

The Blueprint March Madness March 5, 2024

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Transcript

Good morning, everyone. Happy Tuesday. Thank you so much for being here. Welcome to the Blueprint. My name is Kim Blue for anyone who, if it's been a while, if you are new to Twitch, if you are new to the stream, welcome to the podcast. I am so happy to have you with us. Let me introduce myself. I am an HR strategist and a career coach. I believe that everybody should be the boss of their own Blueprint. That gives me, that gives me the opportunity to help share with you all of the things that are going to help you have access to the knowledge, skills, capabilities, and resources so we can do three things every day.

We can operate at our highest potential. We can add value to whatever work we own or are responsible for. Most importantly, we can show up as our authentic self because when we do that, we can be great in our gifts. We can... Be intentional about how we experience the world and how the world experiences us We don't have to dim our light or shrink back. We can be exactly who we are and All things are gonna be available to us and I think that that's the as I have evolved my Opening mantra and I've thought a lot about what it means to be the boss of your own blueprint Having things be available to us because we're not closed off Because of the expectations or the things that we believe others Should be doing right we give our gifts to the world But we also create space for us to be available to whatever is coming our way and I've been Ruminating on that for a little bit and as really makes me happy and so I'm gonna start to add that to part of our opening mantra, right which is that we are going to Be great in our gifts and we then receive whatever is available to us That's being the boss of your own blueprint, right?

It goes both ways So the intent of the podcast is to be able to talk about that My goal you all know this is for you to take something from this conversation and be able to immediately use it in your next Conversation or apply it somewhere in in life in the way that you do your professional world or In the way that you do your personal personal things. So, thank you all for being here. Thank you all for being patient this morning with me. Normally the stream starts at 8 and I Will this morning I had a flat tire so it took me a little bit to Get myself going and be intentional about getting my little one to school this morning. I also woke up with a very sore throat and raspiness from all the allergies that are taking place. So Thank you for the grace. I needed it myself and I also Needed to

make sure that I had time to safely get my child to school And get all the things going so that is why we are late.

So we are going to do some very quick announcements We'll jump right into Our good mornings and then we are gonna kick off March today This series is gonna be all about March Madness and it's all the things in life These eight conversations are seven because there's a there's a Thursday. I'm not sure I mean, but these seven conversations where You know We're talking about the things in life that sort of create disorganization and chaos and we're gonna talk about being disorganized and the different types of disorganization And we're gonna foundation allies it today with a video by Simon Sinek If you don't know who he is I will introduce him but we're gonna talk about that and just frame the importance of relationships when that disorganization is present And we're gonna give you all a very personal example from my life So I'm going to talk about like this notion of being this organized and the madness that you feel in that and then how that again spills over into your professional life and your personal life and you know we talked about alignment in February.

Being disorganized isn't a space of being out of alignment with yourself or your life or your work in whatever ways are necessary. And so we're going to talk about that and introduce that today and we're going to set the tone for how you need to move through setting your words, setting your expectations, redefining your boundaries when it comes to that. So there will be a lot of slides today. It'll be a lot of conversation. And then that'll give me the time on Thursday to kind of get the slides together since it did not since I had a little bit of a morning and I wasn't able to align that. So first and foremost, just a reminder that now that we are into March that on Thursday, March the 20th. First, so two weeks from this coming Thursday, there will be no Blueprint stream. I will be presenting live in North Carolina for a client that I have.

So there will be no stream on that Thursday. The presentation is at the same time as the stream. It's at 11 a .m. Eastern. So there'll be no stream on Thursday, March 21st. So mark your calendars to make sure I'll keep reminding everyone every Tuesday and every Thursday so that you're not looking for me. So that's first and foremost. Shout out to everybody who has been participating in the Blueprint coaching group behind the scenes. And if you're interested, here are the details, exclamation point coaching. All the merch is in. The notebooks finally came in. I'll be able to show that to you so you will have access to some Blueprint merch that is also going to be available on the website, which is slowly but surely coming along. Here's all the things that you're eligible to receive. There'll be a monthly, a quarterly webinar. You get quarterly one -on -ones with me. We use that time to actually work on you. There are folks in the chat who are experiencing wins, who are in the Blueprint coaching group.

I could not be more proud of them. And we have our next session on Thursday. We're already three sessions in for the year already. And the three weeks in between goes by super fast. And we do a lot of work together and we pull off of the themes that

are in the broader conversation. All the Blueprint recordings will be transcribed for you. So you'll have access to all of the ChemGems. And then there'll be a ton of other resources, things that you see me present in here and use for our conversations that will be available to you. So, it's \$50 a month. It's about \$600 a year, a very worthy investment. I will always encourage you to work on you and invest in you if you need guidance on how to set that up to present it to your organization, if you'd like for them to cover the cost, please let me know. I'm happy to do that. But we talk all the time about being the boss of your own Blueprint. It starts with you investing in you. And so that's really, really important when it comes to this, and how you are taking care of yourself.

So, think about that, again, exclamation point coaching, how we can, how I can be of additional service to you outside of here. So there is all of the information that you can take advantage of. And the mods are in the chat this morning, as well as Jen, who is my EA, and she can help set that up. Jen also attends the sessions. So there is, you know, support from Jen there. And she's super awesome, as far as all things KBlue Consulting are concerned. So there's your commercial for the day. Let's see who's in the chat this morning. Good morning to my Mod Bosses, My Lock Journey, and Lock and Key Media. Thank you both for being here. My Lock Journey, thank you so much for the re-up for 15 months on that. We are in here for sure, for sure. Appreciate you and appreciate you, Kayla as well. Good morning to both of you. Good morning, Dr. Donna Dundas, Tuesday blessings to you. Good morning, Jen. Good to see you as always. Good morning, Hobbs.

Happy Tuesday to you. Congratulations for all of the good things you have going on right now, Hobbs. So excited for you and all the work that you're doing. Cassandra, well, good morning. Happy Tuesday to you. Thank you for being here. I hope you're doing well. Let's see who else is in here. Good morning, good morning, Keith. Happy Tuesday. Hope you are doing all right. Keith is already fluffing the couch pillows, ladies and gentlemen. I'm here for it. Thank you, Keith. Good morning, Ebony AGL. Happy Tuesday to you. Thank you for being here. Cool it now for a good morning. Welcome in. Good to see you. Thank you so much for being here. Hopefully it's not too early for you. I know you were a first time chatter, so welcome to the blueprint. If you're interested, cool it now for on Thursdays, the stream is at 11 a .m. Eastern Standard Time, so not quite this early.

