

The Blueprint Understanding Momentum and How to Activate It May 7, 2024

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Transcript

Thank you very much. Thank you very much. Thank you very much. Thank you very much. Thanks for watching! Good Tuesday morning, everyone. Welcome to the blueprint. Let me introduce myself and then we will kick off today's conversation. My name is Kim Blue. I am an HR strategist, a coach, and an executive in this space. Welcome to the blueprint. This is a space where we come on Tuesday mornings at 8 a .m. Eastern Standard Time. And on Thursdays at 11, too, chop it up about all things personal and professional development. I fundamentally believe that everyone should be the boss of their own blueprint. And so this conversation is geared towards making sure that we can do three things. Every time we are here, we leave being able to operate at our highest potential, add value to whatever work we own or are responsible for.

And most importantly, we show up as our authentic selves because when we can do that, we can be great in our gifts. We don't have to shrink back or dim our light for anyone. And we can give our best to the world while at the same time being in a position to receive whatever the world has to offer us. OK, so with that, that's what we do here. This conversation is all about doing the work. It's about holding up our own mirror so that we can see ourselves safely and we can start to look out of that mirror towards the window and understand what opportunities await us and how we can absolutely be the boss of our own blueprint. So thank you for being here. Thank you for investing in yourselves every time you choose to come to this space. and do the homework that comes with being a part of the Blueprint community. You're choosing you and you are choosing the opportunity to grow and to improve whatever space that you have.

So you all allow me to operate at my highest potential and I appreciate that. So thank you. Little bit of housekeeping and then we will get going with today's conversation. I'm really excited to keep going because May is all about momentum. And it seems that timing wise, this is the thing that pretty much everybody that I'm coming in contact with has going for them in some way, shape or form, whether they are naming it as momentum or not. Or if they are saying, you know what, I feel like I need a little bit more, I'm ready to kind of move forward in something, that's what momentum is all about. And so we had a little homework, we're gonna reference that.

And then we are going to pick up where we left off from last week and really start to get our arms around this homework and what it means for everybody to move forward in some way and bring in a little bit of the HR work that I do with people or when I coach folks. So we're gonna start to get some of that going. So a reminder that on Thursday, May the 16th, there is no Blueprint stream. I will be traveling to go speak at a conference that way, so it's next Thursday. This Thursday is the ninth and then next Thursday is the day that there is no stream. So I'll keep reminding and I'll put something in IG stories for ahead of next week, okay? So this week is like normal and then it'll be Thursday and then Tuesday and then Thursday, the 16th, I'll be off, okay?

This Thursday, I will be broadcasting live from a lock and key media studios. If you are not following him, please do so. And all of the amazingly dope things that lock and key media is doing, including supporting a lot of the streamer and DJ community as well. So that is where I will be Thursday. So there will be that. And in addition to that, there is likely one more day in May that I will not be streaming, but I'm working on confirming what that the timing is on the event that I need to be present at. So there may be one additional to that. So so what we want to make sure of is that we are managing these dates because there will be homework just because I won't be here. It doesn't mean that there will not be things that you're going to do as we talk about momentum and as we talk about gaining path forward.

So with that, let's see who's in the room. I see you all have kicked off a hype train. So that means that something is going on. So let's see what's going on. Good morning. See love and Dr. Daddy priest. Thank you both for re subbing. See love for the last nine months and dr. Dady for 13 months. Thank you both for being good supporters of this space and always You know encouraging and pouring into me in your own way Let's see who's in here and then we will get going with this morning's conversation. Thank you all for the hype train early Obviously, you know, it is always appreciated and never required but it is what helps support the space for sure So good morning music love of 21. Good to see you.

