

The Blueprint March Madness Physical Disorganization

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Transcript

Tuesday morning everyone, thank you so much for being here, I hope you all are doing well. If it's been a while since you've been to the stream, if you are new to Twitch or if you are new to the Blueprint, let me introduce myself. My name is Kim Blue, I am an HR Strategist and a Career Coach, welcome to the Blueprint. This is the podcast where we come Tuesdays and Thursdays, Tuesdays at 8am Eastern Standard Time, Thursdays at 11am to chop it up about all things personal and professional development. I believe that everybody should be the boss of their own Blueprint and that means having access to the knowledge, skills, capabilities and resources. So we can do three things every day. We can operate at our highest potential. We can add value to whatever work we own or are responsible for. And most importantly, we can show up as our authentic self, because when you can be 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 can also be in a position to receive the best from the world. And when you do that every day, that is being the boss of your own blueprint. So just know that in this space, we do the work, we hold each other accountable, we do we show a lot of support, we give a lot of love. But when you leave this conversation, whether you are actively listening, or you're catching the replay, my intention and my goal is for you to walk away from here with something that you can tangibly use in your next conversation, whether it's with your manager at work, with a colleague or with, you know, among other communities or personal relationships that you have. That's really what the goal of the conversation is. So we are gonna do some very quick housekeeping because I was running behind this morning. Thank you for your patience, mom life is real as is having a sick little one.

The prince's allergies are really, really severe right now. And so the last few nights, the last four or five nights with him have been pretty heavy even over the weekend when I was away, I was momming from another city. So finally I've gotten to a place where he rested a little soundly and then was disturbed. So he slept in this morning, which meant I was running behind getting him to school. So thank you for the grace and letting me be a mom and making sure that I could do what I needed to do this morning. That said, thank you also for the grace for last Thursday. As you know, there was no stream. I was in North Carolina finishing up a professional development series for those who are connected to me on LinkedIn.

I posted about it last night, so there's a picture. I will also post later today about something else I did for my graduate school, alma mater on Friday and fulfilling some of my obligations there. So I was really off doing a lot of cable consulting work and then spent the weekend with family and refilling my own cup. So thank you for allowing me to do that. Next Thursday, which is April the 4th, I believe, because next Friday is the 5th, there will be no stream next Thursday either. I am speaking at a conference on Friday here in Atlanta and need that Thursday to prepare and possibly be present at the conference on that day. So there will be no Thursday stream next week either. So we'll have today and we'll have Thursday and then we'll have next Tuesday and then next Thursday, there will be no stream. All right, so I'll keep reminding everyone so that you're not looking for me next Thursday either.

I will be in the throes of all things preparing for my, and it's a keynote, this particular one. So I'm the solo person teaching everybody who was coming to the conference, which is kind of exciting and kind of scary at the same time. So no stream next Thursday. A reminder about the group coaching. If you're interested, here is the information exclamation point coaching. You've heard me kind of dive into all of this repeatedly. What I will highlight today is taking the opportunity to invest in yourself and knowing that you're worth it. All of these things are available to you. And I just uploaded some content or we'll be uploading some additional content to the Facebook group page and we'll be... working on adding a couple of new things that I've kind of come across just as I have, just as things are shared with me, but it's an opportunity to connect with me and then in a small group and be able to discover, you know, more about you and really focus on your career or whatever it is you wanna bring.

The investment is \$50 a month, so it's about \$600 a year. So think about the price of a plane ticket or maybe two plane tickets, depending on what airline you fly, but there's the information exclamation point coaching in the chat will get you where you need to be as far as that is concerned. All right, quick announcements, let's say hello, and then we will get off and running with our conversation today. We are talking about physical disorganization, so we're wrapping up our March Madness series and really getting comfortable with taking the mental disorganization and the emotional disorganization and how that shows up in our physical beings, like our bodies and our space that we take up space in, so our environment. And we're gonna talk about this today and Thursday. I don't know that we're gonna get through everything, but today, but we are going to do our best, at least on the introduction. So that, you know, gather, here we go.

I'm telling everybody now, gather yourselves, see the mods for your ball scare. I think, I think Kayla might be flying solo this morning for a few minutes until my journey gets here. She's having some issues with some things at her home, so I know she's been putting some effort into making sure that those are all connected. But go ahead and see Kayla now. I think he was handing out a gear upon his arrival this morning. So

good morning, Kayla. Good to see you. Thank you for being here. Good morning, Gin, Hobbs, and Music Spasms.

Good to see all of you. Happy Tuesday. I hope you all are having a great morning so far. Good morning, Sea Love 702. Thank you for being here. LaWanda Baskerville, Music Love at 21, G Class the DJ. Good to see all of you. Thank you, thank you for tuning in this morning. Go give some of these folks a follow. Certainly, Lock and Key Media, Music Spasms, G -Class, the DJ, all great DJs, Moana Baskerville, C Love 702, and Hobbs, all great mods, music lovers as well. Give all of these folks a follow and go find out where you can support them. Good morning, Ebony A .T .L. Good to see you. Yes, LV, basically. Govern yourselves accordingly, okay? Because when we start to talk about mental disorganization and emotional disorganization, it all spills into our space and it all shows up. It is an extension and a reflection at the same time of who we are and where we are. And those things are very present, right? And we'll talk about, like, when you enter a space, whether it's the space of a person you know, the space of, you know, that you've never been in.

But what happens when you enter that space and you feel that energy? That's gonna be in there. Okay, so think about that. Um, so yes, I'll be there you go. Good to see you Make sure you're following it. I'll be if you are not Don't do so now. But right now as he would say so Good morning. Is it simply ball dropping podcast? Good morning. Good to see you. Thank you for being here Welcome to the blueprint happy to have you with us this morning All right folks So we've been talking about this whole concept of March Madness. Listen, I just want to say this he's not in here yet But last week someone called me and said okay Kim It's time like it's time, you know all of the things that you're saying are starting to make a ton of sense and it's reflecting in my life and I just need some accountability and Someone to help with all of those things. And so those are things as a coach and And a strategist that I can help with so if ever that is something that you're interested in, please just reach out Send me a whisper or reach out to me on socials I will respond back and I ended up very quickly putting together an accountability Kind of framework that we're going to follow.

So if it's if it's something you're interested in, please Please let me know so Ebony ATL. I think I said good morning to you. But if I did not good morning Good to see you. I know you're lurking. So I appreciate that and actually shout out to all of the lurkers workers and commuters Who are in you all know how I feel about this space and making sure that You get out of it. Whatever your life needs at the moment So if that's just to listen if the tab is up all of those things. Thank you I know my lurker community is massive and I appreciate all of you. So good morning, Ebony All right. So let's do a quick recap For March Madness and talk about what we mean. So here's our deck We have been talking about this whole concept of not necessarily like the sports piece of music March Madness, right?

