

The Blueprint Super You! Aug. 31, 2023

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Transcript

I'll see you guys in the next video. I'll see you next time. Bye -bye. Bye -bye. Hello, everyone. Happy Thursday. Thank you so much for being here. Welcome to The Blueprint. For those who may be new to Twitch or new to The Blueprint, let me introduce myself. My name is Kim Blue. I am an HR Strategist and a Career Coach. The Blueprint is a stream where we meet. Tuesdays and Thursdays at 8 a .m. Eastern Standard Time. And we come and we talk about all things, professional development and personal development, right? I fundamentally believe that everyone should be the boss of their own blueprint. And what that means is that you should have access to the knowledge, skills, capabilities and resources so that you can do three things.

You can operate at your highest potential. You can add value to the work that you own or are responsible for, most importantly, that you can show up as your authentic self because when you are you, you are grading your gifts. You don't have to dim your light or be anything other than yourself for anyone else. And that is really and truly being the boss of your own blueprint and owning it. And so that's what we do in this space. We hold our mirror, we do the work, we learn, and right, we take away these Kim Jims, as you all lovingly call them. And we make sure that when you leave this space, there are things that you can take into the world, take into your conversations so that you are immediately putting all of these things into practice.

That's what I love about this space. It allows me to be my most authentic self. So thank you all for allowing that. Thank you for the extra time today. I was running behind with kid drop off and then was navigating a conversation with my mom. I'm supporting her in some family dealings and so needed the extra few minutes. So thank you for the grace to be able to do that. Excited about today's conversation. If you were here over the summer and have been with us through August, you know that August kicked off our Grow With The Flow series. And so on Tuesdays, we're putting a lot of focus around professional development. And I'm easing in a lot of the career coaching and things you'll need, whether you are an entrepreneur, whether you work for someone else, whether you're an entrepreneur, whether you're an entrepreneur, you're making a career transition and bringing a lot of this practical knowledge here.

So we're talking career specifics on Tuesdays. And then on Thursdays is a little more of the personal development where we're doing more of the, how are we taking

care of ourselves, our brains, our bodies, our hearts, and making sure that everything that's in there, we are good with. And so today we're going to talk about superpowers and I'm going to introduce the first four superpowers that we're going to talk about for the next few weeks. And then next week we will go in, excuse me, yes, next Thursday, we will go into a deeper dive over each one individually and I will bring in some video content and some guests that will come and help take us through each of these.

But today I at least want to give you the roadmap for how we're going to go into September because this is the last Thursday in August, believe it or not, the month is already behind us. And September will be weeks that cover different topics, different superpowers. One of, so listen, if you have some suggestions, please let me know. One of the superpowers today is, that I'm gonna introduce is one that came from the chat last week. So awesome. So all of that is going to be really, really awesome. And I'm excited to bring your thoughts in here. So if you have things that you want to hear or that you want me to touch on as we talk about superpowers, if you have a superpower suggestion, please drop it into a whisper. I know Hobbs, right? It is already the last Thursday in August. And I feel like we were just going through the blueprint mix tape. And now we're at the end of August. And our Grow With The Flow series is already one month in full swing and we're getting ready to enter month two.

So, it's wild, the timing and everything. So with that, let's say good morning and then we'll pull up the slide and we'll get ourselves going for today. So Malak, Durney, thank you so much for being here. My mod boss extraordinaire for all the things that you do that we know about and that we don't know about. So good morning Shell Bell for you all good on the adulting. Thank you so much for having the tab open. Y'all, can I just tell y'all a quick story about Shell Bell? So the other morning she sent me a text and it was a screenshot of something that I have shared with you all in the blueprint. And it just said, this is what I'm sharing with the kids ahead of them starting the school year. And it really made me smile because I tell you things and I say to you all, I want you all to use them in whatever way in your life is applicable. And it was the SOAR model. And I can go back over that if anybody's interested in what that is, but it was that. And so it always makes me feel really good that the things we talk about here you all are putting out into the world in whatever way is applicable to you. So thank you Shell Bell for that. I'll shout out to you.

Good morning, Dr. Dady Priest. Nice to see you, Dr. Dady. superpowers conversation has you all over it. So I fully intend to have you come and spend some time on the blueprint one Thursday morning. So there's your save the date. Okay, nice to see you. Please give Dr. David Preece a follow. Great interview with DJLV on Tuesday night. If you missed it, please go back and watch it. I think it is in your stream. So DJ Guzzle, good morning. Nice to see you. Welcome in. Please give DJ Guzzle a follow. I was in his stream peaking a little bit and lurking a little bit last night. It was good stuff. I'm telling you, go get familiar and thank me later. Okay, with DJ Guzzle. Good morning, Jen. Nice

to see you. Thank you so much for being here as well. Who else has made their way into the room this morning? I think that's it. So good morning, Keith. Nice to see you.

Thank you for being here, Jennifer. Good morning. Nice to see you. Thank you so much for being here. Happy to have you. And that you get to listen this morning. This one will resonate with you too, Jennifer, right? It's all about our superpowers. But not the ones that we think are superpowers it's some of our other ones that are related to more of the emotional and Internal parts of us. So good morning Hobbs. Welcome in nice to see you Thank you so much for being here East Miley 67 auntie Diddy.