But originally, this is tone setting. This is how we kind of get our day started, setting our mindset and our energy in the right place. So good to see you. Thank you so much for being here. There's lots of good folks in the chat, so go give them a follow. Ebony AGL, I can key media, right? All types of good mods, good streamers who are in here and who can bring you along the journey and help you get to some other great folks here on Twitch. Good morning, LaWanda Baskerville. Good to see you. Happy Thursday. Thank you for being here as well. If I missed you, please say something in the chat. Yes, Keith, allergies. I think Kayla said it is that we had an... seasonably warm

Georgia in February, right and so my throat and my and my sinuses have just been responded to that and in a more of a way then usual so I've had a very scratchy throat the last few weeks off and on My journey can tell you I spoke with her very briefly last night and I had all types of voice cracking and things like that I sounded like a young man transitioning into his his adult life.

My voice was all cracking. So You're if your voice has been sore Keith, that's definitely what it is for sure. Good morning. See love. Good to see you Thank you for being here. Happy Tuesday. Do you good morning global group or good to see you? Happy Tuesday y'all please go give grow global groove or follow Is he all him and Johnny low and a few others always have some great tunes going on in their streams And they have such great lurking streams. I can't tell you how many times I go in there. I just say good morning Or say hello, and then I lurk or I don't even say hello I just go in and lurk because it's just great background music so good to see you global groover I hope you are doing well And thank you so much for being here all right virtual salute to everybody who is working lurking and commuting You all know how we do here.

I want the stream to be in service to you always and That's that so if you're active in the chat if you're lurking if you're listening if it's twitch audio Thank you. You are appreciated nonetheless. Good morning, D man. Good to see you. Thank you so much for being here as well. Happy Tuesday to you I think I got everybody if not then say something and I will acknowledge you. Hey Daisy B. Good morning. Good to see you Miss Lb. Good morning. Happy Tuesday to you. Good to see you. Thank you so much for being here. I hope you're doing well All good on the lark. Thank you to everybody who's like I'm in But I'm lurking you all know I get it and appreciate you saying hello to the community alright, so let's talk about this whole notion of March madness.

All right, and what that is and what that means and this whole intent around feeling disorganized, okay? Because there's this whole thing where every day we get up and We have this feeling whether we know we are stable or whether we know we're not feeling our greatest and Sometimes it lives inside our head. Sometimes we feel it inside of our energy sometimes it's like you wake up and you know you're not at a hundred percent and we kind of need to acknowledge that so that we don't go into our day with this false sense of Self -awareness this acknowledgement that I'm doing great. Sometimes it's okay to be like I'm not a hundred percent and When you start with that absolutely global group remarks madness is more than Basketball, okay, because here's the thing ladies and gentlemen by March we have come through January Which is we're just we're just recovering from the holidays those first few weeks of January We're also letting go.

We're also finding the space that we have let go for all the things that we left in the previous year. Okay. So people, energy, jobs, bad decisions, whatever that is, but that's all behind us. All right. And so now we have come to February and February, the end of January, February is where we're just starting to realize, okay, I'm up from, I'm up

for air from all the, you know, the madness of the holidays and the chaos and all those things. Um, I see mods. I listen, I see you. I look, I'm looking at them over there and I'm going to step away momentarily and go get them. Okay. Love me more. Give me just a minute. I'm going to find a stopping place and then I promise you I will go. Okay. This is the madness that I'm talking about this morning and all the chaos, right? I'm disorganized personally, but my kid got to school and my tire has air. And all these things are working together.

Okay, so I got some trade offs, right? I can't see but The rest of my life is in order. So I feel like that's a fair that is a fair That is a fair trade off. Okay I feel like that's a fair trade off. So, when we think about this whole notion of march madness It's this misalignment because honestly by the time we get to march We're realizing that the first two months of the year have already gone by And that we are playing a little bit of catch -up. We're catching our breath. We're catching up with all the things that have been happening Right. We've just come through the super bowl. We've just come through all of these things, you know, right We've just come through all these and then we're turning the corner With life in general we're starting over for many of us. It's the time where we're starting in our professional development We may be starting a new job. We may be starting over with all of the life processes all of these things That are there. Okay And so you're just playing catch -up and not only that you're really realizing how out of sync You actually are or how disorganized you actually are and what does it for me is tax season Going into tax season and realizing that I got to get all these things together, right all the documents I got to go pull all of these things and then you come into this moment of disorganization.

Good to see you class Thank you so much for being here Happy tuesday to you Um, listen, okay ebony atl that life is real and this morning. He would have made it to school on time had I not had A flat tire. Okay. I'm gonna pause for just a second. Uh bosses. I just need to grab my glasses So i'm not squinting at the screen Okay, so when we think about this whole my life journey right when we think about this whole notion of Getting disorganized march can feel very Maddening and it can feel like i'm stepping into the this awareness of being disorganized, but not just physically disorganized, emotionally disorganized, psychologically disorganized, right? It can be things like the space that I'm in may not be in quite as clear organization as well. Anybody ever in here deal with like piles, right? I have piles, organization piles, right? And they sit here and I know what's in the pile, okay?

And it's a pile of stuff, but in that stuff, I know exactly what it is. That is my disorganized organization, right? I go to spaces and I'm like, okay, that document is probably in this pile of things because in this moment, all I had time or space to do was put things that are alike in this space neatly and leave them there because I don't have the capacity to actually undo it or deal with it or embrace it because there's sometimes there's things in that pile that we have to face on our own and we have to be in a position

to say good morning double spirit good to see you right we have to be in a position to say if I'm going to acknowledge that pile and that means I'm ready to embrace all of the things that are there whether we have dealt with them or whether we have avoided them and because we know avoidance isn't a strategy the pile represents the avoidance ladies and gentlemen okay that pile represents everything we haven't done need to do the things that might give us anxiety whether we're prepared for it or not that pile represents the fact that I've got a lot of stuff here that I need to address and I've not taken the time to do it because I wasn't ready in whatever way shape or form right but we know in that pile is probably a lot of good but also in that pile is going to be the pause that we need to take and to face fears to face transitions to face opportunities to face things that we need to just get our arms around that pile represents not being the boss of your own blueprint okay that pile represents saying I know that there are things in there that I need to do or deal with and I haven't been ready and even in this moment I'm probably not ready right now but the environment around me has gotten so uncomfortable I've gotten to a place now where if I don't deal with the thing that's in that pile right it's equivalent to making your bed having a stack of laundry right letting things pile up around you it's organized chaos and guess what ladies and gentlemen that organized chaos spills over into the rest of our lives so your desk is messy but when your desk is messy when you don't have enough space for that mail on your desk where does it go does it go to your kitchen table Does it go to your kitchen island?

