

The Blueprint Social Disorganization March Madness Series HR Coaching Consulting Development March 19, 2024

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Transcript

Good morning, everyone. Happy Tuesday. Thank you so much for being here. Here we go. If you are new to Twitch or if it has been a while, let me take a moment to introduce myself. My name is Kim Blue. I am an HR strategist and a career coach. Welcome to the Blueprint. This is the space where we come on Tuesday and Thursday mornings to chop it up about all things personal and professional development. I fundamentally believe that everyone should be the boss of their knowledge, skills, capabilities, and resources. You can do three things every single day. Operate at your highest potential. Add value to whatever work you own or are responsible for.

Most importantly, you can show up as your authentic self because when you do that, you can be great in your gifts. You don't have to dim your light or shrink back. You can give your best to the world, but you also set yourself up to receive whatever the best the world has to offer and when we're doing that, that is being the boss of our own blueprint. So these conversations are, you know, they are the space where we do the work, we hold our own mirror, we have lots of mirror moments, but it is nothing short of self-awareness and love and support. And I just want to offer my gratitude to so many of you who reach out after the conversations to say, stepped on my toes, you gave me the information that I needed, you helped me think in a different way, you gave me the nudge that I needed to push through something difficult.

So for everybody who allows me to show up as my authentic self by joining this space every day, thank you, you are appreciated and you give me one of my reasons to get up and show up every day. So with that, let's do a little bit of housekeeping and then let's say good morning and then dive right into our conversation for today around social disorganization coming off of the heels of our conversation last Thursday. We will pick up here and then go right into some additional things and prep for next week, which will get us into physical disorganization. So a reminder, there is no stream on Thursday. Okay. I will be traveling for some client work on Thursday morning and actually delivering the professional development during the time that I would normally be hosting the blueprint. So no stream Thursday. And we will resume next Tuesday, March the 26th, I believe is the day at our normal 8am. So just a reminder, no stream on Thursday. Next Tuesday is when the blueprint will resume.

Okay. And then as we head into April, there's going to be a few dates that I'm going to be traveling and we'll need some grace as well on when the blueprint is going to be taking place. So I will make sure that I put those dates out there closer to the start of April so that everybody is remembering those. Okay. Additionally, if you were interested in the coaching, by all means, exclamation point coaching, this is where you can come and get connected to a very wonderful group of blueprint bosses who are coming in and spending their time cultivating themselves alongside me. And we are doing the work and here's everything that you get access to when you come in to the group, all of the recordings and templates, the one-on-ones that are taking place, you get four of them a year with me, a live workshop, access to all of these things.

Right. And we are going to open it up to some additional resources that now have been completed as of last week. And Lots of good things. The cost or the investment, that's the way you're going to hear me frame it, is \$50 a month, which is wonderful. It is nowhere near the cost of what executive coaching looks like in the industry. I have tailored this to be very reasonably priced for our community and ensuring that anyone who wants access to the coaching can get it. So consider making the investment. Again, if you are interested in having your company pay for it, for those who have professional development dollars, and for those who may not be even thinking about it, right, if you're curious about how to ask for that, please let me know. I'm happy to have a conversation with you about how to frame it if you're interested in it taking advantage of the coaching, okay? So with that, let's say good morning to everybody that's in the room, and then we will kick off today's conversation. Picking up where we left off last Thursday with... our lovely guest, Nikisha Hicks, who was able to join for the hour. If you haven't had a chance to go and watch that episode, please do. I believe it is still up in VOD in my Twitch channel, for sure.

But good morning, Kayla. Good to see you. Thank you so much for being here to my Mod Boss extraordinaire, and thank you for the resub for the last nine months. I appreciate you. Good morning, Jen and CLove702. Good to see both of you this morning, as well. Happy Tuesday, LaWander Baskerville. Good to see you. Good morning, Stirrs. Happy Tuesday to you. Thank you for being here. Good morning, Hobbs. Good morning, Ms. KB. Good to see all of you. Dr. Donna Dundas, Tuesday blessings to you, as always. LFrank28, good morning. Good to see you. Good morning, EastMiley67. Happy Tuesday to you. Welcome into the blueprint. Hope you're doing well this morning. I believe that that is everybody that I see. Listen to everybody who was working, lurking, and commuting. You all know that I want this space to be whatever it is that you need. So if you are commuting and listening, thank you for being here. For those who are lurking only, thank you for being here. If you have the tab up and are active in someone else's stream, thank you for supporting.

I want this space to be whatever it is you need it to be. So thank you for being here, no matter what, and for sharing. For those I know who have shared the podcast or the channel with others, thank you for sharing and bringing others into the blueprint community. Good morning, Music Level 21. Happy Tuesday to you, as well. I believe that I got everybody. If I didn't, good morning, My Like Journey. Good to see you. Thank you so much for being here to my other Mod Boss extraordinaire. All right. Let's do a quick recap, and then let's go into last week. Let's pick where we left off last week. Sorry, guys, my camera's a little blurry, so just bear with me. So last week we talked about, so the whole month of March we're talking about March Madness and this whole concept of the maddening nature of feeling disorganized and not aligned. Remember in February we just spoke about alignment and what it is and how to find our way there and there was four key steps that we talked about. The first was finding that confident voice. The second one was exiting your comfort zone. The third one was really being intentional about protecting your energy and I want to highlight protecting your energy because as we talk about social disorganization today there's going to be a piece to this that really ties into how you protect your energy.

Good morning Nicki Walker, good to see you. Thank you for being here, happy Tuesday. There is a piece of protecting your energy that really goes into the social disorganization and we're going to talk about this from both the professional side and the personal side so for those who are taking notes I want to make sure you can balance out the pieces that relate to you professionally and personally, so just know we're going to talk about those things when it relates to social disorganization. And what I mean by social is the communities that we spend time in, okay? So think about all the spaces you spend your time. You may have faith communities, you may have professional organizations that you belong to related to your job or related to any belief systems that you may have, right? Those who are in fraternities and sororities, those are social circles or social organizations that you belong to. Again, it could be volunteer organizations, any place that you put your time or currency where you're engaging with other people and sharing communication, knowledge, giving of your expertise. Those are all social communities, okay? And those social communities allow for the exchange of energy, time, emotion, you are sharing and contributing, but you're also taking in from other people. I was at a conference a couple of weeks ago and my friend that I sit on a board with gave me, he offered me the ticket and we were just commenting about all of the different personalities we were seeing and about how that is, you know, how people don't pick up on those things sometimes.

And he was talking about, he said, you know, it's energy exchange. And that is literally what we get both benefit and can sometimes be a con of some of these social communities that we find ourselves in. So these social communities are made up of a variety of people. Oftentimes they're like -minded. Sometimes they may not necessarily be fully like -minded, but there is some alignment of the direction, the purpose, the mission, whatever it is that you're working towards or working on. Sometimes you may

be unified by the need for change or development. Sometimes the social communities may unify you because you're in the same life stage, right? So who in here at their jobs or in whatever companies they work for, who in here is a part of or has heard of employee resource groups or ERGs?

