

# The Blueprint Mixtape Mental Olympics July 27, 2023

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## Transcript

Good morning, everyone. Happy Thursday. Thank you so much for being here. Welcome to the Blueprint. For anyone that may be new or if it has been a while since you've been to the stream, let me introduce myself. My name is Kim Blue. I am an HR strategist and a career coach, and the Blueprint is the space where we come and chop it up about all things professional development, personal development, how to ensure you are showing up as your best and most authentic self. My very personal and signature tagline is that I believe everybody should be the boss of their own Blueprint, which means that you should have access to the knowledge, skills, capabilities, and resources so that you can do three things every day.

One is so that you can operate at your highest potential. Two is so that you can add value to whatever work you own or or responsible for and three, and this is the one that's the most important is though that you can show up as your most authentic self because when you are authentically you, you can be great in your gifts. You don't have to shrink back or dim your light. Everybody gets the best of you. And when you are giving your best, your gifts are on display and everyone is able to ensure that you are, that the value that you're adding shows the potential that you are operating at.

So, all of those things are important to me. That's what I bring to this space during our conversations. This space allows me to show up as my most authentic self. So thank you for that and for just showing up and supporting all things Blueprint. This is my happy place whenever we get a chance to connect. So. We're going to do a little housekeeping. We're going to jump right into today's conversation And then we're going to get out of here on time today.

I actually have a 9 a .m. meeting so I've got to be prompt and a slightly early ahead of My normal promptness to be able to get us where we want to go for the day with our twitch fam and then ensure that We are so that I can get to where I need to be so a little bit of housekeeping So some some some big changes and then some reminders. So The reminders first we are Only streaming Monday and Thursday next week. Okay, no stream on Tuesday It's Avery's first day of school. And so I will be in mom mode supporting him and making sure that All of that is in place. So only Monday and Tuesday and I know my journey will probably put that in the chat In addition to that if

you are going to be rocking with us for the fall We are moving into our grow with the flow season.

I have shown the book numerous times I will show it again next week I don't have it readily handy with me this morning But I want to make sure that everyone knows that August September and October is our grow with the flow season We'll be leveraging the book Help them grow or watch them go to talk about career conversations and balancing our Professional and personal development so that we're dealing with our whole selves here in the blueprint not just the personal side so many of you who I reached out for coaching And I want to make sure I bring that into this conversation that we're having here.

So that will come my journey will put the link to the to the chat in there but if you're not following me on socials, please do so There is a post up there that shows the cover and the name of the book so you can see what it looks like No pressure to purchase it. It's just a point of reference so you know this is what we're going to be talking about. And here is how you're going to be able to use the book outside of that. So those are the main two things that I want to make sure that we get out in front of ahead of August. So, speaking of August, there have been some shifts in the way that my cable consulting business is going. There are positive shifts in terms of some of the clients that I've been working with, but it is going to impact my streaming schedule.

So, starting the week of August the 7th, I'm going to be streaming only on Tuesdays and Thursdays. So the Monday morning blueprint stream will go away for now until further notice, which makes me sad, but it's also a testament to the balance that I'm having with my business. It also leaves possibilities for things like the blueprint after dark popups or other things that I would like to get creative with. So I will make sure that I post that schedule change so that everybody knows Tuesdays and Thursdays only ahead of all of the things that are coming schedule wise. So, I've been grateful to be able to do this for three days a week and excited about being able to maximize how we are together in our two days. So those are the big housekeeping pieces that I wanted to make sure everybody was aware of.

Monday, Thursday streaming you know where we're going August, September and October and my life journeys already put the links to the chat in there and then changing of the streaming schedule. So August the 7th will be the last Monday and then I'll do a Monday, Tuesday, Thursday that week and then after that it'll just be Tuesday, Thursday moving forward. So, I'll make sure that I very clearly articulate that so no one is confused about why there's no more Mondays and then we put that in there. Okay so hopefully that everybody got that. I'll continue to remind folks of that and make sure that I am sharing all of that out. So, with that let's see you in the chat and then we'll get going on our conversation today around Mental Olympics. This is something I've been looking forward to because this one's very personal to me and it's an opportunity to share a little bit more of my story.

It's the only one that I can share because it's the only one that I know intimately but to also make sure that I'm tying it to the journeys that we've been on respectively and what that looks like and what that means for us. So, good morning to my Mod Boss extraordinaire, My Life Journey. Thank you so much for being here. Okay Marie, good morning sis. Welcome in. Nice to see you. Happy Thursday. Good morning. It'll be nice to see you. Thank you for being here. Good morning Auntie Diddy. Happy Thursday to you. Thank you so much for being here. Who else has snuck into the chat this morning? See folks. as they were making their way in. We have a first-time chatter. Is it Chaunette 1220? Good morning, welcome in. Thank you so much for being here. Welcome to the Blueprint. I'm happy to have you as a part of this community. If you are new to Twitch, welcome to Twitch.