Does it make it to a nightstand? Does it make it to an end table in your space? Good morning, Dr. Dady Priest. Good to see you, double spirit, coming in with the side eye already, right? So here we go. All right, all those things. When we think about how we are doing, Dr. Dady Priest, we are talking about March Madness and this whole notion of the fact that we've come in to finally taking a deep breath in March and realizing how disorganized we are on so many levels. So psychologically, physically, emotionally, right? Our space, right? All of the things, it's just madness. It is that disconnect of all of the things. And I'm not saying everything has to be in place, but you look around and think, well, there's a pile and that needs to be recycled and this thing needs to be shredded. And I've been looking at that pile for six months because in that pile are three documents that I need to deal with that I haven't, right? Misha Bell, good morning, good to see you. Thank you so much for being here.

Happy Tuesday to you, okay? And so when we think about these piles, when we think about these things that represent our disorganization, and it doesn't just have to be a pile, right? It can be, listen, I told you, I had laundry in my bathtub for the better part of two and a half years. Okay. That, for me, that represented that disorganization. There are pockets of my house. There are spaces around that still need attention because when I go in there to deal with them, there are things that I have to make decisions about. And who in here knows that making the decision represents a path forward that you may or may not have been leaning into or wanted to take. Because when you take that step, then you have to accept a truth.

You must accept that I'm leaving something behind. I'm letting go. I'm disconnecting. I'm no longer aligning myself to this way of thinking this, this anything, anything at all, right? It's all there in that way. Okay. When you make a decision to do something about your madness in whatever form, it then represents a transition and change is hard, right? Change is something that we can't get comfortable with, right? Change is something that we have to kind of talk ourselves through. And not only that, sometimes you have to do that alone. And so when you get to these spaces where you're like, I need to make this transition alone. I must change alone. I have to turn this corner and I'm by myself. I don't have anyone that I feel like is going to understand me. I don't have anyone that I can openly say, Hey, here, uh, here are the things that, you know, um, I need to do. Am I going to be judged? Am I going to be ridiculed? Am I going to be looked down upon? Are people going to hold me accountable based on their standards instead of supporting me and saying, if that's what's best for you, then moving forward, right?

One of the things that my life journey and we sit at talk about this all the time, right? And we were just talking about this a little bit yesterday because I was sharing with her some very significant moments in my day through conversations that I was having yesterday okay some significant moments and I and she said to me what are you going to do and I said you know I've got a lot of peace about this one thing I said but this other thing over here I don't know but it feels like this might be that this might be my only time to be able to do it she said here's the thing I support you I'm with you whether you're on that side or whether you're on this side or whether you are right here in the middle there is something to be said for knowing that you are not alone in the madness right and how many of you know that that madness can feel like a very lonely place like you're in there by yourself like you don't know if people are gonna be with you you don't know if you're gonna be supported you don't know if you're gonna have what it is that you need and how you're going to be able to manage through this decision, right?

Dr. Dady Priest says she has family coming over for dinner and she still has her kitchen decorated for Christmas. That's okay, Dr. Dady Priest, because that Christmas decoration, that makes you happy. But we get into a space where we know, or we don't know that other people are going to have something to say. Like it's March and you still have your Christmas trees up? Yes, yes I do, okay? Yes, I do have my trees up. Yes, I still have these lights up. Yes, I've still got all of these things out, whatever that is, okay? And the thing about it is, is that we get into these spaces where we don't know if we are supported. And then we then by proxy open ourselves up to ridicule, judgment, people's thoughts, and opinions. The truth of the matter is they don't matter, but we allow them to matter. The truth of the matter is, is that they don't matter, but we allow them to take up space rent free in our life.

Not just in your brain, right? There's plenty of stuff that takes up space rent free in your brain, but stuff that takes place rent free in your life. Does everybody know what

I'm talking about? Rent free in your life. That means that you allow it to stay with you and it's the thing that you continue to go back to, and you think about all the time. And then that influences the decisions that you make when it comes to how you're going to move, why there's going to be some intent, what that looks like. And so now you're moving through someone else's expectations, okay? Not only that, right? Ms. Elby says, yep. And Dr. Dady says, people who don't matter don't care and those who don't care don't matter. Exactly, right? So here's the thing, when you realize that you need support, are we asking for it? Are we saying that we need help? Are we telling people that we are intentional about, hey, I need this.

This is what will help me. Or do we just... take it on. And we do it by ourselves, right? We go forward and we say, you know what, I am going to take this head on and I'm not going to ask for help. Because we don't know that we're going to be in in a space where someone's going to be willing to say, I can help you without judging you. I can be there for you without making you feel as if what you're doing is wrong. I can listen and unapologetically say what is it that you need without being in a position to ridicule or offer, right? I can listen and not offer my opinion. We don't go into those spaces. We don't put ourselves out there. And listen takes a lot to find your one or two or your circle that you can say I can speak openly to about my madness. Because once you expose people to your mess They then feel as though they have an entitlement to be present in that mess with you. Cool it now. Thank you so much for the boss bits. I appreciate you. Absolutely, Ms. OB. Ms. OB says people like to hold things over you at times when you ask for help. That is full stop, right? When you ask for help or when you bring people into your mess, they now feel entitled to coach you or guide you or tell you what it is they think you should do.

