

The Blueprint The Momentum Mind Map May 14, 2024

May 14, 2024 · 81mins

Transcript

Thank you so much for being here. If you are new to Twitch, if you are new to the stream, or if it has been a while, let me introduce myself. My name is Kim Blue. I am an HR strategist. I am a coach. I am also a thought leader in the HR space. Welcome to The Blueprint. This is where we come on Tuesday and Thursday mornings at 8 a.m. Eastern Standard Time to talk about all things, personal and professional development. I believe that everybody should be the boss of their own blueprint, and that means having access to the knowledge, skills, capabilities, and resources so that we can do three things. We can operate at our highest potential. We can add value to the work that we own or are responsible for, and most importantly, we can show up as our authentic self. I'm sorry you guys. I'm laughing at LB this morning, because when we show up as our authentic self, we don't have to dim our light, we can be great in our gifts. We can be ready to give our best to the world, but most importantly, we can be ready to receive whatever the world has to offer us. And when we do that on our own terms, that is truly being the boss of our own blueprint.

So that is why we are here, we do the work, we show love, we show support, we hold up our own mirrors, but we also make sure that we embrace each other as we look out the window to kind of see what's available to us. So with that, let's jump right in and do some housekeeping, say good morning to the folks who are in the room. And then we will recap last week's conversation and then introduce our momentum map. So be sure to have your pens and pencils and whatever it is that you use to take notes because we're gonna be going through that today, okay? So a reminder that there is no stream this Thursday, okay? I'll be traveling to New York to go speak on a panel on Saturday for a conference. The conference itself actually starts on Friday. So I will be there. This particular conference is so booked up that I may not have too much time to sneak out beyond sort of the folks that I'm going to be meeting with. There's already lunches and things like that booked.

So for those who are in New York on the Twitch fam, if I don't see you on this trip, please do not take it personally. I am there kind of grinding and networking and doing my thing. But I will, however, hope to see you at the New York Meetup, which is May 31st through June 2nd. The Blueprint Live will be making its debut there on that Saturday, June the 1st at noon. I am really excited about that. And hope to see anyone who is attending their information. up on my KBlue Consulting Instagram. So if you want

to know more details, you can look there and there's gonna be details that I'm gonna be cycling through, but you can certainly reach out to One Reason to be the B side there all sponsoring this.

And there's gonna be a ton of other folks who are there that weekend. So it's really focused around content collaboration and content creation. So that's what I'm gonna be speaking about is the power of community and collaboration, especially if you're trying to get your brand out there and what that means in the spirit of leadership. So that is one place that you can see me live if you don't, because I likely won't be able to get out too much this weekend outside of the folks who I'm gonna be networking with at the conference. All right. So that's all the housekeeping kind of bunched up in one, but to recap, no stream on Thursday the 16th. Go follow me on instagram at kblue consulting because that is where you can find information about the new york meetup Which is may 31st through june the 2nd and then the blueprint live will be debuting there on june the 1st, okay? So with that let's jump in and see who's in the stream this morning And then we will get going with a momentum recap and then spending most of our time on the momentum map so Good morning to my mod boss who just snuck in here Locking q media good to see you.

Thank you so much for being here. Happy Tuesday to you Good morning, LV who was first in the chat this morning and came in Swinging as per usual. I would have it no other way. Good morning to you LV. Thank you for being here Good morning. Dr. Donna Dundas and see love 702 and Ebony ATL. Good morning to all you lovely ladies Happy Tuesday. Yes, sir first first in the chat this morning and made it known Good morning to you all. Thank you so much for being here Happy Tuesday, and thank you for my compliment ovi. I got my locks braided yesterday, so Whenever they are braided like this I get to do fun things like headbands and some other cool stuff, so I appreciate you noticing He says I'm looking ethnic and things so I'll take that as a compliment To everybody else who is working lurking and commuting if you are In whatever space you're in please let the chat serve you or let the podcast serve you That's the beautiful thing about this space is that I have a heavy lurker population, and I love it Which is what gives it that true?

Podcast feel especially for those who are going back to catch the replay or to just catch a Kim Jim that you missed Thank you for being here virtual salute to you. I appreciate you this morning and as always good morning indomitable spirit Mg. Miss Hartman 29 good morning good to see you the elevate her good morning Shout out to the elevate her for those who don't know that is my good sis nakisha Hicks who? is coming in to show her support. I appreciate her. She tried to slide in. Listen, y'all, she tried to do what I do when I go into the morning mindset, which is she's rolling through all of her good topics and I'm trying to go in and just like get taken care of and like feed my mind.

And she immediately calls me out. She does not let me sit there at all. So good morning, Nikisha Hicks. Good to see you. Thank you for being here. Appreciate you more than you know. You already know that I will windmill somebody about the face for you. And I stand on business with that. And that is what it is. So Music Love of 21. Good to see you. Happy Tuesday. Thank you all for being here. I am really, yes. Numero uno. Good morning, Hobbs. Welcome in. Thank you so much for the re-up 12 months. You have been rocking in this blueprint. Appreciate you. And all good on your support. And listen, y'all, if you want to know somebody who is making moves behind the scenes, It is Hobbs, and I will not put all of her story out there, but please know for facts that Hobbs is 100% the boss of her own blueprint.

She is making moves as is Indomitable Spirit MG. She just posted something on LinkedIn yesterday, and I bet she tried to do it real quietly and she didn't think I was going to see it, but I saw it and I commented. So shout out to both of those ladies because they are making moves, as is Dr. Dady Priest, who is a massive supporter of the blueprint and the host of Engagement Matters. Good morning, Dady. Good to see you, Dr. Dady is also doing amazing things. I will not steal her thunder so she can show, she can talk about them, but man, I just know that your fellow blueprint bosses, we are in here making moves. And I just, I continue to be super proud of everybody, your commitment to this space, but mostly the commitment to the work and the commitment to like holding your mirror and really seeing yourself and understanding that you're not alone and then looking out the window, right, to go do the work that needs to be done. So shout out to all of you all who are doing things. Ebb, how did it go last week? Don't think I forgot, okay, about what you shared on Thursday. I know you were at an event and so we'll be waiting for the update in the chat whenever you're ready. Ms. KBK .re, good to see you. Thank you so much for being here. Nikisha Hicks, she said it, we ride at dawn, if not midnight, my friend. Okay, good morning to everybody who is making their way in for this morning's blueprint.

Listen, May is dedicated to momentum. Oh, I didn't forget about you, Ebb. You can just put your update in the chat, right, because we surrounded you with love last week because we were having a big conversation, right, around barriers to momentum just to recap. And we were talking about, you put a very good statement in there. You said there are moments that I begin to question. if I'm ready for what I'm manifesting? And the answer was indubitably yes, you are, because you wouldn't be questioning it and you've already started the process of manifesting it. You've said it's what you want and you know it's where you wanna go. And so sometimes we can get in our head and that noise can get really loud and we can get wrapped up in sort of the, what we think it should look like and all of the pieces that we wanna try to control instead of sort of letting things fall with them. Akisha Hicks and I have a phrase that we've been recently saying to each other, which is, right, let it go and then sit down. Like that's it, right? Let it go and then get somewhere and sit down. Like that's it.