Good morning. Kayla always good to see you Thank you so much for being One half of my Mod boss extraordinaire team. Good morning. Jen. Good to see you. Good morning tantrum drive very safely this morning Thank you for the lurk. Appreciate you. Good morning. Ebony ATL miss Hartman. Good morning. Good to see you Welcome in auntie Diddy. Happy Tuesday. I hope you are doing very well this morning Dr. Dady priests and see love I said good morning to both of you and thank you for the re -up miss Hartman 29 I see you On the note about momentum So there you go. My friend. There's your confirmation. You already know how I feel about you Okay, so what is understood doesn't need to be explained. Thank you for being here To anybody else who may be lurking working or commuting appreciate you supporting this space.

Thank you so much for Allowing me to operate at my highest potential So if you are active in the chat if you just have the tab up or if you were listening in some other way Thank you. You are supporting me and I appreciate that. Okay, so let's get started and Continue our conversation about momentum. Okay, so if you were not here last week I put an article in the chat because you all know I like to put the science behind the application This is something that will be I'm going to share it again to make sure I asked everybody who Wanted to participate as we go into this because our momentum project is related to LinkedIn Okay. So here is the link And I said, everybody go read this and we are going to spend our time getting ourselves together related to momentum and the path that we need to take forward. Good morning, My Life Journey.

Welcome in. Good to see you. Happiest of Tuesdays to you. Thank you for being here. We are talking about momentum. And here's the thing about momentum. Momentum sometimes shows up when we least expected. So we have a passion project that we are working on or if we have like, you know, goals that we want to achieve. Sometimes it's just what are these things that we need to continue to make progress on? OK, let's talk about how momentum is indirectly related to avoidance. I'm sure you thought that we were getting away from that, but here we are. So when we think about avoidance, not being the strategy, though it's the strategy that we employ, OK? When we are avoiding doing the things that we should be doing need to be doing or aren't doing, okay, it is the momentum or the lack thereof that we don't have that does not give us the motivation or that does not give us the encouragement to move forward and look at our goals.

Okay. Now, what I love about this article, right, so I don't know if you read the article, but it goes into a lot of this and we're going to pull out some pieces in the article that were really relevant. Thank you all for the hype train for everybody who resubscribed immediately this morning. Thank you. Appreciate you all. So when we think about this notion of momentum, what we know is that that's what's missing. And so we replace the momentum with the avoidance. We know and acknowledge what it is that we need to do, but we just don't do it because there's no momentum. There's no wind beneath our wings there. And in particular, when we are avoiding, because we don't want to deal with our feelings, we don't want to deal with anything that may show up that we're not prepared for because the human nature is not to be blindsided.

No one likes to be blindsided or caught off guard or made to feel as if they are ill prepared. And so we avoid because we don't want to deal or feel or heal. Right. Listen to me, folks. I want to say out up front and out loud and very clearly that sometimes we avoid healing because it's easier to not deal with all of the things that healing represents. I want to say that again. Sometimes we avoid healing because it's easier to avoid dealing with the things that the healing represents when we are healed and whole and happy. Right. There are people who just don't like that for us.

There are people who don't want that for us. The phrase misery loves company right is real. We want to be around people. people who are in that lower vibrational energy just like we were when we were not doing our work, except that when we get our heads above the clouds and when we get into that rare air of healing, of safety, of confidence, of all of the things that are present for us, when we start to understand that our feelings are valid, when we start to heal, we then risk displacing ourselves from those who are not doing our healing, right? And it was all good when we were all unhealed and when we were all disruptive and when we were all not in a good place. But the minute you start to elevate and rise above and you get a whiff of the air up there, it starts to change you. The oxygen fills your lungs in a different way. And the minute you start to elevate up, you're not being weighed down by all of the things that are holding you to the earth, whatever that looks like, okay?