Sometimes they're called business resource groups as well. Oftentimes they are driven by the diversity, equity, and inclusion parts of the company, but sometimes HR leads them or sometimes they are just, they are run by other spaces. So anybody, either a part of an ERG or even heard of ERGs, if you have, those are very much intact organizations, social organizations at your company, right? Good morning, Music Spasms, good to see you. And so when we think about the whole notion of employee resource groups, let me give you some examples. So when I worked at ESPN at the time, We had eight of them. We also had them at Microsoft. We had them at Zoom. And they are basically people who have shared purpose or are in a similar life stage or have similarities. So for example, there may have been a group that was all women. And there may have been an employee resource group that was all working parents. Or there was one from for all of the people of color, right? So when I was at Microsoft, it was called Microsoft BAM. And it's still for blacks at Microsoft, right? And so those were the things that we participated in, right?

And so when we think about all of those things, those are our employee resource groups. Sometimes there were veterans groups. There were some for people with disabilities. You know, all of those were ways that we did it. We had one for our Latinx community at ESPN. It was called, I think the most recent name was almost ESPN, right? So it, again, meets people where they are in their life stages. But these are all social communities, OK? All social communities. Good morning, Portia Blab. Good to see you. Thank you for being here. And so when we think about this whole right, Miss KB says that she's part of a couple. And sometimes you can be part of more than one, right? You may be a woman. You may be a person of color. You may be a parent. All three of those represent where you are in your life stage, but also reflect who you are as a person. And these social communities bring together people, but it also brings together their ideas, their ideals.

It also brings together their values. It also brings together many of the things that contributed to the way that you were raised or reared as a young child, OK? And as you've grown into adulthood. Now, this is important because when we start to talk about being socially disorganized, part of being drawn to some of these communities or some of these circles is contingent on the things that we experience from other people, how people bring themselves to work, how people bring themselves to these communities and the way that they share their beliefs or the way that they may share their similarities, okay? And in these social circles or in these social communities, you may make sub communities with people. So you may discover that someone that you didn't know or a couple of some ones that you may not have had as much engagement with, they are the

people who are sitting two offices down from you or that you see them in the lunch space every day, right?

You may interact with these folks virtually over the last few years as we've settled into this hybrid or remote environment for work, right? But there's ways that you connect with these folks and you start to understand that, oh, this is my tribe, these are my people. So yes, we are among those who all do the same thing, but there may be kind of a core group of us that consistently hang out or consistently are doing the work or consistently being together. That is your sort of sub-social group, okay? So I want you to spend some time thinking about like, who are those people that you spend a lot of time with, right, Twitch is a social community. You may not think about it that way, but think about what brought everybody to Twitch. Some people I know came to Twitch from other social communities, i.e. other social media. So Facebook, Instagram, you know, whatever other spaces were out there where you may have been interacting with DJs or interacting with other people or interacting with other social influencers or whomever you were following. But all of that creates these communities. And then among these are sort of the sub-communities that we find ourselves in. So all of that plays into how we get into the social communities. I wanted to bring that up because, good morning, Keith, good to see you.

I wanted to just set the stage for how we define our social communities because the one thing that is important is that when we look at this, I'm gonna take myself out for just a minute, but when we look at this slide right here and we talked about emotional disorganization, okay? The social communities that we belong to or find ourselves in may contribute to why we experience emotional unavailability, emotional stress, and emotional capacity, okay? So I'm just gonna dive right in and say that. Now, let me be clear. We do not join or we do not become a part of our social communities to take on stress or to make ourselves unavailable or to tap our emotional capacity. We actually go to these places to find solace and similarities when we are in need or when we are in deficit in some way, okay? But I will submit to you that part of the way we become disorganized socially is that we find ourselves in these communities. We also find ourselves meeting every single person who's among the community with us, where they are in their life, where they are on their own personal journeys, what challenges that they are having, what issues may be arising among their family, okay?

And we as good humans may step in to help or to offer our expertise, right? My life journey, I'm just gonna give you a little bit of warning. You're gonna feel like I'm coming for you and I promise you I'm not, okay? So just bear with me and don't raid me out early, okay? But in these social communities that we have, professionally or personally, what happens is we present ourselves as available. Available emotionally, available fully, right? Available psychologically, whatever it is, but we present ourselves as available. Okay, just go with me on this everybody, all right? Because I'm rolling in early so that we can go ahead and just dive right in. Because I promise you, when we

start to talk about social disorganization, it's going to connect back to our emotional capacity, and then it's going to even further connect back to our ability to feel like we are aligned, okay?

So just roll with me on this, okay? So here's the thing, when we engage in these social communities, okay? Nikki Walker says she's ready, let's do it. When we engage in these social communities, we fully present ourselves as ready, okay? We fully present ourselves as I am bringing my mind, my heart, my energy, my knowledge, right? Whatever it is, but I am bringing it to enhance this space in whatever way, shape, or form needs to take place. Whatever it is that I want to get out of this, I'm going to put into it, right? We show up with that mindset. We show up with this whole notion that I'm coming to contribute and make this space better so that we as a collective can be better. Now, somewhere among that mindset that you carry, there's a full departure from that on the other side. What do I mean by that? I mean that we go in believing that the way that we show up, the way that we give, the way that we contribute will be reciprocated in kind.

IE, if I give you my time or if I say, hey, you know, or if you come to me and you say, hey, you need help or hey, can you show me this or whatever the case may be, if you ask for something and you, whoever you are in the Blueprint boss community, okay? You give of yourself. You give of your time. You give of your energy. You show up and listen, my life journey, okay? That's why I told you, don't raid me out, okay? But here's the thing, you present yourselves as available. People experience you in that availability. Now, understand. Let me put the slide back up. Here we go, ladies and gentlemen. So we start out emotionally available, ladies and gentlemen. Does everybody see where I'm going with this? We start out as emotionally available and with capacity because we are trying to up level the quality of our relationships, okay? And we wanna dispel those limiting beliefs. So we go find our tribe or the people who are like us and we make those social connections because we start out as socially available, okay? Then in the midst of that social availability, we offer ourselves our gifts, our time, our currency. And then we are given great praise or great, thank you, super helpful, appreciate you. But then in that moment, people experience us, okay? STRS, okay, has already come in with availability may vary. Okay. Here it is. Right. So now we present ourselves as available. And then when we are in need, when we are at emotional capacity, when we are at our cap, right, we then don't receive that back from the very people that we believed were going to give that to us.