But that's not the reason that you invite them in, is it? You invite them in for support. You invite them in because you believe that they are going to offer help, that they are going to be emotionally supportive or that they're going to just listen. They're not going to judge or offer any additional things, right? So I want to show this video of Simon Sinek. If you don't know who he is, he's a leadership coach. He really puts a lot out there about the treatment of people, about how we should engage with others. And he talks about this whole notion of like how we ask for support and what that looks like. And he's having a conversation with another CEO and founder of this company called the Milk Bar. If you're not familiar with the Milk Bar, go look it up. It is an amazing like bakery type location and they just have all types of treats and sweets and cookies, and they ship all over. So if you're ever interested in it, they do ship. Milk Bar isn't a wonderful, wonderful thing, but it's called Eight Minutes. I don't know if anybody's ever heard it, but it's a quick clip and I wanted to show it because it sets the tone for, yeah, okay, I'll tell you about it. You'll love it. Um, it sets the tone for the way we need to ask for, but also avail ourselves to people minus all the things that we bring to this space.

I'm going to look at these comments and then we're going to, I'm going to share my screen. It says, when you're always a supporter and when you ask for support, but it's not met with the same urgency that you give. Yes. Right. That sense of urgency is massive. Right. And then, and then CLOC says, yes, you've noticed that. And then you just start being quiet and you start doing it yourself. Right. So then you retreat from this space. So, I want to set the tone for what it should look like. And then we're going to go back to this because often what a CLOC 702 and what Hey Daisy B you're talking about is the lived experience. So let me share my screen. Give me just a second. And I want to make sure everybody can see this. All right. Thank you. Okay, when someone is struggling or in need, all they need is eight minutes from a friend to hold space with them to make them feel better.

And so now we have a code word. When one of us is struggling, the text is, do you have eight minutes? And that simply means I need you, I'm going to cry. There is no greater honor that you could give a friend than to send them a text message that says, do you have eight minutes? Like, when you're in your own, like, darkness, there is no greater gift to let someone know how much they mean to you to send that text. There's no good honor. There is no greater. Like, that is the level friend that I aspire to be. And I don't have a zillion friends because I'm like, the friends I have, I'm the eight-minute text in the middle of the night friends, I'm the stop, drop and roll friends. When someone is struggling or in need, all they need is eight minutes from a friend to hold space with them to make them feel better. And so now we have a code word. When one of us is struggling, the text is, do you have eight minutes? And that simply means I need you. I'm going to cry. There is no greater honor that you could give a friend than to send them a text message that says, do you have eight minutes?

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Me she built that's excellent, right? Do you have your eight minute friend? Do you have your stop, drop and roll friend? Do you have your in the middle of the night when shit goes awry friend? Because when you're in the middle of this madness and we're going to talk about different types of madness or disorganization right or disconnection.

But when we're when we are feeling disorganized when when our life spirals and we don't know what to do when you're awake at 3 19 a.m. looking at the ceiling and wondering and thinking about all the things that you need to do, feeling overwhelmed and wondering how you're going to get through that through it. Do you have your eight-minute friend? And if you do, do you have a code word? What's your code word? How do you acknowledge help in a safe way? How do you acknowledge I need support in a safe way? How do you share with them? I keep right. Right. But how are you saying I need you? Right. How do you know that someone needs you? Right. I tell you guys all the time. I know how Keith needs him. Keith doesn't even say anything.

He just sends me the bat signal and I just get the bat signal gift in text message. He doesn't say hello. He doesn't say, how are you? He doesn't say, are you available? He just puts the bat signal in there and then waits. That's all he does. He knows because he knows that I'm going to get back to him at some point in time. But he doesn't he doesn't say, hey, are you busy? He he doesn't call in advance. He just puts the bat signal in a text message to me. And then he goes quiet because he knows that when I am free or when I have the time for him, I will call him or I will text back and I'll say, hey, what's going on? Right. Or I'll say you don't normally what I say is you rang. That is my response back to him. And he's and then he says, when do you have some time so that we can talk? But before that, right, I may go months without hearing from Keith. And I know he's fine, but when that bad signal comes into my text message, I know that he is like, I need you. I need my coach. I need my friend. I need my colleague. I need something, but I need Kim blue. And that's it. We don't have any other words. I don't need any other words because that's how I know with him.

Something is going on. Do you have that good morning? The call is oh six. Good to see you. Thank you so much for being here. Y'all lots of dope people who are coming into the chat to call us those six. Give them a follow big stove. Good to see you. Happy two year anniversary to you. Y'all big stove just passes to your streaming anniversary. It was last week. He streamed for a few hours and it was glorious. Thank you so much for the re-up stove 15 months. Appreciate you. And I hope that you are doing well. Good to see you as always. Okay. Absolutely. Keith, the dark night rises, but that's my thing, right? You got to understand what that is, but do you have that with people? Do you have that unspoken? Moment where you can safely say my life is in shambles right now, and I need you right I need All these things I need your energy. I need your presence. I need your time I need the currency that you're willing to give me because it is going to help and enhance my life See love 702 says she feels that way with their kids if they're quiet.

She knows they're good, but when the phone rings 100% okay 100% Right and so sometimes you have to be okay knowing that that eight minutes, right? That ten minutes whatever it is that you need from them whether it's right from sometimes for me in my life journey It's I need a closet talk Or sometimes she'll see me already doing stuff

and she'll be like up you're motivating me to get up right and then that's that's we Find ourselves there hours later Right talking and organizing and purging, but then there's there's a lot of moments where we're in those places been a lot of tears in those moments where I am holding clothes and holding a pile of clay and like it's standing in my closet in tears talking to her Right or vice versa right or sitting on the floor, and I'll just say to her I'm just need to sit down for a minute right there's a lot of stuff There's a lot of healing that takes place, but do you have that among the madness right?

Do you have all of that? Good morning tank? Good to see you Thank you so much for being here. Happy six months of being a blueprint boss. You guys have just kicked off a hype train Thank you so much Listen, you guys know that the hype trains are always appreciated and that they are never required tank I hope you're doing well. Happy Tuesday to you Welcome in Listen folks as we talk about this whole notion of March Madness You need to balance the madness Right with peace So where are those places where you've got that piece where you've got that parody where you're able to go in and say this is Something that I need you are the person that is going to bring this into my life, right? I give you all the example about Keith and right and he knows right and that he knows that like I'm not picking fun at him because that's just it. Sometimes you just have to know what that looks like with people.

