability means being honest and means being true to your value.

So good morning Vader. Thank you for being here, right? And no Vader. I don't think you should DJ for fab hours for \$200. That is so that is essentially, that is essentially for free, right? Not saying that I get it. Everybody's circumstances are different, but that is essentially for free. Okay. So mantra three is you don't have to wait for an apology to forgive. Okay. Scream neatly, am I stepping on your toes? And mantra four is if listen mantra four is massive. Okay. It's not other people's job to love and respect you. It is yours. It all starts from within. Okay. So here are the mantras if you're taking these down, right? Being busy does not always mean being productive. Some kind of failure always occurs before success. You don't have to wait for an apology to forgive. This is massive because we will stay hurt waiting for somebody else and then we will avoid the work. Of forgiving ourselves for staying hurt and we will avoid the work of getting over this thing And accepting that we may not get this apology and then it's not other people's job to love you and respect you it is yours Okay All right, everybody got these Here we go See a lot of greetings happening in the chat if someone needs me to put it back up Let's I will put it back up.

All right now So I was talking about what it looks like to avoid the work so you all have heard me talk about circles and squares Yes, so your circle And your square right the people who are in your corner and the people who are closest to you. Oh Um aim a key. Let me know when you're done typing. Okay? Here it is You all let me know when you're ready Okay, and while we're doing that virtual salute to everybody who is coming in the recap. It's coming. Kayla You got it. Good morning to everybody who was coming in. I see you all giving greetings to each other taking notes Making sure that you are um following all of the amazing people in the chat Just a reminder if you're interested in coaching Exclamation point coaching is how you can get access to me. Good morning sass. Good to see you Happy Tuesday, darling. I hope you are doing well exclamation point coaching if you're interested in coaching exclamation point socials if you're interested in following me on social that is where i'm going to um Okay Okay, missy if i'd be 2004.

Thank you for being here. The the replay will be up if you would like to finish it It's usually up about a half an hour after my stream ends. So it should be up No later than 10 a .m. A training budget. Thank you for the lurk appreciate you Hobbs, how you doing this morning? Happy Tuesday to you. Y 'all Hobbs is killing it in life right now I just want y 'all to know. Okay, she's doing great stuff. Shout out to my whole Blueprint coaching group if you are lurking behind the scenes. Thank you for being here, and I know many of you are All right All right, hopefully everybody is getting these notes. Let me know, A. McKee, if you still need them. All right, so here we go. I was given an example of what it looks, so here's the recap, especially for those writers who were coming in.

So, writers, you've heard me talk about circles and squares. So, your circle is those people that you can consistently go to. Okay, A. McKee, awesome. The circle is the people that you consistently go to. These are the people that you vent to. These are the people that you emote to. These are the people that you tell about your day on a regular basis. They're the people that you connect with, right? It could be said that they know you the best, that you're the closest to them in some proximity. The people who are in your squares, though, right? Your square is what your circle is inside of, and those are the people who were in your corner. Those are the people who are gonna tell you good, bad, indifferent, left, right, up, down.

They may or may not care about your feelings, but they wanna see you win, no matter what. And because they want to see you in, the truth is the thing that is always going to be on your lips. And let me tell you something about the truth. Here's your next Kim Jim. The truth is wildly inconvenient, always. We may know it, but that doesn't mean that we want to hear it because hearing the truth means that we then have to deal with our feelings and then figure out how to heal. And so when I talk about the truth being wildly inconvenient, I mean, there you go. Reason says, I think I'm a square. Reason says, I think I'm in people's corner and I'm going to tell you what you want to hear and what you don't want to hear, but it's going to be for your own good, no matter what. And you may ebb and flow. There are people who come out of your circle or into your square. However, when we avoid the work and the weight, guess what we do? We go into our circle because our circle is permissible to us because the people in our circle say, I'm always here.

