

The Blueprint March Madness Emotional Disorganization

March 14, 2024

March 14, 2024 · 84mins

Transcript

🎵 Thanks for watching! You Good morning, everyone. Happy Thursday. Thank you all so much for being here. I hope you are doing well. If it has been a while, if you are new to Twitch, if you are new to the space in general, 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 Tuesdays and Thursdays to chop it up about all things personal and professional development. I am an HR strategist and a career coach. And I fundamentally believe that everybody should be the boss of their own blueprint. And that's what this podcast is about every day that we come to this conversation.

We talk about what it means to have access to the knowledge, skills, capabilities, and resources so that you can operate at your highest potential. You can add value to whatever work you own or are responsible for, but most importantly, you can show up as your authentic self. Because when you can be authentically you, you don't have to dim your light. You can be great in your gifts. You can give your best to the world, but you also are available to receive what the world is going to give back to you. So, we come here. We do the work. We show love and support. We have a lot of, we have a good time. We have a lot of difficult conversations. People will tell you that I am notorious for stepping on toes, but I do so from a place of love and support. Because if you want to be the boss of your own blueprinting, you must work through all your stuff. And so that's what we do here in this space. I am so excited about today's stream. We have a guest with us and I cannot wait to bring her out.

She's not going to be with us for a long time, but she will be with us for a good time. So I'm going to bring her out in just a minute. We're going to do our usual housekeeping. We're going to say good morning to the folks who are in the room. And then we are going to kick off picking up with our theme around March Madness. And no, it is not related to sports, more related to the madness of feeling disorganized, whether that's mentally, emotionally, socially, and we're going to talk about that. The recap, and then we are going to dive back into emotional disorganization. And then our guest is going to spend some time bringing her expertise to not only the space, but just giving you all an opportunity to see us together because it's been a while. So quick reminder about all the things that need to take place, the Blueprint group coaching. It is active and

live. Thank you to everybody who is inquired about it. Here is what you get access to when you join, you get some merch, okay.

You have opportunities to connect to all the transcripts. There is a quarterly one - on -one. Then there will be one. quarterly, monthly workshop, okay. And this is, remember, this is just for the group. So, if you access, if you want to participate, you must join and then there are resources that are going to be available to you. So exclamation point coaching in the chat, if you are interested, that is where you can go sign up. You can whisper me, or you can email me or find me on social to get more details around how to sign up, timing, all the things. There are certainly members in the chat who are in the group. If you want to ask them about their experience, they will share with you that they have experienced so far in terms of the group's sessions reach out, you know, invest in yourself. I tell that to people all the time, consider this an investment in yourself. And if you're interested in getting your company to pay for this, if you have access to professional development dollars, please let me help you with the business justification.

Because yes, you can invest in yourself, but if your organization is willing to do that, then let's figure out how to help them support you. I'm happy to provide whatever information you might need to get you going in that direction, okay? So, with that, let's say good morning to everybody who's here, and then we will bring in our guests, and then we will do some quick recap on all our March Madness elements and everything that we've been talking about, and we'll go from there. So, first, good morning to my Mod Boss extraordinaire, Lock& Key Media, who is right there behind that door, controlling all the controls. There he is, ladies and gentlemen. That's how you know he's here. Thank you, Kayla, good to see you. Good morning, Music Lover 21, good to see you. Gilderoth, good morning, welcome in. Good to see you as well, good morning, Hobbs. Listen, you all know that I am super supportive of the lurker, so virtual salute to everybody who was lurking, working, commuting, no matter where you are in your day. This space is all about you taking it in in whatever the best way possible. So if that means that you were active in the chat, if you have a tab up, if you're listening through Twitch audio only, or if you have me up and you're doing what you do in the background, right?

Salute to you, thank you for being here. You make the space better and you allow me to operate at my highest potential, okay? So Hobbs, all good on the lurk. Good morning, Misha Bell, good to see you. Thank you for being here. Let's see, good morning, Keith, good to see you as well. Happy Thursday, thank you so much for opening up the cake outs to everybody who might need to participate in it. Hobbs, I see you saying that that's your whole state this week and I am here for that. That's why we're doing the work. Big stove, good to see you. Thank you so much for being here. Happy Thursday to you. Good morning, double spirit. Happy Thursday to you. Listen to everybody who is here. Thank you for being present and for choosing to do the work on yourself. It is not lost on me that through this space you allow me to also do my own

work and I want to acknowledge that. And listen, folks, doing the work is not something that's done in a vacuum.

You must know who is in your corner, who is a part of your circle, who are the people that are going to be available to you to talk you through things, to listen, to provide support. So we do that in this space collectively, but you also have to have that outside of here. And I want to encourage that. And that's why I'm super excited about my guest because she is one of those people whose opinion that I value, whose word that I take very, very personally. And, you know, not everybody can offer coaching or guidance to me. And she just said this to me earlier in the conversation. She was like, not everybody has access to me. but there are certain people who do, and she is one of those people. And so when we talk about this whole notion of doing the work, of operating at your highest potential, sometimes it is a one -person job. But oftentimes, you need the community. You need the space to be able to align to that. And so I'm going to bring Nakesha Hicks in in just a moment because we are going to talk through all of the things.

She's going to be a part of the recap, and then she's going to bring her expertise around emotional disorganization. But from the professional side and from the personal side, because that is how we do our thing, Bearded Baritone. Good to see you. Bearded Baritone, this may need to actually be something like what you just put in the chat. We need to do something with that. I don't know what we're going to do with it, but that is that we're going to have to figure out how to make that a part of the Blueprint. Listen, folks, so many amazing mods, streamers, and DJs who are in here. Please go give them all a follow. You know that support is big in the Blueprint space. And so go follow them and allow them to bring their gifts and their goodness to you, okay? With that, I am super excited to bring my friend, my confidant, my bestie, my fellow HR guru, business partner, all the things into the stage. Nikisha, good morning. Good morning. What up, baby? What up? Oh my gosh. Listen, there are so many things that I want to say. We don't even have enough time because I know that you have got to do the things that you do, but I need you to tell the people who you are and why you are here. Talk about you. Talk about the morning mindset because it has been a while. I don't think you've been on. It's been maybe a year, friend, since I think I've had you on the stream. It was like last spring or something. Sometimes I think you're here. I know that's the time. Okay, tell the people who you are. So who am I? I am Keisha Hicks. I am the president and founder of The Elevate Her where we are all about transforming and elevating people and organizations, y 'all.

And we do this through executive coaching, HR consulting, a thing called The Morning Mindset which we are here in East Street, Shifted Minds. And New York gets to speak on stages. So I mean, that's what I do. And I'm happy to be here once again on The Blueprint, the dopest place to be this morning, okay? Like where else would I be? Where else would I be? Oh man, listen, y 'all, I asked her like 12 minutes ago would she

come on because we were having a conversation and catching up. So, Nakesha just is fresh off a flight from Vegas. She spoke at an HR conference and promptly called me and said, next year you and I are going to this conference. And I said, well, when is it? And where is it? She said, none of those matters. We're going to be there next year. And so she didn't call me and ask me if I wanted to go. She didn't, so big stove, if you're in here, she could talk to me this morning.