But you also must find what that is for you. Good morning, Brax. Good to see you. Thank you so much for being here. Happy, happy Tuesday to you guys. DJ Brax, Tank, Big Stove, The Call is 06, all types of G class, all types of amazing folks who are global group or everybody who are lurking and present in the chat. Go give all these folks a follow. Good to see you, Captain. I hope you're doing well. Okay. Thank you all for the hype train. I appreciate it as always. I appreciate it. Right. It all goes back into making sure that I've got what I need for this stream. Okay. So when we think about this whole notion of finding your people among the madness. Okay. Because if you're going to be able to move among the madness, you've got to have. folks who can do it with you.

There's a lot of folks, a lot of us who try to do it by ourselves. But here's the thing, the darkness is already dark, ladies and gentlemen. And you heard Sarah say, when you're in that dark moment, right, it can feel like it can feel maddening. Seawards, good morning to you. Thank you so much for being here and appreciate the re -up. Cool it now. Thank you again for the boss bits. Appreciate you. Seaworbs, how is your day going so far? Good afternoon to you. Thank you for being here. Happy Tuesday. For everybody who's coming in, we're talking about March Madness. And not basketball, but we're talking about the madness that we may feel when when parts of our lives are disorganized.

And we're going to have a whole moment about the professional parts being disorganized. I'm just introducing it because oftentimes, the disorganization starts with our soul. And it starts with this. And then we take that into the professional space. And then we bring that energy. And then we get professionally disorganized. And that looks

like being late to meetings, not having what you're, you know, what you're needing, showing up to conversations and feeling defensive when you get feedback, all of those things. So don't worry, we're going to come to the professional side of that as well. But do you have your circle when you are feeling disorganized and when the madness is closing in around you. And it's getting to a place where you're saying, good morning, Letitia P. Good to see you. Thank you so much for being here. Thank you all for the bits and the subs push this over into a level two hype train. I appreciate you. When we think about this whole notion of being mad, and recognizing that we are disorganized, and knowing we need to move into alignment, because the disorganization, ladies and gentlemen represents the fact that we are not in alignment in some way.

And we just spent all of February talking about being in alignment. And oftentimes that disorganization forces us into that comfort zone where we're not using our voice, where we're not spending our currency, where we're protecting ourselves and our boundaries. Good morning, Music Spasm. It's good to see you. Thank you so much for being here. Happy Tuesday to you. Always good to see you. Okay. Thank you all again for the hype train. Appreciate that. Good morning, Crystal Method. Good to see you. Happy Tuesday. And so sometimes we get to a place where we start to feel like things are closing in. And we don't have that alignment. And we don't have all of those things that help us be our best selves.

And so, we're out of alignment, we're in the dark, those shadow behaviors start to come out. And now we're really not showing up as our best and most authentic selves, right? We're showing up in the dark and not in the light. And what we want to do is show up in the light, right? We want to be intentional about what that looks like and how that feels. All of those things. Okay. So when we think about this eight minutes, right, when you think about your eight minute friend or your 10 minute friend or, you know, Do you have time for a coffee friend? What are those things that we can bring into light that allow us to safely say, I need help, right? Do you have your bat signal and a text message friend? But what is that that you need? What is that that you can curate? Because here's the thing, folks, you cannot move out of the madness unless you feel safe, you will remain in that comfort zone, right? That space of math, because sometimes I tell people all the time, once you get comfortable and you're crazy, you'll stay there if you believe that that's the crazy that is for you, once you learn how to safely navigate it, there's no reason for you to move out of the crazy.

So, then you invite the madness in to stay with you. You don't navigate your way out of it and start to then say, and here is how I want to be present outside of all of these things, because the madness is maddening the disorganization, the lack of alignment, right? And now we go back to those beautiful triangles that I was talking about in the month of February, okay? So now you're feeling like your emotions are off and your needs are not being met, right? And then your choices and your behaviors are all a reflection of being disorganized.

And not only that, ladies and gentlemen, when you're different, when you are disorganized on different levels, so when you're emotionally disorganized, that then spins out into being physically disorganized and not just in space, but in your body, because who knows in here, when you are sad or when you are in the darkness, you don't want to go to the gym. You don't want to be in a place of happiness. And so now there's levels to this disorganization. My emotional needs are not being met, so I'm feeling sad, which means that I'm probably not going to eat the greatest, which also means that I'm not going to go to the gym because I don't feel like it, which is then going to make me feel worse about myself because I'm eating and I'm not going to the gym.

And now my needs are not being met because I'm wondering how the person who's close to me or the people who see me, see me because I have changed a little bit. And now I am speaking that out loud into the way that I deal with people. And so, all of those, so now we've got levels to this emotional disorganization that is taking place. Okay, thank you all so much for the hype train. Appreciate you all for the support, right? So now we've got this multi-level emotional disorganization and we're a mess. Good morning, Vader. Good to see you. Vader says his left knee is disorganized, right? Well, Vader, that probably comes because you were being in service to someone in a good way, right? Rebel, good morning.

Good to see you, Rebel. Happy Tuesday. The call is 06. It's like, take a beat, Kim Blue. Take a beat. Okay, I am taking a beat. Let me scroll back and see who is here. DJ Gemini, good morning. Good to see you. Very early good morning. It is like 6 a.m. on the west side. That was good to see you, Gemini. Please go give you a follow. Good to catch you last week in your stream. All of that. Listen, the call of those six is already asking for the, it's bought the command is boss gear, the call of those six. So, somebody would, one of the mods will give it to you for sure. Good morning, Taste by Tosh. Happy Tuesday to you. Thank you so much for being here. Happy Tuesday to you, okay. Folks are coming in. I'm just making sure that I say hello to everyone for sure.

All right, so listen, folks. And then when we get to those places where we are now feeling levels of that, because here's the thing. Sometimes we can be emotionally disorganized and one thing kicks it off, right? It can be grief. Grief is very foundational to being disorganized on a lot of levels because we will just stay there as we navigate through that. It can be sadness. It can be loss. It can be change, right? We grieve even though we don't call it grief. Does everybody understand that? We are grieving change. We are grieving loss. We are grieving all types of different things, okay? There is a way to ensure that we are doing this. And sometimes it layers itself very quietly. And then we have this stack of disorganization. And then we go to therapy and then we go to talk to somebody and we don't know how we got here. How did we get here?