But truly, what it means to be like, look at the madness of our lives, both on the personal side and the professional side, some of it is what are we allowing? And I think that that's a question we have not explored. But when we get to this physical manifestation of disorganization, we are allowing certain things, certain people, conversations, environments, situations, opportunities, or lack thereof, to impact us. And when it impacts us, it manifests or it reflects in certain ways. And so we've gone through and talked about Good morning, Jennifer, good to see you. We have gone through and talked about these sort of three buckets of being mentally disorganized. We talked about our thoughts, our mood, and balance. Okay. And this is just for anybody who may have missed some things. You know me, I always like to make meaning, and I wanna make sure we're on the same page with things.

And grounding is really important. So sometimes when we're mentally disorganized, our thinking can feel challenged or very inconsistent. Our thoughts might be fuzzy. I refer to it as a brain fog because brain fog is really real and it can be difficult to convey like your thoughts or feelings accurately and truly express them. Okay, so that's the first step. Our thoughts start to get, you know, fuzzy. Then that impacts our mood, which can fluctuate depending on whatever's going on around us or right in front of us, if there's misalignment there. So LaTisha P, good morning, good to see you. And then our balance is off because when our thinking is off and our mood is off, it feels like we're out of balance. Like, right, we're not connected. We are feeling like heavily weighted towards the thing or the people that we need to be drawn to, which could actually take us away from other things that are just as important. And those things require currency in whatever form, time, attention, money, nurturing, any of those things. So we started with the mental because most of the time, the things that we are feeling or expressing start here.

And then that moves down into probably what we would refer to as here. And that's where we get to the emotional part. And this is where I brought in Nikisha Hicks to talk through some things. And we talked a good bit about what it means to be emotionally unavailable. We talked about the stress that shows up. We talked about fully being tapped at your emotional capacity. Now, indomitable spirit, MG, good morning. Good to see you. I want you to know, indomitable spirit, I read your whispers and I've been sitting with them. I haven't not responded to you on purpose. I've actually been thinking about what the response is that I want to send you. So I'm not ignoring you, I just want you to know that, but I'm very happy to see your face here this morning. The call is 06, welcome in. Good morning to you. Hope you are doing well. Give the call is 06 to follow. Always. good stuff. I literally sent him a text last night and said, did I miss your stream? And I just missed it.

I think he said he's back on Thursday if I'm correct. So good morning to all of both of you. So we talked about this whole notion of what it means to be emotionally unavailable. And I also said it's iterative. So if your capacity is tapped, you're likely going

to be emotionally unavailable. So it doesn't matter which end of the spectrum you start with. And the stress is going to sit there in the middle. Okay, if you are emotionally unavailable, right, you have withdrawn from these social or personal circles, that is a very good indicator that your emotional capacity has been reached.

And you're not responding well to certain situations, the quality of your relationships may be in question, it may be difficult for you to overcome things. And then we talked about this notion of limiting beliefs. And those limiting beliefs are anything that you say to yourself. Or the thoughts that you think that keep you from feeling like I got this they're actually thoughts that reduce Your ability and capability or make you experience to reduce ability and capability So whereas before those mantras might have been positive Or those mantras might have been like yeah, I know that I can do this now the limiting Ebony now the limiting beliefs show up and it's like I'm questioning myself Do I have this do I deserve to be here and now limiting beliefs inviting their friends?

Impostor syndrome negative self -talk all of them You know the mantras right there all there and that it's like a whole little party and it stays with you in your mind It stays with you in your mood and your thinking all of those things are really intentional and that's what sits with you So now when you've got this whole notion that my thinking and my mood are off. I'm out of balance So I have to withdraw because I'm emotionally unavailable Right and my capacity is tapped because I have been giving and pouring into others and especially if I'm not receiving anything back Or if I have shut myself off from all the spaces that tend to give me energy so exercise good eating Habits that you may have had circles or communities that made you may have been a part of now you've withdrawn socially and personally and You've gotten to this comfort zone that you know how to navigate, right?

I've been talking about the piles. Listen folks. We are going to address the piles today. Okay, we're going to address them today So I just I feel like if you need to get your gear go ahead and get them because here's the thing the emotional and mental Discomfort calls us to sort of compartmentalize. So think of this notion of compartmentalization as the piles I've got the male pile over here. I've got the recycle pile. I've got the pile of shoes Clothes I've got the pile of stuff that's on my desk. All right All of those things that are present. Whatever your piles are, good morning, Shelly Thunder. Mr. Chaney, good to see you. Thank you so much for being here. Happy Tuesday to both of you, okay? Yes, the mirror is being slid out of the, right, here we go. We're coming, right, all of the gear is coming out of the closet and there's a key. You can secure the boardroom doors whenever you're ready because we're now starting to connect the dots on all of these things, okay?

Listen, last week Shelly said she came in full gear, head to toe because she already, she was expecting, she was expecting, Dr. Dady is saying I'm in her business already today. Listen, I warned everybody at the top of the conversation, okay, that we're entering into this notion of physical disorganization, okay? Shelly says she's still in her

gear, okay? She's still dressed. I'm with you Shelly, right? But I'm telling everybody we're going to address the piles and we're going to address all of the things, okay? Okay, you have to secure the boardroom doors except for anyone who may need to use the restroom I don't know if Vader's lurking but last week that is what he asked about. Okay. He said what if I have to go to The restroom So we got to make sure folks will get out so I will pause here because I see the raid coming in So here is the time Blueprint boss fam for everybody to secure their themselves get the couch get your spot on the couch Dr.

Dady is in here see her for the weighted blankets and other things you may need. Okay Whatever it is, right get your gear get all of the things because we are going to address the whole space Manifestation that is very adjacent to physical and emotional disorganization. So good morning one reason. Thank you for being here You are right on time reason. We are getting ready to dive into All of the things adjusted the quick recap for the last two weeks And now we are going to be in this whole physical space So good morning to everyone coming in from the gospel takeover family If you're not following one reason, please do so reason. How is your stream? Ebony ATL says her chair is right next to the door so she can get out. I Love it. So welcome in everyone to make yourselves comfortable. Good to see all of you Kaby Brown's good morning.

Shelly thunder. Good morning again. Good to see you Happy Tuesday to everyone reason. How is your stream? I'm certain that it was great. I was I was in there yesterday and it's good conversation and good music So good morning. Is it in a Lewis for 16 the VGJ? Good morning. Welcome in I see you Thank you so much for being here the one and only Kisha key. Good morning to you. Good to see you Whoever wants to sit right next to Ebony ATL. She is by the door. She may manage to figure a way out But I think Kay is securing the doors Already is it Josh five? Good morning. Welcome in good to see you. Thank you for being here Happy Tuesday, everybody. Let me introduce myself really quickly. My name is Kim blue I'm an HR strategist and a career coach if you came in on the raid you are with us the blueprint. This is the conversation where we talk about personal and professional development.