She basically was like; we're going next year. You're gonna be on the stage. We're gonna speak. And then that was it. She literally said, good morning, friend. Here are some things. And then proceeded into all of the things that I was going to do. And I said, okay. And then she said, and then, and then, and that led into a full on recap of, yes, Misha Bell. She told, yes, she did. She can blued me. And there are not too many people in this life that have the ability to do that, but she called me, said good morning, and then immediately proceeded into the laundry list of things that she wanted me to know. But please know she came off this stage, right? Big stove, right? He says, she says, I see how you and your folks get down. This is how we roll, right? We do it this way. So, but she was talking to me about her experience at HR Transform, which is a great HR conference, sort of the creme de la creme of who's there, everything from people and software and systems.

And this is where we go to get our energy folks. So we spend a lot of time pouring into others, but also understand that it's just as important for us to get poured into. And that is really critical because we're talking about emotional disorganization today and this whole notion of not being organized emotionally for a variety of reasons. Right, and some of that is related to how we don't take care of ourselves and how we don't set ourselves up to be able to be poured into because we are constantly giving, and we are constantly putting ourselves out there in ways where people have access to us. And we are not aligned. with some of the things that we're doing. And I just said it to everyone on Tuesday that sometimes the emotional disorganization comes as a result of saying, we have spent so much time focused on certain things that we put other things on the back burner.

And sometimes those other things that are on the back burner are us. So right, I want you to just opine for the Blueprint Boss community about what happens when we start to put ourselves or other priorities on the back burner and how that plays into feeling disorganized emotionally, right? And meaning we're not good to go in here or we're not well to go in here. And then maybe even how that spills over into other things that we're doing. Man, okay. So I think about it this way. One, what you said, it's very easy to do. Okay. It's very easy because we get caught up in being human doings and not human beings. Okay. Can you repeat that? I just, I want to make sure that everybody heard what you just said. We get caught up in what?

Go ahead and repeat that again. Human doings and not human beings. Did everybody hear that? Yeah. Okay. So specifically when you are your own backup plan,

when you are the boss of your own blueprint, right? When you are in the charge, as my son used to say, right? When you're in these spaces, what happens is you become a human doing. And it can almost go into this subconscious type of flow, right? You're on autopilot, you're doing the things, right? And if you are not careful, you don't understand that you in danger, girl. What would say you in danger, girl? You don't understand it and you don't understand it because it's a part of your norm. It becomes a part of your internal culture to do everything and to be everything for everybody else. And so what happens is it's very easy to slide into that. Now, what you will notice though, is that things start to break down around you because it's not sustainable, right?

You'll see physically, you'll see your body start to break down around you, right? And you can't, that's when you get the fogginess in your brain, you know, putting on extra weight because you know, you're looking like a whole donut around your waist. Not only that, but the quality of your relationships also gets impacted. Absolutely. Absolutely. Like relationally, like you're going to see the shifts in your relations, you're going to see the shift in your own level of patience and tolerance with people, right? You used to be a patient person, now you're banging on bacon. Like you mad, like you walk around mad and just angry. Don't even know why. right? Your patience level is super low, all the things. And I think then it's like mentally you start to break down, right? You start to do all these things and you're thinking that you're functioning, right? But we've talked about before, you can be functionally dysfunctional. Yes. I'm going to take a pause there for two reasons.

One, because I want people to write down functionally dysfunctional because that is a direct byproduct of being emotionally confused. I also have to acknowledge that we just had a raid come in and this is perfect timing. So I'm going to say hello to my raiders, do a quick reset, and then keep sure we're going to jump right back in. So Tayce, Natasha, good morning to you. Thank you for bringing your family over here. Happy Thursday to everyone. I hope you are doing well. If you are not, Following taste by Taj, please go do so. She is delightful. Her streams are always, how was your stream this morning, first and foremost? Lady LTU, good morning. Good to see you. Thank you for being here. Did I see Ms. Tenacious come in on the raid? I did. Good to see you. Is it, I'm gonna, a full of mirror moments. Yes. Is it indomitable? Is it indomitable spiriting? I think I might be mispronouncing that, but please correct me so I can do that. And yes, this is gonna be a session full of mirror moments. So Keisha, the infamous new blueprint hashtag is mirror moments because we do mirror work in here where you have to build up your mirror. And so, you may see folks come in here and just say mirror moment, and then they'll put it into the chat. And so Tasha Starr, good to see you. Thank you so much for being here. Happy Thursday to you as well.

Good morning, everybody who came in on the raid, whether you are active in the chat, if you're just listening, if you are new, let me introduce myself really quickly. I'm Kim Blue. I am an HR strategist and a career coach. I do all things personal and professional

development and coaching. This is the blueprint and the space where we do that. Thank you, Keisha, I will correct it. We do all the things where we help you be the boss of your own blueprint. And that means having access to information, people, and whatever it is that you need so that you can do your best and show up at your best every day. And let me correct myself. I'm sorry. I said the raid was from, taste by Tasha, it was from Tasha Starr. I think I got that correct this time around. But either way, you definitely wanna follow both of those ladies, but definitely go follow Tasha Starr. Her raids are always very calming. She's always doing art in there.

She's always doing very great things. I was lurking in her stream the other day and it looks like you were painting this sun, Tasha Starr. I might have gotten that incorrect, but it looked like some type of sun that you were painting and it was just lovely and purple and pink and gorgeous and beautiful and all of these things. That you were working on. and I had you up only because it was not an opportunity for me to say hello, but I wanted to make sure that I could support and listen in the background. So I had you on my TV. Good morning, Thwomp. Good to see you. Thank you so much for being here and a little early for you Twomp on the West Coast, but I appreciate you coming in with the solo raid groove morning to you as well. Anytime, Tasha Starr, I lurk in your stream often, even if I don't say anything. So listen, folks, I am delighted. We have Nakesha Hicks here who is with us. You see all the dope people who are in the chat this morning.

Right, Thwomp, the DJ is here. Go give him a follow, Big Stove, Taste By Tash, Tasha Starr, all types of folks. So go follow them if you are not and go spend some time in spaces with them. We are talking this morning on the blueprint about March Madness and this whole notion of being emotionally disorganized. Last week, we talked about mental disorganization. Next week, we're gonna talk about physical and a little bit of the social disorganization. And by physical, I mean your space and your actual physical being, okay? And I have my bestie here. And when I say my bestie, I mean like my bestie in real life, like my actual real life, like best person. We've been a long day, we've been a long day. Yes, yes. Like she says to me, I will fight someone in the streets over you, Kim Blue. To which I reply, I will windmill someone about the face over you. That's our love language to each other in case anybody wanted to know, that's how we talk to each other. So she is with us. Nakesha Hicks, it's also a fellow HR executive CEO, the founder of The Elevate Her.

She has her own version of this. It's called The Morning Mindset. You can go find her out in these LinkedIn streets, these Instagram streets. Go give her a follow. She posts all types of informational, inspirational things that you need, okay? I get all the things that I need from her on a regular basis. So all of the things that she is gonna bring to the stream, you are in such, such good space for today. So I wanna acknowledge that. Good morning, Brax, good to see you. Thank you for the bits, Kayla. We are talking about Tasha Starr. I hope you have a wonderful day as well. Enjoy your therapy session. And thank you for putting that out there. I appreciate you for that because that is the

work. Taste by Tasha says, she is battling emotional disorganization, and she is appreciative of the stream and that therapy is helping thus far, but this is a beautiful edition, my pleasure. And this is exactly why we do this.