I'm going to be available to you. Reach out any time. Let me know if you've got something going on. I'm here to listen, help, hope. All of those things. Okay. So what do we do? We avoid the work by going to our circle because our circle is permissible to us. There you go, Vader. Right. Our circle is permissible to us. And so we go into our circle to seek comfort, but the comfort is the thing that keeps us comfortable. We go to our circle to avoid the truth because the truth is wildly inconvenient. And when we are inconvenienced by the truth, we don't want to do the work of acknowledging what the, that what the things are that we need to start, stop or continue. Absolutely. KB Browns. Right. Does everybody.

Did everybody get that? Right. Let me try to say that again. Okay. So here we go. We then go to our circle because our circle is the space of comfort. We might avoid those corners because those, those corners are sharp edges, right? That's where you go. And it's like, ah, I'm getting some point in there, right? All of those things. I don't, I may not be ready for the truth because the truth is wildly inconvenient. convenient. Okay, but the truth is where we are held accountable. And so what I was saying as the raid was coming in, is we take all these things and we give it to somebody else. And we fill them up with our stuff so much so that they can't hold the mirror to us that we need to look into. Right? Because the stuff that we give them blocks the window that we need to look out of to be able to see what possibilities are available to us. Okay. And because that window is blocked and because we've given all of our stuff to somebody else to hold, we now are trying to navigate through this labyrinth of limited beliefs.

And these limiting beliefs are the things that I said that I talked about last week when I was like, you have to manage your mental mantras, because now we find ourselves in this labyrinth. For those who don't know what a labyrinth is, it is a maze of sorts. That's like a fancy word, right? But this whole interwoven set of paths. that may or may not make sense. And when we hit one roadblock, we try to turn around and go into another. And as we hit those roadblocks, we get more and more confused like, oh, I can't get this or I keep hitting this or I'm not smart enough. I'm not good enough. I'm not worthy. And so now we are in this labyrinth of limiting beliefs, which then starts to take over and we get inside our heads and we limit the belief in ourselves. And then we avoid the work that we need to do to try to deal with the feelings we feel because these mental mantras that we're telling ourselves or that we're starting to believe overpower all of the good.

And so what do we do? We avoidance cope. Right? This whole labor, reason I see you, right? But that's what it is, right? That is exactly what it is, right? This whole labyrinth of limiting beliefs that shows up. And when we're in the labyrinth, we can't do the work. So then we go to our circle to try to find ourselves comfortable, right? I was having this conversation with Keisha Hicks, right? Who we know is a friend of the blueprint. She comes and she brings her thoughts to this space and her expertise to this space because she's a mindset coach. She's my mindset coach, right? Absolutely. Dady says, we begin the negative self -talk increasing the learned self helplessness, 100% Dady. My goodness. That is so real, okay? But I was talking to Keisha Hicks in the spirit of this. And I was saying to her yesterday, sometimes the work that we do or the gifts that we have, we show up in this space and we may find ourselves, it may feel like we're the only person that does this.

And Keisha Hicks said to me, she was like, well, you're a unicorn Kim. And I said, well, what do you mean? And she was like, well, this was it. You were always destined to do this, right? You were the person who was gonna help unwind people out of this labyrinth of limiting beliefs. You are the person that's always going to be the, you know,

right? You were the person that was going to be the person that does not avoid the work. You help people not avoid the work. And in fact, your gift is so strong that when you come out of your corner into someone's circle to help them not deal to help them not believe the limiting beliefs, you are able to break through in ways that other people are not where other people have failed.

You have seen success. And I said, why, why was this my gift? And she said, you were born this way. You were never going to be able to get around that, right? There's no, right, but this is it, right? You're a whole unicorn. She was like, I get this. And she said, this is your gift, right? And I said, well, what happens when I'm out there? And she said, well, you know, the, and I said, the wild is big, right? So I'm out here in the wild just. With these gifts and all these things right helping people and so then I see people out in the wild and then I Go give my gifts to them or I go offer these things to them, right? So you think about that. I'm a coach I'm a strategist. I'm a thought partner, right? I am a soulmate. I am a whatever it is that I am to you I'm a best friend. I am this right. It's my purpose. It's my destiny all of these things, right?