My goal when you leave this conversation, or if you're listening to this podcast later, is to leave you with something that you can immediately take into whatever environment you're going into next, a work meeting or conversation, a conversation with your personal circles or communities, any of those things, right? It's to make you better. And I've been doing this work a long time. I'm an HR executive and a career coach. So bringing all of my knowledge of helping people think, helping leaders be better into this space. So that's what we do here. So get comfortable. See the mods if you need any gear, right? The commands are there. If someone needs the couch, we've got folks who are providing support in here for sure.

Ms. Chuckalot, good morning. Good to see you. Thank you so much for being here. I hope you are doing well. All right, exactly. Okay. Shelly Thunder says we were talking snacks and her gears now tight. Listen, you got to make sure. that your gear fits,

because when it is time to either get out of here or talk and roll, what is, what is my life journey? Say, hit the deck. That's what she says to me. Sometimes she says, I'm just going to hit the deck. Um, so scream neatly. Good morning. Good to see you. Thank you so much for being here. Happy Tuesday. Welcome to the blueprint. Um, listen, if I didn't catch you on the way in, good morning. Say something in the chat so I can make sure that I acknowledge you otherwise. Let's get back to this concept of March Madness and disorganization reason. There's no rolling out today. We're talking about physical space.

Last week, I think you tried to get out of here on Tuesday and then the week before that, but we're in. Okay. The rate is in, I think the doors are secure. So get your tissues, get yourself comfortable. Okay. Listen, if those were his exact words, he said, I didn't come here for this. I'm rolling out literally. So he said he was trying to get out. Okay. All right. So let's put the slide back up because this is the framing. Okay. So here we go. Thank you K for securing the door. So listen, folks, we were talking about emotional disorganization and what I want to submit to everybody. And listen, this shows up on both sides. Okay. It shows up on the personal side and the professional side, because how many of us have frustrating moments and then we go to work. That's the next immediate space. And by work, I may mean you're showing up on teams or zoom or in whatever virtual environment you're in, or you get in your car and you drive physically to wherever you're going for those who may need to still be in a building or whatever that is, right?

Whatever your work calls you to do, but you're in the presence of others. You have to enter in and move through space and you have to bring yourself and that energy, right? Remember we talked about the mood and the balance being off in your thinking. So you bring all of that into the physical space and then there's people there and you meet them wherever they are. So it's their mood, their energy as well. And when we have done our work to navigate through the mental and the emotional disorganization especially if we are emotionally unavailable because one of the things that I said last week and the week before was oftentimes that emotional unavailability also means we are not emotionally available to ourselves. So we cannot push through, we cannot show up. We might think that we're pushing through but in all honesty we're kind of going through the motions. It's not the same thing. It's not acknowledging that I need to stop and eat.

It's not acknowledging that I need to rest. It's not acknowledging I'm tired, I need support, I wish somebody would come help me, right? I need a hug, whatever that is, okay? But whatever the thing is that you need, you then start to become emotionally unavailable to yourself which means that you're inviting the stress in and now you are the problem and you are getting in your own way. And when that stress, when that emotional stress shows up, it then manifests in our physical space, all right? So now let's talk about physical disorganization. Here we go. There's three main buckets that I'm gonna introduce today.

And this is why I said we'll probably roll into Thursday. So for those who will be listening to the replay, it'll be available after today's stream and then you'll be all set and ready for Thursday. And then we're gonna dive deep into what this looks like. For those who are in the Blueprint Coaching Group, we are gonna talk about being disorganized physically through your space and through your environment. So for the Blueprint Coaching Group, as we move into April, because guess what we're talking about next month, ladies and gentlemen, right? Put it in the chat if you know, but there's a reason we have to talk about the disorganization now, okay? There's a reason we have to talk about the disorganization because guess what we're talking about in April.

Somebody put it in the chat, I know you know. I know you all know nobody's saying, is everybody trying to get out of the boardroom? The doors are secure, okay? I know we know, but we can't talk about disorganization without talking about avoidance because that's the right next thing. Because the reason that we are disorganized in all these areas of our life is because we have avoided the, there it is, right? We have avoided the work, but we're gonna talk about avoidance 2.0, one year later. And we're gonna recap where we were last year. The reason. Double spirit, out of alert with all the side eyes this morning. Good morning, double spirit, good to see you. Bader comes in and says, yes, we were talking about Aries in April.

We are, and listen, shout out to all the Aries. And if I am stepping on your toes a little bit because Aries, right? Those Rams are coming in and they are just ramming their way through all. All the things are not quite bulls in China shops, but they do make their presence known. But here's the thing about avoidance and about disorganization. They go hand in hand, right? Listen, sometimes if I'm not mistaken, it is an Aries trait to disappear, right? That is a form of becoming emotionally unavailable. We all do that. Good to see you, Vader. Thank you for being here. Happy Tuesday to you. Go give Vader a follow and Jennifer, right? Jennifer says she's Aries gang. There you go, Jennifer. Good to see you and go give double spirit of follow, Dope, DJ and Mod who are who said good morning in the chat. OK, so when we think about this whole notion of avoidance not being a strategy, OK, we understand that the avoidance has come as a result of not having our stuff together. right is a direct extension of being disorganized.

And so let's go back here. These are the three buckets. So to my coaching group, please acknowledge that we're gonna dive deep into your environment and your space. Good morning or good afternoon, Boho Iki -Gai. Good to see you, happy Tuesday. We're gonna talk about what both of these spaces look like, especially because that group is really focused on career stuff right now. And so we do have to acknowledge like what does their career space look like? And do they have environments where they can go to recharge, to re-engage and re-energize when it comes to this? But we're gonna talk today primarily about your body. I'm gonna introduce that because here's the thing.

It all starts here, all of this. What you feel, your energy, right? The physical manifestation. Taste by Tash, good morning. Good to see you, happy Tuesday. Welcome in. When we, listen folks, when we are not organized in some way, we feel it right here in our bodies, okay? And sometimes it manifests through all of these different ailments. So we are tired, okay? We have a headache. We might notice that we feel less energetic. We may be, double spirit, double spirit. I promise I'm not going for you. And reason may need to sit next to Ebony A .T .L. But like these are the, listen folks, do y 'all see this picture? See in the middle where it says, health is wealth. There's a reason that I selected this photo because look at all of the words around health is wealth. It says pause break, insert, insert what? Insert whatever it is that you need to be better. Delete what? Delete what is not in service to you, okay? And then it says home. Home is that safe space. It's the center or the eye of the storm where you come out of those whipping winds, and you come back to your space that is rational, where you can think clearly, where you've got the resources that you need to re -energize and all of these things, okay?