Good morning to both of you. Happy Thursday Did I miss anybody that's coming in diggy to one three? Good morning. Nice to see you Nikki Walker Good morning. Welcome in all of the blueprint fam coming through nice to see you all If I missed anyone or if you are And you want to say good morning, please do so and I'll acknowledge you in the chat Otherwise virtual salute to everyone who is working lurking or commuting. I know that the mornings and transitions are exactly what they need to be for you, so Take care of you in whatever way that is Whether that's being active in the chat or whether it's the tab open or whether it is commuting on your drive I appreciate your presence.

No matter what. Good morning. Kay like nice to see you. Welcome in. Happy Thursday I think I got everybody in my Rican mama of two. Good morning. Nice to see you all good on the lurk Thank you so much for keeping the tab open. I'm love all the support love the support. I've been Being more intentional about hopping around. I've had a lot of first -time People in my stream recently chatter streamers DJ's mods and so I've been making my way out to go and see all of the Right all the blueprint fam whether you are a mod whether you are a streamer whether you are a DJ So I'm making my way around to just pop up and come support. I'm so shout out to all those folks who Have lovingly welcomed me into their stream Whether you are lurking in mind or whether you are active in the chat So again, a lot of dope folks in here. So please go follow them go follow lock in community.

Go follow DJ Guzzle Dr. Daddy crease anybody behind the scenes who was streaming in lots of mods and streamers in here. Okay All right, let's add in our slide for today. Before I do that, I want to talk about superpowers and the traditional definition of what we think they are. So when we see superheroes, right? Good morning, Michelle, 22, nice to see you, welcome in. So when we think about superheroes in the traditional sense, what is that, right? What are those things? They are people who seem larger than life and they've got these really magnificent abilities or capabilities to do things that are above and beyond what our human bodies or human minds are able to, comprehend or predict. And those superpowers are such that they can impact and change the world, whether it is through some type of, high level force, whether it's some type of, you know, something else. Good morning, Miss Hartman, 29. Nice to see you. Welcome in. All right. But superpowers are these things that perhaps we think don't come naturally to us. Right. You're born with something, something develops, you're exposed to something.

And then suddenly you now have, you know, these abilities that other humans don't have, right? Think about Spider-Man, right? Or Peter Parker, should I say, he gets bit by this radioactive spider. And then suddenly, he's got the ability to do things and hear things. Think about any of the superheroes that we know. Well, I'm here to tell you that you are a superhero. That's why the name of this super, um, superpowers series is called super you because every single one of us has a superpower and it can be difficult to discern what those superpowers are because we may not recognize them or acknowledge them as superpowers.

We may think that those are just ways of being that when we need them, we are able to call up or that when we are, um, in a space where we need to support someone else, sometimes these capabilities show up, but I want to submit to you that these are genuinely your superpowers. And you probably show up in these things often. And if people were to describe you, they would say, you know what I love most about Nikki Walker is that she is so warm and she is so kind, right? And that just may be who Nikki Walker is, but what Nikki may not know, and I'm picking on you a little bit, Nikki Walker. So thank you. You're the first person that I could see on my screen right now, right?

But what people may not know about Nikki Walker is that Nikki as an individual may value kindness. And so because she values kindness, she is going to show up for people. Whether they deserve it or not whether they need it or not whether they've asked for it or not in a very kind way So that when that person needs that help needs that grace needs it Nicki Walker shows up and that kindness translates to meet the need of whatever it is that that person may have Does that make sense? So superpowers are the things that we may not leverage Every day to sort of save the world capacity But human to human person to person in our relationships, right? We may call on these superpowers and They may be the very thing that keep the relationships meaningful intentional Consistent remember the definition of relationships that we talked about on Tuesday, right? Relationships are the Right. It's the consistent exposure to experience right emotion and intention Okay, so when we think about that, oftentimes the superpowers are the things that show up to keep the relationships connected, right?

Because sometimes because of life or circumstances or our own kind of just missteps or miscalculations, relationships can start to do this, right? And you start to see things weather and tear. And sometimes those superpowers come in in the midst of conversation, right? Remember we talked about the power of conversation, but those superpowers show up in the midst of conversation, or if there's some type of urgency or in a stress need or in a moment of unrest. And they are the things that become the glue to resolution for how we are supposed to handle ourselves, deal with other people, respond to certain situations, stay rational or even potentially solve problems, right?

Because that's what superheroes do. They step in and they solve problems, right? Jennifer says, it's hard to tell what's a superpower because some of the great things I can do come with downfalls in other ways. Sometimes she feels like, and you

gotta think on it. And that is a really great question because we are actually gonna have, we're gonna have the conversation about super you, right? Because in your superpowers, you can be a hero, right? People say that, but what happens when your superpowers go in the opposite direction, right? And then potentially you become a villain and you don't even think that that's what's going to happen or you don't plan or intend for that. It does happen. So thank you for calling that out, Jennifer. Sometimes our superpowers can work to our detriment. And we see that, right? If you think about, right? I'm lovingly going to refer to it as the Thanos effect, right?