I came to this space knowing that I wanted to be able to start a podcast and so instead of right I did not do the work. You all have heard me say this. I had all of the equipment Needed I had the mic at the headphones at all of the things and I did everything except go into anchor and set up The podcast okay and because I did not do the work I avoided the work of starting the podcast on Anchor because I didn't want anybody to see my face and I've told this story right? I was perfectly fine with you all hearing my voice, but guess what? I Here I am with y 'all looking at my face and have been for the last year and y 'all were still rocking with me one year Later, and I am telling you all of the things that I was supposed to be telling you Screwed neatly, right? I see you right a hundred percent screwed neatly, right? The work that you need to do so don't hear I just said it screwed neatly don't avoid the work or the wait That was for you. Okay, and So as we step into this space of Operating in your gifts right operating at your highest potential really being intentional about doing this all of those things are In are the ways that we show up and the ways that we are Mindful about what it is that we can get away with Doing but more often than not we cannot get away with not doing the things that we are destined to do.

Okay? Um, yes, shout out to I know DJ LV and shout out to the house show, both of them for pushing me off the cliff and to droopy and Brax and Sega for, uh, being in the water when I landed and saying, okay, now swim. Okay. Swim. Because I was avoiding the work of doing the podcast that I needed to do, but then I was also avoiding my gift, which is I need needing to connect with people on some way, right? But here I was in my own labor and through limiting beliefs. And so when I think about this whole notion of, right, everything that is permissible is not beneficial. Let's go back to that. So the things that were permissible to me instead of right, I had access to anchor. I had access to all these things. I want everybody to think about what they have access to that

they are not taking advantage of. Let me say that again. I want you to think about all the things that you have access to that you are not taking advantage of because when you know you have access to it and you don't take advantage of it, it puts you in a deficit, okay? Oh, my fault in my life journey. I'm sorry, screwed neatly. What do you have access to that you are not taking advantage of?

That is your key question today. Oh, Kayla, don't do that. Don't do that, okay? Both of y'all come back. But it's a very fair question. If we know that things are accessible to us, reason says I'm out, okay, right? But if we know that we have access to so many things, why would we not take advantage of them? Why would we avoid the work and the way? Oh, Shelly, you're out too. Okay, everybody's leaving. Is it time? This is it. I struck the nerve right at the top of the hour. My journey says she's about to unlock the door. This is your chance, ladies and gentlemen. Okay. So, but this is a legit question, ladies and gentlemen. I want us to think, Marcia and Queen says church finger as I said. But it's a real question, y'all. I want you to think about this between now and Thursday. Okay, I know. KB Brown, did you see the mods rolling out? Both of them were like, I'm done. I don't have to stand here. I'm not staying here for this, okay? They're all out of here. But that's the question. What do you have access to? Simply ball dropping podcast.

Good to see you. Welcome in. But it's a fair question, right? What do you have access to that you are not taking advantage of, right? Access and advantage, right? What did I say at the beginning? The question was the Kim Jim was everything that's accessible is not permissible. However, what do you have access to that you're not taking advantage of? Because if you have access to resources and you don't take advantage of them, then you are choosing to stay in this labyrinth of limiting beliefs. Okay. That is what I want to share with all of you simply ball dropping podcast. Good to see you. Thank you so much for being here. I've been I've peeked into a couple of your streams, I only get a few minutes because I catch you at times where I can't plug in but the stuff that the conversations that I have heard have been pretty good. Okay, so thank you for being here. I hope to catch you soon where I can I can I can listen to all of all of your conversation. But right now simply ball dropping podcast, I think I'm stepping on toes, right as my right because my mods are like, I'm out of here.

