

# The Blueprint Super YOU! Sept. 7, 2023

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## Transcript

Happy Thursday, everyone. Thank you so much for being here. For those who are new to Twitch, or this is your first time in the blueprint, or you are, it's been a while, let me introduce myself. And then I'm going to pause to acknowledge our folks who are coming on into the room. So 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 Monday, Tuesday, excuse me, Tuesday and Thursday mornings, we used to come Monday mornings, not anymore. But on Tuesday and Thursday mornings, at 8am Eastern Standard Time, and we come to chop it up about all things personal and professional development. Thank you all so much for being here for joining me whether this is your first time or your 40th time.

There is no better way to start off your stream than with the raid. So I am going to acknowledge my writers who just came in said good morning and then we will get into the housekeeping. So DJ classics, and the morning meditation slash abundance challenge, abundance challenge family. Good morning to you. Thank you all so much for being here. DJ classics. Thank you so much for the raid and for bringing everybody over. I was actually in that stream and quietly exited as I was driving my little one to school this morning. But always good, always good things in there. So please give DJ classics a follow if you are not doing that. And with that, we will just kick off our morning with some love because that is what we do here in the blueprint. We show a lot of love. So good morning to everyone. Dr. Donna Dundas. Good morning, G class to DJ. Good morning. Please give G class to DJ a follow if you are not excellent stream last night. Sorry, thank you so much for the vibes.

Jen, good morning. Always good to see you Auntie Diddy. Good morning to you, Miss Jay, UK. Good afternoon to you, sis. I hope your day has gone well. DJ purpose. 214. Good morning. DBNA1, welcome into the blueprint. Nice to see you. CLO 702, Dr. Diddy Priest, DJ Molly Party. Good morning, Queens. Always good to see you. Please give Dr. Diddy Priest. DJ Mollie, party, a follow, they are doing magnificent things in their streams. Good morning sight giver, welcome in, nice to see you. Brooklyn baby 24, good morning, silver sword mom, welcome to the blueprint. So good to see you in here for the first time. Misty Blue Tab Gilbert, always a pleasure to have you. Music moves you, good morning, good morning. Who else is coming in here? Let's see, Global Groover, good

morning, welcome in, nice to see you, you made it. I know the last couple of times you've tried to catch me and I have already been out of here, so nice to see you.

Please give Global Groover a follow if you are a fan of jazz or any type of just good global music. Go check out history and there's always good stuff happening in there. You never know what you are going to get. He is truly a lover of music. So good morning, welcome in, nice to see you. Thank you so much for being here. who lets us come in and kiss me. Jay, welcome in, nice to see you, Tawana. Good morning, always a pleasure to have you in the blueprint. Anybody else come in? If, listen, if you came in and on the raid and I missed you, please say something so that I can shout you out or give you some love. And DJ Classics, thank you again for bringing everyone over. Massive shout out to everyone who is working, lurking and commuting. I know that I have a really big lurker population and I love that about the blueprint. It just tells me that the things that I do here are conducive to wherever you are in your life and that's what I want.

I want it to fit in. So whether you are commuting, whether you are transitioning into your day, out of your day, whatever that looks like, thank you so much for being here, for keeping the tab up and for just supporting this space. Good morning, Keith, nice to see you. Welcome in, boho ikigai, good afternoon to you. Thank you so much for being here. Happy Thursday to everyone. DJ Purpose, I think I said good morning. And I wanna make sure, two musics, good morning, good morning, welcome in. Welcome to the blueprint. So good to see my log journey, my Mod Boss extraordinaire. Welcome in, always good to see you. Thank you so much for being here. Listen, if I missed you, big love to all of you and big energy to all of you.

Good morning, Shell Bell for you. Nice to see you, welcome in. Thank you so much for being here. I think I caught everybody on the raid. If I didn't, put some big blue hearts in the chat so I can make sure that I can enjoy you. Boho Ikigai, enjoy your lunch. Thank you so much for being here. And I hope your day has gone well so far. I think that I got everybody. I'm just checking the scroll. Thank you to everyone who is a first time chatter. If you are a new follower, appreciate you being here. The blueprint is space for everybody. And so we wanna make sure that you are enjoying yourself while you are here. So did I catch everybody? I'm just doing a quick scroll through the chat to make sure I see you all greeting each other, which is always fantastic.

Good morning, Keith. Nice to see you. Okay, if I'm... you make sure that you put some love in the chat or if you are okay and you are doing your thing continue to just do whatever is in service to you. So reintroducing myself Kim Blue welcome in for those if it's been your if it's your first time or your 40th time this is a space where we come and chop it up about all things personal and professional development.

I believe that everyone should be the boss of their own blueprint which means that you have access to the knowledge skills capabilities and resources that you can operate at your highest potential so you can add value to whatever work you own or are responsible for but most importantly so that you can show up as your authentic self because when you can do that your light is bright you don't have to dim it or dial it back for anybody else and everybody gets you operating in your gifts and great and at your greatest and so that's what we promote here and that's what we encourage here we show a lot of love and support And we make sure that everyone here who holds up their mirror who chooses to do the work is Going to do so from a place of love So that you leave here being able to say the things that I learned and the things that I heard I can do them in My next conversation in my next meeting whatever that looks like.