And so when you start to breathe, drop safe K, when you start to breathe that air and you get that wind beneath your means, it wings. It's the momentum that's helping to carry you forward. Okay. So I just want to make sure that I call attention to the fact that we avoid the momentum. Last week you heard me say, or the week before, I can't remember, but sometime during the month of April, I said to you, don't avoid the weight or the weight, the W A I T or the W E I G H T. Don't avoid the weight or the weight, because when we avoid the weight, the W A I T, waiting to do the work, waiting to move forward to our goals, we are weighed down by the heaviness of all of those things. And the things that are weighing us down are the piles that we stuff all of these things in. So the piles of clothes, socks, mail, dishes. The things that we shove behind the closet door because that closet door that we are dealing with, right?

There's piles of stuff in that, right? The piles in our garage, whatever you want to call it. Good morning, Dr. Donna Dundas, good to see you. And so when we think about all of this notion of avoidance, we are weighed down by our avoidance and we're waiting for something to be done in order to help lift us. But it's that momentum. You have to find it for yourself and you have to understand that it's actually available to you and closer than you think. Okay. Let's talk about the article for just a minute. I want to acknowledge that the article talks about two really important things. It talks about momentum, being able to help us move towards our goals, right? And at the same time, it talks about the relationship between momentum and mental wellness. Did anybody pick up on that as you were doing this? And I'm just pulling up the article on my phone so that I don't have to, I want to. Let me just a second. So when we talk about the relationship between momentum and mental illness, right, or mental wellness, there is this thing that says if we are not in the best place to understand or break apart all of our feelings, right.

And what I mean by that is this, we know what it is that we're feeling and we know what it is that we're dealing with. And we choose not to lean into that. We choose to say, today, I don't have it. And you may not. And that's okay. But we also know when we do have it, and when we just don't want to do it. That's what I'm talking about right

now. Okay, I want to spend a minute talking about knowing that we do have it, but we choose not to do it. Okay, so you block your momentum from allowing you to lift up, elevate or rise above. Okay, when we get to this place of knowing that we have what it takes, but we don't want to activate our momentum We are now The roadblock we now become our own liability and it's not being the boss of your own blueprint to operate in liability Meaning we're got to get out of our own way so that we can see forward as much as we want to Okay.

Good morning, Marshall Queen. Welcome in. Good morning. Dr. Donna done this again. Good morning. Mr. Nate Welcome in good to see all of you and to anybody who has made their way into the room Happy Tuesday and welcome to the blueprint. If it's been a while. My name is Kim blue. Let me introduce myself in this space This is the blueprint and this month in May we are talking about momentum understanding it and how to activate it because oftentimes the momentum that we Seek is within us. We just don't want to activate it because then it means that we have to do the work to be better and Sometimes we don't want to face the work because we don't want to deal with the work that being hard or complex or hitting a roadblock We want everything to be smooth sailing But I'm here to help you understand that if you don't hit a roadblock or two that growth is not going to be available to you Learning is not going to be available to you development is not going to be available to you You're not going to expand beyond the space that you are in So if you want to remain where you are, then continue to be held down by the weight of avoidance But if you want to rise above and elevate then we need to activate The magic of momentum Okay That is the thing that is taking us forward and that's what we're talking about for anybody who is coming into the room today Or if you're new or if you were not with us in 2023 when I introduced momentum for the first time.

Good morning, LaWanda Baskerville. Good to see you and happy Tuesday All right so let's go into this article because the article is wonderful and I want to make sure that we Understand what it means to talk about momentum, but also talk about what it means to activate it for ourselves, because it looks different for us. Most of the time when we are dealing with momentum, we recognize that as being something that says, I kind of have what I need, and I think that I need it. And I'm not talking about the whole science behind momentum. Let me be clear about that, right? I'm not talking about mass. I'm not talking about velocity. That's what I spoke about last year. And I will pull that up so that everybody can kind of see the formal definition of what momentum is. But mass, meaning like you or your weight and velocity, the speed or the pace at which you move something forward. I'm not talking about that. I'm talking about knowing that you have all the things in place to move forward and what it means to not necessarily do that.