Thanos had all this power and then what happened? And if nobody's seen the movie, hopefully everybody has seen the movie, even if you're not a Marvel fan or you're not a Lord, almost said X-Men. That's not Marvel, sorry. Even if you're not a fan. of the Avengers, right? But the story very much resonates because of the human component of that. And you're gonna hear me reference from time to time, superheroes that we can connect with because guess what? Every superhero has a struggle, has a component that's opposite of their gift because guess what people, they're humans first. So to your point Jennifer, right? Sometimes yes, we are great and yes, we are working great in those things but we have that alter ego that's in there, right?

If you've not seen the movie, I'm gonna spoil part of it, right? Thanos knew what the sacrifice was when he snapped his fingers but he still pursued all of his superpowers and did he use some of them for good? In his mind he thought, but what ended up happening, right? It came at a very great cost. So as we think about our superpowers, we want to become aware of them. We want to understand what they do for us and how they impact other people and then we want to be clear on knowing when we are engaging in our super powers, when it's going to have the right effect or impact, and when perhaps we need to lovingly say, I might not be the right person and this might not be the right time for that.

And that comes down to that comes back to emotional intelligence. Okay. Alright, so let's jump in. Remember, we're just introducing the superpowers that we're going to speak about for the month of September because August is August is over. Alright, so here are the four that we are going to focus on for the month of September. Now, these superpowers are ones that I believe on a regular basis, we are always demonstrating whether we know it or not. And sometimes we need to be demonstrating them and we don't. Okay, so this is where it might feel like I'm stepping on your toes a little bit. So I'm just going to say that out loud in advance to anybody. Because sometimes what will happen is, is we will get our lack of operating in certain superpowers in feedback. Okay. And so what someone will say is, you know what this you know, I was really looking for you to be X, and you were Y.

And then we start to take offense to what that feedback is. Right. So superpowers, by nature are the things that allow us to operate sort of above and beyond what our day to day or what our, what sort of our standard, you know, whatever our

standard, you know, capabilities are. We don't classify these as superpowers oftentimes because we think that this is just how we should be. And there is truth to that. Good morning, Crystal Method. Welcome in. Nice to see you. At the same time, ladies and gentlemen, I will submit to you that in operating in these superpowers, when we tap into humility, compassion, intuition, or empathy. It allows us to be the best version of ourselves first and it allows us to operate in self-care, right? Dr. Dady talks to a good morning music spasms. Welcome in. Nice to see you. Happy, happy Thursday. Thank you so much for being here. Please give music spasms a far low. He is a midday DJ streamer, right? So if you never popped into the corporate lunch break, go find yourself there and enjoy that energy that comes from that midday break in your day.

So sometimes when we are operating in these superpowers, it allows us to show up at our best. But the other thing that it allows us to do, and I'm going to pause here because I want to make sure that I'm capturing my words correctly because I really want this to be intentional for you. Sometimes folks, our superpowers show up when we need them most for ourselves. If the world, if the people around us are not being empathetic, if they're not giving us compassion, if they are not operating in humility, then sometimes we show up in these superpowers as a way of self care. Does that make sense? Right? When we think about all of these and we start to understand that sometimes the very thing that we are is the very thing that we need. And it's our way of asking for it without directly saying, this is what I need. This is how I'm showing up. Here is what I am asking of you. Because how many of you are comfortable saying, you know what, I really wish that you could be, you know, you could empathize with me right now.

Okay. I really wish that, you know, that, you know, you could just operate in a little more humility. What we might whisper to the person next to us is humble much, right? Or man, they're not humble at all. Or I could have used a little compassion, and they were just so aggressive. They were just so assertive or they were just so straightforward and they were so direct. This is where feedback about who you are starts to show up. And people describe you in ways and you might think to yourself, oh man, but I really do try to show up as compassionate. But do people experience you in your superpower or do they experience you as your villain? Okay. Because we all are a hero and we all are a villain. Okay. The very things that make us great can also be our kryptonite. Okay. So yes, Jennifer, either send it to me or whisper it to me or drop a link where I can get it.

Jennifer's talking about a book. She says, the nonviolent communication framework, because the book gives some examples of expressing feelings and identifying needs for the other person. So listen, folks, these things, right, that you're hearing Jennifer talk about, this is stuff that's the fabric of relationship. Anybody who's in a relationship, a friendship, and a situation ship or a marriage, whatever it is. These are some of the things that we should be giving our partners and then don't, right? Or people may want from us and don't. These are those human moments, those human skills,

those human capabilities that make us who we are. So let's start with humility. Okay, I'm gonna take mine out. So this is what humility says. Humility is exactly Jennifer, right?

We don't because we don't know how. Humility says this is really knowing what you don't know and having the curiosity and authenticity and confidence to say that. I didn't get to finish the sentence. I was typing apologies there, right? Jennifer's making some good points, right? We were never taught and don't have the best models. Not only that, folks, a lot of times what we must do, and this is very much a generational and a cultural thing, is that we must recognize that the tools and resources that we have access to, our family, our parents, our ancestors, call it what you want, but previous generations did not have access. My face for just a minute because I want to make sure that I say this. Oftentimes what we are working with right now, other people who came before us did not have an example or a role model to cultivate it.