So thank you for being here and DJ classics Thank you again for the raid. Appreciate you for bringing everyone over It's Molly 67 welcome in nice to see you. Thank you so much for being here okay, so Let's get started with a quick recap of what we're working on So August September and October are a grow with the flow series we're putting a lot of emphasis on Tuesdays on the professional side of House and on Thursdays. We're kind of paralleling that with all of the preferred. Excuse me the personal development And so on Tuesdays, we're using a book called grow excuse me help them grow or watch them go it's a reference for how we Bring awareness to our career paths and all of the things that we are doing inside of those Spaces where we work whether we work for someone we work with someone or we are our own bosses entrepreneurs and so we're using that book to reference and Provide background to some of the information that I'm sharing about How to navigate some of the career spaces that you're in and then on Thursdays we're talking about personal development and really working on ourselves because How we take care of ourselves is how we show up in the workplace or in any type of professional environment that we're in and so we're talking about Our superpowers and I introduced those last week, but not the traditional superpowers like, you know being able to you know You know invisibility or the ability to kind of like read people's minds.

I'm talking about those Intrinsic superpowers that make you who you are that we need to demonstrate When we are talking to other people when we are listening to other people when we want people to engage with us These are those ways ways of being more so than doing. Some of them have doing components to them, but these are intrinsically things that are related to how we are. Ms. Hartman 29, good morning, nice to see you. Thank you so much for being here. Good morning, DJ Guzzle. Thank you so much for being here. Welcome in. Great stream last night. Please give DJ Guzzle a follow. Good morning, Hobbs. Welcome in, nice to see you. Thank you so much for being here. All right, let's jump into these superpowers. Okay, so one little note. So last week after we introduced the superpowers and we had a little overview of them. I'm just going to put them in. DJ Guzzle sent me a whisper and said, can I call you so we can talk about this?

We had a great conversation about how much to push someone in their superpowers or what's the appropriate balance between saying, do you, is it encouragement or will a person who is operating in their superpowers. If they feel like they're doing enough or that they don't have superpowers, how do we encourage them so that we don't make them kind of shrink back? So it was a very cerebral conversation. And I just wanna shout that out because that's the thing that I want. I want you all to leave these conversations feeling like I'm still reflecting on things and then how can I apply that or how does that show up in my life? And he gave me a real life example. So that was very much a highlight coming out of my stream last Thursday.

Good morning, Prodigy. Nice to see you. Welcome in. Please give DJ Prodigy a follow as well. Lots and lots of dope folks in here who do great streams whether we know them or see them or not, right? Same with Boho Ike-ka. Please give her a follow, right? She does some streaming and some educating of folks in most of the time when we are sleeping, but that doesn't mean that we can't go and catch her and support her in our availability. So, let's jump into where we left off last week. I wanna reintroduce, hold on one second. There we go. So I wanna reintroduce the superpowers, okay? And today we're gonna put our focus on humility, but if you were not here last week, I want to help you understand why these superpowers are so important. When we talk about humility, compassion, intuition, and empathy, okay? Because you may not realize that these are superpowers that you use or wield, but I promise you that on a regular basis, we are either being humble or wanting someone to exercise humility with us.

Big Stove, welcome in. Nice to see you. Thank you so much for being here. Happy Thursday to you. Hope you are doing well. Another great streamer and DJ to follow Big Stove, right? Always doing all types of jazz. Today's Thursday, so is Soul Rotisserie tonight? Jazz Rotisserie. tonight, Big Stove? You can just put that in the chat for sure if you're gonna be on this evening. So we were talking about all of these superpowers and about how at any point in time we either want them or we are giving them or we are somewhere in between moving through them. So in moments where we need to be humble, are we? In moments where we need to be compassionate or give compassion. Is that what's the case? Do we follow our intuition? Thank you, Big Stove. So there it is in the chat. Folks who'll be on tonight at 830. Or are we demonstrating empathy when we really need to or can we? Humility. And we're going to talk about that today. We're actually going to talk about humility. And then we're going to talk about the villain of humility.

Because one of the things about being a superhero and wielding your superpowers is this relationship between who you are as your own hero. And when you have these villain moments, right? And so one of the things that I said last week was, sometimes you have to be the villain in someone else's story in order to be the hero in your own. And sometimes being that villain in someone else's story means that you must activate one of these superpowers that you may not think you need or that you know you

need, but you've been trying to kind of reign back from and you must pull this forward. And it's okay to pull these things forward, right? We talked a lot last week about humility and how sometimes we're taught that it's good to be humble so much so that in a moment where we need to celebrate ourselves, or we need to be, it's okay to kind of demonstrate a little bit of pride in your work in the right way that we don't know how to do it.

So, when we talk about these superpowers, I'm literally talking about how we build new muscles so that we can flex them. All right, folks. So get your pins, get your notes. Let's jump right into where we left off from superpowers. So, I'm going to refresh your, I'm gonna recap all of this with you. When we talk about humility, there is a whole notion around what that definition is and how it relates to all of the other superpowers that are up there. And I've wanted to start with humility intentionally because it is really knowing what you don't know, really being curious, really being authentic and having the confidence to say that out loud, right? Sometimes humility is really being able to say, you know what, I recognize that I'm not good at that, or I recognize I need more help, or I recognize that you're better at me, better than me at this thing over here, and I really wish that I could get some help.

I really wish that I could be better at that. Whatever that is, it's owning that shortcoming. It's also not having this more grand view of yourself than what you may think. And it's also letting other people experience you in that way. Sometimes when we demonstrate humility, that is what leads us to compassion. And that's that expression of love and concern for someone who is in any type of struggle or any type of challenge, right? Sometimes it's also recognizing that you yourself have been in that same situation of struggle or challenge. And then meeting someone or recognizing someone, you know, is also there. And you recognizing or can empathize, right, that same familiarity or feeling that's there. You recognize that that is there as well. And you are able to demonstrate compassion because you recognize those feelings, you recognize, you know, what that looks like, and you recognize the ability that they may need something in that moment, just like you needed something when it was you.