So, my question that I had just posed to Nakesha Hicks while the raid was coming in was, what happens when you're disorganized emotionally? And she was responding about saying there's impact of how you show up physically, but she also said your patience is tested. And that goes right into these social relationships. Let's talk about the social relationships that you have professionally when you're emotionally disorganized, right? So how do folks show up at work when they are not, when they are not working? And you and I see this in the work that we do all the time. So I want you to hear your perspective about this. How do they show up as their representative?

Okay, I mean, real talk. Think about it. They don't show up as themselves, right? You show up as the palatable, acceptable, easy to digest representative. What's the opposite of that? You. I mean, simply put, right? Like keep it all the way real. Keep it all the way funky, right? It is you, right? It is. particularly you, vulnerability is showing all my wounds. Like, listen, I don't like y'all today. And this is why, right? But I can't say that, right. So I have to show up in this not or inauthentic manner. And inside I am battling the two versions of myself, right? The version I'm presenting versus the version that I really am inside. That's right. Creates more of this chaos, confusion and disorganization that is already going, right? And then I look around and I'm just exhausted. I didn't fault myself. I didn't have a Miss Sophia moment all my life.

Listen, but what you just said is so important, right? I am exhausted because I was fighting myself. Man, you wore yourself out. You ain't even had to fight nobody else. You fought yourself. You are literally at battle with yourself. And so, one of the things I'm gonna put the slide up because I wanna make sure that we have an opportunity to get to this, right? And so here's where we were on Tuesday when I introduced a little bit of emotional disorganization, right? And so, there's three buckets, Keshia, that I shared with everyone. Now, this is Kim Blue logic, okay? This has not come from, it is backed by science, but it does not come from science. It comes from the social scientist that is Kim Blue, right? But we talk about being, right? We talk about being, good morning, Vader. Good to see you. Thank you for being here. Vader says that he authentically shows up as an asshole and so that there is no confusion.

Well, listen, thank you. That's who you are. Okay, all right, we can do that. Let me pull my cup up like. But to the question that I just asked, what happens when you don't send the representative, he show up as you, right? In so many words, right? And that's a little bit of what Vader was saying. But in one, but what I introduced on Tuesday, Keshia, is that these are the three buckets in which we found out. find ourselves equating to emotional disorganization. We're either emotionally unavailable. We demonstrate stress that comes from an emotional place. I see you on the hashtag, Kayla. Or our emotional capacity is tapped. And the reason why I asked how you show

up professionally is that when we are emotionally unavailable, we are not connected to our purpose, to our eekie guide, to the values.

We are not saying in any way, shape, or form, I want to be here. I want to do this. And then we isolate ourselves from personal spaces. And then, because we don't seek help or we don't invite in, because listen, everybody needs them and Nakesha Hicks, OK? But don't have mine. You have to go find your own. Hey, B, come on. All right. All right. Just go find your own Nakesha Hicks, because she is all the way mine. But then you think about this, now there's a disconnect from our social circles as well, right? And because we are not emotionally available, we're causing ourselves stress. And this stress goes into what you just said, I've been battling myself. Good morning, Dr. Datie Priest, good to see you. Thank you so much for being here, right? And so now this stress causes this response because we're worried, we're frustrated, we're sad, whatever this looks like. So I want you to talk about the fact that this impacts your focus.

It triggers the physical ailments. A little bit of this whole notion of how am I battling myself? Talk about the internal struggle because there's two things that are happening at once. I want you to say a little more about that. Yeah, okay, so we have this internal struggle, right? And so then comes in all the, lack of what better words, the bull crap that we create in our own minds. We're creating all these narratives. And oftentimes these narratives are false narratives, right? About worth and competency and who likes me and who doesn't and I'm building up bull crap, right? And what's happening is I'm also building up walls around this bull crap, can't nobody get out and can't nobody get in.

I mean, that's right, that's right. Which comes back to your social stuff, right? So it's like socially I begin to isolate, right? Because I have created this false narrative that nobody wants to be around me anyway. I should just go eat my little cheese sandwich in the corner by myself, right? But it's not true, but we create these new truths, so to speak, and we start to operate in them. And then it's like then because now I'm sitting here by myself and I'm alone with my own thoughts. Now, personally, it's like myself crazy. Yes, emotional stress, right? Like legit, now I'm coming up with all the things. I'm seeing myself as the grasshopper and not the beast or the giant that I really am, right? It's all these things, these narratives that I just keep running. And then that bleeds over. to everything else, personally, professionally, all the things. And so it's like all of this then becomes my functional, dysfunctional life because I still have to show up.

Right. So now we are dysfunctionally functioning. And so let's go to this third category, which is now our emotional capacity is tapped my friend. Okay. Yeah. Yeah. You just talked, you just talked about limiting beliefs, the story that I'm telling myself or the marginalized story that I need to believe in order to function dysfunctionally. Right. Now I'm not adapting to anything or any situation that is presenting any level of challenge because my emotional capacity is tapped because I'm stressed. I'm worried. I'm frustrated. that I don't have the support, right?

You see the word danger is up there. You in danger, girl, okay? And not in danger from something else. You're literally in danger from yourself. And now we go back to this. So we're now working backwards because you all know it's iterative with me. It doesn't matter where we start or where we end, right? Both ends are gonna get us to where we need to be, right? Indomitable spirit says mirror moment unlocked. There it is, right? And so now, because we're in danger, what do we do? We take ourselves away from being present. And now we don't engage in our social circles where there's safety. Now we're not putting ourselves out there personally. And now we show up to work with those walls that you just talked about. We build the walls up to keep people out. But we also then lock ourselves in so that we can't get out anywhere. That's right, Taste By Touch. Molly, you in danger, girl. That's where it came from. Keisha Hicks sent that to me in a text.

I act, let me tell you, this is a true story. I sent Keisha Hicks a photo. Don't tell it all. Don't tell it all. I'm not gonna tell it all, okay? I'm not gonna tell all the business. But I sent Keisha Hicks a photo and it didn't have any caption. The photo spoke for itself. And she didn't send a caption back to me. She sent me the gift and it was Whoopi Goldberg. And all it said was, you in danger, girl. And that's it, okay? She didn't need to say anything else to me. That was it. But does everybody see how when you are tapped emotionally, when your emotional capacity, the runway that you have to allow people to pour into you, especially when you are not giving, and we're gonna talk about that next, Keisha. How do we then receive? How do we set ourselves up to receive if we're tapped emotionally? So now when our emotional capacity is at its highest, we're stressed at our highest. and we're experiencing one of these feelings, right? Which could be then leading to physical ailments and now we become emotionally unavailable first to ourselves, because then we don't, because if we're not available for anybody else, right? Then no one can see us, insert the representative.

So now we put out there who we want people to believe that we are as opposed to the actual life that we are living, right? The battle that is happening in here. I just wanna pause there and make sure that this is resonating with everybody because this is why I wanted to talk about being emotionally disorganized, because we hadn't even gotten to the physical disorganization, which is the space around you having impact on your physical presence and being the piles, as I call them, Keisha Hicks, the piles of mail, the piles of laundry, the piles of shoes, the piles of dishes. Stay out my house. Why do you sound like people in the chat on Tuesday? Someone's like, come here, come here. Don't come from my entire life. Wait, I didn't ask you to do that. You asked me to be here.