Hopefully you got a chance to hear all my opening mantras this morning. But if you are new to Twitch and you are following, you can see the beginnings or you can go back and see anything on my channel. I'm also active on social, so awesome. Well, well, good morning to you for just waking up. Welcome to Twitch. It is an amazing, amazing community. You will find so many wonderful things here. People in the community, those who are volunteering as mods. I'm a streamer, but I also might as well. Some incredible DJs, but just a lot of, you know, love and support. So welcome to Twitch and welcome to the Blueprint. So happy to have you with us. East Mali 67, good morning. Welcome in, thank you so much for being here. Sea Love 702, good morning. Welcome in, Greg, but Godfather, good afternoon. Welcome back, nice to see you. Listen, I understand about the course of commitment.

Hopefully that means things have been moving in your employment and career journey. Would love to catch up with you outside of here whenever you have a moment to drop me a note. So welcome in, I hope your day has gone well. Shout out to you, Greg the Godfather, Greg the Godfather's in the UK, everybody. So it's already the afternoon there for him. So I hope you've had a good Thursday so far. I think that I have said hello to everybody who's been active in the chat. Virtual salute to you. If you are working, lurking, commuting, I know that the mornings, no matter whether you are starting your day, whether you're coming off the end of your day, are the time for you to kind of just get grounded and reset.

So happy to engage with you in the chat, but if it's in service to you to listen only and to not be active, or if you're listening on Twitch audio, super happy to have you with us and thank you for being here. So, all right, let's get going with today's conversation and forgive the raspiness in my voice. I took my little one to Two Soccer Games yesterday and after cheering, I also think that I am now coming down with a symptom or two. He's been sick for the last week and a half and so I'm finally, I think, picked up some of his sore throat. So you're gonna see me sipping the tea a little more frequently today as we jump into our conversation. So let's go into the blueprints. So we've been talking all the month of July about changing the mantras on our mix tape. When I talk

about changing the mantras on our mix tape, because I know we've got some new people in first time chatters in the room. And we've got folks who have not been here for a while. Greg the Godfather, there is definitely something going on in America, whatever it is, because I have it.

And a lot of the kids in my neighborhood and in my circle have it as well. My son's been sick for more than a week now. Spotty symptoms, not COVID, but definitely like a severe summer cold that's popping up. Grateful that it is before he starts school next week so that he can get out of the door and hopefully have all of this behind him. So, but definitely, definitely is going around. So when we talk about changing the mantra on our mixtape, this basically means what are the stories that we're telling ourselves? How do we encourage ourselves? What's the positive self-talk that replaces the negative self-talk? What are the things that we need to remind ourselves of or remember in those moments where life is life and everything.

People are peopling whether it's professionally or personally and how are we talking ourselves through those moments whether it's recalibration or just being still Or just saying, you know what in this moment. I need to acknowledge This is hard or that I don't have it or that I don't want to do it and even in knowing those truths All of those things My journey next week is Monday and Thursday only okay, let me know if you need anything else So the The truths that we tell ourselves in this mixtape are the ones that We continue to go back to right?

So when we think about the concept of a mixtape It's a bunch of different songs that we may not have heard before But perhaps by an artist that we love or a set of artists that we love Well, in this case, the artist is you you are the person Changing the mantras on your mixtape So whereas before you might have been willing to let somebody else's perspective or opinion come in and dictate You know the harmony or the groove that you might have had I'm encouraging you to own your rhythm be the boss of your blueprint and be intentional about What you are allowing yourself to believe and what you are taken in from the outside world because those outside world mantras can be just as powerful as the things that you tell yourself in fact, they may influence the things that you tell yourself and That's what gets you into these places where you're starting to have these internal battles whether it's with your emotions or whether it's with your mental capacity whether it's Physically where you want to be present or how you are showing up for yourself or for others and so the last few weeks of the Blueprint mixtape these last few topics have really been Sort of tying together.

It's we're going to use that to go into Today's which is around mental Olympics only I wanna go back to the emotional intelligence, ignorance, and competence. Emotional intelligence is really the foundation of everything that we're talking about. And there is a reason why emotional intelligence is what we leverage to go into every single conversation, how we think about someone, how we engage with a situation. Really, it's

all the information that we know about something, tying it into how we can then accept or deny or decline or whatever we wanna do, anything that comes at us, right?

It's like literally that ability to manage our emotions. You heard me say, feel the feels or feel to heal. The emotional intelligence is, I know I'm feeling sad and so I need to just manage that. Or is there a space for sad and can I let some of that sad out? And then there's this notion of being emotionally ignorant and emotionally competent. the way you express those emotions, right? So how do I express sadness? How do I express frustration? Sometimes the things that we are feeling come out in a different way, right? I might be feeling frustrated, but it comes out in some other capacity. I might be feeling something else, but it comes out as anger, whatever that may be. And so there's that competence of saying, I actually need to manage and express the emotion as I feel it.