So, let's go to empathy quick, which is that shared understanding of where someone is on the journey in the struggle in whatever it is that they may be experiencing. And then the last one is intuition. And we're going to take a deep dive into every single one of these. But intuition is like that gut, it's really being able to understand something and not requiring any additional context. It's like listening to someone, and then you start to make meaning of it. And you start to nod your head and go, okay, I get it. Okay, that makes sense. And I recognize why I need to do this or why we need to be wherever we're going to be, right? Or why I need to turn to the right here.

And following that, when you don't follow your intuition, and when we get to intuition, we talk about the villain of intuition, right, when you don't follow it, you get that feeling in your gut, you kind of get that understanding like, oh, I should have done this.

And then it's hard to be compassionate with yourself. It's hard to give yourself empathy. And it's hard to sometimes humble yourself to go, I made a mistake. And I really need to think about making some change, right? Yes, there he is in the back. Do you hear him? I like journey. He's outside on the screen ports, because he was making a bunch of noise. So I had to put him up outside. So if you hear him barking in the background, that's probably him saying, Mom, come let me in.

So, let's talk about humility. Let's talk about humility. Okay, so when we think about humility, we want to do four key things. We're going to define it, we're going to talk about what it looks like, I'm going to give you the Kim Jim, right? Right. So both of you guys says my whole life thinking that these were not superpowers, but the opposite exactly. And that's why we're tapping into them, Barbara, because sometimes we don't think that compassion is a superpower. But we wield it. And people don't even know that we need it or excuse me that they need it. And sometimes we don't even know that that's the thing that we need to be giving, right? And so let's start with humility.

So, the definition of humility, right, that feeling or attitude. that you don't have special importance or you don't have anything about you that makes you better than someone else. Some definitions say it is a lower or a more modest view of yourself. I didn't choose that one because I think words matter. And so if we say things like I've got a lower view of myself, that could unfortunately change the way the mantra on your mixtape talks to you about you. So, I picked this one around a feeling or an attitude, right? And so it's this whole notion that it should say that you don't have special importance that makes you better than others, not that you have.

Sorry about that everybody, right? But that you don't have anything about you that makes you more special, right? I hear people say all the time that they are, what sounds like an insecurity. uh DJ Guzzle say more say more in the chat right but I hear people all the time talk to me about um struggling with humility struggling to take a compliment struggling to receive certain things struggling to be present in um their greatness because they're practicing humility because it's something that they have spent time really cultivating good morning music spasms welcome in nice to see you thank you so much for being here please give me some spasms to follow and I agree with my life journey um but you are a superwoman okay so when we think about humility when we think about having this view of ourselves okay there is this whole notion in our head where we start to say I don't want to be too you know overconfident I don't want to be seen I don't want to seem arrogant I don't want to seem cocky I don't want to seem any of those things that could potentially be the opposite of humility and we're going to get to the villain of humility in just a moment but what does humility looks like right it's literally saying in situations that call for I still have room to grow that's a place where I can learn I can get better at that and you don't have to do it in a way that makes you feel less than you can just say you know what that's an opportunity for me you use positive words when we talk about humility and our ability to say I can do better there I can grow I can

show up in a different way it's really being gracious it's owning what you don't know and really being aware of the places where you can say you know what I really struggled with that this is something that I want to improve this is something that I want to learn get better at I want to stop doing so that I can begin to do something else whatever that looks like right but it's ultimately this whole notion of saying can I take that opinion that I have of myself and connect it to a place where I know I could be doing more or greater or better, and at the same time, I can own my shortcomings, but not belittle myself or not have empathy with myself because of that shortcoming, right?

Hobbs, have a fantastic day. Thank you so much for being here, okay? When we think about being humble and owning, right? And I'm using the word shortcomings because sometimes we will take our shortcomings and we will blow them up and make it seem like those are the things that don't make us great. Or we will use them in a way to say, right, man, I'm not good at this, and then we'll use it to poke fun at ourselves. Or we will use humor in a way that will make it, will downplay it or make it easier to absorb this shortcoming. And I'm here to tell you that shortcomings are opportunities. We do not have to see them in a negative light. Those are the things. that are going to allow us to rise to our higher calling, whatever that is. So, if your shortcoming is, I interrupt people. Right. And yes, Guzzle, right. Shortcomings can be disabling and they can also be an opportunity. Let's use something like interruptions. Right. Who in here?

Is either someone who interrupts or gets interrupted. Right. And I'm a victim of this. Sometimes I'll get thoughts going in my head and someone will say something and it'll inspire me and I'll jump right in. Right. And I'm pretty self-aware of it and I don't always do it. But sometimes it happens. Right. Sometimes you just get excited or sometimes you want to defend yourself. Sometimes you want to jump in and say, but wait, let me help you. You want to help someone, or you want to correct someone so that they feel better. And you jump in and you interrupt them. It's a real simple. Good morning, LB. Nice to see you. Right. A running dialogue. I love that. I'm going to steal that. Please give me a follow, ladies and gentlemen. Right. But yes, Tawana, you're saying it, right? My mind is moving too quickly. You're having that running dialogue and you want to do all the things.

You want to make people feel better. You want to defend yourself. You want to jump in and add something to it. You get just as excited as other people. And so you interrupt. It's a very small shortcoming. Right. It is a very small shortcoming, but it is so frequent in common that we do it in a way. And then sometimes we actually don't acknowledge that as a shortcoming, because when we interrupt, it means we're not listening or we've stopped listening or doing the thing that the person who we're talking to or we're communicating with may want. Right. That's great. I've never heard that, right, that it's considered a running dialogue. I've never even heard of that. So thank you for putting that into the chat. Right. Big Stove says nothing grinds my years faster. Sometimes when we interrupt, do we apologize and say, I'm sorry for interrupting, or do

we say, let me just get this thought in really quickly, right? When we think about this whole shortcoming, when we think about the ability to not interrupt, or when we understand that interrupting is the villain of something else that we're doing, right?