But don't raid me, please. I still have 16 minutes. Okay, it's my life journey and to KB Browns. All right. Shelley Thunder says I'm out. This is it. But it's a fair question, right? It is a very fair question. When we think about what we have access to that we're not taking advantage of, why would you put yourself an intentional deficit? Okay. Yeah, okay. When we think about the things that we can do to mitigate our avoidance behaviors to cope in a healthy right because there are healthy coping behaviors. Okay. Oh, my life. There are ways that we can manage all of these things right so last week I talked about managing your mental mon managing your mental mantras. So what are you saying to yourself? Right? What are you acknowledging? How are you? Yeah,

Hobbs, don't try to escape, right? How are you setting yourself up for true success to be able to navigate the work to be able to handle the work? Because the human condition is to internalize the work instead of doing the actual work.

You heard me say feel to heal, right? If we let's let's put this in the professional sense. If we avoid the conversation with our manager, if we avoid the conversation with the co worker, if we avoid dealing with the piles and we hide everything in there, what is the work that comes when we have to deal with the avoidance? Gabby Brown's. Yes. Love on the mods at all costs, right? When we avoid doing the work, what is the work that has to be done, right? What is the thing that needs to be in, you know, how are we showing up in the work? There he is, ladies and gentlemen, if you've never seen him. Okay. All right. When we think about this whole notion of avoiding the work, okay, there he is. When we think about this notion of how we are going to be able to show up when we think about how we're not showing up, right?

Because doing the excuse me avoiding the work is also not showing up. and We show up for ourselves and we show up for the work, but when we don't do the work we don't show up Okay, so the first thing that we have to do is manage our mental mantras Okay, we have to start talking positively to ourselves And we have to be intentional about saying if I change my word economy if I change the way that I am speaking Thinking the way that I am acting will follow So you have to change your word economy Okay, if I am speaking and thinking differently then my actions and my behavior will follow. Okay You have to be okay knowing that not everything That you're going to carry forward Will stay with you. Okay, there are seasons for everything All right, there are seasons for everything somebody write that down.

There are seasons for everything where we are today May not be where we are Two days from now two weeks from now two months from now six months from now, whatever that is. There are seasons for everything So understand that the things that you are carrying right now Okay, may not be the things that stay with you as You move forward into the work, okay, you may have to be open to embracing new environments and that is the next Way that we want to solve for avoidance behaviors because sometimes we avoid because we don't want to deal or feel Right the sensations that come with stepping into something new Acknowledging something is different being able to shift with whatever is in front of us. Okay, but you have to embrace new environments What do I mean by embracing new environments when you get to a space that is new and by a space? I mean a person a place a job Opportunity a new leader new people in your life a new title a new role Anything that is not what you were doing before you started it Okay, you have to be okay saying even if I don't know anything about the space that I am in Or the path that is laid out ahead of me I know the gifts that I bring to that and so everything about let me tell you something everything about Kim Blue is gonna be Additive so if I come into your room your space into a conversation into a facetime into a zoom into a coaching something Everything that I do is gonna add value

to so you have to think about that space that you're going into If everything is new then understand you're there to contribute and enhance whatever space that you're in Period no questions asked.

No second thoughts. No looking back in Order to embrace the space that you're in you have to believe that the gifts that you have are Going to enhance it and make it better. You're there to improve it. You're there to improve it. How? You're there to improve it with your expertise. You're there to improve it with your listening skills. You're there to improve it with the knowledge that you have. You're there to improve it with the process that you have used that is going to make it easier. You're there to improve it by helping people stop doing things that they shouldn't be doing, start doing things that they should be, or acknowledging that these things are working, and these are the things that need to continue. But just know that in order to embrace the space, especially if it's new space, never before stepped on space, never before breathed in space. You are breathing life into that. So you have to be open to embracing new spaces and putting your whole self in there, minus the fear.