But all of this is why I picked this picture. And so when we talk about your body, if you're taking notes, I want you to write down health is wealth, and then we're gonna talk about pause break, insert, delete, and home. Now y 'all may just be thinking that these are words on a keyboard, but I promise you, these are metaphors for the way that we need to live our life. Delete is my favorite word, Hobbs. I say that all the time, right? Oh, there's the first damn it, Kim Blue. I told Kay a couple of days ago what we were talking about, and he was like, oh, okay, so there's gonna be a lot of that, just so you know, in the chat, so he did more me, so there's the first one for the day, the damn it, Kim Blue. All right, so when we talk about this whole notion of your health being wealth, Pause break, insert, delete, and home. We're gonna work backwards. We're gonna talk about the pause break, okay? Because it's not where we start.

Now let's go back to this whole physical manifestation because the thing is is that we don't take the pause break until we are on the verge of breaking down. The pause break is available to us at all times. Let's talk about this on the work side. So we, right, we get into these things at work and we go hard. We got projects, we got people, we got stuff that we are leading. We have things that we know are coming down. We have change that's happening all around us. And we are pushing through. We are giving work everything that it deserves and everything that it doesn't, okay? We are showing up early. We are staying late. We're working through lunch. We're not taking bathroom breaks. We are just giving this environment work, our laptop, our iPad, our phones, teams, whatever it is, it is getting all of us. And maybe not even, yes, Vader. Vader says that his pause breaks are called note days. I've actually talked to him about this and it is very real. This whole notion of just saying note, which is why we're talking about this whole space, the physical body part of this.

Because when you don't give yourself these note days that Vader is talking about, your health is not wealth, okay? And we get to a place where instead of inviting in the pause break, we break. So we don't take the pause. The pause is the thing that comes as a result of us breaking. And it shouldn't be like that. Because who knows that when you are working consistently at a high level, when you are contributing, when you are thinking for yourself and others and you don't get a break between the way that you have to contribute at work and then expected to then go home and still contribute on that level. Because. Because that may be what's required of you. You give yourself no room to recharge. And so then you're not producing, you're not contributing, you're not operating at your highest potential. And that's first rule of being the boss of your own blueprint.

We're here so that we can operate at your highest potential. So this whole notion of saying no, right, or as Vader has put it, a nope day, right, is really taking an opportunity to pause. Because if we don't pause, we break. And it is not until we break that we then go, oh, you know what? I should have sat down two weeks ago. I should have said no to this project. I should have let somebody else do it. I should have delegated. I should have asked for help. I should have, I could have, I would have, if I could do it differently. But now you're here. And then when we're in the throes of this thing, even if we know we need the pause, we now feel this obligation to see it through. And so we don't take the break because we believe that if we don't do it, it will not get done correctly or thoroughly or it'll be missing something. And now we don't wanna leave any of our stoves unturned. So we show up for this thing, for work every single day, right, all of that. Shelly Thunder says that her whole space has now digressed to the stage of a two-year-old. Pretty much everything is a no.

And that's not a bad thing, Shelly. There's a level of self-preservation that comes with that. Dr. Davie says, learning to practice the pause is making proper use of time. Hobb says she's not even gonna lie. She was very close to breaking. Where, indomitable spirit, where are you? I know this is resonating with you. Excuse me. Right, you're quiet, but I know that you hear that. Right, all of that. Scrib neatly says, is my learning to say no? I'm also giving myself permission to reassess and submit to, submit no, even when you realize that you're, absolutely. So that's the key, Scrib neatly. That even after you've said yes, you can go back and say no, but that's where the obligation comes in. We feel obligated to stick to our yes. Why? Why do we feel obligated to stick to our yes? Bo Iki gai. I'm happy that this is connecting for you. Listen, you all know why I'm here. I'm here so that whatever light bulb goes off for you, goes off for you.

Tell me why we are, why we feel obligated to the yes, why? Why do we stick with it? Yes, yes, indomitable spirit, absolutely. We're gonna go find the window in just a moment. Reason says, because all we have is our word, right? Our word is our bond. So when we say yes, we commit to that word. Absolutely, we don't wanna let anybody down. Absolutely, this used to be, right? So it's all about this whole notion. We are, Dr.

Dettie just said it, we are taught unlearning behaviors in conflict with our foundations absolutely because now we've committed to this thing and so this obligation is there will we be less than if we don't stick to our yes okay does everybody know what a pyrrhic victory is i see you spasms right we feel guilty our word is our bond scribbly says conditioning from childhood absolutely don't give up keep your word people pleasing good thing my life journey is not here right now she might be behind the scenes jennifer says we think that by doing for others we are being productive because they see it us pausing is our own personal accountability behind closed doors yes jennifer and part of that is also if we if others see us doing it we innately believe that they will also reciprocate in kind and then they don't and guess what happens when they don't reciprocate in kind we then hold on to the stress of wondering why they don't reciprocate in kind And then we become emotionally unavailable and then we regress and it's all the things that you saw and then what happens that emotional unavailability Donable spirit there.

She is she says shots fire Kayla, there's no stitching out of the boardroom. We're all in. Okay, we're all in and so then here's what happens Nobody repays us in kind Okay Because we are we have set our own expectation that if we show up that way if we demonstrate behaviors Actions thoughts words then we will get it right in kind I was talking to ob a couple of weeks ago and I was asking him how he's doing We were talking about this notion of feeling valued. So I will use his words from the from our conversation So, you know, it's just a disconnect between the value blue, right? Like that's that's kind of the best way I can describe it It's the same thing, right? It is the same thing When that is not there when when we create this expectation that if we do it it will be done in the same way and then we then we it isn't and Then we feel that disappointment, but we don't take the opportunity to work through it or express it We create our own Emotional stress and that's just one thing think about how many times that repeats itself in a cycle during a day in a week In a month in a moment, right?

There could be multiple things that you were Internalizing. Hello emotional stress and Now the physical part Shows up like this in our body. Okay, we are now breaking But instead of taking the pause we continue to try to work through and then what happens when we break We can't do anything. We're not available to anybody. We're not even operating at our highest potential. We are not my best Choice says I don't know why I keep coming here because here's the thing when what's what's what's I say it out loud Y 'all then it's real Then we know Absolutely. KB Brown says then it repeats at work with your family your Children at church and all of these separate communities and now you're showing up because you haven't taken the break What else happens I'm tired I'm sore I have a headache I'm hungry I'm thirsty I May want to not eat well in this moment and then I feel guilty about it, and then I'm internalizing this stress, right?