How did all this start, right? Why did we avoid the work that we needed to? It's because we maybe didn't have our eight minute friend. We perhaps did not have the thing that we needed. We weren't comfortable enough saying what we needed to say. Or

no one said, how are you? How are you are three very powerful words. To know me is to know that if you communicate with me, I'm going to ask you, how are you? Whether I talk to you in the morning or in the morning. evening because how you are at 9 a.m. and how you are at 1217 are not the same. If you send me a text message, I'm going to greet you and I'm going to say hello in every single conversation. I'm going to check in with you because as we move throughout the day, it changes. Okay. It changes. And so you have to be with people wherever they are. Right. Um, we will pay days to be right. Um, I understand about, listen, let's talk about this because you bring up a really good point. Handy's beat. So caregiving. Anybody in here ever been a caregiver on any level to the fullest extent where you owned it, or even if it was just for a few days, right? If you've ever cared for people on any level, right? And I'm sure the cause of six understands this because he cares for people for a living, right? It is a level of stress. It is a level of emotional disorganization. It is a level of all the things happening at one time.

Talk about finding your space to stay safe and not feeling like you have eight minutes because the eight minutes feels selfish, and we haven't even got right. We're not, we will get to feeling selfish in this whole disorganized or feeling or being selfless because selfish and doing something for you when you are disorganized and trying to align it feels wrong when in actuality it's the very thing that we should do okay. Misha Bill says she's currently a caregiver right. Big Stove said he was just on the phone with his mom and he was trying to check in right and the struggles about the grandmother. Obviously the call is 06. Jen says she has been there. My life journey has been there. I know that I have tastes. Crystal Method says yes right. So when we're in this space right and there's a lot of us who care give in different capacities right.

I will shout out folks who are in that capacity. Misha Bill says she's currently a caregiver. Vader is a caregiver if you do not know that is his world behind the scenes right. So we're all there but when we give care okay it allows us to take in all of the things that we are experiencing through giving care because caregiving is giving right. We give but how are we replenishing and how are we putting back Dr. Dady Priest is also a caregiver all right. Thank you Dr. Donna Dennis for the boss bits right. When we listen folks when we care give we give somebody write that down because you're giving it away freely but how are you putting it back and when you don't get it back when you don't realign yourself that disorganization emotionally mentally starts to show up and now it compiles right on top of each other okay and we show up in that disorganization every day but do we that we're showing up emotionally disorganized?

Or are we just showing up in a spiral of, as a spiral of misfits, right? Or as a whirling dervish, that's what someone wants. I've heard people refer to it like that, like a whirling dervish, if you don't know what it is, look it up, right? But we show up in that swirl, whatever that is, we show up in that space of, you know, and sometimes we don't even know that we're doing, right? Anybody in here ever lashed out at somebody and not think that they were wrong, only to think about it months and weeks later and be like,

maybe I shouldn't have said that that way. Or, man, I was just sad that day when I didn't have anybody to talk to. It happens all the time, right? It happens all the time, right? There's this whole notion, Luna Moonblood, good morning, good to see you, thank you so much for being here. Happy Tuesday, I hope you're doing well. There's this whole moment, right, where we talk about this. And so the Simon Sinek video that I put in, the link, right, if you've never watched it, it's called eight minutes.

Just look it up. It's called Moments of Optimism. It's by Simon Sinek and it's called eight minutes. And it's just this whole notion of being able to know that if you don't ask for what you need, that this organization will be there on multiple levels. Then we are not being the boss of our own blueprint. So how do we acknowledge that we are absolutely Dr. Dataprice, 100%. It's important to listen to the tales. Michibelle says yes and yes, right? Dr. Datie Priest, our actions reflect what we need. Or not only that, Dr. Dataprice, sometimes our lack of what we don't need or what we are, if our needs are being met, then drive our actions, our choices, our behavior, our moods, all of those things.

When we talk about March Madness, ladies, and gentlemen, I want everybody to write down or commit to their memory. March Madness is more than basketball. It equals not being in alignment and being disorganized. The first three months of the year do more to set the tone for how the rest of our calendar year is going to be than any other moment. Absolutely crystal method, that emotional intelligence. Sometimes we don't know how to ask for what we need and we're going to use this March Madness series to help move us through all of the spaces that we need to acknowledge, yes, I am disorganized in my physical space. I was just having a conversation yesterday with someone. And in that conversation, as I was talking to them, they were going through some things and decluttering and just saying, it's time to declutter, right?

These things that I've been looking at. And over the course of the conversation, as they were talking, they got to a point where they were like, wow, I have cleared out five years worth of like stuff that I've been looking at and standing among. And I just paused in that moment. And I said, that is amazing. I said, you should be extremely proud of yourself. I said, how does that feel? And he said, very much like a success. And I said, you should count that as a success, because you said this has been with you for years, and you spent the last hour purging and creating that space. And now being able to say, I've got the space so I can do more so that I can create more so that I can be in this space to do that. Five years worth of looking at things. And then now spending 90 minutes or whatever time we were communicating, right, being in this space of doing that, and then coming through that and feeling the peace and experiencing that.

So, you go from being disorganized on some level to completely shutting down that level of disorganization. And I said, that is a moment of success. I'm proud of you, and you should be proud of yourself for that. Right. You should feel incredible about that. And I said, how do you feel? And he said, I'd feel like it's a success after all this time of

having this there and just moving around it. It was a very powerful moment. I said, you need to just acknowledge this is a win. We're so quick to move from one thing to the next and not stay in that space and just take a moment to look around and see what it is that we have accomplished.

Absolutely. Bracks, small wins are catalysts all the time for bigger wins. 100%. Right. It is that feeling of accomplishment, my life journey, but it's also that feeling of I don't have to stay where I was one moment longer than where I had been. Not one more minute. Do I have to stay in that space? And I have proof of that now. That five years that these wires and all these cords and electronics were sitting there, that's fine. It doesn't matter because they now all have a home and I know what I'm going to do with him. And now I have space for something else to take up positivity there, giving yourself grace and celebrating small wins or integral components of the self-care process. Shout out to Dr. Dady, you guys. If you are not on engagement matters, please go find yourself there. She, just like I frame our conversation, she frames every single one of her conversations with a self-care check-in, right? With a scale of one to five, how you're doing.