Okay. And so I want to understand from you as you read This article, hold on one second, I'm just pulling it up. Okay, so when we think about this article and we think

about all of the things that, good morning Hobbs, good to see you. When we think about momentum, okay, let's pull this in before we go into what the good author of the article had to say. All right, so we talked about manifestation, motivation, we talked about moderation and mobilization last year. These were the four M's when it related to that. And so this year, we're really focused on the motivation piece of this, okay. Because in order to have gotten to the place where you're ready to activate it, you've already manifested it, okay. We will get to manifestation later in the month, but right now I need to focus on the motivation, okay. So this is the four M model that we used when we talked about momentum last year, okay. Don't worry, we're gonna come back to manifestation because remember I gave you some homework.

I told you to read the article. I also told you all to connect with me on LinkedIn and seven people did it. Which means there's so many of you that didn't do it. And if you did, then I might not know it's you because you may not have identified yourself. So if you did and I don't know it, please make sure that you keep me honest there, okay. So let's talk about, I'm gonna skip this, all right. We're gonna come back to the SOAR model. We're gonna come back to, oh, hold on one second, I skipped it. Let's come back here to this whole notion of, there it is, a little bit about motivation, okay. I want to spend time talking about this because these components of motivation, procrastination, procrastination is related to avoidance. We know we're supposed to do it, we just don't, okay. We also don't know that. we're really ready to take the chance and make a change. This is why momentum is so grounded sometimes because we are so caught up in our head about what it is that's actually going to change.

This whole thing is about change management folks and the comfort we have with knowing that everything that we did before we make the change is going to be different and our peace surrounded with that. That's what I mean when I say we get in our own way. We choose not to take a chance to make a change because what does change invite in? Change invites in newness. It invites in a different routine. It invites in a little bit of fear to say I don't know how the outcome is going to be but do we always need to know how the outcome is going to be? Last Thursday when I saw you, I talked about avoidance and I talked about how we could certainly start to see the opportunity through accountability, okay. And I talked about this notion of how we can get more clear in saying, if we start to change our mindset around accountability being an opportunity, then we can invite in everything that is available to us.

But as long as we stay stuck in the mindset of this change is not going to benefit us. As long as we stay stuck in this mindset of, but if I do this, is it really going to be worth it? Because we are in a microwave society. We want everything right now. We want everything right now. We want to put it in, hit the 30 second button and know that the magic is going to happen. But that is not the way that this world works, ladies and gentlemen. And until we get comfortable activating our momentum and elevating our

expectations, it's going to stay at the same level that we always thought. And we're okay. So you have to activate your momentum and elevate your expectation.

I want somebody to write that down, activate your momentum and elevate your expectation because we stay in the same place because we do absolutely music level, right? We, we act, we don't activate our momentum because what happens is, is in our minds, we say, I really just want everything to happen right now, but that's not how it's supposed to happen. It's supposed to be a set of intentional steps, moves, actions, and behaviors. If it all happened right now, would we be ready for it? Sometimes when we step into something, knowing that we don't have all the pieces, we actually want the time to move forward. But in our minds, we don't want the time because we're not ready. We don't think we're going to show up at our best, but the time that you get between each of those steps is where you grow and develop. It's the momentum that carries you through that. So I want you to really think about how you can activate your momentum. Okay. And there's three things that we're going to talk about today. before we get to our LinkedIn project.

While we're waiting on this, this is your opportunity to multitask a little bit. If you've not connected with me on LinkedIn, please do so because last Thursday, we talked about how everybody should have a LinkedIn profile. And this is the opportunity for you to get some momentum towards goals that you may have professionally or personally to be able to understand how those in your community can help you, can educate you and can be available to you. I will be talking about all of these things, in particular collaboration. and the power of community at the New York Meetup at the end of the month. For those who are going to be there, I look forward to seeing you. For those who are considering going, hopefully you will give it some thought. The Blueprint Live will be making its debut at the New York Meetup. It is gonna be on Saturday, June the 1st at 12 p .m. I am super excited for more information you can see.