And when I say minus the fear, I mean acknowledging that it's there, but minus the fear, meaning the fear is not the thing that's stopping you from stepping into that space. Let me catch up on the comments, because I see you all chatting in here. Okay, so we saw Griff. Here we go. Hobbs, I see you said I felt this way with your taxes yesterday. A hundred percent. Okay. My journey says in the way we take advantage of the seasons, regardless of the good or the bad, 100%, the seasons are going to change and as seasons change, environments change. Okay. Seasons will change, which means the environments around you change, right? When you go from winter to summer, or if you go from hurricane season to tornado season, or if you go from summer to spring, right? Sometimes seasons can go backwards. The seasons don't go and order you all. Do you all understand that? You go from summer to winter, right? It could be nice and hot and then all of a sudden it's December, but the things that you bring into that you have to be open to embracing it and that is a choice.

You bring the gear that you need to embrace that season. Okay. Being open to the new, being open to the new environment. So as we talk about common avoidance behaviors and how to cope with them, okay, you have to be open to a new environment and the way that you do that is bringing all the dopeness that you have as a result of that. You all have kicked off a height train. I see it. Good morning, Seaworms. Good to see you. Thank you so much for being here. Happy eight months to you and happy Tuesday. How was your day? Y'all Seaworms was up streaming early this morning for Soul Train. It was so early that I couldn't even pop into listen, but I did see it when I peeked into Twitch. So I know he was there. Thank you all for the hype train so much. Scribbled neatly. Thank you so much for the boss bits.

Appreciate you. Reason says don't let fear paralyze you. 100% reason. Okay. Seaworms, how are you? How was your Tuesday been so far? Dr. Dady says this is also a part of knowing that your energy goes before you. Come on, y'all. It enters the room before you do. So if you're going to embrace that space, know that those gifts and things are going to be there. Okay. Daddy says to prepare the way for your entrance into the new spaces. So you're literally putting your energy, your essence, your mindset in there. So if you go into it with these limiting beliefs, here's the thing, folks, you're gonna drag the labyrinths with you into the new environment, or are you gonna look around and be like, I got a canvas to create whatever it is that I want. The choice is yours, okay? I'm doing great, Sea Warps. Ebb, thank you so much for the boss fits. Appreciate you, and appreciate all of you for this hype train. Thank you, thank you, thank you. You all know this goes right back into supporting the stream.

Never, never, never required. Always appreciate it, okay? Thank you. So when we think about this whole notion of stepping into the new environment, right? You can choose to bring the labyrinth, but if you bring the labyrinth, isn't that gonna take up all the space that you have to create and embrace? So now you're gonna fill up the new environment with all of your limiting beliefs. Is that the way that we wanna start? Or do we wanna start with open space? with opportunity, right? We've finally gotten ourselves out of our comfort zone only to go into a new space and bring all of our crap with us. That's not the way that we're doing this, right? That is not the way that we are going to do this. Thank you, Kayla, for the boss bits. Appreciate you, right? You gotta leave the labyrinth behind, ladies and gentlemen. Somebody write that down. Leave the labyrinth of limiting beliefs behind. You cannot take it into the new space with you. So you have to manage your mental mantras, okay? You have to be open to embracing the new spaces, especially if it's really, really new, okay? Leave the labyrinth of limiting beliefs behind. It can't come with you because then it takes up all the space. And if you have no space to create, then how are you going to do the work it takes to get where you're going, right?

Because when we move into accountability, when we move into action, if your labyrinth of limiting beliefs is taking up all the space, then what are you accountable for? Do you wanna be accountable for your limiting beliefs? Or do you wanna be accountable for the beliefs that you can control? My life journey, thank you so much for the boss bits. Appreciate you. And we just kicked this hype train into level two. Okay, Hobbs, don't rage yourself out. Don't rage yourself out, okay? Stay with me, Hobbs. We still got five minutes. But these are the questions that I want you to ponder, ladies and gentlemen, as we talk about how to solve for that. That's why I wanted to spend the time unpacking this one because I knew once we started talking about embracing new spaces, you cannot feel the new space with the stuff from the old space.