So if you don't know what humility is, if you don't know how to say, you know what, I don't know what that is or why I was wrong or I'm not into that, right? Or if someone pays you a compliment and you're able to say, you know, thank you, you know, or no, you know, that's a right, you don't, it is as much as not having a role model as it is not being in a seat to have experienced it and know how to respond to it. Because how can we respond to environmental stimuli that we have not been exposed to? What happens? We react to it. We get defensive, right? And we get to a place where we, because we don't know it or we don't know how to recognize it, we then respond to our inability to recognize something as opposed to something that the person is saying that they need, okay?

Dr. Dady, I feel like you're somewhere over there dancing. I feel like I can feel you smiling behind whatever screen you're on, right? M. Diggie, thank you so much for the boss bits. Appreciate you. I'm going back and looking at the comments to see this. Jennifer says, going back to this, my journey wrote in here, she said, I heard someone say all of us are a villain to someone at the time in their life. It absolutely is. Listen, folks, here's your Kim Jim for the day. Sometimes you must be the hero in your own story to be the villain in someone else's. Thank you. Sometimes you have to be the hero in your own story to be the villain in someone else's. Sometimes these superpowers come up to save you and not someone else.

And that is a hard pill to swallow, right? As Jennifer is looking at the comments, right? And she says, it shows that we do have challenges because we can move with love and we don't vibe with someone else and you can't control their thoughts or reactions. You absolutely cannot control their thoughts or reactions. And she's talking about that uncomfortable space and the compassion isn't received. And it is very much a part of life, right? All of that is there. And Crystal Method says, finding the language for expression when you didn't have the language before is a game changer. I'm telling you, it is massive, massive, massive, massive. Dr. Donna Dundas, good morning. Welcome in, nice to see you. Thursday blessings to you. Thank you so much for being here, okay?

When you, when you come in, ladies and gentlemen, and I'm telling you this, right? And I see you music spasms, girls.

Kayla, all of you, thank you for that. And Ms. Hartman with the Kim Jims, I see you on there, right? Let me explain something to you. Yes, yes, Jennifer. So I use and because but sometimes can have a negative connotation. It's almost as if I am discounting the fact yes and is a statement that I make all the time. Yes and. Because two things can be true at once or more than two things can be true at once. It is not a we are a superhero, but sometimes we have this. It's no, we have superpowers and sometimes those superpowers can work against us. So there's a lot of power in that word if we just change, right? The way that we are leveraging that. So I encourage that. It is something that I came into early in my career, Jennifer, about this and for those who know me, and you hear me talk about word economy, it is just that point that you made, Jennifer, right? The notice of me using and because I want to acknowledge that it changes the way that you hear or receive the messaging or understand the messaging, right? If I were to use but it would be like, oh, okay, it has a little bit of right. Absolutely music spasms. Word economy is super powerful. My journey, the Kim Jim is, I'm gonna say it differently because it's gonna be easier for you to capture.

Sometimes you must be the villain in someone else's story to be the hero in your own. Sometimes you have to be the villain in someone else's story to be the hero in your own. Absolutely, I know DJLV words matter. Please give LV a follow. Music spasms, DJ, all these people, Jennifer, Jennifer is also a streamer. Please go and follow her. So many amazing folks in the chat. G class, the DJ, welcome in, nice to see you. Thank you so much for being here. G -Class we are talking about our superpowers and understanding that and I had come out of introducing the superpowers because we were talking about humility and we're now sort of talking about the importance of words and how they matter and about how everybody is their own villain as much as they are their own superheroes so if you're not following G -Class to DJ please do so right lots and lots of great great folks in the room this morning those who are active in the chat and those who are lurking so when we think about this notion of being a superhero and wielding our superpowers and let me let me qualify something these are the four that I'm calling out there will be adjacent mini superpowers that fall underneath each one of those so please know that while I'm talking about humility there will be other ones when we get to it next Thursday that I'm going to touch on okay but it is so important that we go back to this point Oftentimes we as humans react to someone else's superpowers.

Cause let me listen folks, if you do the work, right? If you go to therapy, if you eat right, if you exercise, if you practice self care, if you recalibrate, if you say no, if you offer your yeses in a certain way, right, and you don't spend all your yeses and you spend more of your, if you do the work and you show up whole healthy and happy to someone who has not done the work and does not have awareness and you wield this superpower that you have, they are going to react to you because they do not have the

words, knowledge, capabilities or resources to understand and process the superpower that you're giving to them. And so, then they react to you out of defense, out of unawareness, right? Out of a lack of, you know, understanding whatever it is, but now they're showing up in their deficiency and you are showing up in your superpower and now we have created conflict. And so sometimes part of these operating in these superpowers is being able to understand and recognize when you need to demonstrate another superpower with someone case in point. If you operate in humility, right?

Or if you operate in another superpower, let's use compassion, right? And I'm going to come back to the comments because I see you all having a great conversation in the chat, okay? So let's go back to this. Let's go to compassion, okay? If we think about compassion, right? Which is this expression of, you know, love and concern for someone who is in some type of struggle or challenge, i.e. you're going to be nice to someone in a moment when things are not going great for them, right? That's basically what compassion is. When you say to someone, you know what? I'm really sorry to hear that if someone expresses something to you. And they snap back. you and they're just like, well, it just is what it is, right? I don't even know why you're being that way. Like, well, why would you even say that? If no one has ever been exposed or that person has not been exposed to compassion before, and you are compassionate with them, they are not going to know what to do about that, because that's your superpower now makes them uncomfortable because they don't understand it.