Because once you say it out loud, then you have to let the universe cook. And then the more we say trying to manipulate the kitchen, the messier things get. All we need to do is put that thing on simmer and then we will know when it is time for us to go

back into the kitchen. Right and so once you start putting those things out there, right? So the answer is yes, and of course you were ready whether you wore your romper or not And all of those things are really intentional about how we show up for everything that we're doing, right? But the nice part about the blueprint is I get to see all of you all in your respective elements and I get to watch you Whether it's through social whether it's in person or when I have the opportunity to meet you I get to watch you wherever you are on that journey and And so for me when I get to spend time asking you well How's it going and what do you need and all of these different things? I hear everybody at these different places and so you may drop things to me But more often than not what I hear you saying is this is the journey that I'm on Here's the work that I'm doing and then it's just a matter of saying well Have you thought about this or maybe you just need some additional perspective, right?

So coaching comes in all forms, but most of the time it's also that are you comfortable stepping back away from? Whatever it is that you want to do and Understanding that at some point you do just have to get somewhere inside out like in Keisha Hicks says in the chat, right? Just get somewhere and sit down and take your hands off of it because that can be one of the biggest barriers to Momentum is you getting in the way of the things that need time to actually manifest When you are trying to manipulate the kitchen you make it messy. Okay, let that which is on simmer cook Period okay, please let that which is on simmer cook because if you try to get in and turn it up to boil What are you gonna do? You're gonna mess up the recipe.

You got all your ingredients right where it needs to be So that which is on simmer let it cook Period okay Davisy Dennis good afternoon to you. Good to see you. Happy Tuesday Thank you for being here all the way from the other side of the pond as always I hope you're doing well psych or fit. Good morning. Good to see you as well Thank you for being here happy that you made it back miss KB. Welcome in happy Tuesday hugs to you as always. Okay. Thanks to everybody who's coming in and shout out to everybody who's lurking behind this behind the scenes. Again, you all know how I feel. Make this space what it is that you want. Dr. Deggie says that's why too many cooks in a kitchen is never a good thing. That's right, right? Think about these workspaces and environments that you're in. Think about these social communities, right? We talk about social communities a lot, whether they are faith based, whether they are professional networks, whether they are other social communities that you are in. And when you get to a place where you have an idea and then somebody else has an idea and someone wants to talk about it and then someone says, well, what if we then do this? Well, now we've got 40 cooks.

Sometimes you just need a cook and a sous chef. Okay. And you have to be okay knowing I am the head chef or I am the main cook and I am the sous chef, meaning I'm gonna come in and I'm a prepare and I'm a season and I'm gonna do all these things, right? This is one of the reasons that I love my relationship with Nikeshia

Hicks, who was in the chat as the elevate her, because we effortlessly navigate this shared kitchen that we are in. It's the same with Dr. Dady Priest, the same with others who do work that's adjacent, but not the same, right? I don't always need to be the head chef. I can sue chef. Listen, if you need me to chop up these veggies, if you need me to season the soup, if you need me to whatever it is, marinate the meat, then I'm OK doing that.

I don't have to be the main person. But the minute we both try to get in and manipulate the kitchen, now we have too much mess going on. It cannot be my seasoning and your seasoning. Recipes don't always call for that. Now we lose momentum in preparing this greatness that we're trying to put forward. And that can then become a barrier when you have too much things that are crowding what needs to move forward. When you can recognize that, when you understand when it's time to listen and when it's time to speak, when you understand that this is my time to actually work and execute, there is going to be a time for me to lead and lean in in a different way. That is one of the massive barriers to momentum. When we try to get in the way and do the thing that we think we need to be doing right now, and we don't recognize that perhaps the timing is not right now. Dr. Dady Priest says, leaders are not always the proverbial figurehead. Yes, sometimes that concept can get twisted, okay? And listen, when we think about what it means to lead, and by lead, I also mean those of you who are entrepreneurs, hello to all the DJs who are in here, hello to everybody who has any type of entrepreneurial business, hello to anybody who's even thinking about starting it. It's not just necessarily leading people or leading process. It's how do I take the components of the thing that I want to do or work on or aspire to and make sure that they're all together? You cannot hold on to... all of the components. Sometimes you have to let go and get somewhere and sit down. And you have to be okay. And this is the great part. And we're going to talk about this when we get to our momentum map today.

The visual is not working. I cannot download it. So I'm going to talk you through it. And then I will make it available for everyone to be able to see. Okay. But when you get to a place where you understand that momentum needs to look like letting things go and surrendering in certain areas, you have to be okay knowing that if you continue to hold on to all of the pieces, you will not make any moves forward. Okay. There's all of these things that need to take place. All right. And when you start to look around at what is the space that I need to occupy at this current time, what is the space that I need to occupy in order to propel this thing forward in order to help lift up the person who actually needs to own these things, okay? Let me be very clear with you all, the minute you understand the magnificence in your ministry, then you can be great. But when you start to step in lanes that you are not meant to lead from, you will kill your momentum plus the momentum of those who actually have the gifts that you won't allow them to be graded.

So for those who are looking to build, to expand, to scale, to transition, all of these things that are taking place, okay? You have to be intentional about saying, this is the lane that I need to step in. Here's the space that I need to move forward in, okay? All of these things you cannot do on your own. And when you try to do them on your own, it will kill your momentum. What I want to make sure that I encourage you this morning is not to be the biggest barrier of your momentum, period. Right? When I talk to Dr. David Priest, when I talk to Nikeshia Hicks, when I talk to DJ Classics, one of the things that I'm very clear about is what my lane is. Sometimes I am there to listen, to encourage, to uplift. That's it. I don't need to interject an idea or a thought. I may say, hey, I have a question. Or I may say, hey, have you considered this? Or I might ask a curious question that says, tell me more about that, because I'm interested in what that's gonna look like. But the minute I try to insert myself now, I'm gonna cook in a kitchen that I have not been invited to. Okay? If you want people to come into your kitchen, invite them. But then when you invite them, don't keep them from using the tools and resources that you have available, okay?