And she just gives you the opportunity to have those words to say, how are you? So thank you for that, Dady. The call is 06 says, I feel like I have five years of stuff in the apartment that you stay in for work. Not looking forward to cleaning that out, but you'll be starting. Listen. The call is 06. If there are things from this stream that can provide you support, as you think about stepping into that process, share with me. I'm happy to help you share in the space. Whatever you would like. But here's the thing, that moment, those moments of accomplishment, those moments where you can look at five years' worth of stuff and then look at the space that you have created for good and positivity. An opportunity to come in, right? Just like Brack said, it's a catalyst for whatever is next, right? So when that was shared with me yesterday, I said, let's just spend one or two minutes here, right?

Let's just spend a minute or two here thinking about all those things. The fact that you just decluttered, right? And the response back to me was I needed this. So not only have you decluttered, you met a need, right? You had a need, right? On some level that you met, I had a knit, right? I needed this. So shout out to you for meeting your needs. Shout out to you for doing the work and for working through. Birthday twin, you made it. Good to see you. Happy Tuesday. Good morning, Ronzy. I hope you're doing well. Good afternoon, Boheegi Guy. Good to see you, Boheegi Guy. Says you always with the proper topic. I try, right? Brack says, when I get stuck, I look for a small win opportunity and then it changes the win and the ships. Yes, Brax. I love that What is the small win that can shift the wind in your sails? Oh, I love that What's the wind that can shift your wind? Does somebody write that down right because I'm gonna forget it and if I don't write it down Right.

I need to do something with that. But thank you for saying Brax. What is the win the W I in? That puts the wind in your sails, right? That's powerful All right, that is powerful Brax Because when we think about this whole notion of that, thank you Kayla, right when we think about this notion of what that is There's this whole right sometimes you can get stuck in that moment and feel like there is no wind in your sails Right Cilo says she had a small win organizing your jewelry and it doesn't matter how small right yesterday when I was talking They said I have a small this was a win for them and the here's the other thing It means that they will go back to that space and look around and go I can accomplish that I got two more spaces that I need to work through I can get that done Right all of those things All of those things are important because ultimately when we get to that level of disorganization We have to get clear about saying here are the things that I know I need to do So that I can be the boss of my own blueprints that I can operate at my highest potential But most importantly when you are working through this Organization ladies and gentlemen, I want to be encouraging of you to celebrate those wins in that moment It's very important for you to celebrate Those wins to acknowledge that five years worth of work you did in one hours worth of focus That's massive Right, and so we're gonna be sharing those moments throughout the course of the month of March She loves that.

She just had a moment right with her jewelry. Bo he you guys says she's moving so she's decluttering Right. These stories are coming in They are massive, it doesn't matter. You could say, I cleaned out my refrigerator. Congratulations. Right, these closets that you hear my journey and I talk about, we are both blessed and fortunate in our homes to have that level of space. But if you got, don't throw yourself into the bin. Don't do it, don't do it, right? But no matter what that space is or what that opportunity is, we are moving from being disorganized to being in alignment. The theme of alignment continues. I'm just breaking it up into all the subcomponents that we're gonna talk about so that you can be your best self on the professional side and on the personal side. Because you take who you are, you take your most authentic self into work. So if you're disorganized in life, that will show up and that frustration that you have because you're not organized in one area will show up in a different area.

I promise you; it happens all the time, okay? It happens all of the time. So not as, not as much boss gear needed today, but you may need it later on in the month as we continue to talk through these conversations. Okay. I want to encourage you to bring your moments to this conversation where we are being intentional about what those wins are. Because when we start to talk about emotional disorganization, when we start to talk about being mentally disorganized, when we start to talk about being physically disorganized, physically in our bodies, and physically in our space, like the space that we occupy, when we start to talk about not having organization in our presence, right, because time is currency, and we don't prioritize our presence, and we are disorganized about the places that we are versus where we should be.

Okay, when we talk about being in the places that we are versus the places that we should be. Yes, Kayla, I'm giving everybody the warning now. Okay, wherever you are, Hobbs, just go ahead and get your right, check your sizes, get a new hard hat, get a vest. Okay, Dr. Dady, I think we're going to need weighted blankets to put the link in the right to get your weighted blanket. Okay, whatever it is that you need, your tissues, Keith fluff the pillows on the couch, because we are going to dive deeper into the disorganization this month and move us into the spaces of acknowledging where you may need to lean in with yourself and do the work. Okay, pens on deck. Hobbs has got the eyes in the chat. Right. Kayla says he's getting his chains over so he can open the door. Nope. I think Kayla, we're in. Right. Once the boardroom starts, we are in.

Okay, boardroom sessions are in full fledged until we acknowledge that the session is over. Good morning, Ms. KB. Always good to see you. Happy Thursday. Excuse me. Happy Tuesday to you. All right. So listen, folks, on Thursday, we are going to kick this off with a little bit of the March Madness, I'm going to do some framing of the types of this organization we're going to be looking into this month because you know me, it's all about making meaning. And then we're going to kick off the next Tuesday and we're going to go through each one of them on Tuesday and Thursday, and we're going to talk about what they are and then the ways to move towards them.

Because in April, guess what we're talking about? We're going back to avoidance not being a strategy, but it is avoidance 2 .0. Okay, so I'm telling you now what the next two months are going to look like. That way, no one can say they did not know. All right. So on my and so she's out of gear. She's just going to lay out on the pew. Listen, last week, double spirit had the best double spirit had the best emote on Thursday. I don't know double spirit. I don't know if you're still in here, but double spirit had the best emote. She was like, I'm just done. Just come somebody just come get me off the floor because here's where I am. Ludden Moonblood, thank you for the bits. Thank you. We'll be being here, but you got, listen, you're going through this moving phase. So for you, if this space is a place where you can come and drop gyms or receive something, listen, folks, this can be a space where you can recharge.

Okay. This can be a space where you can recharge. All right. I'm telling you now, we're going from alignment to March Madness to avoidance in April. We're going to avoidance 2 .0. We spent a year, a year ago, we did, it's not going to be the same. We will have some foundation. So I'm telling you everything that we're doing all the way through the end of April, we're going back through avoidance. Okay. So just prepare yourselves. All right. Prepare yourself, right? And let this space be a space of healing. Listen, and if you need to invite somebody to these conversations, please feel comfortable saying it's safe. We're all doing the work in here. All right. We're all doing the work in here. Avoidance April. That is exactly it, C Love. We are talking about avoidance, not being a strategy 2 .0, because here's the thing, you cannot move out of being

disorganized into organization and then avoid the path, avoid the continuous work going forward.