Now, let me pause there because this looks a little different, both in the professional space and on the personal side. Okay. So let me take a minute to break that down. So we've, we've talked about these social communities. We show up emotionally available. We show up ready to make the connections. We show up present, willing to give our gifts and give our currency. We do so only to discover that people will continue to tap us. People will continue to draw from the well that is Kim Blue, to draw

from the well that is my life journey or Nikki Walker or whomever, because the things that we give are amazing, but no one sees fit to contribute back into the well. No one sees fit to pour back into us. And so now we are pulling, we are being withdrawn from, from almost to deficit, almost to the point where we are right. My journey says insufficient funds, no vacancies. And we now are wondering why, why we are tired, why we are drained, why we don't have any opportunity, why our temper is short, why our fuses are short, why we feel like when we go into the room, the energy that we are connecting with people on, we don't want to be a part of that energy. It's because we continue to just keep giving. And so we talked about one of our mantras is we're not revolving, we're evolving, but we stay on this revolving space with these people, absolutely stirs, drawing back a dry bucket.

Keith, somebody is asking where the couch is already, where the couch is already, okay? But we come back into this space and we realize that because socially we've presented ourselves as available, people inherently will take if you are willing to give. Now, you may find your give or try among the people. You may find your give or try. More often than not though, people are willing to allow you to solve their challenges, to show up and be the strategist, to be the person that fixes. Because what we want to do also socially is be viewed as someone who says, you know what, that is, they are a good person, they are doing this, right? There's a level of validation that comes from these social communities that we have, but what's the trade off? Yes, we are validated and affirmed, but on the back end of that validation, what was the cost? What did it cost us to get to that space where we were saying, I've given and I've presented myself and I've shown up and I've delivered, right?

On the professional side, this might look like a variety of things. You show up in work groups, you lead projects, you do all of these things and you may have great people who are around you, but anybody ever been to a space where it's like, if I don't do it, it will not get done. If I don't gather the people, if I don't wrangle the teams, if I'm not the one who's cheerleading or spearheading, everything will stay stagnant, and nothing will move forward. But when I step in to do it, everybody knows that it's going to get done. So if I stay with it, then I can motivate, I can energize, I can influence, but the minute I'm out, does any activity get done? Does anything move forward or does stuff just remain stagnant, right? Letitia P, good morning, good to see you. So we find ourselves in these social spaces professionally where you then become the person that's always in charge by proxy, even though you're not in charge. You become the default leader, even though that's not been your role at all.

You become the person who is looked at as the space and place where things are gonna get done. We know Kim's gonna do that. We know if it's gonna be here, that's gonna get done, right? We know that if Kim is involved, it's always gonna be right or she'll tell us what to do or Kim's got all the ideas. So I'm just gonna let her lead and my life journey said it. And then what ends up happening is that we then become the source,

the source of what, right? The source of energy, the source of information, the source of affirmation. Oof, somebody write that down. Becoming the source of affirmation. Because not only do you have to give the information, then you have to affirm the people that they're doing it right well, that they have to keep going even when they want to quit, okay, right? You become the source of, right? This is where I vent. You become the source of pain, right? Because you're the one that's delivering the, hey, we gotta keep pushing forward. become the source of motivation, right? You become the source on the personal side, you become the source of money, you become the source of time, you become the source of a listening ear, you become the source of right emotion, you become the source of this is a space where I come when things need to be fixed, you become a person's person, even though they have a person and even though you don't want to be their person or you may not have asked to be their person, you become that person's person, you become the person that someone else can lean on, rely on, all of these things, right?

But you become the source and you then replace the person's emotional capacity because guess what they do with their emotional stress? So that worry, that fear, that frustration, that energy transfer that you just heard me speak about, you become the space. And then your capacity gets tapped because you are now receiving from the outside world. Not that you're not receiving enough, right? Because you're receiving everybody else's stuff. It doesn't matter, and let me just be clear about this. I see you mail out a journey on the incoming, thank you. Let me be clear about this, right? Keith, I'm just saying Keith, but listen. And it's also, right, it is industry or person agnostic. So it doesn't matter if you are the CEO or if you're the janitor, it does not matter, okay? You are subject to receiving unless you put those boundaries in place, right? You are subject to being exposed to that energy transfer, energy vampires, energy drainers, whatever that is. Because when people find their source, they will unleash or unload into these social communities and then they will leave it there.

And it will just hang among those who are drawing that in, right? Because now you've got the folks among the social community who say, well, let me help you, or let me listen to you, or let's go to lunch so you can talk about it, or what can I do to make you feel better, or how can I be available to you? And so if you continue to ask those questions people will continue to take advantage of that. And you, because you are who you are and you're wonderful, do not stop yourself when that feeling or when that voice starts to show up that says, oh, I don't know that I have the capacity today, right? Or I don't know if I feel like I can handle it today when this person says, you wanna go to lunch? You already know what that means. It now means that they're gonna be ready to vent or they're going to be ready to, you know, they're gonna need something from you or they're gonna ask something of you, whatever that is.

We're gonna take a pause right here because I see the raid coming in. Good morning raiders. Well, Welcome in, good to see you. One reason, thank you so much for

bringing the gospel takeover family to the blueprint this morning. Happy Tuesday, Raiders. Come on in and get comfortable, everybody. Come on in and get a seat, the blueprint K -couches out. There are plenty of fans and chairs and all types of boss gear available. I have already jumped right in to our conversation on social disorganization, but we will open up the doors to the boardroom so everybody can get comfortable before the mods secure them back again. Hobbs is offering her pew to anyone who may need it, okay? Definitely refresh your screens this morning. Reason, how are you? How was your stream this morning? Thank you for being here. Reason says he's, y'all, last week, I don't know what I said, I'm sorry, I'm sorry, I'm sorry, I'm sorry.

I forget what I said, but one reason said, I didn't come here for this. He's like, I'm rolling out. And he literally put the roller skate emoji into the chat and said he was trying to get out of here. I think the mods locked the boardroom doors, though. So he couldn't. Good morning, Tantrum. Good to see you. Thank you for being here. Happy Tuesday to you. Lots of great people in the chat. Go give them a follow, OK? Locking humidity, DJ Tantrum, music spasms, one reason. There's lots of great mods in the chat as well, My Life Journey. Locking humidity. Shelly Thunder is in here. LaWanda Baskerville is in here. CeeLo702 is in here. Good morning, Raiders, to everyone who came in. Let me do a quick hello, do a quick reset. Well, everyone is getting situated from the raid. And then we will jump right back into talking about social disorganization, OK? Yes, reason said he was rolling out. He was not staying at all. So good morning again, LaWanda Baskerville. Good to see you. Good morning, Reason. Little Southern girl, happy Tuesday. Tab Gilbert, good morning.