It slows them down and it handicaps you in ways that you don't want to be handicapped. And by handicapped, I mean, it actually stops you from having the necessary momentum or the necessary path forward that you want, okay? When you think about what it is that's important to you, when you think about all of the... things that can be a path forward to momentum. What I want to encourage you to do is think about the map. What are the steps that we need to take in order to make sure that we can stay organized? Because who in here has ever gotten going on an idea? And then discovered along the way that, oh, there were some things that I didn't think about. Man, I really didn't consider this. Or, you know, I really should have kind of taken my time here to give it a little more thought. And then that becomes discouraging. And then you find yourself grounded or flatlined, trying to pick up the pieces. Or when you discover that you have missed a step, right? We talk about misses, a miscommunication, a misalignment, a misunderstanding, right? You discover your miss, And then it stops you from moving forward, right? Those misses, those moments, those anything that helps or whatever the case may be, all of that can be a barrier to momentum. And what I want to walk you through today is this mind map, or excuse me, this momentum map that helps you think, this is what it is that I need to do. And here are the steps that I need to take. Because in theory, you could move through all the steps.

Or you could say, right now, I need to stop at this step. That's it. And I don't need to go forward to another step until I'm really clear on what this step is. Good morning, DJ Vansdale, good to see you. Happy Tuesday, good morning, A. McKee, welcome in. I hope you both are doing well. Good morning, LaWanda Baskerville, good to see you as always. Thank you so much for being here. I see folks who are in need of blankets, gear, couches, all the thing. I think Keith is in here. Good morning, Tantrum, good to see you. Happy Tuesday, OK? I think that people are in need of stuff. So I am going to just drop that into the chat this morning for anybody who needs it, OK? I think K -lock is lurking

behind the scenes somewhere. And I don't think my journey is here quite yet. So I will be modding on behalf of both of them, all right? And for those who know, you know, right? Go ahead and get what you need if you need the support as we go through this, OK? So there's all the resources that you may need. The couch, see Dr. Dady Priest, if you need a weighted blanket, she can get those for you as well, OK?

So when we think about all of the things that we want as it relates to momentum, I want to start taking us through this momentum map, OK? Keith says the couch is available for everyone. All right, so the first step in the momentum map is you have to identify your strengths, OK? If you don't know what you are good at or what you are working towards or what is this... thing? What is the thing that's motivating you? Is it the idea? Is it a suggestion? Is it a goal, a vision, a dream, whatever it is, but you have to know what that is. And then you have to identify what are the good things that I bring to the table. We do, Keith, I will talk to the mods about that. So we can get the couch. We can get the couch going because we definitely need a couch emoji, a mirror, a blanket, all of those things, right? All the things you all tell me that you know, I think we need a pew for Hobbs. Right? I think we need all of those things. Okay, you have to identify your strengths. Because here's why. If you don't know what you will need to do to elevate, uplift or stand up whatever your vision dream goal idea is off the ground. Okay. If you don't know what you bring to that, then it will be more difficult for you to get it going. Okay Everybody has to know what they are good at. I asked you right now What are your strengths?

Right? I want everybody to put two things in the chat that they know that they are They kill it at every single time right? No matter what if you go talk to Kim blue You're gonna get this and this if you go talk to see love you're gonna do this and this Dr. Daddy priest is always gonna be consistent with this and this and it's the thing that you may need that you don't even know you need so I See tantrum, right put two things in here, right? I will go if you if as we're thinking about it, I will put some people on blast, right? Let's start with Nikita Hicks I know full stop that if you go have a conversation with the elevate her you are going to get curiosity and You're gonna get encouragement period she's gonna ask the questions that help make you think and then she's gonna give you some Encouragement around what those next steps need to look like. Okay, if you talk to dr. Daddy priest, you're gonna get introspection Okay, and you're gonna get direction period she is gonna introspectively say well Let me help bring some things to you that if you start to think about them will bring you forward in this and then she's gonna say and now take that and Apply it here or like this right all of those things. I Give her good morning says good to see you says encouragement and laughter DCD says hard work and integrity. Okay, miss Hartman says empowerment and authenticity Dr. Jada you can have that if you would like right but everybody see all the good things compassion and Right engagement.

La Wanda Baskerville says love and support So these are the things that you are going to be bringing to whatever this idea is Organization and research love that bands, right? We need just as much of those human skills as we do those technical analytical things. It's all about balance, okay? Tantrum is going to bring to the chat humor and good energy because let me tell you something about Tantrum who I also know is great at what he does. He does not take himself too seriously and he reminds me every single time I'm in my stream for as dope as I am and as thoughtful as I am to make sure that I stay loose and that I smile throughout my stream as does LV right who always brings that to the table as does Vader when he comes in they are excellent at bringing humor and making sure that right we can do this work and we keep it loose whenever we do it and I appreciate that about all of them right and not allowing that to be lost among this because sometimes the work can be difficult right.

Miss KB says she brings hard work and empathy absolutely the Wanda Baskerville shoulders down such a good way to say it shoulders down right I love that. Tantrum, so true, right? That smiling is a blessing for those who didn't know they needed it. Or tantrum for folks who don't realize that they're not smiling, right? Their face is all scrunched up, okay? So let's look at all of these things. Everybody brings something to the chat. Vance says compassion and understanding. L .B. And right on cue, ladies and gentlemen, there is L .B. with the funny moment. I appreciate you, L .B., thank you so much for bringing that to the chat. But that's what we need, right? We have to balance our gifts with those of others. Because here's the thing, when we spend so much time knowing what it is, if we, yes sir, first, always, right? When we spend so much time doing the work, we have to know what we bring to the table, okay? Because if we know for a fact, let's use Vance as an example, right? If we know for a fact, Vance said he brings organization and one other thing, Vance, I can't remember, I gotta scroll back to organization and research.

If that is your strength, and that's the thing that you bring to the table, once you have done the organizational part of it, and once you've done the research, now you may need someone like the deity priest, right? Like somebody else, right? To balance that and say, okay, so now that we've got this information, here's the direction that we need to go with. You've gotta be able to balance that thing out, but it starts with identifying your strengths. So if you don't know what your strengths are, then you won't know what type of help that you need to ask for, and you will not know what it is that you authentically bring to whatever it is that you're working toward. The second part of the momentum map. Step two is you have to be able to... know your barriers. Now we talked a little bit about this last week so I won't dive too deep into this because we talked about barriers to momentum and there were our core four okay the core four barriers to momentum which we know show up but then I talked about also some more humanistic barriers so these are things like distractions these are things like allowing the noise that take place in the environment to get into our heads it's not being authentic to what it is we know we bring to the table right tantrum says his true strengths are paying attention

to detail and minding his business can we just talk for a minute about the power of leaving from your lane right and I'm gonna put it in fancy terms tantrum but I appreciate you right when you can lead from your lane and and I mean truly knowing that this is what I'm great at and I don't have to do anything other than these things it actually makes you a better leader because then Shout out to Miss Hartman.