I don't want to go to the gym. I want to sleep. I don't have the energy to do the things that I need to do Right. I feel like no one is listening to me I don't think that I have

all the things that I need I feel alone Right all of the things that start to show up up here all of that now We're feeling this physically in our bodies right sometimes. It's I'm having muscle spasms sometimes. It's I have insomnia Okay Sometimes it is all of these things Okay, and and when I say insomnia right anybody in here guilty, so this this was me. Let me tell my own story Okay, ooh, it's me. I'm the problem. Here we go Okay, it's me. I'm the problem anybody in here a victim of Insomnia and then aimlessly scrolling for hours on Instagram Facebook buying stuff that you have no business by but in the moment It's the shiny penny and you're like, yes, I'm gonna buy these shoes.

Yes. I'm gonna buy this comforter set. Yes I'm gonna book this thing that I don't even know and then you go to sleep and forget about it Okay, and so not only that or we are scrolling aimlessly looking for emotional spaces to reenergize us because if We feel better then we can do more and when we can do more than our physical space is in a reflection of that I'm gonna get to the physical stuff in just a moment. Don't worry I know we're talking about this because we're talking about our actual bodies because here's the thing that aimless scrolling That we're doing is a form of numbing and when I say numbing I mean doing anything that we have to do to not deal or feel I Don't want to deal with this situation and I don't want to feel the feelings around it. I know that the situation is coming I know that a shift is gonna happen I anticipate that something is going to go down and some mood is going to change In fact, how many of you already have been thinking it and know that something is on the verge of it But you've just been holding on to it in your body because you don't know what to do with it Or you're not ready to accept the truth because what do we know about the truth?

The truth is wildly inconvenient Absolutely. So many folks are saying Yes to this. Okay. I asked the question. I asked the question about all of these things Scrim neatly. I see you on the rung bells can't be on rung. That's great Calls those six says all of these things Okay, Shelly found it. Listen, I'm saying it out loud because you're not alone Right, y'all know me, I tell my own story because number one, why would I lie and bring additional ridicule to myself? And number two, I can only tell y'all my story because I don't have another story to tell. And maybe if I tell my story, it'll help you all, okay? Spasm says yes, Boho Igi Gah says she's guilty, Dr. Datie Priest says yes, K gives me the PSY, Celo 702 says yes, she did that last night. Okay, K .B. Brown said, right, yes, I put my own gear on all the time, K .B. Brown's, right? And then Indomitable Spirit says, and then it becomes a cycle.

And once you reconnect, you make comments like, I don't know how I got here, facts, full facts. And then Dr. Datie says, and then you get mad at the, your cart is waiting for you, reminders. Yes, and the cart keeps nudging. And Ebony A .T .O. says, pretty sure my mailbox is full of TikTok shop items. My life journey, are you in here yet? Because you got a TikTok shop, buddy. And that is Ebony A .T .O. Listen, it's the TikTok shop. It's the Instagram boutiques. It's the Nike shoe apps. It's the... Listen, anybody

who's on here, anybody get, I'm gonna tell you what, I get swirled up in the home organization videos because I am an organization like Fanatic.

I appreciate peace and organization and all of those things like that makes me happy. So I like drawers that are neat. So when you open the drawer, you can see all the things that are there, okay? All of that, all of that. And so I get swirled up and looking at all of these videos and then wanting to figure out where I can buy those. But not at the same time doing the initial work of what space am I putting them in, right? All of those things. CeeLo says she was on IG and YouTube last night, right? Wondering why you are tired. All of these things are present for us, okay? The calls of six says it's happening more often than never before. CeeLo says that with Ms. Tucker Lott, yes. Binge watching a show, 100%. Jennifer says, yep, I saw it on TikTok. Cailoc is trying to shake the door to get out. No, Cailoc, listen, Cailoc and I were talking about this and he said to me in so many words, right? It was either get up early, Kim, or like go down this terrible rabbit hole of other things and I was like, eh, I get it, right? Sometimes that's it. I can either wake up really early when I can't sleep or I can find myself down these rabbit holes.

We all find ourselves in these spaces, right? Indominable says not this, oh, listen. Indominable Spirit, the Nike sneaker out, it's a whole thing because then you get the looks and then who finds the shoes and then goes on Pinterest to try to put together the outfit to go someplace that you don't even know where you're going to get yourself ready. But for me, it all starts with the shoes, okay? It all starts with the shoes. Spasm says yes, and then he got married and had kids and organization is all out the window. Indominable Spirit, you can give me the side eye if you need to, okay? All of that. The one and only Keisha Key says that's definitely me. Gardening and savings videos on IG, all of that, right? The calls are six. Listen, the getting up, here's the thing. We know we should get up early, but we don't because guess what happens when we're up early. Now what do we say when we're up early? I'm tired. I didn't sleep. I should have put my phone down at 3 a .m. but I thought just 15 more minutes and that 15 more minutes turned into an hour. Okay. And then at 4 .45, you're looking around like, how did I get here?

And then at 6 a .m. when your alarm goes off, you're saying all types of expletives, right? And it happened. And Donald Spirit says, now this is hitting too close to home. Exactly. Can I just get five more minutes? There she is. She came out alert. She came out alert. I was waiting for it. I was waiting for it. Let me be up until 4 .45 only for my alarm to go off at 6 .15 to be like, how did I get here? Good morning, my life journey. Good to see you, boo. Love you mean it. KB Browns is offering my life journey the year already. I'm telling you, she comes in with the daddy's side. She comes in with the daddy's side. Okay. Mr. Nate, good to see you. Welcome in. Happy Tuesday to you. Okay. I'm telling you. I'm telling you folks. Listen, we are, y 'all are here because you're

ready to do the work to move through. I promise you, when you find your safe space, right?

Listen, I want everybody to just do a check -in with their body. How does it feel right now for me to say these things out loud and for you to see me, right? Knowing all the things that I'm doing and all the stuff, right? And I tell you guys, I promise you, I am as regular as the next person. I have superstar moments, but I still got clothes in my bathtub. Let me be very clear about that. Okay. So as I'm saying this all out loud, how does it feel to be like, man, somebody is actually speaking my truth. It's probably like I got one foot over here and I got one foot over here. But I'm saying it because you need to know that the closer we get to the truth, what it actually means is the closer we are to doing the work or even acknowledging the work that's being done. Let's go here because let's look at this. The space says I got one foot in order and one foot in chaos. Shelly Thunder, Molly Jody. I see you both in here. I see you. Idiot. But I promise you, we're so close to doing this work.