Communication. Tawana says, right, it can feel like we just want to be heard and we're not listening exactly. And so then when we interrupt, we disrupt another person's thought. And in that moment, are we humble enough to say, I'm sorry, I interrupted your thought, I got too excited, and I'm working on that. Right? Kayla, good morning. Welcome in. Nice to see you. Hope you're having a good morning and a safe commute. Okay. Happy Thursday to you. Someone else just came in the chat, I think, maybe other than Kayla. I may have missed it. Double spirit. There you are. Good morning. Welcome in. Nice to see you. Thank you so much for being here. All right. So you all get it. You all get the notion of interrupting being a very small shortcoming. But in that moment, can we be humble and say, I'm sorry about that. I got really excited and I interrupted your thought. Please continue. And to acknowledge that as an opportunity to say, what can I do different?

Right. So you see up there, it says acknowledging that you can still learn and grow, being gracious. Sometimes that graciousness is saying, I know, right, please carry on. Or, you know, I won't do that again. Or thank you for being patient with me. I realize that I interrupt sometimes. And then having that awareness. My journey says I try to apologize when she does it. And she said, I need a notepad. Exactly. So I am a notorious person that writes things down or if anybody sees me talking and I put think I pick up my phone, it's because I don't want to forget my thought. But I also want to respect you and listen.

Because I need to own that shortcoming that sometimes I get excited, especially as a coach, when people are talking to me. Thank you, Malak Jurnee. Elle Frank 28. Good morning. Welcome. And I knew there was one other person. I'm like, I'm missing somebody. I appreciate that. Good morning, Elle Frank 28. Welcome in. Nice to see you. Thank you so much for being here. That was gonna bother me until I remember. I appreciate you. Right. But all of those things come like happened to us. And this is why I wanted to use the example of interrupting because it's so common. But it can be a shortcoming that we don't give ourselves grace for. Right. And so that brings us to the Kim Jim for today, which is don't let your humility be a liability. And I want to talk about that. How can we be humble, but not humble to a fault, essentially, music spasm says same.

Some people are ramblers, right, and just go off of every thought, which is not effective. That is true. Some people just get going and going and going, and they don't stop to think about if other people have something they want to add whatever that may look like. And he says he feels that we should talk about one point at a time so that we don't forget what we want to say. So listen folks I am in I used to be in a room in Clubhouse and every once in a while I still go back in there and it's a real like you know



sort of it's a real cerebral space it's where I go to get like my fix when I want to talk about listen to like people's perspectives on certain things related to the world and how we live in it.

And that is the rule music spasm he literally says that the moderator for the room says we have the one point rule you make your one point and then you move on and if you want to make another point you can do that but you cannot make it until other people have made their one points and then we will circle back around to you. So, it's a good call out on your behalf because it allows everybody to both contribute but also be heard and you can balance out your humility and still be able to say I'm humble enough to honor the fact that sometimes I can ramble on maybe I'm that person, right? Maybe I'm the person that is like needing that gracious nudge to say, hang tight. Let's let everybody contribute to the conversation. Guzzle says, the bad thing with interrupting is people start talking over you, absolutely.

And can we be gracious? Can we be humble when people start to talk over us and recognize that, oh, maybe I should stop talking, right? And then Guzzle says something he does is he lets people know that, hey, I was talking so hold on to your thoughts. That's very bold, Guzzle. But it's also very intentional to say, I would like to finish my thought and I'm asking for the respect and the space to do that. And that is a great segue into not letting our humility be a liability because sometimes folks, we can be humble to a thought, raise his hand. Sometimes we are so humble that we cannot accept good, we cannot accept compliments, we cannot accept love and support. We cannot accept someone telling us, you're amazing. Because what do we say exactly, big stove, right?

What do we say when someone says, oh my gosh, you're amazing? We say, no, I'm just right. I am super guilty. I'm like, I am notorious for being like, I'm a regular person, right? I'm just regular. This is it, right? I'm just regular. Right, Ms. Hartman, right? Ms. Rep, people named Kim in the chat covering their eyes, right, because that's Ms. Hartman's first name, right? Music spasm says, I just say thank you. I will say that I've gotten better about saying thank you, but I genuinely have just started getting to a place where I'm comfortable, because I would actually defer and deflect. I would say, you know what? I really just started doing this or you know what? It's actually because of this that I was able to do this. So what you really should do is go check this out. Instead of, yes, Ms. Hartman. It's me. I get in my own way, right? Like, I am my own roadblocker when it comes to that. And all of those things, absolutely, G .J. Molly Party says, for me, humility is also knowing her worth.

And it's so, right, sometimes that connection with worthiness and humility goes right over our head and we do not connect those dots. Good morning, Marcia Queen. Nice to see you. Thank you so much for being here. I appreciate that. All right. Good morning, G .J. Peteful. Welcome in. Nice to see you. I was in D .J. Peteful's stream the other day and he was going in. It was an amazing Afrobeats stream, so go give him a

follow. Good morning, Crazy Barretown. Thank you so much for being here. Ah, Keith, do you hear him in the back? I'm going to go let him in, you guys. So he'll stop whining. Give me just a second, everyone. Thank you. Thank you. Okay, he is back inside all right, which I don't know is that yesterday he got into the snack drawer, and he ate 15 packages of Pokemon graham cracker snacks. Okay, so there you go. And I came home, and they were all over the floor yesterday.