Shout out to Nakesha Hicks who probably is lurking behind because then you can surround yourself with people who are Magnificent in their ministries. Okay. Thank you. LaWanda Baskerville. Appreciate you Okay, when you can spend time Knowing that I am great at this but past a certain point. I Need to let go and step down. Listen, I talk to Nakesha all the time She just told me that she just told me the other day she was describing a story to me She was telling me a story about a member of her community And she was saying, you know, this is true and this is true and this is true And she paused and she said you do that to Kim blue and I was like, oh my goodness I was just getting ready to tell you that somebody else said she was like, oh, no you do that you do These things she said I do that. She said but my gift is really these things I can see it on people She said but you see it in a way that is completely different which is Wonderful because past that part of my gift I can then let everybody be magnificent in their ministry because I'm only gonna be able to carry you so far The minute I try to operate in a gift that's not mine.

I'm now put I'm now creating a barrier I am getting into my own way Okay, and I don't have to worry about Being a barrier if I know what my strengths are does everybody understand that you do not have to be a barrier if you can stay Aware of your strengths and operate in those strengths Okay the third Step to your momentum map is connecting with your community Okay. Now once you know your strengths and Once you understand your barriers meaning the barriers that you will implicitly bring forward Okay, or the barriers that could come as a result of the path that you're taking towards Write your goal or your endgame. You have to connect with your community because once you know what you are good at, you then are clear on what else is needed to make this a success. And if you don't possess those strengths, then you got to connect with your community so you can then go say to people, hey, Dr. Dady Priest, you are really great at that. I actually can only take us to this point. Will you help me and bring this in so that I can enhance what it is that I'm doing? Thank you, Dady. I appreciate that, as are you.

Or you have to be able to say, hey, LV, I need this or hey, Vance, I really need this or hey, whoever you are, I'm not that this is where my jurisdiction ends and I need support. Will you help me? Do you mind? Is there bandwidth? What is your willingness? Do you have the capability? And if you don't, does somebody in your network? Thank you, Shelly. Does somebody in your network? have the capacity to do what it is that would help me. And in fact, let me tell you what that's going to look like. Tantrum, let me tell you what that's going to look like when you get where you're going or here is what it's

gonna look like when you step into what this space is, right? All of those things create safety among your community so that then people know for a fact I am not stepping into something that I cannot be successful at, nor are you setting me up for failure. I can actually contribute from a place of information and success, all right?

I'm gonna pause right there because reason is coming in with the raid. Good morning, one reason and all of the gospel takeover family. Happy Tuesday to you, always good to see you. Blueprint bosses scoot on over, make some room at the table or on the couch, clean up all of your initial breakfast materials and items so we can make room at the boardroom table for our friends who are coming in. Happy Tuesday, reason, how was your stream? Always good to see you, reason you were not here but I gave a big commercial for the New York takeover and the meetup, okay? No, Ms. KB, you do not have to share your blanket. If you are comfortable, you can stay right underneath it. However, it is a service to you. You do not have to share your blanket, Ms. KB but you could probably scoot over or pull a chair up next to you if you wanna do that. So, reason, thank you for coming in. Please give them a follow if you are not. The gospel takeover is every Monday through Friday, 7 a .m. to 9 a .m. Eastern Standard Time, okay? Yes, Tisham, when you come into the Blueprint boardroom, okay, before we secure the doors, there's coffee and all types of breakfast accoutrements and a buffet available to people, okay?

So, you gotta get in here. So, grab your gear and get comfortable and say good morning to everybody who came in on the raid so good morning reason good to see you good morning shelly as always good to see you shelly i'm gonna see you in three weeks and i'm very excited about it okay uh good morning to tab gilbert kaby browns good to see both of you as always latisha p happy tuesday thank you so much for being here uh good morning tuana good to see you you are don't worry about being late you are here right t minus 17 days shelly and then i'm coming i'm busting in the door and i'm yelling out shelly and it's going to be a very long shelly yell and i cannot wait to do a good morning rebel good to see you thank you for being here y'all last week in rebel stream i think it was monday rebel you were in there i was lurking and it was literally marvelously motivational and miraculous so thank you for always holding that space i can't always chat because i'm working but i am in there lurking for sure and always and taking some some good stuff away so thank you for being you and for just holding that Okay.

Good morning to all raiders who came in over on the raid with reason. If you are lurking behind the scenes, uh, virtual salute to you and good morning. If you are active in the chat, good to see you, please say something and I will make sure that I acknowledge you. All right. Did I catch everybody who came in? All right, bosses, if you're all comfortable and situated, we're going to finish. We're going to do a quick recap of, um, the first part of the conversation, we're going to wrap up our momentum map. And then I'm going to preview what's going to happen next week, because as a reminder, there is no blueprint on Thursday. Your girl will be in New York or traveling to New York for a

conference so that I can speak, uh, over the weekend and attending for my own professional development. Right. So I am, um, being the boss of my own blueprint towards the end of the, yes, advance accoutrement because that's what it is. Okay. All right. So to recap last week, we talked about barriers to momentum and understanding what momentum is.

And I will actually throw this up now that the rate is here. Let's add this to the stage so you all can see it, but there are four barriers to momentum. We talked about this. We talked about resistance to change, um, perceived lack of an access to resources, overthinking, which is a big one and not having a blueprint or right. Or a roadmap so that you know where it is that you want to be able to go. All right. And today we are actually talking about the momentum map. I could not get the visual to, um, download properly. So I will make that available to you. But the momentum map consists of four key things that I want you to think about when it comes to being away from those barriers to momentum and really kind of organizing. What are the things that I need to do? And ultimately we do these innately. Let me just be clear about that. We innately do these things. I'm just naming them so that you can actually say to yourself, okay, I need to start with What am I bringing to this?

What's my role, right? Then I need to make sure I'm clear about what can get in the way of my success. I'm just naming them formally. So to recap the momentum map, the first step, especially for our Raiders who came in is that we have to identify my strengths, right? What am I bringing to the table? This idea, this vision, this goal, this dream, this thing that I wanna do, what is Kim Blue's contribution to it? Or what is one reason's contribution to it? Vader. Good morning, Vader. Good to see you. Vader says that he's just gonna use a map quest to find his way to wherever he needs to be, which is also identifying your strength. Vader's like, you know what? I'm not even gonna worry about all that. My strength is going to get the thing that's gonna tell me where it is that I need to go. Good morning, Vader. Good to see you. Thank you for being here, right? But noticing your strengths or knowing what your strengths are is gonna be first, right?

What do I bring to the table? What is what are the things that Kim Blue knows that I'm gonna be able to land every single time beyond a shadow of a doubt so you have to start your momentum map by understanding what you are good at okay then you have to know your barriers now I mentioned earlier that I wasn't gonna spend too much time on them we just showed the core four barriers to momentum you can find yourself somewhere in one of these typically overthinking comes to the top right Nikisha Hicks and I were just talking about it Kisha Hicks I don't know if you're still in here but we were just talking about overthinking and she said this to me she was like friend this is where I get caught up right I get I got get in here and I don't right I say yes but instead of committing to the yes I start to pick that thing apart and I start to overthink a well if I'd say yes then I have to do this this way instead of just saying yes that's where my statement comes from once you once you know what it is you want to do just let that thing simmer

right you got to let the seasons season right you got to let all the things get together and let the flavor take shape but you can't overthink it and try to over engineer what it is that needs to be done okay so we know what our barriers to momentum are whether it's one of those core four or whether it is an additional one right which could come in the form of distractions it could come in the form of allowing other people to come in and break down on what your idea is it could be in the form of you know surely overthinking it could be negative self -talk right those mantras that we talked about avoidance is a barrier right knowing what we need to do and not doing it at all is 100% a barrier a barrier now those are just them ones and I'm naming you may discover other ones as you go through your own momentum map okay advance I agree with you humor is a straight humor very much as a strength because here's the thing for those of you who need to keep the environment light for those of you who understand that there's work ahead, but you also may need a certain type of stress, right?