So we got one foot in order and one foot in chaos, but guess what? Here we go. I'm about to be messy again. More often than not, we're so comfortable in the chaos. The order looks, we look at the order with the side eye. We look at the order and go, well, what am I going to do over there? How am I going to survive? But as I start to say these things, out loud, you may notice that you're like your shoulders start to relax. You may even find yourself chuckling a little bit because you recognize that you are not alone. Okay. Vader, I appreciate you. Right. Double spirit says, I have a lot of things so you can't procrastinate. Listen, procrastination is a full on extension of this whole March madness thing. More often than not double spirit, we are disorganized as a result of procrastination. Okay. Uh, the cause of success, he feels like both of his feet are closer to the chaos.

Right. Window moment says indomitable spirit. Okay. All this, all of these things, okay, all of these things. And here's, here's what we are here to talk about is that when the emotional stress of all of these things come together, our physical bodies start to reflect that. Anybody in here suffer from restless leg syndrome? Night trimmers. All right, we talked about insomnia and the endless scrolling. My life journey, I don't know if you were in here, but I was telling you that you got a TikTok shop buddy in Ebony ATL, I think she's lurking, but she's a TikTok shop fam. She was like, and then I look at all of my stuff in the TikTok shop email. Okay, Marie, good morning. Okay, Marie comes out long enough to say that I'm putting all her business out there and she got to deal with some good Jordans, so it's good to see you, beautiful, happy Tuesday.

I hope you are well. DJ Roland, welcome in, good to see you. Thank you so much for being here. And here's the thing, okay? Here is the thing, ladies and gentlemen, this conversation is the work. Hopefully, Portia Live, welcome in, good to see you. Thank you so much for being here, happy Tuesday. This is the work. This is where in your body, if you were feeling some stress, some anxiety, some angst about all of

these things being physically disorganized, this is the space where it starts to unlock for you, okay? This is the space where we start to acknowledge that you're right, I have had headaches. I have been dehydrated because I haven't drank enough water because I've been so ingrained in my own thoughts or so pushing through the work that I haven't taken care of myself, right?

All of these things show up in the way that we manifest the stress. And then we hold on to all of that. And guess what happens when we are not stressed? We then surrender the work and we sacrifice our ability to maintain our environment or the physical space around us. If you don't have the energy to declutter, if you don't have the energy to go through the mail, and by energy, I mean mental energy, emotional energy. If you are physically tired because you have given everything that you have to all of the spaces that you belong to. Not all the spaces that belong to you. There's a difference. All of the spaces that you belong to. When you have given yourself to all the spaces that you belong to and you have nothing left, guess what happens? Hello, male pile. Hello, pile of shoes by the door. Hello, winter coats still hanging on the coat rack in summer, right? Hello, Christmas decorations up in June. No shade, Dr. Dady Priest. I know that's your business.

That's not to you, but I'm just saying, okay. My journey is checking on the people. She is like, y 'all good. But here's the thing. Hello, whatever it is, right? Hello, kitchen counter full of things. Hello, dishes in the sink. Hello, clothes in the bathtub. Your friend Kim Blue, right? Hello laundry. Anybody get all of their clean clothes out of the laundry until it's empty and then just put the dirty clothes in the washing machine. Like I did that for a year. I just left everything. I just would write the washing machine would be empty and then I would get the clean clothes out of the dryer. Right? Hello laundry that stays in the laundry room forever.

Right? The guest, double spirit. Double spirit, right. Miss Chocolatay, right. Lock, okay lock. No, you're in here. Okay, we're all in here. There's no attempt to sneak out, right? All of those things. But here's the thing folks, we're all together on all of this because it's easier. It is so much easier to leave the pipe. Bob says I may or may not have. The call is 06. Listen, my life journey will tell you I am an intuitive and emotional empath. So while I don't have cameras in people's houses, every single one of you who is in this stream, whether you're active in the chat or not, it's coming out. Okay. It's coming out. It is just coming out. So there's nothing that I can do about it. My life journey at Ebony ATL. Ebony ATL said I'm just facing them. I'm not doing it, right? I'm not doing this. I'm not doing it. Okay, here we go. Listen to me.

All right, don't raid me out, mods. We still got 10 minutes. Okay, don't raid me out just yet. We're gonna finish this because I need to make sure that you all understand this. And I want you to be very aware of this. So your homework the next two days is being aware of the physical things that you're holding on to as a result of this. Okay. Because it's important that you know, yes, double -spirit, there's homework. Always do.

with me. Ask my coaching, ask my coaching group. Homework is a, absolutely. Homework is always the thing, right? Uh, Shelly Thunder says, so many clothes, you go, you go months without doing laundry.

Absolutely. Uh, Shelly Thunder, I had, listen, I had no, no Kayla. We're not writing. We're not writing. We're not writing out. Listen, Shelly Thunder, I had clothes in my bathtub for two years, just my clothes. I did Avery's clothes. I did the sheets and towels and I, and I watched Griffin's blankets and I had just enough of my own clothes that I cycled through. If I really had to go out, then I would pull something from my closet. Otherwise it was always, look, look at LaWanda Baskerville coming out with the, with the, with the eyes like, yeah, you're going to get this homework. If you and the coaching group, there's homework. Okay. Your homework is going to be this notion of physical, physical, this notion of The physical check -in. What are you feeling in your body when you get stressed? Because here's the thing, you need to be aware of where your energy is draining. Are you getting headaches? But for those who do your eyes start to get tired, sometimes when I'm overly tired, I get muscle spasms. And I start to feel like, sort of like right here, like in my chest, right, or in my ribs.

Oh, there's a second damn, it came blue, right? Or in my ribs, right? I, listen, folks, right, I sleep like this. Anybody sleep, anybody who, like, so I'm a side sleeper. But if I'm sleeping on my stomach, I actually sleep with my arms above my head so that my shoulders never relax. So I wake up like this. Does everybody understand that? Like, anybody sleep with their shoulders like this. So I wake up coming out of sleep. Sleep is supposed to be peaceful. And I wake up in a state of stress because I haven't taken the time to just relax my shoulders, right? Good morning, Bearded Baritone. Good to see you. Good morning, site giver. Good to see you. Bearded Baritone, we are talking about physical disorganization and how it shows up in our bodies first. Because when it shows up in our bodies, it's like we're holding on to the stress.

Anybody in here grind their teeth, clench their jaw when they sleep, right? Just the whole, it's got to go somewhere, OK? Yes, Scrimnately says my shoulders have been heavy for a week, all of this, OK? Shelly, I've been getting massages for the last few weeks just because it is the thing that I have to be able to do. If I don't, it reminds me to just take a minute to breathe. Who in here just stops to take a deep breath? Shout out to Classics if she is lurking behind the scenes, right, because she pushes this whole notion of breathing. meditation, right? Who in here just takes a moment to just breathe? We don't do those things.