If you wanna drag your labyrinth with you, then why are you even looking to come into a new space? You can absolutely just stay where you are. That's it. choosing

to remain. Choosing to evolve says I'm leaving the labyrinth behind. I'm bringing my gifts, my expertise, my thoughts, all of these things that are positive into the new space. That labyrinth has got to stay back because I'm not going to keep navigating my way through it. I'm going to look at the open space and the open possibilities. And then I'm going to go forward. Okay. Absolutely. Dr. Lady priests, we cannot solve for X when we do not understand why. Okay. Because here's the thing. Solving for X is what we tried to do in the labyrinth of limiting beliefs. The Y is in forward. When we leave the labyrinth behind, then we can hold up our mirror and look out the window. Okay. Music lover, thank you so much for the boss bits. Appreciate you. Okay. We cannot solve for X. X is what we were trying to solve for when we were running around the labyrinth, ladies and gentlemen. But when we leave the labyrinth behind, we're going forward, not only for our Y, but because of our Y.

But you have to be open to embracing new spaces. Okay. And those new spaces don't look like what we're leaving behind at all. Okay. In the new spaces, everything that is permissible is not beneficial. So what benefits you when you go into this new space? Absolutely. My lot journey. Your why is major. Okay. Your why is major. When you step into the new space, when you are looking to embrace the new space, okay, the mental mantras are what are going to be what guides you. So if you're not willing to speak positively to yourself, if you're not willing to affirm yourself, if you're not willing to breathe life into the work, the work will be the thing that holds you back. Okay. You have to breathe life into the work. Because if you don't breathe life into the work, you will wait to try to find the right time and then you avoid the weight and the work. Then you slide back into this comfort zone and the comfort zone is what keeps you comfortable. We can't be comfortable in the work. Oftentimes ladies and gentlemen, the work is going to be the space of discomfort. Okay. Breathe life into your work and understand that the path ahead of you is where you get to redesign the new space.

Indominable Spirit, good morning to you. I knew you were here. Indominable Spirit, MG says mirror moment, okay, I think a mirror needs to be a new emote, right? Are we having a mirror moment? And what does that look like? Okay. When we think about embracing new spaces, and I wanted to give this the time it deserved. I didn't want to rush it. I have two more. There is one more that we will pick up on Thursday. Freaky Gamer Girl, good morning. Freaky Gamer Girl says, I'm creeping in with the Starbucks, find your space. on the couch real quick freaky gamer girl because we're going to get out of here soon. All right. Freaky gamer girl. I introduced two new Kim Jims today. Actually, I revisited my previous Kim Jims introduced two new ones. Okay. There's Nakesha Hicks calling me right now. I'm going to call her when we get when this is in, when our stream is done. Okay.

Freaky gamer girl. The first one is everything that is permissible is not beneficial. And the second one is don't avoid the work and the weight. That's what we've been talking about. And the avoidance, the, the solve for avoidance behavior today. DJ Hot

One, good morning. Thank you so much for being here. Happy Tuesday. Go give Hot One a follow up. Y'all Hot One always has great vibes in her streams. There have been times that I just go in there and lurk.

She's like the queen of slow jams. It is always, always great stuff in her stream. Always good times. I don't even go say hello. I just go and lurk. because it feels good. Thank you all so much for the hype train, for the bits, for the new follows. Appreciate all of you. Thank you, thank you, thank you for all of the support. Okay, appreciate all of that, right? Here it is, ladies and gentlemen, I wanna recap real quick before we get out of here. If you take nothing away from you, is that you have to leave the labyrinth of limiting beliefs behind. Yes, hot one, when I can, I make it in there, okay? You have to leave it behind because you can't bring that labyrinth with you to fill up the new space that you're going into because you have to embrace new spaces with your expertise, with new thoughts, right? With all of the gifts, right? You have to bring your unicorn into the new space, okay? Okay, unicorns oftentimes roll so low, that's okay, right? You may see another unicorn in the wild, but understand that the wild is big.