And so, he ate all of the Pokemon snacks. Okay, and he also ate five packs of gummies. He ate five packs of gummies, and he ate six packs of peanut butter crackers and so he ate all of this I mean I came in and the snack drawer was all over and then he was laying on his bed, and all of the wrappers were amongst them he was looking at me like this. Right. So, he's okay right he knew he knew he was in trouble as soon as he saw me yesterday he knew he just got up and walked to the door that I just let him out of and then he just sat outside on my screen porch and he didn't say anything he make any noise. He didn't ask any questions. No Michelle 22 I should have because I have a Rhodesian Ridgeback for those who have not seen him, and he was in there like this. Big eyes right big old floppy ears, sitting very humbly, because he knew his shortcoming right Ridgebacks will eat until they can't they are bottomless pits okay and so he was in here.

He ate all the snacks, all of them, and he has no job. Right, and I had fed I fed him right it's not like he does not have good for right he is a well loved dog. So, he's okay. Now, but I did let him in Keith, just because you said animal cruelty since y'all can hear him lining up there. So he's back inside and on his bed, and he's fine. Alright, let's go back to what we were talking about about humility. Okay, so when we talk about this whole notion of humility crazy fairy town that I say good morning to you if not good morning lovely lady nice to see you welcome in. I hope you're having a good morning so far. All right. So there's this whole notion when we talk about receiving compliments or good things, right? And I was just having part of this conversation the other day with Kayla and we both were talking about this whole notion of being uncomfortable while being comfortable, while getting comfortable in this space. And hearing people say things to you like, yo, you do dope things in your stream or you're an amazing DJ or man, you really helped me, right? Sometimes I come out of these streams and people will say to me, do you coach or do you take new clients?

And I'll say, yes, yes, I do. But it's a very humbling moment for me because what I do here for you all are in this space is strictly because I am passionate about the things that I do. And so it catches me off guard sometimes when people say, will you help me outside of here, right? Dr. Dady Priest, that is such an interesting point that you make, right? So I'm going to tie that back in just a second. Thank you for putting that in the chat. So music spasm says, I just say thank you when I receive compliments, right? For me, I used to say, oh my gosh, you know what? It's really not me, it's this. And I would

take that compliment that someone took the time to give me and I would humbly put it somewhere else and I would not receive it.

So then I couldn't give myself any love. I couldn't celebrate myself along with that person because I would give their compliment away, right? So I couldn't be gracious in that morning. And I didn't have the awareness of that gap. And that is a gap for me, right? My turn says I'm going back to the comments and catching up, right? I struggle with saying thank you. I now say thank you, but end up still deflecting. That deflection can be a villain of humility right alongside pride, which we're going to talk about in just a moment. OK, Keith, do you put it in the chat? You can put it in the chat if you want to speak on it. But there's so much more that comes with this whole notion of being humble, because sometimes we get to a place where we actually practice. Not being humble, we deflect all of it, and then we wonder why people don't see us operating in our gifts. We can't receive the compliment that someone gives us. So we can't receive the kind words or we can't receive the love or the flowers, as we call them.

But then we wonder why people don't recognize our hard work, our effort, our energy, the time, why people don't respect our currency. But they do. We just deflect it away. And that's what I mean when I say don't let humility be your liability. Don't get so comfortable deflecting. Right, exactly. DJ purpose, 100 percent. And I talked about this a little bit last week and I was very thoughtful. about the way that I wanted to do that because it's no disrespect to anybody's faith community or their upbringing or their rearing, but that has a lot to do for some of us with why that humility is such a struggle.

And that is why humility is a liability for us. We get so caught up saying, Oh, it wasn't me or, Oh man, you know, God is good or, Oh man, you know, I got this and we can't do that. But then we don't get what we need from places and we seek out that validation. And because we are lacking that, then we lash out at people from that place that is needing to fill this space that we won't allow to be filled because we're so busy being humble. And now this humility has become a liability because we cannot accept what's out there. So, Dr. Day's comment, let's go back to that for a second. She said recently, someone told me, I wasn't emotionally intelligent because you were generous with your compliments of them. And that individual said they weren't comfortable and you didn't respect that. I think that Dr. Dady priest probably has more emotional intelligence than we may or may not know. Okay. And we get it in the depth of her stream, but I've been fortunate enough to have conversations with her outside of that.

And she's wildly emotional intelligent. And what that tells me is that perhaps that person may not have been in enough situations or may not have had enough experience. And we were talking about this last week. When you don't have enough experience recognizing what some of these superpowers are, you then deflect or you push back or you push against them in such a way that when somebody like a Dr. Dady priest pays you a compliment, you can't flex that muscle because you've not built it or seen it enough to recognize what is going on. And so then you come at it from your

villain. Okay. And when your villain shows up, all of those things. Are the way that people experience your music moves you. I just saw your comment about saying, I knew it would work.

All that whining that's out there. Yes. He's back inside the house for sure. But you all are making some excellent points and this is why I wanted to bring in the two examples around interrupting and around compliments because they're things that happen all the time in our engagement, right? All the time we're just playing catch up on the comments folks to make sure that I'm bringing to like, she, all are talking about some good things in the chat and scrolling past all the griff comments because he's now, right. You all see that he's in here and he's calm and he's nice and quiet. Okay. So he's in there, right? So when we, so when we think about all of the big stove, I just saw your Pikachu, your Pikachu comments, right?

But when we think about this whole notion of letting our humility be a liability, because it does happen that way. Sometimes folks, it absolutely does. Right. Keith says humility is a virtue, but being able to talk shit is necessary because people will try to play you. Yes, people will actually use your humility and try to make it and use it against you, right? Try to make it something that is a bad thing about you. All of those things, all of the things that make you good, right? They try to then go to this space and say, well, that's a gap. That's actually not a good thing. That's actually not something that you should be doing, right? And there's this whole notion of not being able to receive a compliment, not being able to receive something, not giving yourself that good benefit, right? And this is what Kayla and I were talking about when we were talking about like, I can say, you know, you can say something to one person or something, someone can say something to you and you have a choice, right?