Those are things that it could physically manifest and help ourselves, but we don't take the time to do it. And so everything shows up in our bodies. Whether it's, yes, my life journey, whether it is I'm feeling numbness and tingling, whether it is I'm feeling, you know, tired. Anything that shows up that is in pain or discomfort, that is all the physical disorganization in our bodies showing up. And it is a result of emotional stress. And then, Shelley Thunder says, I quit this church. And here's the thing, when we don't

have the energy, so shout out to everybody who's like, yes, I take time to breathe. You would be surprised. What like one minute if you were an iPhone for your Apple watch where right where you have that moment I can't remember the meditation moment on there where it gives you a minute to just read how much that will just help you right all of those things Sitegiver says rubbing essential oils like lavender has helped you to relax.

Absolutely. I have some Sitegiver that are like they're they're literally like these roll-ons and I just you know on my temples Maybe on my risks risks sometimes like right here inside my arms, right? Depends if I'm sleeping at night sometimes on the back of my neck or my stomach just so that it the the the scent gets to Where it needs to be but all of those are things because here's the thing ladies and gentlemen When our bodies are holding on to all of these things that we're talking about when we wake up and our shoulders are tired When we wake up and we feel a certain way and then we have to go use our shoulders To lift this thing to move these piles to go through all of these then we don't have the physical energy To do the work and so when we can't the piles build up Okay, and when we can't The shoes stay where we leave them the laundry stays where it is There is some part of the work that does not get done And so when we hold on to all of these things in our physical space in our physical body The space that we occupy our bedroom our bathroom our kitchen Whatever it is then reflects the outward feelings of how we are feeling Internally, okay, absolutely scribe neatly could potentially lead to injury.

Okay, but when we don't take care of ourselves on the inside It reflects on the outside So now we don't want to invite people into our homes now we don't want to go out because we think that people are going to see us or know that I'm Not taking care of myself in the right way. And here's the thing Ladies and gentlemen, you aren't. You aren't. And we think to ourselves, if people were to come to my house and see the piles, if people were to come to my work desk, and no, if people were to see, right, for me, the other place that it manifests is my email inbox. Anybody in here got, right, I had 100 ,000 emails in one of my inboxes, I managed to get it down to 30, and then I hit a plateau. And I haven't gone back into that space, because in here, it's too mentally overwhelming for me to do that.

So I've just parked that, I've accepted my victory in short order. And then I will get back to it. Right now, it's the piles on my credenza that I'm working through. And last week, I got through a good bit of them. Okay, email is overwhelming. Absolutely. Okay, I see you. Portia live. Oh, I'm sorry, Marla, I didn't mean to. We'll be right back. This talk a lot says it seems like that never goes away, okay, but all of these things show up for us when we are really intentional about not handling the physical things in our body because guess what? When our body is tired, when our mind is tired, when we emotionally are tapped, everything around us, our space, our environment reflects that, right? So our refrigerator doesn't get cleaned out. Now listen, I'm not coming for anybody when I say this, okay?

Any of the closets, garages, attics, drawers, storage spaces, the things we can close off and that at first glance, you would think, look at all of that. That's nice. But if you were to open it, we've not done the work too, but you did your work my life journey. Okay, right, we are, Shelly Thunder, I promise you, but here's the thing, when we can close those doors or we can cover those up, that's just it because here's the thing, what happens when you open that garage? What happens when you open that closet door? What happens when you open that drawer or what happens when you look underneath the bed? Okay. Reason, are you trying to get out of here? Are you trying to get out of here? I think I see you right, but here's the thing, when you open it, what's the first thing that you feel when you see, right, right, C Love, you cringe, you immediately cringe and you feel it, right? You then, then insert right now your tense again in your shoulders.

Now your tense again in your hands, in your feet, wherever it is that you feel that overwhelming sense of guilt, anxiety. anything. Now, that's the physical benefit. And so, what do you do? You close the door or you go find the path to get to whatever it is that you need. Rude. Ebony A .T .L. says, cleaning the fridge is the ultimate victory. It is. It is. Absolutely. And that's how you store stuff up. Because here's the thing, we physically store stuff up, but there's an emotional component to that storage. It stays right here with you. And then we hold on to it. Welcome, Scrim neatly. This is apparently, this is what I do. Oh my goodness, I'm so hungry, you guys. My stomach is growling. Okay. And that's how we store stuff up. Not just physically, but emotionally. And when that happens, We are disorganized in multiple places. And so if we feel mentally or emotionally disorganized, meaning something is bothering us, we're holding on to feels, experiences, you know, leftover, whatever's, it manifests itself in the way that we live and we work and we play, right?

Anybody in here, like anybody in here's closet in their backseat of their car, okay? Or in the right, so for me, like I drive a truck, right? So I have a row and then I have a third row that stays down, but then I have like a trunk in the back. Anybody who lives out of the trunk in the backseat of their car, right? All of their stuff, shoes, extra clothes, spend a night bag, right? Kids stuff and you just run with it, right? So whatever, that is an extension of all of this physical disorder, right? The gym bag, right? All of that, right? To the DJs out there, you got your equipment bags, you got your cords, you got your, right? Your microphones, your lighting, whatever, right? All of the things that you, right? To spend a night bag, yes, right? Caleb, don't do that, okay? But it's all back there, right? The wipes, you know, the extra pairs of shoes, you got blankets. Listen, I'm telling you for all of these things, because it doesn't matter the space, ladies and gentlemen, we just go fill it with the things that we don't want to deal with.

Please. Listen, scrim neatly. Y 'all know what a spending night bag is, don't be like that, okay? Right, Ms. struggle, snacks, water, clothes, first aid kits, okay? Emergency, paraphernalia, whatever it is, you know, all of these things, right? All of these, my lock journey, y 'all are not out of here, okay? Hobb says, at some point, can

we talk about navigating through the emotional process? Yes, but finding it's coming in with its own set of challenges, absolutely, okay? Kayla says if he could control the lights over here, he would turn them off on me. Okay. LaWandaBasketReal says, her gym bag definitely gets the miles in, okay? Shredding and then stuff. Oh, y'all, the shredding, okay.

Can we just talk about the piles and the shredding? I have a little shredder over here, and it is currently empty. I just sent some stuff. Vader says, I'm out. Vader was like, I'm out. And that's it, he's like, I am out of here. Like, that's it. But listen, okay, I'm just saying, right? Listen, everybody, if you, listen, we will talk another time about the spending night bags. We won't do that today, but everybody knows what that is, okay, but the shredding, you all, anybody in here has been like, I'm going to, I'm gonna get these papers shredded. But we don't, okay? Or you've got these, listen, I'm gonna take a picture. of the mail, right? It's like multiple boxes. I've got one big container and then I've got another one and then I've got that. And it's all stuck in these things. I have started it, okay? But it's all right there. And all of these things are very small reminders that in some way that was the physical extension of something that I haven't taken care of in here.