I didn't ask you to be here, OK? But let's write the piles, the piles of whatever it is. It is the piles of stuff that we have collected. The things that we're, OK, like I said, he's about to walk out of his studio. But the piles of things. Sometimes those piles are the walls, y'all. Do y'all understand this? This is why I needed to bring my bestie on today,

because I needed her to talk right alongside me. The piles are the walls that we build up to keep ourselves inside so that we keep it safe.

But here's the thing. Those walls are the fake security and safety. Yes. And oftentimes, you think about it, when we're emotionally unavailable, emotionally stressed, or at emotional capacity, we don't feel safe. I don't care who you are, what you are, whatever. You don't feel safe. And so what happens is now you're building something around you that gives you some sense of security. Yes. And some sense of safety, even if it is dysfunctional in nature. Because it's like, people say, and I always push back against this, it's like, it's my comfort zone. The piles sometimes become people's comfort zone. Look at hoarders, real talk. I was watching hoarders the other day, and I was like, let me go clean a drawer. It's for me all. Let me hear everyone go clean a drawer, let me go clean. They're in danger, OK? They're in danger. Can you think about it? But here's what I will say about that. So it's like, their homes represent our physical manifestation of their emotional state and their mental state.

Yes. Because they're so disorganized. But here's the thing, every single one of those people. if you watch it, they found a way to get through this. They found a way to be functional. I call it the functional path. They've made their path where they can walk and navigate and move and exist among the piles. And they're safe in there. They found safety and security in there because then when these people come to help them, an outsider comes in to help them, some of which are invited in. They push back because now you're asking me to shift out of an environment that was comfortable. I push back and say it's familiar, not comfortable. But now you're telling me that now I have to create another sense of safety for myself.

That's right. So take that moment right there, creating a sense of safety. So if we're feeling this internally, right, and we have to show up in all these spaces, Kishok. So I've got my faith communities, I've got my professional communities, I've got social circles, whether they are, you know, philanthropic, whether they are community -based, right? So now we take that safety, and we insert them into a whole separate space where I've still got these requirements of me. Let's use the workplace as an example. I've still got all of these requirements, these responsibilities, these deliverables. So now I'm supposed to show up at work with my emotional capacity completely tapped. I am stressed to the max and I am emotionally unavailable, but I have a job to do. Yeah. That's how they make their way to you and I.

That is how we find people on some occasions, right? Shout out to everybody who has made their way. One of the things that I say, and I say this to you all the time, Kishok, is the presenting agenda is never the real agenda. How many people say, do you have a minute? And they come into your office and they want to call with you and they say, well, I don't like my manager, I'm having a challenge. But then five minutes, 10 minutes into the conversation, you have peeled back said onion and there is nothing related to work. It is absolutely about the person themselves. Talk a little bit about like

the connection between, there's all this other ish that's happening over here, but you still have to show up in these curated and intact communities.

Man, you know what? You and I talked about this, you know, personally, I went through some, you know, it was sheer hail. I'm just gonna put it like it is, right? Like we talk about all the time, look at your life six months ago, right? And six months ago, like legit, I was going through one of the most major life changes that I've had in a while, right? Listen, y'all think it is just me. I tell you all the time, I have no reason to put my, I tell you my story because I have nobody else's story to tell, but just know that you are not alone because you are listening to my bestie. Tell you. that she too has been going through. So when I talk about the blueprint being authentic space, please know that this is it, right? I surround myself with people who are either doing the work or going through the work, okay?

Yeah, yeah. And so, you know, during that time, again, it was one of the most challenging times of my entire life. However, comma, I still had to show up, right? I still have, you know, I have two kids that I have to still support and be mom to and they bougie. So, they have a certain kind of lifestyle, they extra bougie, they extra bougie. They are so beautiful and so bougie. Let me be clear about that, okay? My kids are bougie, but they get it honest because their mama is bougie, okay? It's just certain things like this, you know, I have a standard of living. There are standards, there are standards. Standards, it's standards to this thing. But, you know, seriously, it was like, you know, I'm still having to show up as this.

And I remember. And Kim, you remember I was talking to you about this this day this happened and I had to go and do a thing. Yes, right a Significant thing in my life like the thing that three four days prior to that. I had literally shut down Yes, remember that I went off the grid like yes often. I was like, I have nothing for anybody else Let me be clear about what she means by off the grid I got one text that said only two people have access to me right now and you're one of them. That's it Like forget do not disturb it was off the grid off the grid OTG Okay, so I was like legit and I meant that I Truly meant that like to the point where people were like do we need to do welfare checks because you're not moving I was like no the people that need to know what's going on with me.

No Right and so leading up into this right, but I still must show up Right because I'm still a business owner. I have to kill everything. I eat. That's real talk for an entrepreneur. We know that real talk, right? Like I'm still somebody's mom. I still have to make lunch. I still have to go to doctor's appointments I still have to do all these different things that I need to do for my kids I still have to function in a very dysfunctional space. Yes, with no capacity and I literally that day I remember like Having to take my daughter to the dentist first and this is looming Yes, it's coming a matter of like three hours, right? And I'm sitting there like okay.

I got to take her to the dentist. I'm sitting in a dentist office. I have this realization These people have no clue what's going on around me right now. They have no clue what I'm fighting it I want to pause you there. How many of you are in these spaces where? Your world is virtually crumbling and the people you have zero clue Zero you are still showing up still pushing through Battling mentally and you still have and and because they have no clue they think it's great So they they say to you. Well, can you do this? Can you deliver this? Can you respond to this? Can you? Can you take on this extra work? Can you do this project? Can you send this email? Can you help me? Can you help me do this?

And you're like, that was everything I had to brush my teeth this morning. Listen, everything that I had to brush my teeth. I told Nikita Hicks a few weeks ago, I said, I hid in my own bathroom. I don't think I told you all this, okay? But I hid in my own bathroom one morning because I was in such a bad space, and I needed to protect Avery. And y'all know I love that baby. Y'all have seen him, okay? Y'all know I love him and he's well, but and Keisha Hicks has met him, right? It's auntie Keisha to him, okay? But I literally called her and I said, I had to hide in my bathroom because I was in such a bad way for a few hours and I did not want it to affect Avery. Yeah, yeah.

But I still had to drive him to school. I still had to be his mama. I still had to walk the dog. So we're saying this folks because you need to know that you are seen. Okay. And you need to know that these are real things. So, when you're in these spaces, that's why I bring this to the blueprint because you got to know how to balance that thing on both sides. Okay. Yeah. Yeah. Yeah. So yeah. So I'm sitting in the dentist office. I'm having this realization, this mirror moment, right? But here's the thing. I'm gonna add the mirror moment. And this is something that I add in the morning mindset. I want you to have a mirror moment, but then I want you to look out the window.

Say that again. Mirror moment, but look out the window because there's a whole world outside of you that now you have to be a part of, right? And so it's like, how am I projecting outward? Inside out, if you will, right? And so, as I'm sitting there and I'm like, literally, you know, the beat is right. Cause I'm like, you know, I grew up with a grandmother that said, don't look like what you're going through. Right? So I put on the best outfit I could. The beat is right. And I'm sitting here like, I am literally falling all the way apart inside, but guess what? I'm still a part of this outside world. That's right. Right? And so it's like, you go through that, then I'm showing up because like you, I'm showing up for my daughter, right?