You can either acknowledge the discomfort and get comfortable with it or you can stay in that discomfort. But then you're always sort of missing something and you never grow. the way that you are supposed to, so that you can now recognize this, right? Let me go back and check. Dr. Donna Dundas, thank you so much for the boss bits. I appreciate you. C. Warbs, welcome in. Nice to see you. Thank you so much for being here. And so we get to this place, ladies and gentlemen, where we say, I don't know what it is like to experience humility or compassion, empathy, in any of those things. And what happens is, is we now can't receive it because we punch it away, but we need it. We actually want it. We want people to acknowledge us, but when we do it, we're so uncomfortable, or we're up against all this institutionalized teaching, thinking, ways of living.

And we don't want to disappoint someone by doing that. And we don't want to disrupt it, nor do we want to deal with people's judgment of us. If we are operating outside of this vein of humility, then we give people a reason to talk about us. When in fact, all we really want is for someone to be able to just acknowledge it and for us to comfortably be able to say, thank you. Okay. DJ Molly party says, she is such a deflector

that her business coach brought it to her attention and said, you need to say thank you. And you've been working hard. That is really, really powerful. Thank you for saying that, especially because Molly, what you're talking about is having a coach, right? That is that level of accountability.

That ability to say, I see you not operating at your highest potential, but you could, and you can, and you should. And let me tell you why, right? DJ Classic says receiving compliments forces us to right untie what we learned about. Yes. Right. These detachments, I'm going to use that word classics, right? These detachments that we have from those institutionalized ways of thinking or learning or being weird. Those things can be hard. You must grieve those. Does everybody understand that? There is some grief that goes with saying, if I actually, yes Molly, to a whole set of reprogramming, an entire set of reprogramming. DK, welcome in, nice to see you. Thank you so much for the boss bits, I appreciate you. Good morning to you. This whole untying, this whole notion of, I need to think different, act different and be different.

And I need to be okay if everybody has something to say about it because I'm not doing what they think I should. Or I'm doing what they wish they could do. And that's where people's villains start to come out. And we're going to talk about the villain of humility, which is pride. And it's this overarching feeling of deep pleasure or satisfaction derived from your achievement. Listen folks, there is nothing wrong with being good at what you do. There's nothing wrong with being great at what you do. There is a way that you can display all of that though in a way that is not prideful because there is humility which is this whole sort of the way that you think about yourself and then there is pride and pride being the thing that you that that overextends right and it's now the extreme end of humility.

G class to DJ thank you so much for the boss bits I appreciate that. DJ classic says it feels like you were lied to yes yes 100 percent because when you have it's almost like the veil comes off right and then when that veil comes off you then realize that you could have been living your whole life in a completely different way and saved yourself some heartache. What if you started receiving the compliments? What if when people said man that was an amazing stream I just said thank you thank you for being there and I hope you come back instead of saying oh my goodness you know what it's really y'all you all bring the energy I say thank you and I say I am here because of you because you were always you always have the ability to do things.

Is it DJ Chris Camouflage welcome in nice to see you thank you so much for being here welcome to the blueprint first time I hope you are enjoying the conversation you are welcome back anytime okay. Ms Hartman says the grief is real you feel like you're abandoning your core belief system but you awaken it instead listen to me folks that comment right there the abandonment of our core belief system is literally underlying the don't let you don't let your humility be a liability the liability is that core belief system if you stay tied to that belief system will it carry you forward will it be the

thing that allows you to operate at your highest potential if you abandon this core belief system can you then put your villain in check and say I don't even need you you can go get somewhere and sit down because the things that I'm doing I'm okay acknowledging right where I have some shortcomings those are going to be the the lily pads that I hop on to my next best, greater, bigger, faster, whatever that looks like.

If you get to a place where you can grieve that core belief system, embrace humility, not let it be a liability and put your villain in check, you can use humility as a superpower. Does everybody understand that? I want to make sure that we get that point, right? And I wanna, I'm like, listen, I got it in before My Like Journey gave me the time check, okay? Cause I see it, My Like Journey, it's 8:50. And we are gonna get out of here on time so that we can head on over to rebound because it is today.

Okay, listen to me folks, when we get to a place, and this is why I wanted to talk about grief because you are, cause here's what happens. When we enter, let's go back to interrupting. When we interrupt someone and we recognize that we do it or we get called out on it lovingly, Okay, I know my life dirty. I was keeping my eyes on it, right? But when we get called out on it lovingly, there's a moment of grief that we have. And it's very small. And we probably don't acknowledge it as grief as grief. But I'm telling you what it probably feels like. It's probably like shame or guilt, because we then must acknowledge the fact that we did something that makes us look different or opposite from how we want people to experience. Absolutely. Releasing those false perspectives, DJ Classics, right?

And so, there's that tiny, tiny moment of grief. DJ Neetan, welcome in. Nice to see you. Thank you so much for being here. Happy Thursday to you. I hope you're doing well. Please give DJ Neetan a follow. Okay. So when we talk, when we when we understand like that moment, where we're grieving ourselves in that moment, and we're acknowledging, right, there's a little bit of shame and a little bit of guilt connected to I showed up that way. And that's not at my best. So then the thing is, is that you have to grieve whatever reprimanding used to come when someone would say to you, right, that's not right, or that's not good, or whatever the case may have been.