Good to see you. Thank you for being here. The one and only Keisha Key, good morning to you. Protect About the Blood, happy Tuesday. Eternal Chance, welcome in. First time Raider on the Blueprint, happy Tuesday to you. My name is Kim Blue. I am an HR strategist and a career coach. And the Blueprint is a space where we come Tuesday and Thursday mornings to talk about all things personal and professional development. Today for the Gospel Takeover family, we are in the midst of March Madness. And by that, I mean we're talking about the disorganization of life. And we have been breaking it down into three or four sections so far. We have covered mental disorganization. Last week we covered emotional disorganization. And today we are talking about social disorganization, OK? So for those who are new or looking to follow, I stream on Tuesdays and Thursdays, Tuesdays at 8 AM Eastern Standard Time and Thursdays at 11 AM Eastern Standard Time right here on Twitch.

You can catch the VODs. They're up for those who are... wanting to catch to come in or if you happen to sneak in late and you want to see the whole thing but the the videos are up there and please reach out to my mods my lock journey or lock and lock and key media both of them can take excellent care of you if you need it so welcome in and again reason thank you for the raid this morning it's me lexie good morning jibby transit good morning to you salute to everybody who came in on the raid who is lurking

or commuting thank you for being here you all know that i love my lurker populations okay and i appreciate all of you shelly thunder good morning good to see you shelly comes in and says comes armored up like ralphie's bro in the christmas story shelly knows what it is already good morning shelly in all caps she's like i'm ready okay like ralphie's brother in the christmas story i love it i love it shelly good to see you thank you for being here um listen lots of folks in the chat go give them a follow all right so Let's talk about, let's revisit where we left off.

Not your average guy, Big Stove, Leroy Brown. Good to see you gentlemen, happy Tuesday to you. Thank you so much for being here, okay? Did I catch everybody? If not, say something in the chat and I will make sure that I acknowledge you. So for March Madness, we are talking about the disorganization of life and the disorganization of selves and what that means socially, emotionally, and mentally. And next week, we're gonna talk about physical disorganization, both our bodies and the physical spaces that we exist in, right? So all of y'all who have heard me say I had clothes in my bathtub for two and a half years, there you go, I was physically disorganized. But my physical disorganization was a direct correlation of my emotional disorganization, okay?

The call is 06, welcome in, site giver, welcome in. Good to see you, good to have both of you in the chat, okay? And so we're gonna understand that the connections are there. So as we talk about mental, emotional, socially, we're talking about the communities that we're in. Listen, March Madness is real on both sides. So for those who are sports fans and who hopefully everybody took in some great college basketball over the weekend, there were lots of things that were happening and all types of good basketball, right? My Tar Heels were doing the, I don't know, they make me very emotional, so I don't talk about them always, but I'm a massive, massive Tar Heel. But yes, Tantrum, go Heels, right? Massive Tar Heel fans, so the Heels have been doing their thing. There are times that I can peek in and then there are times that I have to protect my piece and just watch the score because I get very involved, very, very involved with them. So when we think about all of the things we want to do when it relates to March Madness, we're not just talking about it.

Talking about the sports side of it. We're talking about us as humans. And being disorganized are not in alignment socially, emotionally, mentally, and physically, right? And so we're working our way through and today we're talking about social disorganization. Leave me alone, okay? I'm a fan, right? I'm just a fan. So when we think about this whole thing, right? I see you might like dirty, right? When I think, when we think about this whole notion of being socially disorganized, right? We're talking about our social groups. And just before the raid came in, we were talking about this notion of when we commit to these social groups. So I define them a little bit. And I said, you know, they can be faith based.

They can be professional. They can be communities that we are in for those who may be in fraternities or sororities if you're affiliated with professional organizations, right

that relate to your industry and so we talk about Presenting ourselves in these social communities as emotionally available having capacity Wanting to contribute in whatever ways and so we do that We show up and we continue to do all of these things and contribute reason. Thank you so much for the re -up appreciate Thank you for continuing to stick around listen, I think we're all in I think the mods have secured the boardroom door So we're in until we raid out ladies and gentlemen, so no exits.

Okay, no exits freaky gamer girl good morning. Good to see you. Thank you for being here. Okay Yes, I think the mods have right on time tantrum for sure, right? I think the mods have Have secured the door. So we're all in until 915. Okay, so when we think about social disorganization We contribute to the social communities because Pendera is good to see you. Thank you so much for being here Happy Tuesday to you. Welcome in Freaky gamer girl. Yep, you slipped right on in right because the doors are secure. So we think about the way we contribute to Good morning Vader good to see you Oh Vader if you need to exit, I think we can make an exception for that. You'll just need to Vader locking key media says you gotta hold it fam. Okay, that's that's what it is. Pandora says I gotta go too Right. I gotta go right if you gotta go to the bathroom Vader, you'll need to speak to one of the mods No, Leroy Brown if you need to exit, okay, you'd see one of the mods We will make exceptions because we don't want any accidents. We need to keep the boardroom Nice and neat. Okay, and we need the materials to stay res is high -end fabrics on the chairs and on the pews So if you need to to exit for a bio break, right? Please see one of the minds.

They will secure you with a blueprint pass so that you can make your exit. So Coco Donatello, welcome in. Good to see you. First time chatter. Welcome to the blueprint. I hope you enjoy it here. And you take something away from the conversation today. Welcome in, okay? Good to see you, eternal chance. Tantrum says he's stuck on the plastic on the couch. Oh my goodness. All right, folks. So when we are thinking about, when we are thinking about the social relationships, right? We want to think about how available, because listen folks, we go into these social communities very ready. Think about the energy that we have, right? We're like, this is gonna be great. I'm ready to take action.

I'm ready to get something out of it. I am ready to contribute and do all of the things I want to give of my energy I want to give of my expertise because the assumption is that left to right and north and south We are going to get the same thing back except what happens we don't We pour out people withdraw from us DJ Nick 10. Good morning. Good to see you. Thank you for being here We pour out and we give of people. Okay, and so that is where We Right. That's where people have us messed up at because here's the thing We now give and give and give and give and give Only to not receive that or only for people to not be emotionally available for us so here we are emotionally available and Having capacity people tax that capacity We become less

emotionally available because we are not getting or drawing from other energy sources because guess what?

We have now become the source the source of truth the source of information the source of affirmation the source of Influence right the source of all of these things and we are the source that is holding other people up. Meanwhile, we're suffering insert social disorganization Okay insert being socially Disorganized does everybody see how that happens because we pour out we give we offer ourselves and it's not even that sometimes It's being in service to other people. I don't know if Jen is still in here But Jen and I have this conversation all the time, right Jen and I talk because I'm not Jen's only client Okay, Jen has other clients, but sometimes in our conversation She'll say, you know, I'm working with this client Kim and they showed up like this this and this or she'll say and they you know My thinking would have been X Y and Z or I'll ask her a question and say well Jen How come this and she'll be like I know Kim this was not the thing That was you know showing up or all the things that were there and Instead of this being the case and then Jen's like and so now I'm the one taking in all of these things or I'm the one that's having to do this work in this particular way, right?