Letitia P. says, that's how she gets it out of her house. Listen, you gotta find, listen. And the shredding of the papers is a metaphor for the what are we deleting or getting rid of, okay? Listen, but Shelly, that happens, right? That happens. Oh my goodness, Portia Live. You will have to share about that. Maybe Thursday, if you're able to make it to the stream, you'll have to share about that. But let's put this up. Let's put this up because here we go. The pause break. Now we're talking about the delete, okay? Now we are talking about the delete. What are we deleting? What are we removing, okay? Because here's the thing. We can take the pause break to delete, but what are we... Let me explain something to you, ladies and gentlemen. Sometimes you have to, in order to delete something, you have to insert something, right? What are you inserting? Is it the pause? Is it self-care?

Is it time? Whatever it is, what are you inserting? Because if you keep, if you don't delete anything to create space, nothing else new and good can take root. Especially in our bodies, in our minds, right? All of those things. You have to create that space for yourself, especially physically. Otherwise, your body will always tell you what state of mind you are in. And then you won't go to the gym, then you won't eat well, and you won't drink your water. You will go to things that make you feel comfortable, because that is a form of numbing. And when we numb in any... fashion, the pile show up and we recognize that we're numbing because we don't want to feel and we don't want to deal.

Okay. And that is why on Thursday, we're five minutes over, I'm aware. Why is that is why on Thursday, Scrib Neatly tank. Good morning. Good to see you. Welcome in. Scrib Neatly is like, Mm hmm. I see you. I see you, Kim Blue. That's apparently what

it that's exactly what it looks like. Right. Kayla says, Are you sweet to numb? But listen, and we're going to talk about that because the numbing comes in all forms. But either way, when we numb, guess what, ladies and gentlemen, the piles are still there. We still have to do the work. We still have to listen, you can feel to deal and you can feel to heal. But if you don't deal with your ish, you are still going to feel it.

Okay. All of that. All of that. All right. Okay, let's pause there. Here's your homework. So we talked about the physical manifestations of things in your body. I want you to just take some notes. around when stress shows up, when I'm not using my words, when I'm not doing any of these things, right? But where do I feel it? What do I notice? Am I clenching my teeth? Are my shoulders raised? What is it that I'm doing, okay? That is making me feel, like what do I feel in my body physically? And when I feel those things in my body, what don't I do? Do I not make up my bed? Do I leave my shoes by the door? Do I just immediately sit down and not get up? But what am I feeling? And then what don't I do? Okay, so just, I want you to take a little journal.

We're gonna talk about it on Thursday. Okay, rude, as easily. We're gonna talk about it on Thursday. I'm gonna do it too, don't worry, right? But just over today and tomorrow, just take stock of the things that, hey, when I'm tired, I know I should do this and then I don't do this. We're just gonna start to look at patterns and things because if we don't, we won't recognize how our physical space that we live in and then the environments that we are a part of are impacted when we don't deal with our stuff mentally and emotionally and then what shows up in our space. At its most extreme, this gets into a variety of situations we'll talk about on Thursday, okay? Scrim neatly, you'll be better for it, okay? We're gonna talk about what happens in the most extreme circumstances, but we're also gonna talk about what happens when you take steps towards correction because that correction is important, right?

All right. Enwarika Mamma of two, no worries. That's okay, yes, you came in on the homework. Enwarika Mamma of two, good to see you, right? All of those things. Enwarika Mamma two, the replay will be up if you want to listen to it during the rest of your day today as it will for anybody else who is here, okay? Thank you all for being here thank you all for supporting this space we are doing the work right because guess what's in April I've already said it once but guess what is in April you all know what's happening in April okay slice them in dice and mileage and said you all know what's coming in April so we have to acknowledge the okay we have to acknowledge what's going on tank yes your birthday is it I will acknowledge that they write shout out to everybody who is an Aries who is who is coming up on the birthdays okay but you all know what we're talking about in April so I don't want anybody yes Vader's birthday to shout out to you avoid it's script neatly last year I did an entire April focus on how avoidance is not a strategy and so we are going to do avoid everybody's like my birthday's in April but nobody right do y 'all see how you're avoiding talking about avoidance because you all know the answer.

Okay, Kaby Brown's not necessarily lashing just like, just don't quit this church like, like Shelly Thunder said she's going to do it like we're in here, we're in the we're going to stay, we're going to stay.

So we're talking about avoidance and how it's not a strategy. And we are going to revisit that it is avoidance 2 .0 is what is happening. Okay, avoidance 2 .0. Yes, that is where the boss gear comes from, for sure, about how avoidance is not a strategy. And we are going to be intentional about showing up. We are friends, my life journey, I promise you that we are friends, but we are going to do this work because y'all know me really well. And that's exactly like that's exactly where we stand. Okay. So eek, right, crystal method. That's okay. The replay will be up. All right, we, ladies and gentlemen, okay, so we can now unlock the doors of the board room. They are open. And we are going to get, we are going to get out of here.

Thank you all for appreciate you, LV. Thank you for being here. Okay, we're going to revisit this on Thursday. And we're going to talk about the other two parts of physical disorganization. Okay, this whole notion of space and our environment. And where we go from here. Good talking folks in the chat. Thank you all for being here. I think we're going to go see Beach United radio. Okay, I believe that that's where I think that that's that is where we are going to go. I appreciate all of you. All right, the homework. Okay. You might be surprised at what you find out give yourself a little bit of grace sometimes those things bring up things that you're not expecting So be kind to yourself.

That is really really important Before as we're on our way to go see Beach United, right? All of that Reluctantly she says right, but here's the thing When you start to take note of how you show up these mirror moments are gonna be present on Thursday we're going to talk about the mirror moments But also we're gonna take Nikisha Hicks advice and look out the window because out the window is where your opportunities are That's where you can go find your resources That's where you may say now that I see my reflection Now let me go aspire to the things that are gonna help me get to this better space that I want to be in Or create the better space that I want to be in Okay, so Thursday will be a lot of acknowledging some of the spaces that we're in, why they are the way that they are, but you're gonna start to connect the dots to when I do this, it leads to this and how we connect and how we do all of the things that keep us from the progress that we're making.

Because once we decide that we don't wanna do it, then we avoid it. And we all know that avoidance is not a strategy that we should employ, okay? So with that, I am sending you into your Tuesday and Wednesday with all of the good energy and light you need to guide you, okay? Take exceptional care of yourselves and we will speak again on Thursday at 11 a .m. Eastern Standard Time.