Sometimes we're not able to do that or sometimes we know we're not doing that and that's where that ignorance comes in. And then right between ignorance and competence is indifference. And I didn't even acknowledge it here because one of the things about being emotionally indifferent is you've surrendered it all. You're like, I don't even care anymore. I don't care how I feel. I don't care how I look. I don't care about anything. And so that emotional intelligence means that sometimes we have to take an intentional pause and really invest in rest across all of our states of being, our physiological state of being, which means, do I need to take a break from work, from activities, where I've got my commitments, where I've given my yeses?

I've said, yes, I will be on school pickup duty. Yes, I will drive here. Yes, I will be present for this community or that engagement. When really that physical yes causes mental stress on us. And so now our cognitive load increases. And what I mean by cognitive load is the things that we must think about, the decisions that we must make, the ways that we have to think about all the pieces or what needs to be done in order for that yes, to be a success. Because we can have a yes that's not a success and then that weighs on us emotionally. Or we can have a yes that is a success, but it taps us out mentally. So how do we reduce our cognitive load, right?

This delegation of our thoughts, this delegation of our decision -making and how we think about it. about that and the emotional investment that is required and you see there it talks about distancing yourself potentially from people environments situations that are not in support of your emotional well -being because when your emotional well -being is in tap your mental and your physiological are all having the same conversation these first three ladies and gentlemen really need to be in harmony okay you need to have some three -part harmony between how you feel physically in your mental and emotional states and the thing that can influence that without us really knowing is the social component of our busy of our being right what we are reading what we are hearing on the news what we are taking in from other people other sources conversations that we may come across right that the the scrolls on social and how we

see other people's lives or what they're invested in and then we question why our lives are not there why we are not doing that.

How come I don't get to take this type of vacation? I want to look as beautiful as this filter is making me look right? I want to think about, you know, I want to live the soft life, whatever it is that we see people doing. And that social space allows our emotional reaction to come up and then we get to this space where our mental is now affected and then physiologically, we don't want to do anything. Right. And I gave this example of anybody's ever been in like a work day and you've been going to the, you know, you're thinking at the end of my day, I'm going to go to the gym, but you start your day and you encounter this conversation or that conversation or this person's negative energy.

And then suddenly you have given so much of yourself emotionally and mentally that that physiological energy that you need to get to the gym is now gone away. And instead of going to the gym, what do you do? You might put that into, you know, eating or into some other advice that might not be in support of your well-being. And so now this trifecta that we have of emotional, mental and physiological, right? Greg Godfather says this is often the reason you don't make it to the gym because these other two dimensions are like driving it so much. And so when we talk about this notion of a digital detox, right?

How do we take it right, right East Miley, you are tapped out at the end of the day. You don't have anything to give. You submit so much time encouraging others, reminding others about how great they are, right? Do in battle with other people to try to influence or help them understand like why something is the way that it is. Choosing not to come for people in email when you really could come for them in person, right? Picking up the phone and saying, hey, I saw this. Can we have a conversation, right? Being present when you are driving, being available when someone needs you, saying yes, maybe even more. And when you really want to say no, all that taps these first three.

And then you add to that the life, looking at the life you either want to have or think you should be having, comparing yourselves to other people. And then all of this just zaps you. And so we talked about taking a rest from all of this, right? Rest meaning an intentional departure away from how you do and spend your time in all of these spaces. Good morning, Dr. Donna Dundas. Nice to see you. Thursday blessings right back to you. So that statement up at the top about rest being vital, supporting your immune system, right? Reducing your stress, improving your mood, right? Even helping you have better metabolism because when you are in that space, you can truly, truly say, I've got a little bit more balance. But when you don't invest in rest, what happens, right?

The mantra on your mixtape starts to blur. And you start to get some of those sounds in there that you don't want it doesn't start it starts to sway a little bit Good morning Hobbs. Welcome in nice to see you Happy happy Thursday my life journey says

being thoughtful and intentional can be exhausting. Yes, even in that intention that because here's the thing sometimes you're being so intentional To protect your piece that it wipes you out There is something to be said for I have tried to not say too much. I have tried to say the right thing I've tried to even keep my mouth shut. I have there been very clear about saying I'm gonna mind my business I'm gonna drink my water. I'm gonna sit down. I'm gonna I'm gonna exercise. I'm not even going to engage in that I'm not gonna invite that into my space at all and when you this fell so much energy to do that when people continue to just come at you When they continue to poke the bear when they continue to try to navigate all the things right all of this stuff That's happening.

They see you trying, and they come for you. Anyway, right? It's if I call it the not today Satan moment, right? Cuz you see the attacks. It's like no, I'm protecting my piece No, you're not gonna get close enough to me. No, you're not going to be in a space where I'm gonna allow you to have access to me physically emotionally mentally, right? Everything that I see right you just write you're pivoting right? My life journey says I'm putting on my elbow pads and right We joke about this.