All of those things, good morning, Katie Browns, good to see you, all of those things contribute because now there's some social disorganization where people have taken advantage of you because of your expertise, your positioning, or people have said, oh, I can actually take this responsibility off of my chest and I can leave it with someone else who is better, faster, stronger, who can take that on. So now I don't have to think, listen folks, people will transfer their emotional stress to you in a minute and reap the benefits of your expertise and reap the benefits of them not having to think it and reap the benefits of their cognitive load being lighter while yours just got heavier. But you're right, Coco Donatella, you cannot pour from an empty cup at all. I am telling you folks, let's look at the, let's look at this, right? Let's look at this, let's go, let's check the board. as my friend in my head, Rachanda says, okay.

When you are emotionally unavailable, you have started taking in the stress of others. Your emotional capacity is tapped. So let's look at this emotional unavailability. So now we start to disconnect from self or others. And we start to look at that social community from the lens of resentment. We start to feel like I joined this to get something out of it. Now I am pouring into it and I am not receiving, but everybody is taking. And now I am feeling taken for granted. I am feeling used. I am feeling undervalued. I am feeling like people don't see me. I am feeling, and not only that, who was talking about me in rooms that I am not in? Where is my name being spoken? How do I know that the ways that I am contributing is actually getting a return on the investment? And now I am checking around me to see, well, who's really here for Kim Blue?

Who's really showing up for Kim Blue? Who has got Kim Blue's back? Who is the person that's literally looking over my shoulder and saying, you gotta watch out for

what's happening behind you? Because I don't like that activity that's back there. That's a true story that happened to me a couple of weeks ago. I was on the phone. I was on FaceTime with someone having a conversation. And they actually said to me, what's up with the situation behind you? And I didn't have any awareness of it at all. And I said, I don't know. And sort of through some observation, right? The conclusion was made that what was taking place behind me in public was likely going to be unsafe and that I probably needed to relocate just at the event.

But in that moment, right? I had someone among my social community, right? Who was willing to do that. Do we always have somebody that's going to be literally our eyes and our ears? Who is going to be our head and our heart? Who is going to represent our voice when we can't? Because I'm telling you, folks, when we don't have somebody peeking over our shoulder for us, or when we don't feel that we are covered, protected, safe, considered, heard, listened to, valued, that social absolutely stirs, right? That social disorganization shows up and becomes very, very, very high. Who just asked for some off, oh, the call is off six, just asked for some ball skater, right? Because here's the thing, right? Here is the thing.

Thank you, my life journey for putting, Ms. KB says she peeks out from the weighted blanket. Okay. All of those things. Coca-Cola says withdrawals with no deposit absolutely equals nothing. Good morning, Jennifer. Good to see you. Welcome in, Jennifer. We are talking about being socially disorganized as a part of our March Madness series. Okay. We've been talking about emotional disorganization last week and mental disorganization. Okay. And We are going to talk about physical disorganization. Here's the reason why, in addition to where we came from last week, ladies and gentlemen, why this is so important. Because we talk about giving of ourselves. What did Keisha Hicks say to us last week? We go from being humans being to being humans doing. And so we spend so much time in this humans doing space that we sacrifice the human being part of us. Because sometimes we just need to be.

But we step into these social communities to do. And when we do so much and we don't get anything back, or people leave all of us to do, we then don't feel like we're supported in that social community. We always feel like, I don't know if I have what I need, or I don't know if I've got whatever it is that I should be getting. Or who's going to be looking out for me? How do I know that what I'm pouring in I'm receiving? Oftentimes, we look for it the same way that we give it. And here is where people get us confused. And here's where we get ourselves confused. Sometimes we think, if I lend you \$5, I need to get that \$5 back. That's not always how it works. Sometimes you lend that person in your social community \$5. And then next week, someone pays you a nice compliment, or someone takes care of something for you. But you don't get it back. And now, insert the unmet expectations part of this. And now, insert the increased emotional stress. Because we're looking for our \$5. Meanwhile, we're covered in some other space. But what we're really saying is, I don't feel like people see me.

I want my \$5 back. But what I really want is for someone to acknowledge that I helped them and that that was valuable. And in order to do that, I need to be receiving this. And it only makes us more emotionally stress or taps our capacity when we feel this. Or, hey, I looked out for you in this meeting, and then you threw me under the bus in this other conversation. Hey, I went to bat for you with this person. And you didn't even cover for me when I couldn't be there. Or, hey, I stepped in for you to do it. do this and coverage your work on this project and you didn't even give me any acknowledgement. You took all the credit for yourself. So now I don't have any emotional runway. Now I'm emotionally stressed professionally. Now I'm withdrawing from you because I can't trust you. Now I'm disorganized socially because now the social community starts to become toxic because now I can't trust you. Now I'm not in a space where I know that you see me. Now I don't think you value my work. Now I understand you might be out for yourself and this we is a you and not an us. That can also translate over to personal relationships.

Okay. All of those things become the case. Let me go back and just do a quick scroll because I see some comments that are taking place in the chat and I want to play a little catch -up. Okay. Did you just call me Luther Malak dirty? I love it. Oh man. Right. So I'm gonna go back to the call of those six who asked for some balls gear a little bit ago And I know he got it right. So Coco Donatella said withdrawals with no deposits. Absolutely KB Brown says he always tries to do that for others, right the golden rule and that is not always equal There's no social equity in the golden rule. Sometimes does everybody get that? There is no social equity in the golden rule Sometimes it's like being on a seesaw. We're on one end right sitting down or we're up in the air waiting for somebody else to come get us down because we have done that. Okay We write someone is just sitting us on the ground with the weight and we're up in the air trying to figure out how we're gonna Get off. All right Sometimes there is no social equity right among the golden rule and that's the part that gives us pain That's the part that gives us stress. We especially see that in our professional relationships, right?

We think that people are gonna look out for us, but then we say to them Well, how come you didn't speak up on my behalf in the meeting insert the excuses insert the reasonings insert the awareness that people are Typically out for themselves, right? All of the eternal chances so I have a problem with this you pour it to people that you know need help but then they don't accept the help and you begin to distance yourself. Yes, that happens, right? You have to because because then you have to protect your peace and this is why eternal chance if you heard me earlier when I was talking about this whole notion of alignment part of the steps that Help us get aligned are protecting your peace using your confident voice, right? Being able to exit your comfort zone All of those things help you make sure that you can protect your peace so that distancing yourself is you saying I don't want to Get too much deeper into this or I don't want to give more than I've already given So I need to protect my peace. Okay. Good morning. My steeda. Good to see you. Thank you for Joining Nikki Walker. Thank you for the boss fits.