One reason you can reach out to DJ Chanel B. There are a variety of us who will be there and who will be participating. Mike City will be there. I will be there. So many others who are going to be taking place. And I am gonna focus that conversation around collaboration and the power of community and how that sparks innovation, okay? So, but you cannot have that because guess what? The community, if the momentum in the community is low, you won't be able to move forward, okay? So I'm gonna be talking a little bit more about having momentum and connecting all of these concepts on June the 1st, okay? Tandram, if you drive to Georgia, you can, yeah, I'll put you in my luggage, right? And you can fly with me from Atlanta. How about that? Okay, so when we think about this whole notion of momentum, understand that it takes a community. And so if you are not connected with, I am starting with community right now, which is let's just get you connected to me on LinkedIn, right?

If you have not connected with me and I don't know who you are, please put a note in there so that I don't not connect with you. Put a note in there that says, hey, this is so into writing, what's your real name? Somebody did a beautiful job of it, I think this morning. She said, hey, my name is this on Twitch. And I was able to immediately jump in and make sure that I was connected to her. So I did some connections this morning. So we're gonna start it there, okay? We are gonna start with just you connecting with me and building this community on LinkedIn. From there, there's gonna be another homework assignment, don't worry, we're gonna have homework all through the month of May.

But by the end of May, We will have built up and stepped out into some of these spaces, but we're going to keep this momentum going all through the summer. Okay, so it's not going to die down. Now, when we think about three ways to activate the momentum, that's what I want to make sure we focus on towards the next 15 or 20 minutes, and then we'll spend the last part of it diving into the article and the homework because that's very important. Okay. So when we think about how to activate our momentum, the first way that I want everybody to write down is say yes. Okay. And here's what the acronym for the word. Yes means. Good morning to everybody who's coming in before we do that. Okay, big stove. I see you. Thank you so much for the re up for 17 months in this space alongside me. I appreciate you friend every day more than you know. Good to see you so many amazing folks in the chat.

Please go give them a follow double -spirit. Welcome in good to see you as well Okay Go see all of the folks here mods streamers DJ's gamers those who do more than one thing Lots of lots of talent in here and listen not just twitch talent, but like talent in real life part of me Cultivating this community is to help us be able to connect with the gifts that we all bring So that we can support this space as entrepreneurs or as people who just have long tenured Information who may be able to help and share it. That's what this community is all about. Okay So the first thing we want to be able to do to activate our momentum is to say yes And you're gonna spell the word why e s right the All good big stove, okay, the first letter and the word yes is why so you're saying yes to you So that means you are choosing you you have to prioritize yourself and by prioritizing yourself I mean prioritizing your health Prioritizing your energy management, okay and prioritizing all of the mental capacity It's going to take for you to activate the momentum.

So in saying yes, I see you tantrum, right? You have to prioritize you first That's what the Y stands for The E stands for energy Okay, so energy management mental energy emotional energy physical energy So do you have the rest that you need in order to get up every day and commit to the work that needs to be done? So that you can operate in the momentum whether it's going fast or whether things are going slow or whether it's steady Are you fueling your body in the right way? Are you eating right if you have interacted with me at all? Shout out to anybody who's interacted with me who in

here knows that if you talk to me, I'm gonna ask you Did you eat today? Have you had water today? Have you gone to the restroom today? What did you do for yourself today?

If I have coached you, if I have been in any conversation with you and I have done that, I want you to put the good talk emote in the chat, okay? If I have, if I have, if you know this, if you know me to be able to do that, right? Because I'm always gonna ask you how you are taking care of yourself in some capacity, right? Good talk emotes in the chat. If I've said, if you're going to the bathroom today, when's the last time you've eaten? What are you gonna do for yourself? How are you taking care of yourselves these days? What are you saying yes to? What are you saying no to, right? How can I help you, right? If I've said that to you in any capacity, because that is what I believe in. If you are not managing your energy, right? If you are not choosing to fuel yourself in all the possible ways, I might say something to you like, when have you gotten outside and gotten some fresh air?