She said but every day. I'm just like bow bow bow, right? And you're just in battle, but you're choosing to do so to protect yourself. And so now You're in this battle with yourself and that's what gives us the mental and the mental Olympics, right? Someone came in that I wanted to say good morning to I said hello to Hobbs Miss Hartman 29 welcome in nice to see you. Thank you so much for being here So let's talk about the mental Olympics ladies and gentlemen because I guarantee you every single one of us has been here Right the mental Olympics are really, it's when our brain starts to put us into a space where a thought pattern can be very destructive. And by destructive, I mean, it is not supporting anything that supports us. In fact, we get into a sparring match with ourselves. We start to talk negatively to ourselves and it impacts our ability to do the things that we need to do.

We now start to go, oh, okay. You know you should go to the gym or you know you should not have eaten that or you know you should not have said that in this meeting, in that conversation, right? But I couldn't help myself, right? I couldn't do anything, I had to because it was right on the tip of my tongue. And instead of choosing peace, I chose violence, right? The mental of, and now you're in a conversation with yourself and you're going back and forth. Groove Morning Disco, Darrin, nice to see you. Welcome in. Listen folks, lots and lots and lots of dope. people in the stream today. Just go, Darren, please give a follow. I know DJ LB, please give him a follow. Excuse me, there are so many mods in here and the mods who are volunteering their time to support streamers and DJs such as myself. So be sure that you are following all of the dope folks who are in here because there's a lot of greatness that's happening, especially for you, Shannetta1220, right, you're new to Twitch.

And so, there's amazing folks who are in here, folks who are active in the chat, but folks who are also lurking behind the scenes who may pop up towards the end. I

have a heavy lurker population in my Blueprint community, which is lovely because they're all here, even if they are doing what's best for them. And I promote that here in this space. So welcome and Tony, nice to see you. So when we talk about the mental Olympics, this is literally the back and forth that we have with ourselves. Usually it's negative, all of that.

Good morning, site giver, nice to see you, welcome in. So Disco Darren says he's choosing violence this morning. Well, this is where you need to be because we are talking about the mental Olympics, right? And it is literally the do I choose violence, or do I choose peace? Do I keep my mouth closed or do I speak my soul? And what are the consequences, the trade -offs, the risks associated with that, right? It is a choice to engage in the mental Olympics. This whole notion of, hmm, do I wanna do it? And if I know that this statement, this choice, right, is gonna lead to a set of things, do I really wanna engage in that? Or am I okay just saying, you know what? I'm going to, I'm gonna fall back. I'm gonna take a pause. I'm gonna give it a beat and I'm gonna just let things fall where they may. Oftentimes we engage in the mental Olympics and we are riding the road ring with ourselves ladies and gentlemen okay when when I tell you this so let me give you the best example and I tried to pull up a clip of this this morning but it wasn't working so anybody in here seen Pirates of the Caribbean right any Pirates of the Caribbean fans in there so you know Johnny Depp it's Captain Jack Sparrow and I think it is I can't remember maybe it's Pirates of the Caribbean on Stranger Tides whichever one whichever one the third one is it's where you write the black pearl comes up and he gets stranded on the island and he realizes that he's by himself and he's talking to himself and he's got the one little Jack on one shoulder right and the other little Jack on the other shoulder and then there's him in the middle having a conversation with himself and the two Jack Sparrows that are on his shoulder right so we've got some Pirates of the Caribbean fans out there my life journey so on that Says that she's a fan.

I'm a fan, right? I worked it I worked at Disney while those movies were being made and they were fantastic. Good morning, KB Browns Welcome in nice to see you Right, but you see Jack literally going through the mental Olympics and he's looking back Left and right and this Jack is telling him one thing and this Jack is telling him another thing and he's literally saying But if I do this This is the thing that I need to go and the other Jack's like oh we don't need to do that If we we can just XYZ XYZ and this one is like no mate if we do this then this that and the third right and there's This whole thing that is happening Meanwhile real captain Jack Sparrow is sitting here looking and listening to the conversation that's going on in his brain about His own survival and I think it's so interesting that we're talking about survival because oftentimes the mental Olympics are literally The thing that is going to be what am I doing next is this decision?

I'm gonna make gonna help me thrive or gonna help me survive and there's a difference between Surviving and thriving ladies and gentlemen survival is not thriving Let me be very clear about that if you are surviving It means you have just enough the



basic essentials to keep your head above water You are not thriving thriving means that there is more than enough you are operating in overflow Even enough to potentially give to someone else and you are consistently seeing success consistently seeing Engagement consistently seeing you know yourself when Surviving is these are the things that I need to do in order to continue to breathe exist and To keep a steady status quo.