They don't know why you would be that way with them, because all the world has ever given them is the opposite of compassion. What's the opposite of compassion you all? Drop some words in the chat for me, right? What's the opposite of compassion? I see you, Guzzle. I see you all in here exchanging resources, right, and talking openly. I'm going to go back. So while we're looking at what the opposite of compassion is... Let's go in and look at some of this and I see thank you Jennifer for putting all of these resources in the chat And I see you absolutely Judgment Jennifer drops that one right in there immediately. There's judgment Music spasms I'm going back you said a language and wording is so important and positive energy versus negative energy guzzle, right?

So learning that lesson early makes sense words matter I'll be and I talk about this all the time in some of our very Cerebral conversations that we have about just the world and how we experience it and oftentimes One of us will say to the other right it comes down to words words matter and they do right unto Diddy for the people in the back sometimes right because the people in the back need it and It's amazing how much of this that we don't give credit for which is why I love this space and I love the ability to say this openly And listen Jennifer you're talking about openness and willingness to keep seeking new things, right?

Curiosity is what I would sum that up baby. It's curiosity is a superpower Okay, it absolutely is a superpower The way that you you said it there is maybe one of my superpowers is my openness and willingness to keep seeking new things To learn so

stay curious right people would not classify curiosity as a superpower I think as a leader at any level curiosity is absolutely a superpower Okay, crystal method says people can try and back you in a corner with the word but but I've incorporated both and and it is a de escalator is absolutely a de escalator and it helps level the energy in the room And it helps ensure that everybody comes to the same place and people understand like I'm with you I'm actually here with you and want to be a part of this.

We are not separate or disconnected, right? We are aligned and I want there to be shared understanding okay just going back so the opposite of compassion is judgment malice right miss Hartman 29 coming in with that cruelty Michelle 22 whoo right coming into that all of those things are really really really true and oftentimes what we experience and we can say how quickly do we say man that person was so cruel or who I feel like I'm being judged but what we don't say out loud is I felt that they were being really compassionate to me good morning DJ classics welcome welcome in nice to see you please give DJ classics of all I was lurking in your stream this morning classics because I needed all of the meditation because I had a client send me an email very early this morning wanting something and I needed to just breathe so thank you for the space that you hold for those moments because they are needed, even if we don't say them out loud.

All right, so yes, Jennifer, curiosity is how I would classify your statement. Good morning, Hobbs, welcome in. Hobbs, I do not know if you're coming or going, but either way, thank you for being here, nice to see you. So, when we think about this whole notion, absolutely, Dr. Dady, Dr. Dady says curiosity is adjacent to being a conceptual thinker. So here's the thing, folks, creativity is a superpower. Somebody write that down. Curiosity is a superpower. Crystal Method says this seems connected to us not being able to argue a point without it coming to blows, absolutely. When we lack certain things, we miscommunicate what our actual feelings and intent and needs are, and that's where we disconnect from each other, from our thoughts, and we are rooted in emotion, and the rationale goes all out the window and we are coming from places that don't have anything to do with where we started.

Okay, good morning, CLO 702, welcome in, nice to see you. Thank you so much for being here. Crystal Method, look at you coming into your superpower of clarification or recognition and saying I'd like to change that word because argue has a certain connotation and she immediately said, I'd like to replace that word with communicate. I'm telling you, when you start having these conversations, it absolutely raises your level of awareness and you come away checking yourself lovingly to be able to operate at your highest potential. When we start to change our word economy, now we are calling ourselves to higher and greater and I love to see that happening real time. My life journey says I try to be my best to put myself in the person's shoes without lacking compassion, but it can weigh you down because now you're taking on someone else's

feelings while also... at the same time trying to figure out how you don't sacrifice your own needs during all of that.

Okay lots and lots of good stuff happening in the chat this morning. Lots and lots of good stuff happening in the chat. Okay 2 -0 -7 -0 -2 thank you for being here. Did you bring the pins with you because I think people are taking notes this morning. Okay so the opposite of compassion which is that expression of love and concern for someone who's in a struggle. You all put some great words in their intuition. Let's go over that one. Intuition is this ability to understand something immediately and I mean you hear maybe two three or four words and the entire thing just gels together and you can conceptualize it and you don't actually need any other conscious reasoning.

You don't need anybody else to explain anything to you. You don't need any additional context. You just feel it and get it and know it. Right the opposite of intuition is doubt ladies and gentlemen. Okay 100% the opposite of intuition is doubt. It is when you think that you should be doing something or you know you should be doing something, but for some reason your abs, you talk yourself, right? We talk ourselves out of our intuition. Anybody else do that? I used to do it all the time. And I actually hear other people, when I coach talk themselves out of their intuition, they actually try to downplay it and they will say something out loud and then say it in a way that makes the rationale that they just gave incorrect. Keith Reed, are you still in here? You're very quiet, right? But this is, these are things, right? And I say this lovingly and Keith knows this because Keith and I have had a coaching relationship for years, right?