Good stress is a type of stress, just like negative stress. Humor could be a way to keep the good stress high, especially if you need that. It's also a reminder for those who are very structured and serious. Again, LaWanda Baskerville said it, it shoulders down, take a breath, right? Tantrum said it earlier. Sometimes you just need to smile and you're not even thinking about how much that smile is gonna do for you. How much it's gonna even the energy in the room. Anybody in here ever tried to plan an event? A party, you tried to take care of something, right? You have tried to, let's just call it birth to something, right? All of those things. You get into the nuts and bolts and the details of this thing and it gets to be really stressful. And you discover that you're not smiling, you're not laughing, you're not even enjoying the journey. But finding joy on the journey is half the battle, okay? All of that. So when we talk about humor, when we talk about this whole notion of, you know, using some of these more human skills or human competencies, things like humor, laughter, right?

All of those are just as valuable as other things, okay? And that's why it's important to connect with your community, which is the third step in this momentum roadmap. You have to connect with your community because if you know for yourself that I don't really do well at bringing the humor in, okay? Reason, if I don't do well at bringing the humor in, then maybe I need someone to help balance that thing, right? I need somebody to help me say, you know what? I need to not take myself too seriously to remind me to take a breather, to help me understand that for every step that I take, that's gonna be this, right? There also needs to be a balance of that. Now, there's a time and a place for everything. And sometimes it is your community that absolutely has to remind you. Reason, I love that you just put that in the chat. Reason says his wife tells him all the time to smile more. There's nothing wrong with that, okay? Because when you embrace some of the strengths that you might keep on simmer, it actually allows you to tap into things that you didn't know could be strengths you need to bring to the table, right?

If humor or if whatever it is is not something that you tap into right away, it could be that hidden gem. It could be that secret ingredient. It could be the secret sauce to enhance in whatever it is that will give you that momentum, right? Anybody ever been in a conversation with someone and it just sparked new ideas or it sparked laughter or it sparked energy and then you felt like, man, I feel like I can do this, right? I feel like I got like, I feel like I know what's going on. All of that is really clear and intentional, okay? And the minute you feel like you can show up in a different space. then the ideas start flowing, the innovation starts flowing. Reason, I'm gonna talk a little bit about this when I'm there for the New York meetup, right? When I talk about the Blueprint Live, these are the parts of community and collaboration that I'm gonna talk about, why you need certain people for certain things and not to dim the gifts or the light of others because everybody's gifts have space.

We just have to make room for them. Spasms, good to see you. Happy Tuesday. Welcome in. I hope you are doing well. And you're right, Reason. Those are some of the best conversations because you start out with one goal and one direction and then you immediately pivot into something else. And it may be the very thing that you didn't even know that you needed, right? So you have to embrace that. So that's why you have to connect with your community. Your community is going to bring strengths, gifts, knowledge, capabilities, and resources that you may either not be ready to activate don't naturally possess or might say, I don't even think that those have space and place here. When in actuality, they do, right? There are numerous times, right? If you go into Rebel Stream, and so many of you do this when I'm in your streams, when I'm lurking or whether I'm active, and usually it's a combination of both, right? But when you go into Rebel Stream, Rebel is, so many, Rebel, Tantrum, right? But all of y'all are really good at this, but Rebel, in her stream, good morning, Psalm, it's good to see you. All the hugs to you, sis, right?

But they're really great about keeping a nice balance of here is what the nature of the stream is, right? You know you go into Rebel Stream, it's gonna be the cracks, there's gonna be laughs, there's going to be a lot of back and forth banter. And if the need presents itself, or if the opportunity presents itself, I have on numerous occasions heard Rebels say, can we just talk about this for a minute? And she will bring in the serious, and she will bring in the moment that needs elevation, or that needs whatever it is. LV is really great at this, right? Whatever, Vader has done this, we can be laughing and joking, and somebody might come into the chat and express something, and Vader will say, well, you know what, let's hold on a minute, let's acknowledge this, and we're gonna send good energy, or whatever. You have to be able to have that balance, and that's where the beautiful part is. And I see Rebel do it a lot, or here Rebel do it a lot, right? And she'll spend a few minutes, and then we'll flow right back into the cracks. There is space for both. But you have to recognize that those elements of your community are there. M. Terry, good to see you. Happy Tuesday. Big, big, big boss energy to you. All of the hugs. It is really good to see your name in the chat.

I hope you are doing well. Okay, you have been missed for sure. All right, but Rebel is excellent at doing that, right? Vader's done that. So many of you, right, Tantrum is great about coming into the chat, doesn't matter what he's doing. If you are doing something great, he will put good stuff out there about you, right, big stove. All of you, so many of you will do that. You will lean in and connect with your community and inadvertently present things that others may not know that they need through conversation, through acknowledgement, through uplifting, right? All of that is present. And when you connect with your community, it's actually going to give you the momentum. Those types of connections are a lily pad for you to lean in or a lily pad for you to let go. Because when you know that you are safe, OK, when you know that you are supported, you can let go so that you can soar. Dr. Dede pre says creating a sense of community is crucial because people simply want to be seen, valued and heard. It is so true. So... True, engagement matters. Dr. David Pree says that, Big Stove says that, and his exit mantra, if you've ever been in any of his streams, he says, a candle takes nothing to light another candle. All you have to do is show interest in someone, okay? And he gives a great example of what that looks like and the impact that can be there. That's why connecting with your community is a part of the momentum mind map, okay? And when you are able to connect with your community, think about all the things that you could potentially take away that you were not thinking about before. You know why? Because everybody's gifts have space in place.