Appreciate you and my Sita, thank you for the gift subs to the blueprint. You just kicked off a hype train. Thank you, thank you, thank you. You all know that this is greatly, greatly appreciated and never required. I do this because I love it and I want to make sure you all walk away from this space with something that you can immediately use in your lives next, right? Incognibro, welcome in, good to see you. Thank you so much for the boss bits as well. Appreciate you for the level two. Thank you so much, DJ meet 10 for the subscription. I appreciate you as well. Let me catch up. I'm watching you people welcome in, okay? Jennifer says you've also, right, hold on. She says she's also noticed that it's draining you to be given when the receiver isn't receiving and may just be pushing back. Personally, don't see us as given up on them. You just offer some space while they keep working. This is interesting, Jennifer, because the human condition is not to give space. The human condition is to say, but I want to keep helping.

I want to continue to do all of these things, right? And so we have to protect ourselves in saying, if I step back, it doesn't mean that they're going to look at me any less. If I step back, it means that I'm going to be able to recharge, right? Absolutely, Jennifer. And then it says in a few weeks, especially if you aren't putting that energy of please take my support, it does make sense. We want them to take the support, but they have to be ready to receive it. And if they're not, then all of our efforts are in vain. And that's where we become emotionally unavailable, Jennifer. So it makes perfect sense. Thank you for sharing that, right? KB Brown says, no return on our investment. That's right. All of those, all of the comments, right? All of the things that are there are present. We talk about not having the return on our emotional investment, but also not having the return on our social investment, right? I'm watching you people says, don't expect that they're going to do it back to you. And that's the hard part. I'm watching you people, right? We almost expect that if we do it, people are going to do in kind, they are not.

The human condition may get us there, but it may not, right? It may not to be transit. Thank you so much for the bits, the return on the investment. I appreciate you, right? Thank you all so much for this hype train. Appreciate all of the bits, all of the subs and the gift subs to the community. Everything is going into making this space what it is and continuing to give me that space. My Cita, I'm glad to know that there are people in your office who are learning things. That is why I'm here, right? That is what it is about, okay? Just making sure that I didn't miss any comments. Okay. I think I caught up on all of them. All right. So let's go back to the slide before we have to get out of here in the next few minutes. Okay. Now, when we talk about being socially disorganized, there's a couple of things that I want to call out to you because part of being in alignment is what? Protecting your peace. Remember at the top of the conversation, I talked about protecting your peace, being critical to stay in alignment.

Because when we get into these social spaces, and we start to be tapped for all of our gifts, and we get our capacity taxed, we then start to say these limiting beliefs to ourselves. And so let's look at the end over there where it says emotional capacity.

There's three bullets that I want to talk about. The ability to overcome limiting beliefs. how easily we adapt to certain situations, especially those that are challenging and the quality of our relationships. The first thing that we recognize when we don't feel that our social communities are stable is, I don't know if the people around me are good people, if they have on my back, can I trust them? Are they gonna be willing to represent my best interest, or are they going to be willing to put the interest of the greater good over their own? How many of us know that sometimes people show up as I'm out for self, this is all about me, I wanna take care of my college, I'm six, right? I wanna take care of these things, right? But I'm looking out for myself, right? K .B. Brown says, we need to stream when you're in a team meet. Just invite me in as the speaker, K .B. Brown, I got you, right? I totally got you. And because I know really well what you do, I totally got you, K .B. Brown. You know, I know, we've talked about that before. So I'm telling you, right? All of the things that are there. So now we show up in this space where we say to ourselves, I don't know if the people around me have my back stove.

Thank you so much for the boss bits, appreciate you, okay? Just about 30 seconds left on this hype train, you guys. Thank you so much for contributing to it, okay? We then start to say to ourselves, and let me put the slide back up. Because I don't know how well I can trust the people around me, I'm starting to question myself, is it me? Am I enough? Hello, imposter syndrome. Hello, limiting beliefs. Hello, negative mantras on our mixed tape. All of these things, I'm watching you people. Thank you for the boss bits, the call is 06. Thank you for the boss bits. G class, thank you for the boss bits. Go follow all of these folks. All of these people, thank you, thank you, thank you for all the bits, all of the subs, everything, okay? Appreciate all of you, okay? Celo says she just threw her pit. Here you go, okay? So now folks, all right? If you're taking notes, this part is really where I want you to start to connect some dots.

I don't know about you, but like I'm the person that draws the lines from like one note to another because I want it to trigger my memory when I go back. And I look at this, especially if I'm gonna reference it in any way, shape or form, okay? All of those things. Now, the minute we start to question the quality of our social relationships, okay? We then start to say to ourselves, am I good enough? Am I strong enough? Do I deserve to be here? Do I have what it takes to get to the next level? Am I really the right person to do this? Do people see me? Am I heard? Why would they act like this if, but yet they see me showing up in this way? Whatever that looks like. Good morning, Ebony, ATL. Thank you so much for being here and for the subscription. Clearly, Neetan, you are right where you need to be. I believe that everybody who is in the Blueprint boardroom is right where they need to be at all times.

Even if you can't get out when the mods secure the boardroom doors, you are right where you need to be. Because these messages are the things that help us on both sides of our lives. So then we start to question ourselves. And those are those limiting beliefs. Can I do it? Do I have what it takes? Am I enough? So on and so forth. Insert the

mantras on our mixtape. Remember it last summer. I can't believe we're coming up on the timer. I'm saying last summer. But remember last summer, we had an entire series on managing the mantras on your mixtape. When our social communities don't give us strong footing underneath us, when we don't see ourselves in the people or when we think people don't see us, we start to change the mantras on our mixtape.

Do I have what it takes? Can I show up? Or why would they do that? Whatever it is, but you start to question yourselves. And then you start to show up less than or inferior or underneath or not grading your gifts or I'm not operating at my highest potential. I'm not operating at or adding value to the things. Now you're just showing up at the very basis. I'm giving only what I need to give so that I'm not inviting in for the ridicule or I'm not presenting myself in any other way other than capable of delivering. Good morning or good afternoon, Steve Warps. Good to see you. Thank you so much for being here. I hope your Tuesday is going well. Go give so many amazing folks, right? Go give them a follow, see Warps, just join the chat. That reason, right, Neekton, all types of folks, she classed a DJ, everybody, Ebony, ATO, go give all of these people to follow, Big Stove is in here, Tantrum, everybody who's lurking behind the scenes, right?