But I will regularly say to him, I want you to come at it from this place because I experienced you here, but there's so many other things that I want to call attention to that I think that you're overlooking. Keith has amazing intuition. He's a phenomenal journalist. He's a writer, ladies and gentlemen, for those who don't know. He's a great journalist. And he has great instincts about like what he should be doing and where he should be going, but sometimes he will push down his intuition. And the other things, the opposite of these superpowers is what starts to come up, right? Superheroes have struggles too, ladies and gentlemen. Absolutely, Dr. Dady, right? Looking for validation when we should be enabled to focus on the pivot and be the trailblazer 100%.

And not only that, but we're also looking for validation in the villain, okay? But you cannot be validated as a villain, okay? It just does not work. You cannot validate your villain. You absolutely have to hack your validation in the superhero. DJ Lockdown, welcome in. Nice to see you. Thank you so much for being here. Happy Thursday to you. I hope you are doing well. Okay, let me say that again for the people in the front because the people in the back heard me and were taking all of the notes. You cannot be validated in your villain, right? There is no validation in the villain. It has to come as a superhero because if you are validated in your villain, then you're gonna be working in things that are in opposition to your superpowers or your values. And in Blueprint, we do not move in opposition of anything that is not authentic to us. You got it? There's no

validation in the villain, right? We rock on the superpower side of the house. When we talk ourselves away from, we talk ourselves down from anything we know that is going to be for our greater good, we are now operating sort of in that villain mentality.

And it's just with ourselves. It's the internal struggle that we have, right? Always. So DJ Lockdown, I think I said, I think I gave the people a shout out to you, but if not, please go follow DJ Lockdown. Um, Martian Queen says, that's a word, a brick thrown at your head. Where is the hard hat? Martian Queen, see my life journey for the bus. She will take care of you. Disco Darren. Welcome in, Tony. Nice to see you. I do hope that you are feeling better and that you are recovering and that you are pacing yourself. But it is good to have your presence in the stream as always. Okay. Thank you so much for being here. Groove morning. Right back to you. There you go. Um, Martian Queen, the hard hats are in the ball skier. So my life journey got you covered. Dr. Daddy says self talk is important. Reminding yourself of your worth 100%. Because here's the thing. Part of the struggle between being a super you and tapping into the super power and tapping into the villain part of this. Is your ability to let the superpowers overpower the things that make us villains.

So, when we are going through these reasonings when we are not exposing ourselves to compassion. Right. When we are not compassionate with ourselves, what are we doing to ourselves? Are we just anybody ever judge themselves? Anybody ever have the conversation you think other people are having about you with yourself? No way can they think that I am going to be doing this. I bet they're over there talking about me right now. They're probably saying, oh, man, Kim Blue thinks she's something else because she's got these sister locks. Whatever the case may be. Or man, I'm just bet they wrote that. I know they were in that conference room just laughing to me. Right. Because I saw their faces when I came into the right. We literally have the very conversations we think others are having about us with ourselves. And guess what we're not doing. We're not demonstrating empathy, which is this notion of the ability to understand and share the feelings of others. We immediately go to the negative feelings as opposed to what if we said, what do we think is the good thing that they're saying? about us. What if we could talk through this opportunity to go, hey, this is something positive, right?

What if they're over there saying, you know what, I think Dr. Dady is actually the right person for this, because she is thoughtful, she is intuitive, and she comes to every conversation understanding that there's going to be a variety of options that we need to consider. And she's thoughtful enough to take us through those without diminishing, you know, or without blowing up our gaps or the places where we're not great. Now, because Dr. Dady priests comes to the table empathetic, they can show up humble enough to say, you know what, Dr. Dady, this is a place where we're not great, and we actually need your help because we've struggled here. And so this is a place where we have to own, we don't know a lot, then Dr. Dady can show up compassionate and say, you know

what? That's okay. Thank you for bringing me in. I'm happy to help. I want to bring some of the knowledge and the resources that I have to make what you are telling me you need better and solve for that problem.

Let me tell you some of the things that I think would work for you. Now Dr. Dady is operating from her intuition. Okay. All of that is how these superpowers start to overlap. Okay. So, when we think about this, and I'm just going back and looking through the chat, Dr. Dady says the issue is operating in the gray where the discomfort of growth happens. So you see how this slide is gray, Dr. Dady priest. That's not me. That is my life journey. She did all of that on her own, but that right there is the connectivity between things that just need to happen, right? This, this level of being in this whole notion of gray, right? Because that's what exists between you tapping into your superpowers, between humility and empathy, which are opposite ends of the superpowers spectrum, right?

Because we must be humble enough for people to offer us empathy. Does that make sense? Everybody? Okay. You have to be humble in order to receive empathy. You have to be humble in order to give empathy, right? You must demonstrate compassion so that you can receive empathy. All of these things go together. They are not singular, singular things. All of them are a grouping of stuff that we ebb and flow in and out of. Okay. Crystal method is talking back to my life journey. She said talking about it being a difficult habit to change and calling it an addiction without knowing if it's the right term, but it helped. And there's something in our belief system that tells us that we should help carry the burdens of others. And there's a lot to impact. Listen to me, folks. These superpowers will have you in here. reflecting on things, decisions and choices that you have made that you may decide you want to surrender.