I am NOT rocking the boat. I'm not ruffling any feathers I am NOT doing anything that's going to change my status because of anything changes. I might go below water. I Mean that you don't have any extra. There's no overflow. You are literally existing in the space that you are in and there's a big difference because when you are surviving, the mental Olympics are very loud. When you are thriving, the mental Olympics might be there, but it might be more in the spirit of, all right, how do I keep this going? What do I see as opportunity, which is why we're using the word stop here as the acronym. Okay, good morning, Wigs, welcome in. Nice to see you. Thank you so much for being here. Sonette says, I just described her, right?

Mental Olympics, yes, the mental Olympics are exhausting. Whether you are being intentional about how you show up, or whether you are in the mental Olympics of, if this, then that, right, cause and effect. If I say this, if I do this, if I don't say this, if I don't do this, am I gonna be able to sleep at night? Right, sometimes I can't even sleep at night until I've had a chance to say what is on my mind, because then you're all clogged up here, emotionally or mentally, because it just won't let you go, and it just holds on to you. These mental Olympics are real, ladies and gentlemen. Let me be very clear about that. And we put ourselves in the ring with ourselves. We are competing against, right? It's me against me on the basketball court. It's like passing a football field and then passing a football and then trying to run the 500 yards down the football field so we can catch it as fast as we can, because we don't need to let that ball hit the ground, right?

It's, I'm in the pool swimming, and I got to do the whole medley before I get out of the pool, all right? So I got to get all four of these different swim strokes in before I get out of here, right? You are literally competing at the highest level with no one except you. And there's nobody watching. You are doing it by yourself. Good morning, Crystal Method. Welcome in, nice to see you, okay? All of these things, right? Pick your favorite Olympic sport, okay? You are doing a gold medal worthy performance with yourself. That is what Mental Olympics is. It is that back and forth. And the thing is, is that you know you're going back and forth. You absolutely know what it is that you should be doing, but yet you are in the ring with yourself, fighting, right?

You continue to try to dunk the ball and it's not going in, but you know what you need to change, right? You know exactly what it is that needs to be tweaked, but yet you are going back and forth because sometimes you don't want to do the work that it takes to get out of the Olympics, right? So you would rather stay in the ring than do the work,

right? We would rather run up and down the court than do something else, but that's where you've put yourself. You are now having this whole battle with yourself, right?

Me versus me, right? Or me, find me or whatever you want to call it, right? But as you and you, yourself, that's it. And it is a, listen, and there's no way you can do anything but win -go because you're not competing against yourself. I mean, anyone but yourself. So you are going to get there. the gold medal in these mental Olympics. Let me be very clear about that. And so now if we go back to that previous slide where we were talking about emotions, emotional intelligence, now we are operating in this space of emotional ignorance because you know it's me versus me. So, you're just pushing all this other logic and rationale aside. You are going into this space where you're saying, I'm not ready to surrender. I'm not ready to talk to myself. I don't care what the opportunity is. I don't really want to worry about prioritizing anything. You are in there convincing yourself about why or why not you should or shouldn't do something and why it's going to work and why it isn't going to work.

Well, if I do this, then I got to do that. And if I say yes to this, then now I got to go over here and I got to drive to do this person and then I've got to invest more money and now I've got to be able to do this. And I don't really want to do that, but you know, if you do it, then it's going to save you these five steps over here, right? Short -term gratification. Long -term satisfaction. Not the same thing. Do you want the short -term gratification? Are you going to put a band -aid over this cut that's absolutely hemorrhaging? Or are you gonna go in and spend the time doing the surgery, get the surgery, right? We don't like to schedule surgery, right? We do not like to say, I gotta go through all the surgical prep, right? I gotta go through all of this training in order to get to the, I don't wanna do any of that. I don't wanna surrender. So we keep ourselves in this space.

Yes, being human is exhausting. One of the things that Wigs and I say, used to say to each other, we say to each other, right? Existing is exhausting. To exist, right? And existing is survival, right? Surviving can be, or I am tired just trying to survive, that is, this is it. This is this whole thing, right? Existing is exhausting. So existing is survival. So survival is exhausting. Thriving is not. Thriving is what happens when we stop the mental Olympics. When we stop the mental Olympics, we can thrive. That's what allows us to operate at our highest potential. But the minute we stay in the mental Olympics, we decide and put my name in the hat, I've been selected to represent, right? The land of Kim Blue in these mental Olympics and I'm representing myself in here, right? My colors are blue and I'm going into the ring with myself. Right, for me, I would probably pick something like running.

And it's so interesting because I'm a short, I was a sprinter in high school. I am not a cross, a shout out to anybody who ran cross country, a long distance, or is a marathoner, not your girl, okay? I ran relays, right, in the 200. And I did the long jump

and the triple jump because I have a short torso and long legs. All right. But I'm not tall. Please don't get it twisted. I am not tall. But that was me.