Vader, all of it. Everybody who's in here, go follow them. Great, great folks, great streamers, great DJs, great mods, okay? And this community is all about support, so show that by follows and making yourself present in their streams, okay? So now we start to question, and here's the thing, the answers to those questions are not answers that we would typically say if we were speaking from our, Zee Warm says he's been chilling on the couch, all good Zee Warm, right? They're not answers we would typically give ourselves if we were coming from a place of positivity, of confidence, of a mindset that did not have us questioning ourselves. Now we recognize that I may not have the right people around me. I am socially disorganized, right? Now you start to question, are these the right people for me to continue to be around? Are these the right people for me to continue to pour into, right? Insert Big Stove's words that he says in all of his streams, go get around some people who can love up on you, but love up on you in the way that's going to be beneficial to you so that you can then go and be a light for somebody else, right?

Now we start to pull together how we become socially organized away from how we found ourselves in social disorganization, right? The disorganization is recognizing that we're putting out and we're not giving back. And here's the thing, it is a choice to stay in a social community, continue to pour in it, and then continue to feel like I'm not receiving anything out of it. It's just like staying at a job or staying in a career or in a relationship. I am giving my all and what is it giving back to me? Or is it giving back to me? There is nothing wrong with looking around, okay? There is nothing wrong with looking around and saying, this place is not serving me anymore.

These people are not serving me anymore. I need to change my environment, okay? Which is the first step. If you were in the stream last Thursday, you heard Nikisha Hicks when we started talking about emotional disorganization. Part of that emotional disorganization comes from taking that first step. And you heard Keisha Hicks say, the first thing I need to do is change my environment. It is the same first step for becoming more socially organized, okay? Change your environment. Do I need to stop being involved among these people? Is our belief system still the same or have my beliefs or values shifted in a way that this is not the space? Maybe it served its purpose for the season that I was involved with it, seasons change. And that's okay, so does weather. So does, right, seasons change and so does the weather. And if the weather around you has changed, then perhaps you need to align yourself with the season that you need to be in.

Because you can't take sunshine into the rain, ladies and gentlemen, you can, but if it's still raining, then what's the purpose of your sunshine? If all that people want is the rain, okay? So think about that. Seasons change and so does the weather. Are you, right, do you have the appropriate gear to deal with whatever the weather is or whatever the season is, right? Don't step into the rain, which you bathing suit on. Yeah. Okay. Exactly. Yes. Listen, y'all are so on time with all of these things, right? Can you stay in the rain, right? Neeks, like that's what the cover. Here comes Vader, right with it. Well, I'm gonna say mama's eye. Okay, here comes Kayla with the Millie Beno all of that. I just love you. I love y'all for this. I love y'all because y'all miss nothing. And y'all are so quick with it. And it just makes my day right. Reason we I think we all like a good shower, but we don't want to be right in. You there's a time for the shower, right? You don't want to be in a heavy coat because it's winter in your world, right?

Or you're protecting yourself. But then here you go walking into the summertime, all of those things. Yes, my Sita, all of these things, right, but you all get exactly what I like turning, but you all get exactly what I'm saying as we think about that, changing your environment, okay, may also mean releasing yourself from those people, releasing yourself from that job, right? There's a reason that I encourage you all to invest in coaching, because through coaching, through positive spaces, through getting right coaching is an environment. Does everybody understand that coaching is an environment, where you can come in and bring all of the things there that you want to try to? There you go, baby, you're not wrong, right? Leather in the summer, silk in the winter, you got to choose wisely. Okay. But when I talk about the coaching, I come, I present the coaching as a way for you to change your environment.

Because once you get secure in that mindset safely, you have to be safe in your mindset, then you have the confidence to go out and say, I don't need that anymore. I don't need you anymore. I don't need any of these things, right? Anymore. And you're okay with it. Now you can successfully walk away. Now you can successfully be intentional about getting yourself organized. Because you're going to seek the people

around you that you want. I will tell you right now, the blueprint coaching group, and I'm just using this group as an example, okay. The blueprint coaching group, that is a group of like-minded people, they are all there moving in the same direction. And in our conversation that we had this month in March, it was very clear to me that the gelling is starting to take place. It is very clear to me that all of the alignment is happening. And so we're seeing that, right.

We're seeing career shifts. We're seeing placement. We're seeing people say, can I say this to you? Because I used to, that used to be me. And now I'm here. And I'm hearing them say, you know what, that's really good. I'm actually going to take that. I'm actually going to start to apply that mindset. Right. And I got a message from one of them saying, you know what, I came into this journey starting here and I've now shifted because you've got to get more organized in that way. Okay. So the first step is to change your environment. The second step is to start, again, let's go back to things we know, right? You've got to manage those mantras on your mixtape. So what are the things that you need to be saying the minute you start to lean into a limiting belief, what is the opposite affirmation? Right. So we're going, we want to go from limiting beliefs to lifting beliefs, right? From limiting beliefs to lifting beliefs, the things that limit us or hold us down versus the things that, that lift us up and elevate us to where we need to be.

Eternal chance that say you decide to step back and stop pouring in because it's not benefiting the person you step away from starts to blame you as if you were the problem. How do you deal with that? So that's projection, eternal chance that is projection, right? Their safety net has now come away, right? I've talked about this, right? There's this whole safety net because what you're doing is providing covering. You're providing cover because as long as you, they can elevate up to you and knowing that it stops the problems, the exposure, the vulnerability does not have to be out there. So they don't actually have to be emotionally responsible for themselves. This is how you have become the source. Okay. Sometimes you're right. Yes. Those situations do pull you back in to help, but sometimes there's also a point where you find your confident voice and this is where the alignment comes in to be able to say this, this is what I'm able to do until these other things have happened.

Because if I extend beyond this, I'm now not going to have any capacity and it's okay for you to say that. And if they blame you, what you can say is it's okay for you to blame me, but I know that I've helped you. I know that I've been willing to do these things and I've offered you this advice. I've not seen you take any steps. So at this point, the account, is on you and they just have to deal with themselves but here's the thing you cannot be responsible for someone else's emotion okay you cannot be emotionally responsible for somebody else unless it is a child that you are rearing or developing for some reason that's it that's where the emotional responsibility cap is but if you are a full human okay and then you cannot do that and so here eternal chance is where these limiting beliefs come in and this is where you start to manage those social connections

and start to be emotionally unavailable and you're starting to assess the quality of those relationships because folks are putting their emotional stress on you but you don't have to receive that at all you can put up a boundary that says I've done what I've been able to do thank you for feeling like I was a good person to be able to trust me to for trusting to be able to carry you through this This is the point at which I've got to stop because you have to carry these next steps.

I can't do that part for you. If I do that part for you, that's going to overextend me in other ways and you're going to get the counter arguments. Oh, you got it. I've seen you do this, but I saw you said, um, I saw that you said you can do this or I saw you do this for this person last week, but what they may not know is that what you did for that person last week as a result of that person doing the work, it's a result of that person being emotionally responsible. It's a, it's that person not using avoidance as a strategy, owning up to themselves, changing the mantras on their mixtapes, stepping into all of the things, being the boss of their own blueprint. So until that person is ready to do that eternal chance, then you can step away confidently and leave whatever it is they're trying to leave with you right where it is there because there is not where you are going.