It's like going to the gym and losing weight or going to the gym and achieving goals and then stop going to the gym. It doesn't work like that. So what we're really going to talk about is how you can avoid the work. Mama Team Nails, good morning. Good to see you. Thank you so much for being here. Happy Tuesday to you. Yeah. What happened to the preparation? My life journey told me last week, she said, Kim, sometimes we need breathing exercises or we need a warmup. Cause you just roll in and you just whip us through this workout and nobody's ready. We're all like, we not warmed up. Our muscles are not loose. We just come in swinging. Okay. So I'm telling everybody, this is, do I need to say it again? Here's what we're doing. We're talking about being disorganized. March Madness, okay, we're gonna talk about the different types of being disorganized not just physical two types of physical emotional mental all of that Okay, then in April, we're gonna talk about avoidance not being a strategy, but it is avoidance 2 .0 What happens when you don't do the work because here's the thing we stop avoiding but then we don't do the work We just park ourselves and we go.

Oh look I've already done this. I don't have to do anything else. Yes, you do Yes, you do Every single day crystal method says we're gonna rip the band -aid off my life journey Oh, oh we need we need to do the yoga first my luck. That's what it is DK. Good morning. Good to see you DK I just laid out everything that we're doing for the rest of March and all of April Okay, so see the mods if you need some support for everybody who is making transition if you are thinking about some level of organization if you are thinking about some level of transformational change I'm telling you It will show up in these conversations and you will leave here feeling like I'm about to go get this done or I'm afraid to do it Afraid we are doing it afraid in April. We're doing it afraid in March. Okay Dr. Dr. Dady Pree says victory is one not in miles But in inches when a little now hold your ground and later when a little more if you really look closely Most overnight successes took a long time.

That is an entire dating diamond. Okay That is an entire day diamond. See love says she's gonna need short -term disability because these gyms I'm telling listen folks we're gonna do the work by the time we get to summer we are gonna be lighter and better and Moving into a space where we only accept what we know we deserve Let me say that again We are gonna be moving into a space where we only accept what we know we deserve And so if that means letting people love you then let them love you if that means letting people go then let them go If that means not accepting BS Then you're not gonna accept the BS But you will have the tank and you will have the energy and you will have the currency to be able to surrender Whatever your struggle is.

Oh Excuse me, dr. Donna Dundas. Thank you. Sorry. Dr. Donna Dundas. There you go. Can we pin that please because dr. Donna Dundas I want to You both have green in there. So they thought the data precessor that come back so that came from

but can we pin that? Please or copy that so I can make sure because dr. Donna Dundas. I am probably gonna ask you to bring that back into Thank you. Thank you for that Okay I'm gonna ask you to bring that back into our conversation because that's what it is It's the inches make the miles ladies and gentlemen. Okay, that quote is super super important Thank You, Dady for letting me know that that came from dr. All right, so we all know what the work is going to look like for the next two months. I'm laying it out So nobody can say they weren't prepared.

Nobody can say I didn't have it, right? Nobody didn't know. Thank you, Dr. Donna Dundas for bringing in that conversation, okay? Because victory is one in miles, not in inches. Here comes my life journey with the Dady's side out, right? Datie, you may have to let me borrow that emote for the next couple of months because I feel like that's gonna be coming in handy, right? As we talk about that. All right, ladies and gentlemen, that is this edition of The Blueprint. The boardroom is getting ready to close for this session. Thank you again for your patience. I know we ran over this morning. I also started late, so I wanted to at least give us the full hour of our session, right? So, gather up your belongings, all pins, notebooks, coffee mugs, right, will need to be taken with you. We will not leave them, right? We leave the boardroom neat so that when our boardroom fam comes in for the next conversation.

There is space for everybody. Somebody go make sure that the couch is taken care of. Okay, so that by the time we come back on Thursday, all these things, Mama T. Nell says, I feel like every time I open this app, I end up exactly where I'm supposed to be. Mama T. Nell's, thank you for saying that. You are welcome anytime, anytime, happy to have you, okay? All right, ladies and gentlemen, good talks in the chat. All right, good talk. Thank you all for supporting. I am going to get out of here. We're gonna go see D - Man this morning. Is he on, I think? I think that's where we're going. Cool it now says he found a quarter in the seat cushion. That is what it is all about, okay? You're going to go see, actually, you know what? Yep, we're gonna go see DJ D -Man, if that's okay. So listen, folks, good talk. Keep inching the long. LV, thank you for the re -up. 15 months, good to see you.

Happy, happy Tuesday. Appreciate you, always, my guy. You already know that, right? Thank you for being here. Listen, folks, we are doing the work these next two months. So if you feel the way that you feel about me, then we'll just feel that way, all right? Because we're going to be better. LV says, what if it's not okay? What if it's not okay, Kim Blue? He says, we're gonna work through that, LV. Don't worry, don't worry. Just come ready to listen in and do the work. Because I promise, the Blueprint Boss community is gonna show up as our best selves in this world. That is what, that is part of what I am here for, okay? So thank you all for the hype train earlier.

Thank you all for the support, for all the re -ups, for all the contributions, okay? Copy the raid message. We are on our way. Mr. Nate, good to see you. Thank you so much for being here. Happy Tuesday to you. Always good to see you. All right, folks,

copy the raid message. We are on our way to go see DJ D -Man and go spend some time with the Cashew crew. I am... He's sending you all into, um, your Tuesday, right? With all the good energy and light that you will need to guide you. Hold on one second. There we go. All right. I am sending you into your Tuesday with all of the good energy and light that you will need to guide you. Take very good care of yourselves, ladies, and gentlemen. Okay. Uh -oh. Hold on. All right. Take exceptional care of yourselves. There we go. Good morning, Marcia. Marcia, no, Brady. Thank you so much for being here.

All good on the alert. Listen, shout out to everybody who's always lurking. You guys know that I appreciate it. LB is giving me the side eye, right? And he's like, you know what, Kim? Listen, LB, we're going to work through it together. This is why I'm here and this is why you're here and why I appreciate you. All right. All right, I am gonna go take care of this voice. We're on our way to go see D man I will see you on the other side. Okay, have a fantastic Tuesday and I will see you all on Thursday morning Thank you.