And if you allow somebody's gifts to be present, they may leave you with something or impact you in a way that you weren't thinking about. And it might not be right in that moment. It might be later. I can't tell you how many times I coach people and they come back to me weeks or months later and say, you know what, I was in a conversation that something you said came up, or I was talking about Keisha Hicks does this all the time. She was like, I mentioned you today, friend. Or I was talking about you and I'll say, my friend Kim Blue says, and it could be weeks from when I said something, right? Or she'll say, friend, do you remember this conversation we were having about X, Y, Z? You have to let those things have space, but you have to let your community care for you, okay? All of those things are true. Good morning, Libra Brown. Welcome in and good to see you. Happy Tuesday, okay? LaWanda Basketball says, right? We cannot hide from the truth, you can't. And sometimes that truth needs to come from your community. Mr. Chaney, good morning. Good to see you. Thank you so much for being here. Happy Tuesday to you, superstar. I hope you are doing well. Okay, listen, Mr. Chaney, you have to know what, listen, this whole notion about being a vitamin or a painkiller. If you have not heard that, let me tell you, it is coming back in the series around momentum. You have to know if you are a vitamin or a painkiller, because sometimes you may start as a vitamin and think that's what you are. And really, you are only a painkiller, killing your pain, killing somebody else's pain, okay?

Dr. Dady says her coach feels like that she knows me. Listen, Dady, I'll take that as a compliment, okay? All of that, all of that is true, right? We will bring the vitamin painkiller piece back into momentum. Because here's the thing, sometimes we think that we are being a vitamin and that's how we perceive ourselves. But we're really not, all we're doing is killing the pain and we keep cycling back to this whole painkiller space. So that's gonna come back this year in the Momentum 2 .0 piece. We're gonna get to that next week when I'm back from New York, okay? So when we think about this whole notion, right? And you have to decide for yourself whether you're a vitamin or a painkiller because the community that you surround yourself with will make that determination for you. You may think that you're one thing, you may actually be showing up as another, okay? All of that is real. All right. Yes, KB Browns, you can actually be both a vitamin and a painkiller. Here's the thing, sometimes it's the vitamin, this is a great question. So let me spend a minute here before we go to our last step in the momentum mind map, okay? Sometimes the vitamin is the painkiller. KB Browns, right? People have been killing the pain using painkillers themselves.

Vance. Absolutely not Vance. You and Tantrum, both of y'all, okay? And KB Browns, okay? You can, in fact, you can be killing the pain with things that are not actually a painkiller. What you really, though, need to cure the pain is to bring in the components of a vitamin. If you remember really quickly, what a vitamin does is it fills in the spaces, right? So think about pain, right? If these are all the things that are in pain, right? Where my fingers are. What you need to do is something to help connect this and fill in this space so that the pain goes away, right? What do vitamins do? Vitamins add to something. So they are the things that fill in the spaces and keep those spaces nice and strong so that they're not breaking apart, right? Because it's the breaking apart that creates the pain, okay? You did Vance, I saw you, okay? So when we think about what it means to be a vitamin, sometimes we try to kill the pain and sometimes we use short-term band-aids or quick fixes instead of doing the work because a painkiller is something that is really acute, right, it goes in quick. But a vitamin is something that's gonna be long-lasting. It's going to have a time release and it's going to be able to help repair and reinforce. So yes, you can be both KB Browns, but oftentimes you start out as a painkiller, thinking that that's what it's going to be when really you need the longevity of a vitamin and you may ultimately find yourself there, right?

Vance, you should listen to the Wanda Baskerville, okay? Okay. Lee word Brown. No, sir. I'm here's what I'll say to that. I'm glad you're still with us. Okay. I'm glad that you're still with us after that incident. All right. The last step. in your Momentum Map. So let's recap. You have to know what your strengths are, or you have to understand what it is that you bring to the table. You have to know your barriers, right, so that you don't get caught up trying to do things that are outside of your zone of genius. You have to be able to connect with your community so that people can be able to help you. You know that you are safe enough to ask for help and create space for people's gifts to support you. And finally, in your Momentum Map, you actually have to be ready to soar,

okay. And part of being ready to soar is identifying your aspirations and knowing where you want to go. Sometimes we have dreams and sometimes we have things that we want to do. And we say it, I've got this great idea.

And someone will say, well, what do you want to get out of it? You say, I don't know. I've just got an idea. Okay, well, that's the fastest way to flatline your idea, okay, if you don't know what your aspirations are, right? I know for a fact, what did I tell you all at the end of 2023? I'm doing two things this year. I'm manifesting my millions, meaning I'm putting myself in the position so that when people experience Kim Blue, they can experience my expertise in such a compelling manner that they decide for themselves that not only do I want to invest in myself, but I want to invest in Kim Blue so that her expertise now makes what I am working on better, faster, stronger. The conference that I'm speaking at on Saturday is called Roadmap to Billions, meaning I am going to be among other founders, startups, CEO leaders, and organizations who are there to understand what they need to do, to scale, what they need to do to build their teams.

I'm specifically going in to talk to them about how to build their actual organizations, how to hire the three strategies and frameworks that help them think about where they need to start. start at the top or build from the bottom if they have infrastructure, no strategy, strategy and no infrastructure. And my goal in all of that is to then query those founders and CEOs and startup owners at whatever stage they are in their business and say, if you could be a part of a strategic mastermind that focused on what you're already good at, so that we could then really put some serious muscle behind the places that you've got opportunity, what would you wanna get out of that? Well, it just so happens that I'm getting ready to launch one of those. I would love to tell you more about it. And then seek their investment in what it is that I'm building so that I can then contribute and enhance what it is that they're building. That is how I am going forward and manifesting my millions at a conference that is called Roadmap to Billions, okay? So maybe I'll get to the billions one day, but you gotta make millions before you can make billions, right?

So that is what it is that I am working on. That is why I aspire to knowing what it is. What am I going to this conference to do? I'm going to this conference to give people my smart HR strategic business mindset brain. And I am seeking their input into, if I was curating this, what they would find most valuable. So that I could do it from a data -driven approach, which then helps me manifest my millions. I'm already there. Because you see, I'm on my way to helping people build their billions. And then along the way, I will then make my millions so that I can then change the direction of my generational wealth that I'm setting up for Avery. And then I can invest it back in the community that's invested in me. So that is folks in Twitch. It's other leaders. It's other businesses. It's other women, whatever it is. But that's my goal. These millions I intend to put to work.

I don't intend to just hold them. Goodness, I'm only here for a little bit of time. So I've got to make sure that I invest in the things that others are going to be able to benefit

from. Yes, I can give you advice. And yes, I can support through coaching. But I also want to say, can I seed and pour into you so that you've got some capital to get your stuff off the ground? Yes, that's what I want to be able to do. That is my ultimate dream. The results are seeing all of the flowers that I help plant bloom. You don't even have to tell people I'm your gardener. I just want to see them bloom. That's it. That is it. Hey, McKee, thank you so much for the gifts to Mr. Chaney. Appreciate you so much. Thank you, KB Grounds. And thank you, Mr. Chaney. But that is what it is that I want to do. So this conference is twofold.