Like, hold on, I can't let this affect her. And then moments, you know, a couple of hours later, here he goes, this big moment in my life. And then I have to recover from that moment, from said moment, because- Right, because in a few hours, here's what we talk about to him. It's like, sometimes you don't even have time to process the things that happen. Because they happen and you're still in the moment. Yes. You're still doing what you're human doing. So I was going to say, let me pause you. So this is an

example for those who may have come into the stream late and welcome everybody, right? But this is an example of what Nikisha was saying. You go from being a human being to a human doing.

So let me tell you, let me give you some context because on this day, as Keisha is describing this moment where she is showing up in every single space that she is required to, I get one text from her that's- says, I received this, I don't have time to process. My next coaching call starts in this many minutes. And my response to her was, I'm here for you because there was nothing else that I could say because she can't even process what is going on. So for those of you who are moving from one thing to the next, but you are still carrying this emotional stress with you as you are moving through these environments, through these circles, engaging in other people's energy.

This is the reason why we are doing this because you need to understand that there is, there's a lot of intention around saying when you do the work and we're going to get to the unwinding of this in just a moment because I know I think you just to go before the top of the hours, you want to make sure we do this, but the unwinding of this, the how we start to break some of these things down because that was the question on Tuesday. Well, how do you relieve the emotional stress? Understand that it is an entire cycle of moving from one station to the next. and you are just inserting yourself as you are into said environment, maybe not having the time to pause, to breathe, to debris, to ask for help, to say, I don't have it, right?

You may not have, I had five minutes to hide in my bathroom, five. Yeah, I was just like, I was between calls. I literally was coaching clients. I had to teach my masterclass or my group, my mastermind group that evening. I was like, I don't even have time to melt in the floor. I don't have time to cry about anything. I don't have time to do anything. I just have to show up. And it's like, at that point, I couldn't even articulate. When you said, hey, I'm here, I couldn't even articulate what it was that I needed. You were emotionally unavailable to yourself. Exactly. And I was tapped out. There was nothing I could give. And then it's like, I pour.

When I show up, I pour. So I literally was that woman that was pouring from an empty cup, for real. I was hurt. And I was pouring and I was pouring and I was literally exhausted. Now, how did I get through that? The next morning, I got on the plane. Remember that? Yep. I got on the plane. So I wanna add this back in because here's the thing, folks. Let's talk about Keisha's journey. She went from being fully at her emotional capacity and you all see the definitions there. I'm not going to read it to you if you're taking notes. These are the notes, okay? And because of that, she was internalizing all of this stress. You've also heard me talk about internalizing all of the stress and the things that are there.

So she was dealing with the frustration, right? The worry, the insert, the other feels here, right? What you didn't hear her talk about was the potential physical ailments.

And the reason for that is because she got on the plane, but she immediately became emotionally unavailable to herself. And I submit to you, ladies, and gentlemen, in this conversation of the blueprint that so many of us are emotionally unavailable to ourselves. that we cannot let anybody in, because then we will be vulnerable and exposed. So no, we don't want to go to therapy. No, we don't want to talk to anybody. Yes, we'll continue to put the representative out there because I'll get through it. Things will get better. I'll come around.

And so now we go. Now we disconnect from ourselves or our others. Now we disconnect from our social or external communities, right? Yes. It will, it sure will. Okay. So go back to what you just said, Keshia, about getting on the plane, because now what I want to do is talk about what it means to one, and so just a little commercial. Keshia and I were opining this morning about doing a blueprint after dark morning mindset after dark and talking about the ways that we prepare and go through some of these things, because not everything that we are saying to you. Now you are getting Kim Blue CEO and Keshia Hicks CEO, okay? But this blueprint after dark, It's not going to be this. Where we keep it very real with you, there might be a beverage or two involved. There might be some different ambiance that's taking place. OK, there we go. OK, understands it, right? It might be a little something that's happening in here. So we can keep it real with you all in a different way. Because what we are setting you up for is the how are we surviving the day. And you need to know that even in the absence of someone directly telling you, the struggles are there and present. What we want to present to you, though, behind the scenes is, and girl, what are you doing about it?

How are you surviving it? What are the remedies that you're using to get through? So talk about the self-care, Keisha. Talk about the moment when you were starting to say, if I stay here, I risk this. How do I get out here, and what does that look like? So go back four days prior, I booked myself a flight. Because I knew that I needed to change my environment. Now, let me just say this. That's not possible for everybody, and I get that. And I don't want to say, that's the prescription for everybody. But sometimes you need to change your environment. So I don't know, is there a different room in your house? I don't know. Whatever that looks like for you. But sometimes you need to change your environment. And so for me, there's something very calming about being by the water. It's something very serious. Yeah, something very calming. Change your environment. You have to change your environment. Because the environment that you are in is one of dysfunction. So it's like, you have to change it so that, again, this is that window moment. I have to step outside, which means changing my environment.

And so, for me, I booked a flight. And I went to a beach, and I told Kim, I was like, I don't even know what I'm packing. I'm just throwing some stuff in the back. I don't even know if my clothes match. This is where my mind was. I don't know my clothes, because I was like, I just know it's going to be athleisure. I don't know. I'm going to pack some flip-flops. I'm going to like, I don't know. All the toiletries are in the bag. And if they're not,

DoorDash will be my friend. shipped Instacart somebody. And I just was like, I just need to go. And I didn't take anything with me as far as from I took my laptop, I had one work meeting, but that was it. But it was like, I didn't take anything that would add more to me. Right? It was just me. I want to pause you right there. So first of all, she said, change your environment. Now for some folks, I might mean, can I get outside and take a walk?

Can I get out of this room? Can I remove myself from the person, the thing that is causing me this in a timely manner? And if I can't, how can I plan to do that? It also means what am I saying no to? Yeah. In order to do that. So be okay saying no, right? The other thing that Keisha just said was I didn't, I didn't bring anything with me that was a representation of the thing that I was trying to get away from. Right? So I had to let go of something. I had to disconnect from something. So hopefully you're taking notes. You wanna write those things down, right? You gotta change your environment, okay? You have to be open to saying no and you have to disconnect from the things that were causing you the stress or to be tapped at this emotional capacity.

Good morning, Miss Yvonne, good to see you. Go ahead, Keisha. Yeah, and then I had to redefine what truth was for me, right? And so as I'm sitting, like every morning, I made a point to go watch the sunrise every morning because I had to redefine truth for myself. I had to redefine what that moment really looked like. And as I would sit there in the pitch black and watch the sun come up, it was like, here is a new day and everything that I thought that was of the former day no longer is. And so I really had to redefine that for myself. And I remember sitting on the beach and I'm journaling and doing my devotional and all the things and I literally decided to write down everything I was releasing. Like everything that I thought was true, I had to get rid of it. And so I wrote it down and for all y'all ocean lovers, I'm sorry, but I stuck the paper in the water and I let the water take it. Because you all hear me say on the blueprint, right? You must surrender the struggle. You have to release the receive, right? You have to lean in and let go. Her putting that in the water. And now listen, folks, and I'm telling you, we are recapping a story, right? But I was privy to all of this in real time. So I say to you all the time, I don't want you all to think for one minute that I'm not doing the work or that I'm not alongside of people who are doing the work because I was privy to all of this in real time because I knew my friend was disorganized emotionally.