And then guess what? It's gonna take another set of superpowers for you to make those changes. And that's okay. That's why we're here. That's why we do this work. That is why we step to the table, right? This is why the blueprint boardroom is open so that we bring everything that we are doing here, and we lay it all out. Because if you see mine and I see yours and you see something that I have, now if I say it out loud, you're like, oh, okay, I've had that experience too. Now my superpowers available to you or now that my superpowers activated, you may then give yourself permission to activate a superpower that was laying dormant. Let me be the first to encourage you to grab onto that permission and activate whatever superpower you need for you first so that you can then wield it to others to then be ready to receive it because when then you can receive it other folks can recognize it and the response that they have is less reactive and more compassionate. Good morning DJ Purpose 214.

Welcome and nice to see you. Thank you so much for being here. Please give DJ Purpose a follow. Okay so listen folks these superpowers are real and I would encourage you to think about what do I need in the moment? Am I operating in humility? Is that what I would ask for right? My journey said earlier sometimes I try to put myself in

the shoes of others and we get so caught up in our own needs that it can be it's a new learned behavior to say well what would I need if I were in this situation?

How often are we asking ourselves that? We're quick to say it when we don't receive it but how often are we asking ourselves that when it comes to dealing with other people? And so these superpowers become the thing that help people experience us the way that we want to be experienced and we don't have to leave anything on the table nor do we have to shrink back because we think that other people will receive us in a light that is less than glamorous right?

It'll start to shine lights on the villain sides of us instead of the superpower side of us. But in order to get access to all of these you actually have to give all of these whatever they may be. It's very hard to be humble. Sometimes being humble can be a fault, right? One of my infamous Kim Jims that I said and if anybody who has followed me I don't know you're lurking but I used to say this all the time when the blueprint was on Clubhouse and I would say don't let humility be a liability. That was me right? Humble to a thought people would say, Kim Blue, you are amazing. I'll be, you know what? I read a book and that book really helped me understand. It's a really, you know, got to give credit to the source from where I learned it. Nope. Because here's the thing. Intuition is my superpower. Ladies and gentlemen, I know for a fact that that is what makes me a strong leader. It is what makes me a great coach. I listen to leaders, share business problems with me that they think are magnanimous.

And in five minutes we'll offer them a solution or talk through a strategy with them. And they will look at me like, so you were able to think of all of that, but why wasn't I able to think of that? Because you don't tap into your superpowers. You are not humble. And so because you don't operate in the space of humility, you can't invite in anything else because you want to be the shiniest penny, the brightest star in the sky, the loudest voice in the room, the person that has all the knowledge. I believe that my superpowers need to connect with the superpowers of others, but I can't shut off my intuition. It just won't go anywhere. Believe me, I have tried. I just said yesterday to My Life Journey, I can't even mind my business. We were talking about another situation. I said, I can't even mind my business. I have tried to shut off the superpower. News flash, ladies and gentlemen, you cannot shut any of them off. They will find their way to wherever they need to be, and they will continue to nag you and show up just like your gifts make room for you. Your superpowers don't turn off. They always show up. Come on, y'all. Right. Music spasms came in immediately with the autopilot. They just won't. They are right there. Straight cruise control. Right.

Self self-driving cars. The technology is there. They don't shut off. Right. Miss Hartman says she's still working on that growing up religious. We were taught to be humble, but no one taught us the other side. Okay. My Life Journey, we might go over by one minute. Okay. Because I need to talk about this for just a minute. Now let me be clear. I am not bashing on anybody's religion. Let me be very clear about that. But there

are religious influences that teach us that we need to operate and perform in a certain way. And so that in and of itself becomes the villain that does not allow us to cultivate the very things that we need as humans. So then we go into the world, taking these teachings with us only for the world to react to us because we've not built up this muscle that we now need to flex. And now we're in some level of deficiency.

And I will leave that there. Please understand. I think people know me, right? I'm very much a spiritual. I tell people I'm a God girl. I believe in energy and connection and source is all of that. However, there is still work that has to balance with that. And it is not a one sided deal. It just can't come from one place. Listen, I have a sweatshirt that a hoodie that you're going to see me wear in the fall. It says, I talked to God and my therapist. If you don't get that, I might not know what else to do for you. Okay. Because it's not just a one dimensional thing. Good morning sight giver. I see you. Right. I see you on the truth. That's right there. And so, um, I appreciate you, Ms. Hartman for raising that, right? Be humble and listen to me and, and that, and, and, and yes, we need to be, come on, Jen with the amen. Okay. It goes both ways. I talked to God and my therapist. I talked to my therapist on Monday, right after I had my conversation with God.

And I'm better. I'm better for having had both conversations. Let me be clear about that. Okay. You have to be able to understand where you need to balance that. And I'm not calling the church or your religious affiliation or your faith community a villain. What I am saying is that sometimes we get these messages that overpower our ability to build up other things that we need and then we go into the world in deficit and incapable of responding from a healthy place to other people who have effectively built up their superpowers. And so now you meet great people and you shut them down because you don't have what it takes to be able to meet them where they are. And you're not humble enough to be able to own that mistake. So then you can't receive empathy or compassion and your intuition is not functioning in any one of this.