I'm representing myself in all my events. Here I go. And I'm just competing with myself because I couldn't stop long enough to have a different type of conversation. And that destructive thought pattern is the one we continue to come back to. DJOE, good morning. Welcome in. Nice to see you. Happy Thursday to you. Welcome to the Blueprint. Happy to have you among the Blueprint community. Okay. DJOE, we were talking about Mental Olympics this morning and how our brain takes us into these conversations that we have with ourselves and how the things that we think and the things that we say to ourselves become those mantras that we repeat on our mixtape, right? And the way that we keep saying them to ourselves. And the Mental Olympics is probably the longest track on our mixtape. Does that make sense to you guys? Right, we just keep playing it over and over and over again because we're in the ring with ourselves or we're competing against ourselves.

So how do we get out of that? How do we get away from the mental Olympics? Right, you have to stop. You just have to stop. And so let's talk about what stop means so that we pivot away from the games and we go back. So the stopping is, how do we now get back to training? Training ourselves in a way where everything that we are doing, Darrin, right, but everything that we are doing is reprioritizing the way we show up because you can have mental Olympics and thrive. Right, these mental Olympics are the things that keep us surviving. So the first thing is we have to surrender. You just have to let go and give yourself space. You actually have to surrender and go, what is it that I'm really doing? Let me look at myself. Am I really here having this conversation, waiting in this line, doing whatever it is that I'm doing, right? All of those things. Right, what am I surrendering? I just have to let go. I must be okay knowing that this thing, this truth, this whatever that I'm participating in, it is not for me, it is not in service to me. I'm actually out of here. I don't have to do it. I don't have to be a part of it. I don't even have to do anything about it. I just can surrender. I can surrender the conversation. Crystal Method. Oh, Crystal Method, that brought me so much joy, not in a good way, but just the fact that it's resonating with you.

That is resonating with you. You do not have to be quiet at all. You can absolutely speak up, right? But I just gotta surrender. Hey, I'll just let it go, okay? See, my luck journey. Let me tell you how on time she is with the ball skier, and I appreciate her for this. The minute you surrender and recognize you are in the ring with yourself, let it go. What am I doing? Why am I doing it? Why am I spending all of my time stressing over this? Because I guarantee you, guess what's not happening? Somebody else is not giving it this much time, energy, currency, right? Somebody else is giving their currency somewhere else. And so while you were over here trying to survive, they are over here thriving. That's why you see them on Instagram and wish that you were living the life that

they are because they took themselves out of the game this way. Surrender and let it go. Part of that surrender is talking to yourself.

What am I checking in and reminding myself about? What are these truths here? What do I know to be true? I know that this thing is true. I know that that thing is true. I know all of these things are true. CLO702, did I see you put the smack? Yes, the smack command in there this morning. So have a fantastic day, Hobbs. Be safe out there, okay? Listen, KB Browns, holding on to stuff like the vice grips, but here's the thing. When you let it go, you can start to have a different conversation with yourself, okay? You can actually start to talk to yourself in a different way and go, is this true? This thing that I'm like engaging in, am I really in my brain? Is this the way I want to spend my time? Is that the story that I'm telling myself? Just go there, right? What is the story that I'm telling myself and what is the story that is actually true, right? I am telling myself this, but is that in alignment with what's going on out there? Or am I accepting someone else's fears, someone else's reality, or am I putting my own fears in reality out there, right?

All these things are happening. So what is this? How are you talking to yourself? Sometimes talking to yourself, folks, is journaling. Sometimes it's choosing to find someone to say, can I just say something out loud to you? Because I want to see if it makes sense, or this is something that I've been struggling with. Sometimes that someone is a family member. Sometimes it's a therapist, but either way, there needs to be a conversation that's different from the sparring match that you're having in your brain. So, you must check in with yourself. Once you've decided that you realize that you're doing this craziness over here, you start to talk to yourself, write it down, right? Maybe in writing it down, right? Part of that is also going back and looking at the things you're writing down and then reading them and saying, if I were writing this out for someone, are these the steps that I'd want to tell someone else?

If the answer is no, then why are you yourself? Why would you settle for anything less than the way you would advise someone else to see their success? Your success is just as important as anyone else's. And guess what? You own it, which leads us to opportunity. What is the thing that can be gained or gleaned? What am I learning? What's the thing that I can do once I surrender, now that I have surrendered and let go, now that I'm talking to myself and going, girl, do you see how crazy you look? Or my guy, you're out here whaling. You are literally in these streets doing the MOST. Now what's my opportunity? Where do I go? What can I lean into? What does that look like? What am I really after? How do I surrender the survival and I move towards thriving? What's going to help me operate in a better space than what I'm doing now? How do I get to my next, my next opportunity, my next relationship, my next, whatever it is, the next change that gets me out of this Olympic cycle that I'm in, these mental Olympics, and puts me in a position of saying, no, I'm getting some new training. I got new facilities. I got new equipment. All right, I got a new song playing in my head that's gonna

motivate me and encourage me, right? KB Brown, listen, sometimes you have to, because if you don't talk to yourself, you might say something sideways to somebody else and I understand that, right?