When she said to me, this happened, I don't have time to process, but I needed to let you know. Yeah. And I let it go. And then I sat on the beach literally until I had to go like use the bathroom and go get something to eat. And then I found my way right back to the beach. And literally. that was my routine for like two days. And it was just like, let it go. And so then when I got back on the plane to come back home, it was like I had filled myself back up. And we talked about that this morning. It was like, well, you're thinking about all your different buckets and thinking about your emotional bucket. And what we talked about this morning, just being very honest, is saying, you know what?

I don't necessarily need to understand what fills my bucket up. I need to understand, and this is what I share with Kim and I'm sharing with y'all, is like I need to understand when I'm hitting that danger zone. You in danger, girl. You in danger because I will be a human doing and doing for everybody else and not understanding that I'm depleting myself such that I'm hitting that danger zone where I can't be emotionally available, where I'm about to hit capacity, where I'm going to have to go off the grid again, because that was a very slippery place for me. And I can understand how people can slide into depression. Slide into all these anxious spaces and you know and or harm themselves I get it because like you get into a danger zone And it's like when you are in boss boss type of roles When you are again the the backbone of your family the backup plan for everyone else Whatever that looks like it's like who do you have right?

All you have is you and maybe you got a dope Kim blue see that it was bars right there. Don't get it Don't get it What you don't like you don't have and so you are you and then when you're already doing this internal situation like You got to understand when you hit your danger zone and for me, that's my new work, right? It's understanding. Where is the danger zone? Yes, right and I was telling Kim this morning's like man I got a therapy appointment we gonna be talking about that like where is my danger zone and so that I can recognize that Because then I can start to fill myself up because it don't make sense to me in my rational mind, right? Whatever that means that I'm getting this point. Yep, and then I need to be thinking about this stuff I need to figure out how to emotionally fill myself up. I don't even recognize that. I'm hitting danger.

So, say that again. I may not even recognize That I'm hitting a danger. So being danger, right this whole notion of right and this is you and I talk about that Sometimes are going what's your color friend red yellow or green, right? Yeah, you say that there is a space past the red, yellow, or green though that can't be named in A color it's I know I'm in danger and what she specifically said is you are in danger of being tapped out You are in danger of like overextending yourself. You are in danger of doing too much I'm in danger of having not eaten and having to go and talk to 12 people or get up on this stage Right this age and do all these things, so danger looks different for everybody So my question to you is what is your danger zone to the blueprint bosses in the room, right?

Can you recognize what your danger zone is so that you don't show up at? work, not at your highest potential, or so that you don't go and just unleash on the next person who says, how are you? And genuinely is just trying to ask. Brax says, hangry is the dangers on Brax. That is, okay. That is a word. That's how the devil tempted Jesus. He waited till he was hungry. Listen, Brax said it. Brax said it. Brax said it. Something is simple. And so we talk about needs not being met. I have this whole graphic on our needs, our emotions and our mood, right. And then our choices, our behaviors and everything, right. And when our needs are not being met, the most basics of which are

sleep, food, right, physical, you know, love, all of those emotional things, when those are not met, you find yourself in a danger zone.

Okay. And that is very real. Right, Brax is saying something, but how often do we acknowledge? So the question to everybody in the chat is, do you recognize your danger zone? Do you know what your danger zones are? And how often then do you do something about it? How often do you articulate it? Yep, that part, are you saying it? Let me go eat first, then I'ma holla at you. And then I will get to you. Do we feel safe to do that? Bingo. Right, like I ain't having two hours worth of sleep. Let me go take a nap. Fret not, let me go take a nap. Yeah, right, fret not, friends. I'll get back with you, right? All of these things are so real.

And sometimes when we don't know them, they show up and that is the thing that fuels the stress that gets us to our emotional capacity, or when we can't acknowledge them and ask for what we need because we often do not ask for what we need. We leave those things to chance, or we assume that people are going to check in with us. Hey, how you doing? People are not always willing to say, they are not willing to say, do you need anything? Good morning, Ebony A .T .O. Good to see you, right? They are not willing to say, do you need anything? Or what can I do for you? Taste by Toxa, sometimes she has to articulate it to herself and she always doesn't feel safe to do so in your work and with other, right, with the music.

I get it, right? Sometimes we don't feel safe. So if you don't do it for yourself, then who's going to do it for you? Absolutely. It starts with you. I'm going to put the slide back up here one more time before Keshia gets out of here, right? Because I'm taking her all the way to the top of the hour before she gets out of here. Because this is the framing folks for everybody that's come in and for everybody that is going to catch the replay, right? I brought my friend, Nikeshia Hicks. She is also a fellow HR guru. She is an entrepreneur and business owner. She is a speaker. She is my best friend, all of these things. And so we are talking about emotional disorganization, good morning ads.

Right, so this is the thing as ad says he stays on go but he doesn't think he ever touches this part This is what I'm talking about as so you might be in this space where your emotional capacity is tapped And, then you're not available to people people that you want to be available to. Yeah, including you including your set Come on girl. Let me take this word. That's a word You are not available to people that you want to be available to including you. Okay. Yeah She's got to get out of here, I think she's got a coaching call in mirror moment Indomitable spirit.

Okay Mirror moment you are not available to people that you need to be including you Please leave the please leave the blueprint boardroom with some greatness before you get out of here to go I'm just gonna say have those mirror moments and then look out the window Like truly have the mirror moment, but don't forget the window Because the window is how you're showing up to the larger space

outside of yourself like but have those mirror moments and redefine what is true for you because again we were talking about this morning living your life in six -month increments one of my good friends says i'm living my life like i'm in a hotel it's temporary right like it's literally temporary so i'm going to enjoy every single moment of it but how do you do that it starts inside out and that ladies and gentlemen is um your greatness for the day yes taste by tasha i will put it up um right after nakisha hicks um exits our our stream right um but that's it right you got to redefine what that truth is for yourself but don't don't forget to look out the window we can stay looking in the mirror but sometimes the window is the opportunity for us to say but that's what's available to me in addition listen friend you already know how i feel about you i love you okay love you much thank you for being here and blessing exactly exactly right i'm gonna have you back have a good day okay all right bye all right ladies and gents so that was the lovely nakisha hicks okay she came and blessed the blueprint i am always grateful for her wisdom i am grateful for her friendship her partnership she um she is a mindset coach and so she always brings me through things and so we have these like i usually don't get to talk to her always during the week if we do it is very much a blessing um that i have the opportunity to but we usually make it up in massive conversations and we cover everything just because of the nature of our lives during the week um here is the slide taste by tosh um for you i'm gonna take myself out of it for just a minute so that you can see it but there's a slide so you can get your screen grab um but i wanted to bring her in to talk about emotional disorganization because sometimes when we think about where we are on this spectrum, right?