And I've been thinking about this thing. Interestingly enough, the conference name being Roadmap to Billions. But you can't make billions until you make millions. And so I said in 2023, that's what I wanted to do. And so I am now manifesting whatever millions are going to come to me after this conference. through the end of this year in some capacity, whatever that looks like. And it's also helping me build my capability. It's helping, it's forcing me to get my brand out there, but I'm having to connect into my community to do it. I have to know what my strengths are. And I'm having to do a lot of telling my story. And it's also me saying, well, what are the barriers to doing when I'm doing all right? Well, I'm not a marketer. Okay, great. So then I need to tap into my community. I don't do design, right? I don't do any of these things. I know when I'm great, I'm an excellent coach and really good at strategizing a process quickly. I can connect folks to people that they need to be connected to or spaces that are gonna give them information. After that, I need help and that's okay. So I have to know what I aspire to and I have to know the results that I am looking for.

Once I know what I aspire to and those results, then I can stand up nice and tall in my gifts. Because when I go to these founders and these startups, because here's the thing folks, let me just break the formula down for you even more, okay? Indomitable Spirit MG. Listen, everybody put lots and lots and lots of blue hearts in the chat. For Indomitable Spirit MG, she is off to go speak at a conference. She posted about it on LinkedIn. We had our one -on -one from our coaching conversation not too long ago. And she is going to speak very, very intelligently from her zone of genius, okay? So let's cheer her on and make sure we surround her with love and support like we did Ebony last week, okay? She is literally going to speak. I will give a little bit of her business. She's also in the HR space, and so she is putting herself out there. And she is getting acknowledged in ways that she should be because she is ready to take the leap. She is already operating at the next level. I have told her that. Others in our Blueprint coaching group have told her that. And so what she thought she was coming in to do, she is going in a completely different direction.

So talk about holding your mirror. Talk about being the boss of your own Blueprint. I actually told her in our last conversation that she was going to put herself out there publicly, and she did. And now she is going to speak at a conference as well for the next two and a half days. And I anticipate nothing but amazing things coming out of

that. So shout out to you Indomitable Spirit MG, your Blueprint boss family is cheering you on loudly. And we cannot wait to hear about the greatness that awaits you because you my dear are the boss of your own Blueprint. You've been doing the work and you've been holding the mirror and we could not be more proud of you. So cheers to you. You already know your coach. You already know your coach is going to be peeping in because I know you saw my comment on LinkedIn yesterday. I put it right up there as soon as I did it, okay? So you already know I'm going to be looking. And I'm just going to miss you Indomitable Spirit. I go to New York on Thursday. I think you're going to be on your way out by the time I get in there.

Otherwise I would find you myself, okay? And yes, Hobbs, this is what you get to look forward to. you, your coach lovingly, looking for you on LinkedIn and supporting your dreams and goals. I could not be more excited for y'all. Ta -da. Okay. And just know that we will celebrate and we will elevate. Those are the, those are the things that we're going to do. Celebrate and elevate. So in Domino's spirit, MG, go be great. We're excited for you. So you have to know what those aspirations are and you have to know what those results are. Ronzi, birthday twin. Good to see you. Happy Tuesday. Thank you so much for being here. Uh, Ronzi, we are talking about the momentum map and the four steps to, that we all go through when we want to gain momentum. Ronzi, that means everything to me coming from you. I appreciate you. If you've not been in Ronzi's stream, please find yourself there. She's a gamer. She does all types of motivational talks. She's so vulnerable in her streams and she's always glamorous. And she is just, she just puts herself out there, hence the in it for the fashion, okay? The fashion is her and who she is. And sometimes I go there just for the fashion so I can be motivated. I don't, right?

And I'll need to say a lot, I just need to be present and just take it all in because I appreciate you. And it just so happens that we share a birthday. So good morning, good to see you, Ranthi. So when I look at my aspirations, okay? And this is what I want to break down to you a little further. And I'm saying this to you not to brag, I'm saying this to you because I want you to feel encouraged to think along these same lines, okay? When I go to this conference, right? Part of me being the boss of my own blueprint is saying I know that I need to go here because part of this conference is all of the venture capitalists, all of the angel investors, anybody who is willing to invest in these startup founders, these new business owners, these entrepreneurs, whether they are pre -seed, whether they have just started fundraising, right?

Whether they are series A. And if you all are wondering about what this is, I am more than happy to explain all of this stuff to you for those who may be thinking that this is what you want to do. Good morning to you class, good to see you, right? But part of my goal is to say, I know where you are in your journey because the folks that who are investing there will be receiving the funds they need to stand up the business. And my job is to say, I know that you're going to be receiving financial support. Continue to take

that financial support. And if you take one to 2% of that and invest in yourself through investing in me, I will then help increase the return on your overall investment. So there is a method to the madness.

So when I talk about my aspirations, I aspire to get into these places so that I can help, but also so that I can build, so that I can expand, so that my brand then starts to speak for itself. That people say if you want your business to get off the ground, you gotta have Kim Blue as your coach. You gotta have Kim Blue as your strategist. You have to have Kim Blue as your thought partner. That's it. The results then speak for themselves. I invest in you through my intellectual property, right? If LB's still in here, what is it, right? The intellectual skeet, not that I, right? I don't typically say that on my stream, but I will say it today, right? I will provide that intellectual knowledge to you. And then you, through that knowledge, make smart business decisions and investments, and that's where the return comes from. That's it, right? Those are the results that I wanna get to. But that's my momentum, Matt. I know my strengths. I understand what my barriers are. I connected with my community. Good morning, Diz. Good to see you. Welcome in. Happy Tuesday. And now I'm clear on what the aspiration and results are so that I know how to soar. That's it, ladies and gentlemen, that is the entire roadmap. And when you use those elements to keep your momentum going, right, you can be very clear on when you need to soar and when you need to hover just a little bit.

Sometimes you got to hover and reevaluate and that's okay. But for the most part, that momentum is going to be able to be maintained and to be sustained. And you don't find yourself wrapped up in one of these other barriers, like overthinking or feeling like I don't have a roadmap or feeling like I don't have access to resources or information, right, or that I have a resistance to change. Sometimes that resistance to change, especially if you're in the midst of some path forward, can feel very, very, very, it can feel overwhelming. And it can feel very much like, it can feel very much like you are in a space of saying, maybe I need to give this dream up. Maybe I need to step back. Maybe I need to be in a place where I don't, I have more of my ideas or thoughts together. There's nothing wrong with being, there's nothing wrong with delaying, okay. But there is something to be said for grounding your momentum when you could actually continue to move it forward, when you're clear on your barriers, you know who your community is, and you understand what your strengths are, right.

Sometimes momentum can be redirected by your environment. Terri, I see you, right. And this is a little bit for you. Sometimes your momentum can be flatlined by your environment. And at that point, you have to go back and say, Okay, well, what are the strengths that I'm able to activate, pour in, and elevate. And then you have to regain your momentum in a different way, because the world will try to shut it down. And we rise above. We're not gonna allow the world to dictate what our momentum is or should be when we know what we're capable of. That's standing on business. That's being the boss of your own blueprint. That's being intentional about the knowledge, skills,

capabilities, and resources so that you can operate at your highest potential, add value to whatever work you own or are responsible for, and most importantly, show up as your authentic self. It is that simple, right? It is really very simple, okay? I want to encourage you to go back to something that we talked about in the month of April when we talked about this notion of avoidance, right?