Part of this stop is also knowing that if you don't stop yourself, you will do something that you don't want to do. You may get to a place where these mental Olympics wear you out so much that the mental and emotional intelligence that you need to operate in is also worn down. And then you don't recognize that you are doing something out of pocket in left field until it is too late. Hindsight is always 2020 folks, especially for people who have great vision, it might be 2015. Anybody ever look at themselves and be like, yo, I did that? I said that? Selector 327, good morning, welcome in, nice to see you. Shout out to everybody who is in here. I talk to myself, I say sideways stuff, right?

All these things, right? All of these stuff, listen, sometimes you need, I am known for saying, come on, Kimberly, what is it that we're doing here? Is this what we're doing today? Is this the energy that we're on, right? Sometimes you absolutely have to do that. And then sometimes you have to say, listen, what is the thing that I'm really trying to get at? What do I really wanna be doing? What's really my goal? How do I really wanna be showing up? What are all the things that I need to be doing and thinking about, right? How am I truly saying, is this where I wanna spend my time? The minute you get real with yourself, and you start to recognize this is what the opportunity is, you can't, listen, Ms. Hartman, okay? So what y'all don't know about Ms. Hartman 29 is that she's my namesake, we have the same first name. So I will quickly call my, Kimberly Marie, what is it that you are doing? Kimberly Marie Blue, what are you doing?

Do you see yourself? Girl, take a beat. Do you need to eat? Do you need some water? Do you need a minute? Whatever it is that you need, but go get it. Because sometimes the opportunity to eat will then create where you need to prioritize. Okay, you start to get in your head about stuff and you're like, man, I have been in this space, right? And you start to really understand like, man, if I just sit down and eat, now I can get to these steps that I know I need to take what are now the real asks and tasks, right? And you've heard me talk about this when we talked about momentum and motivation, but what are these asks and tasks that I need to do that I really need to elevate? How am I recalibrating so that I can then move myself towards thriving and not just surviving? See, let's have another two. Greg the Godfather says internal dialogue was my enemy for a while until I went into therapy. Absolutely. Therapy is a space where you can talk, right? Come on, Ms. Hartman, you already know, right?

I just said that to someone yesterday. I was struggling. So I talk about word economy sometimes. When I tell you I couldn't type or get my words together for a minute, and I just said to my business partner, I said, I need to eat. She said, girl, I was wondering what was bad at you because by now we would have had 10 to 12 chemisms and this whole thing that we're working on would have been done. I said, can you just

give me 30 minutes? I literally had to surrender the word, talk to myself. I said out loud, I need to eat. That was my opportunity, right? The thing that can be gained is if I fuel my body, then my brain operates. Now I can prioritize this task that I need to do. I can prioritize this outcome that I need to have. All of these things. But here I was in the ring, mentally struggling with how I needed to do my own work, literally getting in my own way and keeping myself from winning.

And I was going to win the gold medal, but I was gonna win the gold medal at not getting this project done, not getting the work right, okay? The mental Olympics, right? This destructive thought pattern, because here I was out. And so this would have been me. I had been sitting there trying to type this out and I've been like, oh, you know what? I'm so slow today. I don't understand why like, I can't get it. Come on, brain like, I mean, I know, I know I'm normally this, but now I would have been saying things to myself. I would have been putting mantras on my mixtape that I don't want to be a part of. There he is, ladies and gentlemen, okay? The young prince, he's enjoying his last few days before he goes to school next week, right? But the mental Olympics, you guys are very, very real. And they are very present when we start to think, what is it that I need to be doing? And so you spend more time having a conversation with yourself, right?

As an Olympian, then you do try to understand what happens when you stop, when you surrender, you have a conversation with yourself, you identify the opportunity, and you get real clear. on what it is that you are prioritizing. When you do that ladies and gentlemen you can spend time outside of all of the mental olympics right and not only that you might be competing in multiple sports you might you might be in the olympics in one arena in the morning and then discover that you make it through but then you're right back there at lunchtime okay and then you're right back there you know after right then you're in the ring right with someone at home or after the fact right yes great the godfather please eat okay all of that is very present right so John at 1220 says um my struggle is with my husband has everything going for him and you have nothing asked him the other day what about me and he said what about you which hurt your feelings right okay so so so here we go this whole balance of the mental olympics and so this is a little bit of what i was saying um Shawn at 1220 when it's like you're watching someone else's life seem to thrive and You're in a different space.

And so the mental Olympics become well, what am I not doing? Well, what do I need to do more? how do I you know spit right so That is it right. There's a whole level of Olympics that is taking place there and we can certainly, you know Chop it up about that, you know off off today because unfortunately today stream will be very prompt in Terms of getting out of here, but that's a very real example Right of the prioritization, right? So there's this prioritization of self So I think what I would say to you is what do you need to surrender? Are you surrendering something about him in your thought patterns? What is and then what's the conversation? You need to have with yourself not with him Perhaps the conversation is what am I having with myself and what's my greatest opportunity you

are late Keith But you're here and that is what is most important because I am rating out early today my friend I have a nine o'clock meeting but the replay will be a see my life journey She can get you a fan or some boss gear.