And a shout out to everybody who's putting the good talking mokes in there. Listen, Brax, we're gonna get to that in just a minute, right, somebody finally noticed it. Total nerd moment over here, but we're gonna talk about the fact that today is Pi Day. And my shirt officially says, can't stop, won't stop. Oh man, so, but I wanted to make sure that I brought her in because there are things that when we think about emotional capacity, you need to hear the stories and the accounts at every level about what that looks like, because you need to see yourself and what it is that we are doing, ladies and gentlemen. If you don't see yourself or recognize that, you know what, Kim Blue is emotionally stressed. I am, right? I just told y'all, I hid in a bathroom from my kid. Taysby, Tash, did you get this? I wanna make sure that you got your screen grab before I take the screen down and anybody else who may have wanted to get the screen grab of this, okay? I'll leave it up for just a moment, but you need to see yourself and recognize yourself in some of these various states because all three of these align to have you feeling emotionally disorganized.

And so, I wanted you to hear me talk to a friend who I talk through these things with, right? So that you understand, absolutely. When I tell you all I'm not willing to talk about anything that I'm not going through or that I haven't experienced, I mean that. And I wanted to bring someone in so you could hear us talk about how we are there for each other. The vulnerability we have, now listen, y'all got a very high level, but there are a lot

of things that I say to her, right? A lot of moments where I'm like, I am not at my best in this moment. And she talks me through those things and she's like, okay, well, when's the last time this has happened? Or when's the last time you've been outside and taking a walk in the sunshine?

Do you need quiet time? On your next day where Griffin and Avery are out of the house, what are you doing? Are you going out or are you getting some rest? It's all of those things, ladies and gentlemen, because if I don't reduce my cognitive load, okay? And by reducing my cognitive load, I mean the things that are on my mind that I either need to do or responsible for. You hear me saying in our opening mantra, you want to add value to the work that you own or are responsible for. But if my cognitive load is so high that I can't completely contribute to that, then I can't show up in these spaces and then I need the support, I need the guidance, I need someone to be able to help me. So when we talk about this whole notion of being emotionally disorganized, you do have to know where you are in danger. Am I in danger because I'm emotionally unavailable? Am I stressed to the max as my capacity tapped?

But what is it and where am I on this whole spectrum of emotional unavailability? Excuse me, emotional disorganization. And so knowing that, you heard us talk... about three very critical steps. The first thing is, right, you got to exit the space wherever you are. Can you get out and can you do so safely? Now you heard Keisha say she had the ability to get on a plane, but she also acknowledged that that's not the case. Then you have to be willing to say no, because if you don't say no, you're going to stay in that emotional leash, you know, in the place where your emotional capacity is tapped. Okay. Then she said it, right? You look out the window. That's the third thing. So where am I? What am I doing? What do I need? What do I see? Okay. Now put the mirror down and look out the window. What's available to me? Where do I want to go? What's in front of me? When I look out the window, do I see a restaurant that I could go to, to try something new? Is there something out there that might bring me some joy so that I can recalibrate and think different differently, right?

Dr. Davies says cognitive overload is real. And you just discussed it in one of the classes that you teach, right? And then the other thing that you have to do is redefine your truth, okay? You have to redefine what truth is. Yes, I made this mistake, and I wanna own that because I made this mistake, there were some missteps there. But the truth of the matter is that it wasn't as bad. The truth of the matter is, is the story that I'm telling myself has me a little more wound up than I probably need to be. The truth of the matter is, is two of the three things that need to be corrected are within my control. So I'm not as in bad shape as I think, right? I've got to get through all of these things. So those are your four steps when we talk about this whole notion of being emotionally disorganized.

So how do we correct that? You have to change your environment. You have to be willing to say no. You have to hold your mirror and look out the window. And you got

to redefine what your truth is. Because when you do that, there is an opportunity for you to then move towards emotional stability or alignment, which is the opposite of being disorganized, right? Things are in alignment. Things have their place. Things are intentional, right? Things feel right. You know that feeling that you get like in your chest or in your soul when you're like, yes, this makes sense. That is where it's supposed to be. I now am seeing the benefits of my labor, right? I'm moving from labor to reward in this life. Typically, when you hear that and people say you're moving from labor to reward, it means something else, right?

For those of you, for those of us who were raised in the church or in faith circles, right, or faith communities. But I'm talking about moving from labor to reward on this side of life in day to day, right? How do I move from this emotional labor to the emotional reward of taking care of myself, of pouring into myself, of investing in these things, of reducing my stress? And it shows up in so many ways and you got to hear not just my account, but the account of someone who supports me and who I also support and how we go through it real time. So when I say things like get you a Keisha Hicks, go find who that is, right? Or go find that safe space. Big Stove says it all the time. Get around some people who are gonna love on you or who give you the ability to love on them if that's the thing that gives you energy and does not drain you, okay? When we talk about this whole notion of emotional capacity, what you heard Keisha say is we gotta change our environment because as long as we're there, we're gonna circulate in those limiting beliefs, meaning we're gonna keep thinking the negative, keep thinking the same things, right?

Keep thinking all those things. Our ease and adapting to any situation that's challenging or the quality of our relationships, right? You hear Big Stove say it, right? Get around some people who are gonna love up on you. If you don't have those people, then the quality of your relationships may be in question. And that's both personally and professionally. If you don't have the people at work that you trust, your board of directors, as I call them, right? Your professional board of directors, if you don't have that circle, the people who will tell you fix your face in a meeting, the people who will say the tone that you took in that email, you were way out of line, right? It was a little off, is something going on with you? Let's check in or let's go to lunch or let's grab coffee or whatever it is, right? But you may need to question the quality of your relationships if there's no one in your circle or your square.

And by square, I mean in your corner, right? Cause you've got people who are in your circles, but then you also have people who are in your squares and a square is made up of corners, right? And those people who are in your corner might be a little bit different than the people who are in your circle and that's okay. Okay. But you have to be able to get around that, right? Kay says it, professional accountability, okay? You have to be able to assess the quality of those relationships. And if you don't have that, that could be a reason why you are emotionally unavailable because you don't feel safe to

present that as a need that you have. And when we're not safe to present our needs, we then can't show up as our most authentic self. We cannot operate at our highest potential, nor can we add value to whatever work we own or are responsible for, and in short are not operating as the boss of our own blueprint, okay?

So, with that, ladies and gentlemen, everybody I think is still standing. We did not need it. If we needed the boss gear today, you all did really great in not getting it or maybe Kay was giving it out, but I was wrapped up in all things with Keisha Hicks to be able to recognize it, but it may have been going on in the chat for sure. So hopefully everybody got that. Yes, taste by touch. We talk about circles and squares here in the blueprint, right? We've got our circle, right? This is our circle, but then who's in your corner, right? The difference between the people who are in your circle. who may help you and support you, but the people who are in your corner who might push you out into the circle to be like, but you got to go into the circle so you can disrupt the circle.

You got to go into this circle so you can bring truth, so you can bring reality, so you can bring whatever the circle may need, right? But the people from the corner are the people who might push you into the circle. The people in the circle are going to be there, potentially no matter what, you potentially may not be doing those things, right? Thank you, Kay, for taking care of people as they came in the room, right? Nikita Hicks was here. All right, folks, that is today's edition of The Blueprint, all right? I want to encourage everybody today to do a couple of things. One, I want you to get to a space where you can have the time you need with yourself in whatever way possible, okay? So I want to encourage you to change your environment. I want to encourage you to find a way to say, I'm going to go spend outside... time outside in nature, making music, right, listening, right, some, you just had a conversation with someone yesterday who was telling me about a conversation that they were having and it was more of like a bit of a disagreement, a bit of something.