Sometimes we avoid because we don't want to get to a successful place. Sometimes the momentum can feel like we're moving quickly towards success. I'm taking steps that I might not be prepared for. This is a little bit of what Ebony was saying last week. Am I in a position to, am I ready for what it is that I am manifesting? You are. But once you start to overthink it, right? Or once you start to question some of the things around you. Momentum by definition talks about speed or the rate at which something takes place, how fast something is moving. And when things start to go fast, thank you, Ronzi, for clipping that off, okay? When things start to go fast, we start to question and overthink, oh my goodness, am I ready? Am I enough? Hello, imposter syndrome. Hello, negative mantras. Hello, let me shrink back and dim my light and not be great in my gifts. And I'm telling you that you need to elevate and celebrate your progress, yourself, and your journey. Okay? You can slow down to go fast, but don't slow down to be stuck. Only slow down to go fast. Sometimes the slowing down is, let me just look at everything and make sure that I have it in perspective. But don't slow down to get stuck and stop. Slow down so that you can go fast. That momentum that we're feeling, experiencing, when it's like, man, I really think that this could happen. This is actually moving forward.

Who knew that I was going to be able to do this, especially on the days when it was hard, it wasn't coming together. Because guess what folks, things fall apart, but things fall apart to come together. So sometimes if the momentum feels like it's carrying you a little faster than what you anticipate, let it. Choose when you want to slow down, but you're only slowing down so that you can go fast again. When we acknowledge that the momentum is carrying us forward, you never know what you're going to be able to pick up along the way, whether that's adding someone to your community, whether that's recognizing that you have a new strength that you didn't think that you could activate, whether that's saying, you know what, I've been getting in my own way, or this was a barrier that I didn't even know about. Let the momentum expose you to those things as you keep moving forward. Okay. We only slow down to go fast. We're going to let the momentum carry us forward. And we're going to use the map to guide ourselves.

All right. Okay. Okay. That ladies and gentlemen is your blueprint for today and for this week, because as a reminder, there is no stream on Thursday. Okay. I am going to encourage you. I'm going to put this back up and what your homework is this week is I want you to identify, think about where you are finding yourself stuck. What are your barriers to momentum? Every single person in here, I guarantee you have something that they are looking to do, trying to do, working towards, but are you overthinking it? Are you over engineering it? Do you feel like you, do you believe that you don't have access

to resources when you really do? Are you resistant to change? This is a big one. Are you saying, I don't think I really want to change, right, but, you know, I probably should change.

Right. Or do you feel like I don't know what the first step is? I want you to think about how many times you might say, I don't know what to do next, right? Or, oh man, I kind of do that, but here's all the things that potentially could go wrong. Now you're overthinking it. Right. I need money. I need time. I need 10 people. I need this. Think about what you do have. Think about what is available to you. Think about what you can do in this moment. Think about if I had to take one next step, what that is. You don't have to know the whole plan, but like, what's the one next step, but I want you to acknowledge your barriers to momentum. Yes, Dr. Dady, you do shouldn't, you should include yourself in the change equation. Absolutely. Okay. So I want you to spend these this next week and I will post this slide specifically on Instagram this afternoon with the homework to everybody who was in the stream and put it out there for the world to see.

Okay. But I want you to think about what your barriers to momentum are and how often you come up against them. And then I want you to think about, well, do I know someone that's in my community? Right. Do I know someone? Am I clear on what my strengths are? Right. Because sometimes resistance to change could show up as I actually don't know what my strengths is, what I bring to the table, how I'm going to help this be successful. Okay. Because once, listen, CLove 702, we might need to set up a study group. Okay. And I am totally okay with that. We might need to set up a study group or an accountability group, find your blueprint buddy or accountability partner, because you never know. Someone may gently say to you, Hey, you know what? showing up a little bit like this okay? So I'm gonna post this slide, I have to manipulate it in Canva so that it can be appropriate for an Instagram post so that it doesn't show up all wonky.

But I want you to think about that because next week when we come back, I'm gonna hopefully the graphic will be available and I'm gonna show you the momentum map on Tuesday. And then we are going to look at how momentum can be a catalyst for success and all of these different things. So we're gonna actually see what momentum looks like in real time, in application, okay? And I will do a recap of my conference experience for you so I can talk to you about some real time things and then any questions that you may have, coaching questions, we can treat some of it as an AMA which stands for an ask me anything, okay? So, Thank you for being here. Good talking moats in the chat, okay? Very, very good talking moats in the chat. There she is, ladies and gentlemen, my journey. She was lurking behind the scenes and she sent us a little notice and I'm coming in a little late, okay? Right on time, because we are right on our way out. She was here, very, very good talk. Listen to everybody who came into the chat, right? To all of the DJs Vance, Tantrum, LV, right? Vader, thank you all for the humor that you bring to this space because in that humor, I also know that that comes

from a place of love and support and you would not do it and you wouldn't consistently be here if you did not believe in what it is that I am doing or if you were not taking something away from it.

Shout out to everybody who is doing the work. I am giving you all tangible examples of folks who are doing the work, where you can find them and how we can continue to support each other. Now, I'm only giving you many, many, minimal examples, but I'm gonna start to elevate some of the wins and some of the boss moves that people are making as I get to know folks and as I get to interact with their journeys, right? I've been giving you snippets, but I'm gonna start to talk about that more because I want you to know that sometimes momentum comes from connecting with your community, okay? So with that, let's copy the raid message. We are on our way to go see K -Lock because he is making his debut on Soul Train this morning and so that is why he is not here. I think he was here at the beginning of the stream. So we are gonna go support our guy because he is always in support of this space, no matter what, whether I am at his house or whether we are here or whether I am here and he is behind the scenes doing things, okay?

So good talking, folks. Please copy the raid message, okay? And absolutely, I hope he... L .B. is as advertised always, and I love him for that among other reasons. All right. Please, if you can, stay for the raid. We want to go show Kalak some love, for sure. If you have been anywhere near his streams the last few weekends, you know he is doing great things and supporting this community very quietly behind the scenes and putting his own blueprint out there, okay? So listen, I am sending you into your Tuesday, right? With all of the good energy and light that you need to guide you, and by good energy, I mean take from this stream what it is that you need and let that be the light that guides you over the next few days or in whatever moment you need to. And if you need to get around some of the folks that are in here, as Big Stove says, get around them, okay? Find some humor, figure out what your strengths are, and know what you are good at, okay? So sending you into your Tuesday and the rest of your week with all the good energy and light you need to guide you. Take very good care of yourselves. I will see you. next Tuesday and then I'll catch you on the other side in K -Lock Stream. Thank you.