Okay? She can get to that because there were definitely some smack moments and some fan moments, right? So think about the conversation that you need to have with yourself, right? I read in there that you said you ask him what about me? And so I'm going to I'm gonna encourage you to say what about me to yourself? Surrender that Prioritization of him and then focus some of that energy on you. How do you now say what's the opportunity for me to take care of myself? What's the one thing that I can do today that I wasn't doing yesterday? That's gonna bring some joy back into who I am and then prioritize that right? That's what the stop in here means That's what all of this is It's these mental Olympics right and letting them go Keith. This one would have been good for you because you and I spent I spend a lot of time watching you, coaching you from the sidelines of your own mental Olympics, right? When we start to think about some of those things, because all of this, ladies and gentlemen, is how we deal with ourselves.

You want to talk, that's why I said, this is probably the longest mantra on your mixtape, because it's the one that sometimes can go on and on. And we just find ourselves wondering like, when is it gonna end, but we keep ourselves here. So we just have to stop. Right, my life journey, K .B. Brown says he needs some steel -toed boots, okay? So when we think about the mental Olympics, right? And I use the word destructive intentionally because I want you all to know that sometimes we may not realize how destructive our thoughts can be, how destructive these thought patterns are. How, when we don't give ourselves the opportunity to pause, we can be destroying ourselves. And in the blueprint, that's not what we are fostering. We are fostering advocacy to have access to knowledge, skills, capabilities, and resources. We are advocating, operating at our highest potential, showing up as our most authentic self, being in alignment with our values and not in opposition of them. Okay. So when we talk about these mental Olympics, and I was so excited to do this, right?

I told my life journey; this is going to be the topic. Thank you. I just looked at the top of my life journey. Thank you. When I told her that I was going to do this as a topic, she didn't even say anything. She was just like; I'll wait for you to put the slide together. She didn't ask me anything. Normally we talk about it and I give her some ideas so that she kind of knows what I told her this. She was like, she said, I don't want to do it. And she just, we moved on to the conversation, right? But I'm telling you, ladies and gentlemen, the word destructive is intentional. Don't break yourself down. I want to encourage you to build yourself up. Stop competing with yourself so that you're surviving. Surrender. Have the right type of conversation. Understand your opportunity and prioritize so that you can thrive. Earn your gold medal the right way so that you can shine on the greatest stage. It's your stage. You should absolutely shine on it. Why

would you want to do anything other than be great on your own stage? All right. That is what is most important. That is why we are here. This is right.

Zero to zero versus self crystal method. That's exactly it, right? Not self 4 ,723, self 26, right? Zero to zero versus self. Zero to zero. That's what it is all about that, ladies and gentlemen. is how you become the boss of your own blueprint. That is how you make sure that you are operating at your highest potential and that you are adding your value there. The mental Olympics get us all down and I'm here to tell you that we don't wanna do that. We want to stay in a place where we are being intentional about everything that we're doing, all right? Okay, ladies and gentlemen, with that, that is how we are gonna be the boss of our own blueprint today. I hope that this resonated with all of you. It was one of the conversations that I was very excited to really be intentional about having us conversation, right? And I want to make sure that everybody understands that the mental Olympics are something that...even when we find ourselves in it, the word is just stop folks, just stop. Because sometimes when you recognize what it is that we need to do or where we need to go, right, all of that can be places and spaces where we are not supposed to be, right.

So, you're welcome, my pleasure. So listen, folks, we are going to get ready to get out of here. Let me set up this rain message. I got to make sure that I. All right. Listen, I appreciate every single one of you. Thank you so much for being here for engaging in this space with me. Thank you for being intentional about investing in yourselves. Okay, we are going to go see spiritual thought later because I rarely get to raid into her. And if you have not spent time in her channel, talk about right, she she stimulates my brain in ways that that that stir me and calls me to look at how I show up in my professional arena. And I appreciate her for that, among other reasons. Okay, do you class the DJ? I see you. Welcome in. Thank you. Thank you for everyone who said hello to Avery. I will pass those things along to you. Listen, folks, I am sending you into your Thursday and into your weekend with all of the good energy and light you need to guide you.

Take very, very good care of yourselves. Okay, I'm going to see you. I will see you on Monday. This next week's schedule is Monday and Thursday. So I will see you this Monday. Okay, but I will certainly see you on the other side. We're going to go over and show some love to spiritual thought later. Okay, have a great day, everybody. Thank you. So, this is the It is D .J. Rockin' Ron's birthday, but it's a ray! Hey! Kim Lou! Thank you so much for the ray! I appreciate you. Hey! No blueprint! Check out Kim Lou! Hey! Hey! Y 'all walkin' on back? Good morning KB Browns! East Smiley! My luck journey! Dr. Darnah! Darnah, come on in here! I appreciate you, crystal metal!