That is part of that programming that you got that makes you feel bad when you do interrupt, and then you get reminded of it. And then you go back to space, we're like, Oh, I always do that. Insert the negative self talk. This is ultimately why I coached on changing the mantras on your mixtape. Because in that moment, can you be gracious with yourself and say, man, I'm still working on that. Thank you for letting me know that I interrupted. I appreciate that. Right. And so now we've moved away from a space of grief. And we're moving through a space of doing the work, right? It's a little bit of gratitude for that acknowledgement is gratitude for that grace, right? We're moving from the grief towards the grace to say, I got this, I can redirect, and I can now get to a place where I understand these are the things that are taking place, right? These are the things that are happening.

And here's how I move forward in that because otherwise your pride will get in the way and then when you start to respond from your pride when you start to respond from a place of saying well you know what I mean it's not that bad right or it's not this now you start to rationalize your villain and your villain is the thing that takes over and right so the villain then becomes the voice on both shoulders and that's the thing that you're kind of fighting against right and how do you knock that villain off so that you are coming from that place and you're not overthinking or seeing yourself over glamorized or acknowledging yourself in a way that's like you know what I'm this or I'm that or you know what I did all of these things so I deserve to be whatever prideful thought you may have or whatever villain thought that you may have and this is why the understanding what the definition of these superpowers are and how you show up in them and acknowledging what the villain of that superpower is Helps you see that because there's constantly a battle between us as a superhero and the villain side and you need them both Right, and this is the other part of the conversation that guzzle and I were talking about right you Your superhero needs a little bit of villain because what it what are you overcoming folks?

What are you what are you defeating? What are you what are you getting over? So that you can put that villain in check and that goes back to what miss Hartman said about right greet Your core belief system right that core belief system can be a villain in your life And you absolutely have to get to a place where you're saying I need to I recognize that you were there to support A stage of my life my learning my growth whatever that might look like But if in fact that is not letting me be great or operate at my highest potential Then I have got to surrender that I've got to grieve it and Then I've got to be okay giving myself grace after the grief To say I'm now ready to move forward in my greatness Humble myself not to the point of liability, but humble myself enough to go I'm worth all of that and that is what DJ Molly party was talking about when she said for me My humility is tied to my self -worth Because now if you believe that you are worth it you believe that you're worth the compliment, right?

I believe that I'm worth the 54 people that I can see active in here today or however bright it says 54 But there may be more than that, right? But I have to believe that I am Worth all 54 of you who have taken the opportunity to stay with me for this last hour that we have been together All right. I must believe that I am worth all the time and energy Right. I put into the blueprint because I love it and I want to make sure that I can Deliver to you the things that give me energy, right? I want to make sure that I can be humble enough to go. I deserve to do this. I deserve for you all to get this information. I want to be the person that receives, right? Whatever it is that you say this does for you. When people say, I learned so much from you, thank you. When people tell me you really, really, you know, influence me or I use these Kim Jims or I find myself, you know, coming back to this or I'm right scribbling notes in whatever way that is, right, taking down more notes, right? Getting out these Kim Jims, whatever it is, right? I had to

humble myself when people first started saying Kim Jims to me and I was like, no, these aren't Jims, but they are and I recognize that now.

Right, my journey says that giving myself grace, that's the everyday challenge that she lives through. Right, so Tommy Williamson, welcome in, nice to see you. Thank you so much for being here, right? And it's the whole, right, everybody has these. This is why humility is a superpower, ladies and gentlemen, because the minute you start to recognize the parts of this that are your villain, right? the everyday challenges of just giving yourself grace that's part of the villain. And you must grieve that part of it and surrender it so that you can get to the grace that you need to give yourself so that you can receive the goodness and that you can be humble but not to a fault. It is okay to operate in humility. It is not as okay to stay in a place where you cannot receive the good the world wants to give you to acknowledge your gifts. When I open up my stream, I talk about being your most authentic self so that you can be great in your gifts so that people can experience you at your best but so that you don't have to shrink back and not benefit from that.

And when we are able to be humble but not to a fault, you can be great in your gifts. You can receive that love, that respect, that energy, that encouragement, anything. It also allows you to show up as your authentic self and when you do that work, the professional part of this that we talk about is really going to be what shines through. And when we get to the place where we talk about performance reviews and we talk about feedback and about how people experience you, these superpowers are going to show up in feedback. So when people say, man, Kim Blue really takes feedback well. She receives both positive and critical feedback in a way that makes it easy to give, right? That's me being humble and saying, I understand my shortcomings and I'm okay with them. I'm giving myself grace.

I want to be able to still learn and grow. Does everybody see how like that humility as a superpower comes out in your feedback that you get? But it's all about perspective. It's all about changing the mantra on your mixtape so that you can recognize what is really going on and really being said so that when someone says we're ready to offer you a promotion, when someone says we want to give you more or we want to acknowledge the work that you've done, you can be okay receiving it. Because here's the thing, you don't want to receive the good feedback, but you want the, you want the bonus, you want the raise, you want the recognition, right? You want something tangible that goes with it. And that tangible thing starts with being able to hear the words and accept the humility. Okay. And really be in a place where you can say, thank you for acknowledging my work, my energy, my currency, whatever that looks like.

Because here's the thing, if we, if we were able to get the bonus, the currency, the financial recognition, whatever it is, without knowing why, we would still want to know why on some levels. And if you don't, that's okay. Some people are, some people haven't built up that experience yet to be able to do that. To you, I say, practice your



humility, those steps around. Owning your shortcomings, being gracious with yourself, grieving your core belief system and letting it go, and inviting in the opportunities to check your villain and move forward in grace, accept the grace that is offered to you, right?

Dr. Dettie Pree says, giving yourself grace is a necessary component of the progress monitoring aspect of self-care, 100%. Absolutely, 100%. Okay, ladies and gentlemen, that is our blueprint today on humility as a superpower. Listen, it's not easy, folks, but this is the place where we not only acknowledge the work, but where the work starts. And when you leave this conversation today, how do you challenge yourself to say, we are going to get to a place where I'm practicing humility, and it is a part of the way that I want to live. I can check my villain, and I don't have to be this person who cannot receive good, who cannot receive love, who cannot receive these flowers. If someone gives you flowers, are you just going to deflect them and put them on the ground?