Does everybody get that? The wild is not this space right here, okay? The wild is everything around you. And if that's the new space that you're embracing, especially for the first time, if some type of change is happening, you gotta leave that labyrinth behind because that's where you were trying to solve for X. But your Y is in the wild. Ooh, that one just came to me. Somebody write that down. Your Y is in the wild, okay? And that's where you have to go in order to do the work. Your Y is in the wild. That was a Kim Jim that just downloaded. So I gotta write that one down because I'll forget if I don't, all right? But you have to step into the wild. And if you don't, and what do I mean by the wild? Everything that is new and unfamiliar, right? Because the wild is where there's no order, right? We talk about the jungle being wild. We talk about every man for himself. But if you look at, how the wild functions, right? All of these things are out there. DK, good morning, good to see you. Thank you so much for being here. Absolutely, significantly. The wild is outside of your brain space, outside of any space that you can control, right? If you look at, if you watch National Geographic, you watch any shows about animals, you watch anything about how animals, right?

They go out there to survive, but there's no rules in the wild at all. You abide by the rule that's gonna help you survive, and if you have to create it, then you create it, and those things adapt. That rule may be outside of your brain space, script neatly, okay? But your Y is absolutely in the wild, and that's where you are stepping into as that new space. So you have to bring your expertise, your smarts, your intelligence, your confidence. Leave the imposter syndrome in the labyrinth, right? Leave the lack of confidence in the labyrinth. That's the X. That's your Y. your WHY has no room for any of those things. And so if you want to solve for how to not avoid, how to not task avoid, how to not mentally avoid, how to not deal with those physical sensations, then you have to embrace the thing that is out there and coming for you.

Okay. Shelly Thunder, did you run away already? I think Shelly may have run away. As soon as I said you're wise in the wild, I feel like Shelly was like, I'm out of here. And I don't even know if she's still here. Right. Dr. Daddy, say it again for the people in the back, right? It absolutely requires separation from your comfort zone. I think Shelly Thunder has left. I think Reason has left. I think they both were like, I hate this church. And so they got out of here. There she is. There's Shelly coming in. I knew it. As soon as I said that, I was like, as soon as I said you're wise in the wild, I knew Shelly was going to be like, see Kim Blue. This is why I don't even rock with you. There she is. There she is. Y'all with the email, with the email. Love you too, Shelly. Love you. Meet it. Freaky Gamer Girl says, my question becomes, how do you not get lost in the wild?

Freaky Gamer Girl. That's the question. Okay. How do you not get lost? Let me write that down because it is 9 19 and we will be here forever and y'all will be stuck. Okay. And so we're going to have to, we're going to have to get to that on Thursday. How do you not get lost in the wild, right? And the Freaky Gamer Girl says, I can get down a rabbit hole trail as you're exploring the wild and then you're overwhelmed with what you've either taken on or discovered. No, you're not because it is. That's the case, right? And because you get lost in the wild, Freaky Gamer Girl, that's where you trigger some of the avoidance behaviors. Does that make sense? So you get lost in the wild. So then you're like, I'm just going to stop. That's task avoidance. Um, right now your brain, right? You said it, my thoughts start to take over. I can't even see my way through this. So I'm not even going to do anything. I'm just going to deal with the feelings. I don't want to even deal with any of this. So I'm not going to talk to anybody. And in the wild. Here's the other thing, ladies and gentlemen, in the wild, you may not be close to your circle or your square, those corners where people can go in to save you or support you.