And then I immediately saw a follow -up video where they were into their outlet and I received a text and it said, this thing helps. And I said, I saw that. Thank you for sharing with me. So go find the thing that makes your heart happy, okay? Go find that thing so that you can be in those spaces just for you, not for anybody else because now we're talking about you managing your own emotional capacity. And that's really, really important, okay? G class, good to see you. Thank you so much for being here. Happy Thursday, CLO 702. Thank you all for being here for coming out of alert to say hello. Okay, hopefully you were able to see a little bit of Ms. Nakesha Hicks before she had to jump out of here at the top of the hour, all right? So when we think about this whole notion of how we are showing up, I want you to go do something that's gonna help you reduce your cognitive load but also impact your emotional capacity in a positive way.

And you may need to spend some time thinking about that. And that may be your mirror moment. And then I wanna challenge you to look out the window and see what it is that you are aspiring towards. Where do I need to go? Who do I need to talk to?

What's the thing that I maybe have been procrastinating on that I need to now invest in so that I can be the boss of my own blueprint, okay? So I want you to think about that before we get out of here. Okay, before we do anything else. And before we write out, we're gonna go see new folks today. You know, I've been trying to go show love, right? I wanna acknowledge, shout out to all of the nerds in the room outside of me. It is Pi Day, today is March the 14th. Okay, good morning, Tantrum. Good to see you, happy belated birthday, y'all. Tantrum just had a birthday, not only. Was it a birthday? It was a milestone birthday.

So, shout out to you, Tantrum. I hope the day was fantastic. If you have happy birthday emotes, let's drop them in the chat for Tantrum so that we can show you some love, right? I hope this next trip around the sun and this new decade, Tantrum, is every single thing that you want it to be and that you deserve and that you are surrounded by all of the love and good energy and laughter, right? That is going to carry you into this new decade and into this new year. So hugs to you, okay? And congratulations on the birthday, Tantrum. I hope your streams are really great. Tantrum says his birthday was amazing and now he's looking up motorized wheelchairs. Cheers, I cannot with you. That is a great sign, right? Yes, tomorrow. Definitely be aware of the odds of March, right? And stay away from cats named Brutus. I love it. So my shirt today says Pi Day.

It is March the 14th, okay? And if you know anything about Pi Day... Pi is an irrational number. So there's all types of pie jokes that are out there, right? So my my shirt says Can't stop won't stop For this one my one of my best friends from college used to be a math teacher And so Pade was a big thing that was at her school. She has a shirt that says I'm acting irrational, right? All these things so go find some cool things related to Pade There's all types of pizza deals or deals on pies and desserts out there So go find some joy, but mostly go take care of yourself emotionally and find your journey to emotional Organization, okay I'm definitely getting pizza today to tantrum I already said it to Avery this morning and as soon as I said that the prince was like my bet So we're having pizza for dinner tonight.

That's our pie that we are gonna have right so find you can't stop won't stop moment. I will say that okay, whatever it is that you can't stop won't stop on but not to your detriment To only the things that are going to make you that are fun. Cool or good to see you. Thank you so much for being here Happy Thursday to you. Good morning sis. Happy Thursday to you. Welcome in all Good River water blue. Welcome in good to see you. Thank you so much for being here. Happy Thursday. All right Miss KB greetings. Hello there. Good to see you Shout out to everybody who came in while Keisha Hicks and I were talking the replay will be up cool it now for good to see You all good on the late pass you were here and that is what is most important To everybody who came in if you miss it The replay will be up in the channel so you can go catch it or you can go get the gems from this I'm going to have Keisha hits back. I think I want to revisit the circles and squares conversation again Because it's been a while since I've

done that, and I want to make sure that we're connected there and we all understand Is it save a spider date Gilda Roth?

I would never have known that so choose wisely for those who may be Who may have a rachna phobia? Okay, choose wisely on how you save a spider what that means for you and bitter baritone, I cannot wait for you to be here so that we can have our in - person HR conversation as well. I know the ones that we've had over the phone and via text are always entertaining because people are people. And in the spirit of all of that, I want to remind you, definitely take care of yourselves today. I say it at the end of every conversation, right? When I tell you to take very good care of yourselves, these are the things that I'm talking about, ladies and gentlemen, okay? These are the things that I am talking about. So, here's Write Down Your Story Day. I did not know that, Brax. Where can we get more information on that, right? So we know that it's Pi Day, okay? It is apparently National Save a Spider Day and National Write Down Your Story Day.

So, go investigate all these things or other things that are going to bring you some joy and reduce your cognitive load, all right? So with that, Thank you all for being here. Thank you all for rocking with me. I can't with me I'm laughing at Kayla because he's talking to me about how this ain't you guys Okay Thank you all for being here I hope you enjoyed this conversation of the blueprint a reminder that there is no stream next Thursday. There's only next Tuesday, right? I go home next week and then next Thursday during our hour. I will be Doing some professional development. So there will be no blueprint next Thursday only next Tuesday So we are going to talk a little bit about social Disorganization just a little bit and then the week after that we will get back into the physical Disorganization because social will only take about a day and we're gonna need two Conversations for the physical piece to talk about our bodies and then to talk about the spaces because they are one in the same our physical presence is in the space that we exist in and When both are disorganized I Do Brax, but I'll be talking to I'll be taught I'll be doing professional development at 11 o'clock next Thursday So I can't stream during that time only on Tuesday.

I'm sorry, but the replay will be available. Okay Thank you cool it now. This is it today is pie day. So I'm rocking my can't stop won't stop shirt this is This is my my my ode to my nerdiness and wanted to acknowledge that for everybody. Okay All right, folks. We are going to go see somebody new. All right How I just found out that the professional but I am Tantrum, I'm going to go talk to a company that I've been doing a series with for black history and women's history month And it's all on visibility and how to be seen And be in standout in the workplace. And so, I'm going to go do the third installment of that I know tantrum I've been practicing right when I'm going to go do the third installment of that in person. So I'll be in Greensboro next Thursday.

So, get to go home for a couple days, which is exciting, and go talk to the people. So no, no stream next Thursday, only on Tuesday. All right. All right. We are going to go see somebody that don't get to raid often. So we're going to go spend some time, right?

We're going to go, go see Uncle Diddy. That's not somebody that get to raid often. So come on, G -Class, and let's get that on the books for sure. All right. So, I am sending everybody into their Thursday and into their weekend with all the good energy and light that you need to guide you. Okay. And I mean that folks, when I talk about it, you all, I break down what our exit mantra is. And I mean it when I say this, right? And this is what the good, this is why the good talks are there. The other side of the good talk, right? Is this, but when I say you've got the good energy and light, take all the good things from this stream.

Big stove says it so eloquently in history. And he says, the candle takes nothing to light another candle. It's all about potentially showing interest in someone else. You can put that same energy on yourself, okay? So, show that same interest on yourself, whatever it is. Okay, but you've got the good energy. So the goodness that you're taking from this and the light, let that guide you into the very next thing, whatever that is, all right? Is it Tiffany Rainbow? Good morning, welcome in. Or good afternoon, should I say welcome in, all right? Let all of that good energy and light guide you, okay? I want you to take exceptional care of yourselves and we will speak again next Tuesday and continue our conversation around social disorganization, okay? Have a great day, everyone. I'll see you all on the other side.