Absolutely not. Absolutely not. You are going to put those flowers in water and let them bloom because they are a representation of you. So enjoy your flowers, receive them graciously, and be okay operating in humility and not letting it be a liability. Molly, you're welcome. Thank you so much for being here. I appreciate you. Music spasms, thank you, thank you, thank you. Music moves you, thank you, thank you, thank you. I appreciate you all for being here. All right, so listen, folks, we will resume this party next week. Okay, next Tuesday, we're going to be back in our Grow with the Flow series. We are going to be, you're welcome, Ms. Hartman. Okay, we are going to be back on that side of it. And then next Thursday's superpower is compassion. So we're going to talk about, we will recap humility and then we're gonna move right into compassion because Lord knows we could all either give more compassion to ourselves or have more of it available to give to ourselves, I mean, to give to others.

Imagine if we were more compassionate. What kind of world would we be living in if we were all more compassionate? Thank you all so much for being here. So listen, we are gonna, LV, I don't know if you're still in here, but I do not see him on, is it still Sega? Cause that's where we're going. I just don't see him yet, I think. So Tuesday is when we will jump back into our conversation again. If you don't have the book and you want to order it, My Life Journey will put the link to the book in the chat. Okay, and we will. Yes, Music Spasms, you are so right about that. Okay, thank you so much for that. So listen folks, let me just talk a little bit about the book. And let me just talk a little bit about one other thing. Just go there and welcome in, nice to see you, Tony. I hope that you continue to feel better and you're getting your energy back, okay? So this book, ladies and gentlemen, real quick, because I have an extra minute or two while we wait for, while we wait for a rebound to kick off, all right?

This book is not necessarily required, but it is a really good added resource for you, whether you want to read it page for page because it's very, very career focused. And what I'm doing is I'm weaving in the parts of it that will help you be more effective. And then balancing that with all the things that we're talking about, because these superpowers that we're talking about absolutely show up in your professional arena, okay? When we talk about the connection between feedback, good feedback and critical feedback, listen, folks, that good feedback, those are your superpowers.

That critical feedback, that's your villain showing up. And when people experience your villain, people are going to be like, oh, that's the part that we don't want to show up. That's the space where we don't want people to be in. That's a place where it's not being in service to the things that we are doing, okay? So I want to make sure that we understand that. And I want to make sure that we know all of the things that are showing up, but how it comes out in our lives. And so, when we talk about superpowers, being our own superheroes or recognizing our villain, there's a lot of importance that goes into all of that. Letitia P, good morning, welcome in, nice to see you.

So many folks who are in here today, I love it. I love it, I love it, I love it. Misty Liu, you're very welcome, okay? So there is a direct connection between the superpowers part of this and the professional development part of this. And I want to make sure that we all see that and that we know that. Keith says the way that his villain is set up, right? And that's why we're here. That is why we are doing this work to make sure that everybody understands where their villain is, and how it shows up so that you can put your bill in check and speak kindly to yourself. There's a reason we did a mixtape, right? And we talked about changing the monsters on your mixtape. If ever there was a reason to do that, it's to literally empower your superpowers.

When they're not empowered, they lay dormant. And then we can't be at our best and people don't experience people do not experience us at our best. Okay. So when we think about all of the work that we're doing, just know that all of it ties in together and all of it continues to be the work that we need to do. Okay. So while we're waiting, I always do a lot of talking, you always put a lot of, everybody puts a lot of comments in the chat, but anything that I missed in the comments that we want to bring back to my attention, because I think we're going to wait for Seiko to come on and unless it is not him, LV, or somebody can tell me, but that is who I understand it to be.

Any questions or anything, anything anybody wants me to come back to? I know what's gonna happen. Someone's gonna ask me a question. Someone's gonna put something in the chat and then someone's gonna be like, say this on, and then that's where, cause that's where we're gonna go this morning. So we'll listen. Here's what I want to say to you all as we prepare, right? As we prepare for going through these superpowers, please give yourself a lot of grace. This work that we are doing when we are calling out our superpowers is really intentional about saying, can I look myself in my mirror that I'm holding?

And can I get to a place where I am truly available to operate at my highest potential? And I think Ms. Hartman said it really well, right? There is gonna be the work of grieving your core belief system, right? And DJ Classic said it's almost like recognizing that the things that you've been taught, it's okay to teach something else or to learn something else or to be or do something else. And the people who taught you did the best they could with the tools and resources that they had and have. And now part of the way the world evolves is new tools, new resources, new learning. And so I'm just encouraging you to embrace that and be intentional about what that looks like, okay? So give yourself grace as we work through this part of the process, because you will discover that it is gonna be the thing that helps ground you as you build up the muscle for these superpowers, okay?

All right, ladies, and gentlemen, I see him. So we are gonna go right over. I think the raid message. Thank you so much for being here, everyone. Again, to everyone who was lurking, working and commuting, appreciate you. We are on our way to go see SEGA. Listen, DJ Classics, thank you again for the raid. this morning for bringing everyone over and for everyone who hung in there with me for the extra overtime. Thank you. Thank you. Thank you. Whether you were listening, whether you were lurking, or whether you were having conversations amongst yourself. C -Warp is always a pleasure to have you in here. Molly, thank you so much for being here. All right. We are on our way to go see DJ SEGA. I hope everyone takes all of the good energy and light. I am leaving you into your Thursday and into your weekend. Okay. And I will see you next Tuesday. Thank you.