Okay. This is why the wild is what it is because there's a whole thing that is out there that we cannot anticipate, right? All of that is the stuff that we cannot anticipate. All of that is the stuff that does not give us, it makes us feel like our purpose is not powerful when we're in the wild like that. Does that make sense? Freaky gamer girl. We, we go out into the wild with this purpose, we exit the labyrinth, but then we get out there and we discover that it's a whole thing and then it all starts to come in around us. So we will pick up with that on Thursday because that is really, really good. And then we will get into our fourth. way to solve for avoidance behaviors, but you do have to manage your mental mantras. Okay. You do have to embrace yourself. You have to embrace the new spaces. All right. Okay. Thank you so much for the hype train. We are six minutes over. So I want to make sure that I get us out of here in a reasonable time.

Okay. And sometime that is reasonable. So let's make sure that we do that. Thank you all for the hype train reason. Thank you for the raid. Thank you all for the questions and for the vulnerability. Shout out to everybody who was lurking and commuting behind the scenes. If you had a tab up and you were listening in support, thank you, thank you, thank you. Thank you for all of the reups. Thank you for putting all

of your good energy into the chat. It's very important because this is how we have fruitful and good talks. So my lock journey, you can take the code off of the doors reason you can pull the van around front to pick up the soldiers before we do it. Anybody who's taking an Uber or if you're riding the blueprint bus over to the next stop, go ahead and gather up all your things.

We want to leave the boardroom nice and neat. Good talking moats in the chat. Thank you all for being here. Appreciate all of you for your support of this space. G class, the DJ, good to see you. Appreciate you. Listen folks, Miss KB, my pleasure. Thank you for being here. Thank you all. Listen, I know folks are back in the back listening and lurking and that is not lost on me. Shout out to everybody on the West coast who got up early to catch me. Thank you to everybody who will be listening on the replay for everybody who has shared this space. Thank you, Jennifer. If you're listening for tweeting this out, appreciate you. Okay. Thursday, we will pick up with this. Okay. My pleasure DJ classics. Thank you for a great meditation stream this morning. Y'all DJ classics is doing a whole stream on spring cleaning and I did my donation on Friday. And so it's just given me extra space and extra brain power.

So if you are not listening, go take a listen to her over on YouTube. you can find her meditation stream there or you can catch her DJing from one to three most days if she's not on a raid train site, give her my pleasure. Good to see you, okay? All right, copy the raid message. We are going to go see, let me see here, where haven't we been in a while? No, okay, let's take a peek at what's going on. You know what? I think we're gonna keep it local this week and go see the people that we know, all right? So we're gonna go see D -Man this morning and I think Revom is on Thursday. That's where we're going. I can tell you guys where we're going this week. And then we're gonna circle back to go see some new people next week for sure.

So okay, if it is in your heart and you would be so kind to send us over to D -Man if you're still with us, otherwise I can do it myself. Okay. I love you too, Shelly Bunder. Listen folks, you all know how I feel about this exit mantra. I want you to live it and believe it and feel it and make it part of how you move throughout your day. Okay. Let me put this key question back out there to you while the raid is being set up. And then I'll say my exit mantra to you. What is it that you have access to that you are not taking advantage of? All right. What is it that you have access to that you're not taking advantage of? All right. Think about that Thursday. I'm going to answer Freaky Gamer Girl's question. Freaky Gamer Girl. I wrote it down. We're going to talk about your why. We're going to talk about leaving the labyrinth. We're going to recap all of this. Okay. And we're going to make sure that we round ourselves out as we step up into accountability and what it looks like to take action, because that's the opposite of avoidance or the antithesis of avoidance is to take action and to be accountable for those actions.

Okay. So with that, I am sending you into your Tuesday and into your Wednesday until I see you again Thursday at 11 AM with all of the good energy and light that you need to guide you. You all know what that means. Take the things from this stream, take the things that you heard from others and let it be a part of your day. Okay. Take exceptional care of yourselves. We will speak again on Thursday morning. Okay. Big love and good energy to all of you. I will see you on the other side when we get to DJ D man. Okay. Thank you so much for being here today. Thank you.