There is where you are leaving, right? I watched a video by Todd Tripp who's a gospel artist and he said in order, he said, part of the reason that we get so anxious about making a transition is because we physically have to leave the space that we are in in order to get there. I have to leave here. So if you leave wherever this here is and that person is still in the here with you to and you're going there and they're not now they're covering is not there. You are removing that from them. You have become that source when their source of whatever information, perspiration, all of those things goes away. Now, where are they going to draw from? And that's the reason why it right keeps calling.

Something keeps calling you back. That's not even me. That's the song. OK, right. But whatever it is, it keeps drawing you back. And so then you feel an obligation except guess what? You don't have to feel obligated to anybody other than yourself. If you don't see anybody who's doing the work, absolutely spasms. You got to step out of your comfort zone. You got to move your feet. You got to do all of these things. OK. Tell truths. I love her. My life journey. Tell truths that I love her and that I'm working my way up to it, right? Absolutely. Our job is to take the steps, My Life Journey. Coco Donatella says you've learned that. You can love folks and no longer be interested in their level of life. That's the word. Because of that, you have to remove yourself and you're not even asking you to change a hundred percent. Here's the thing. Just because you are choosing a path that I am not cool with now. Good morning. Good to see you. Thank you for being here. Okay. All right. Yes. It is a confidence thing and that's where alignment comes in, right? And the four steps for alignment are exiting your comfort zone, finding your confident voice, okay?

Really being able to protect your peace. Those three, especially because the protecting of your peace, eternal chance is what's going to help you make that step out of that. so that you don't get drawn back in. That's where you fall into this really odd cycle of like codependency, social codependency, emotional codependency, all of those things are present. I think somebody had a comment that I wanted to go back in and look at, or maybe I got it, maybe I got it already. Okay, so when we think about this whole notion of being emotionally, excuse me, socially organized, you definitely have to change your comfort, I mean, you have to change your environment, you have to change the mantras on your mixtape, and by that I mean going from limiting beliefs to lifting beliefs, what's gonna lift us up, okay? And then the third thing that you have to do is you do have to walk in that confident voice, right? And we got there naturally through eternal chances comment, but you have to walk in that confident voice, and it all starts with your mindset. Part of the lifting beliefs is that if I leave this place, this person, this job, I will be okay, and so will they. If I leave this space, whatever the space is, I will be okay, and so will they, whomever or whatever they is.

It doesn't mean that there won't be challenge, it doesn't mean that there won't be work, but you will be okay, and it is okay for you to not stay. If I leave this space, I will be okay, and so will they. It doesn't mean that there won't be work, and it doesn't mean that you may not have challenge, but you do not have to stay, period. You don't have to stay at all, okay? You do not have to stay at all. And I wanna make sure I'm very clear about that, because the long- The longer you stay, the more socially disorganized you will be, and now you found yourself in some weird cycle, right, of obligation that doesn't actually exist. It is okay to walk away, and to go find your tribe of people who will love up on you, and who will pour into you the way that you will pour back into them and listen, if you if that goes from 50 people to five.

Because those six, you'll have to tell me about this. Okay, you will have to tell me about this. Listen, folks, if that means you go from 50 people to five people may those five people be the best five people that you have in your life in whatever capacity. May those five people be the best five. Right, from 30 to three, from 20 to two, whatever it is, from 10 to one. But if you have your absolutely quality over quantity, if you got your one or two rider dies, instead of your 50 people in the pit, ride with them and know what that's going to look like. Full stop, okay? Full stop. Thank you. Being socially organized or being socially disorganized does not mean that we have to be so tapped where we are not unavailable and stressed and at our capacity at the expense of somebody else, okay? So change your environment. Sometimes that means preparing for the shifts in weather and season, okay? Change the mantras on your mix tape. We go from limiting beliefs to lifting beliefs and finding that confident voice so that you can actually say it's okay that I don't stay and I will be okay and so will you, all right? And that ladies and gentlemen is today's blueprint. This session of the boardroom is officially adjourned, okay? We are gonna get ready to gather our things and get out of here. Thank you all so much for being present.

Good talk emotes in the chat because it was a good talk. Thank you Reason for the raid, for everybody who came over, okay? For everybody who stayed, who lurked, who listened, for those who put their comments in the chat, for those who asked questions and engaged, for the hype train, the bits, the gift subs, the subs. Thank you, Eternal Chance, for the false bits, for all of the encouragement, for everybody who put themselves out there in any way, shape or form. Thank you for being here. Thank you for listening. Thank you for ensuring that you are investing in you because you all know how I feel about that, okay? You all know that that's... That's the thing that I'm here for. Hopefully you take something from this stream and you can use it in your next conversation, whether it's with your leader or at work or whether it's in your personal or social relationships. Good morning, Ronzy. Yes, Ronzy, we are on our way out, but good to see you, birthday twin. I am happy to see you. Good morning, D -man. Good to see you as well. Happy Tuesday. Coco Donatella, I am glad that you were able to be here as well. Thank you, thank you all. Okay, thank you so much for supporting and contributing. Let's go ahead and put the raid message in the chat. Okay, my seat up, my pleasure, okay? So we are going to get out of here, okay? We are going to go CLV. I believe he is on soul training right now. Kayla, can you let me know if I have that correctly? I believe he is on right now. I think so. So copy the raid message, ladies and gentlemen.

Listen. You all know how I feel about all of you. I mostly appreciate that you are here to support. Thank you, Ms. KB, awesome, okay? You all are doing the work and I wanna remind you of that. That is super important, okay? That's really important. So when I give the exit mantra, I give that to you as a means to lift you up, right? Words that lift instead of limiting beliefs, all right? So I am sending you into your Tuesday, okay? And into the rest of your week because there is no stream on Thursday. So don't forget, right? Brax found on me last week because he said that he was gonna miss me on Thursday. So Brax, if you're lurking, love you mean it, okay?

There is no stream on Thursday, but there will be a stream next Tuesday. Shelly Thunder said it, please enjoy the rest of your day on purpose. Listen, I am sending you into your Tuesday and into the rest of your week and weekend with all of the good energy and light that you will need to guide you. You all know what that means, right? Take from this whatever it is that you need, okay? And go let it guide you in whatever way possible, okay? I want each of you to believe that you are worth it, all right? Take exceptional care of yourselves, not just very good, exceptional care. Believe that you are worth it and know it and operate in that knowledge, okay? I want you to take exceptional care of yourselves because when you care for yourself exceptionally, you can care out for others exceptionally, okay? And I will see you all next Tuesday morning at 8 a .m., okay? Here on the blueprint, I'll see you on the other side. We're on our way to go see LV.