And not only that, but you're also not listening to your intuition because the things that you've been taught are now overpowering that intuition. So yes, the scripture may say one thing, but in your soul, it may be like, but maybe I need to go try this. But now we've got this fear attached to this notion of if I break away from this whole belief system that I have, how am I, right? Insert the judgment. Now I'm having the conversation that I think others will have about me with myself. And so my superpowers are all just over here humming and waiting to be activated, but we don't activate them. Okay, I'm gonna stop. Sorry, y'all, I was just like, okay, I just wanted to make sure. Oh my goodness, Ms. Hartman 29, I see you in here. Let me go back and catch up on some of these comments. So, okay, so site giver came out of lurk and said truth. And I said, good morning. Jen shouted out from the, Jen came in with the church call out on the amen with that. But listen, folks, it's very true, right? C Love 702 says, sometimes she's good at popping her own collar, but other times I struggle. It is really a balance, ladies and gentlemen, right? Your superhero and your villain both need love.

But to love your villain, you got to stand up your superhero. And that means you got to. to operate in these superpowers, okay? Ms. Hartman says it's a journey. See, a little of Tevino too said, came in with the smack command, right? I don't know what stream elements said, Ms. Hartman, but I is, but listen folks, it really is an entire journey, okay? And you have to flex on all of the negative spaces, and I'm not gonna call them negative, let me rephrase that. You must flex on all the spaces that are not allowing you to build up the muscles that you need to operate at your highest potential and be great, okay? All of those things come into play when we think about our superpowers, and when we think about this is the space or this is the place that I wanna make sure that I'm coming from.

These four superpowers and we're going to dive into each one right and this is why I wanted to just introduce them today so you know what's coming next Thursday we're going to start with humility. And then we're going to talk about not letting humility be a liability and then we're going to talk about what happens when humility is a liability when you can accept love when you can't receive grace when you shut down all of the things because you are so humble. I think the key question there is what's the opposite of humility. Okay, and I want to make sure that we're thinking about that and I want to make sure we're openly talking about that. Alright, so this is going to be our frame slide, know that there will be a few more that there will be a few more things that go attached so you're going to hear me talk about humility but then there's going to be what I'll call some many superpowers that are adjacent to the big four right or my core four that I'm talking about.

Okay, so that's where we're going for the month of September hopefully everybody's on board and those that will be our Thursdays. Now, how does this tie into and I know it's not on my my life journey I'm watching the time and thank you Jen for the up for the ot. It's cutting so y 'all what y 'all don't know is that I have a meeting with Jen. My EA who was in the chat was in the stream right right now it starts at nine o'clock so thank you Jen for letting me get my thoughts out and finishing this. So listen folks, how does this how does the superpowers tie into the professional development that we're doing on Tuesday. Tuesday we talked about relationships right relationships matter. Your mentor your sponsor your advocate your manager sometimes the superpowers are the things that you're either going to learn how to cultivate from them or you may need to bring to that conversation, in particular with your manager, or in particular with a mentor sometimes a mentor is a person who might coach you to be little more humble or that may be the spaces where you get the compassion and you start to see it and it's safe enough for you to say you know what I didn't even recognize that that's what I need then you can demonstrate it to somewhere else so all of these superpowers are gonna help you show up as your best and most whole self so that in these professional settings people receive you and then all of the gifts that you need to demonstrate so that people can see that you have what it takes to lead or that you are a great you know individual contributor or you bring value in other spaces this is what it's going to be and that's how

people are going to see you worthy for the work that you do and that's what I mean when I say add value to the work that you own or are responsible for right that supervil that superhero on that villain gotta hug it out so that you can show up professionally okay music spasms I appreciate you thank you so much for being here okay everybody We are three minutes over.

Thank you for letting me stay the extra three minutes. All right. I am excited about our conversation next week. I know that it is a long weekend. We are going into labor dates. August flew by. It is September already. And all of the things that we are anticipating coming will be here. I want everyone to have a very, very safe and intentional holiday weekend. I want to make sure that you take the time to do something for you, that you spend the time engaging in all of the things that are to your benefit. Maddie Pace, good morning. Thank you so much for being here. Nice to see you. Please give Maddie Pace a follow. He has got an amazing, amazing, amazing stream. I am not always able to get in there. But when I am, I enjoy it. And it is full of good energy. It is full of positivity. And I think you are remarkable right back. So please give Maddie Pace a follow. Maddie Pace, you have made my day. Thank you so much for being here.

Ladies and gentlemen, good morning. Welcome. And nice to see you, folks, coming out of lurk. Always good to see you before we get out of here. Listen, we're going to go see our friend Ray Domingo because we have not seen him in a while. Listen, folks, Blueprint Boss Fam, you are the best. I appreciate you. I appreciate the energy, the vulnerability, the transparency, whether you, that's OK, Maddie. So it's Tuesdays and Thursdays at 8 AM Eastern Standard Time. But the replay will be up, Maddie, if you have time in your day, OK? So listen, folks, I appreciate you. So much love and good energy going out to you. Please copy the raid message, OK? We are on our way to go see and spend a little time with DJ Ray Domingo. I am sending you into your Thursday and your holiday weekend with all the good energy and light you will need to guide you. Take exceptional care of yourselves. And I will see you all next Tuesday. Thank you.