If you're an earth sign, I might say have you gone outside and done some any grounding for those who are water signs I might say have you been near any water lately? Like what are you doing? When's the last time you've taken a trip right or gotten close to some music? I will ask those questions because that is all energy management and it may not seem like it But in order for you to have the momentum that you need you have to prioritize you and you have to manage your energy Okay, so that's what the why is for you the e is for energy Okay. Thank you. Miss Hartman for the re up for the last seven months. Thank you for being here. Miss Hartman knows she will tell you Miss Hartman will tell you that she will send me a text message and I'll just facetime her immediately.

I don't even wait I don't write she'll she'll try to Thank you, LaWanda Baskerville appreciate you For the heads up on the incoming. Okay Miss Hartman will tell you No, tantrum No tantrum, it's not that the The Miss Hartman will tell you like I she'll send me a text message. She did it last week. She thought she was cute She sent me a text message And it had some stuff in it and I facetimeed her immediately Immediately and I said so you just wanted to be cute You thought you were just gonna send me a text and that I wasn't going to call you and it was only 15 minutes But I just needed to talk through right and it sure did facetime to her immediately I was like she thought she was slick and that she was gonna get away with just sending me a text message That's not how this relationship works at all.

I facetimeed her immediately It was 15 minutes of just checking conversation and what's happening and okay What's the path forward and all of these questions and then I said to her and like and I always ask her So what are you doing for yourself or where are you going next or what does this mean for you? And how does this play into your family, right? All of these things. Okay, all of these things. So to know me is to know that I'm going to take care of you, the human first, because all of the work is not going to be meaningful if you don't check in with yourself.

Okay, so you have to be able to say yes, so you got to say yes, and that yes stands for you. It stands for your energy and managing all of the energy, okay. And the s means is for success. So you're saying yes to you, you're saying yes to your energy, and you're saying yes to the success, the success being the outcome, the goal. If you decide for yourself the place that you want to go, you know you want to go there, but you absolutely have to say yes to going there. Yes to the work, yes to the success, yes to anything that is going to get you closer to that dream. Shout out to co -op. Okay. All of those things, but that is the first step is that you have to activate your momentum by saying yes. If you don't. everything else that you want to work towards will remain flat - lined.

And that mental mindset, that engagement that you wish you had, all of the environment around you will remain in the low vibrational or low mindset energy. So you have to commit to it. And it starts by saying yes. So to repeat that it's the Y stands for you, the E stands for energy, the S stands for success. Because if you yourself are not in a good place and your energy is not in a good place, success is not going to be as available to you. It may be more hard fought to achieve it. You can still get there, but the path to success may not be as easy if you are doing the work, prioritizing yourself, your energy, and your mindset. So that's the first step.

You have to say yes to you. Activating your momentum momentum is saying no. I'm sure you're like, is it really this simple, Kim? It is. It is really this simple. What are you saying no to? Because in order to say yes to you, your energy and your success, what do you have to say no to? I want you to put it in the chat. What are we saying no to in order to activate our momentum? Because what is weighing us down? I want to hear from you, right? I can tell you all day. Because I know. But what are you saying no to? Because these are choices, right? This is how you say no to something in order to say yes to something else. Because what do we know about yes? Yes is expensive. Okay, yes is expensive.

Yes and no are both currency. Ladies and gentlemen, spend wisely. Please and thank you. All right. I am coming in with this. I'm going to pause right here because I see the raid coming in. Good morning. Every single person Welcome in, welcome, welcome, welcome. Ms. Hartman, I see you on the comment. I'm gonna come right back to that because that is super important. We're gonna acknowledge the raid coming in. Good morning, graders. Welcome in from the Gospel Takeover family. Happy Tuesday to you. Good to see all of you. Good morning, Reason. Thank you for the massive raid on this Tuesday. I am so happy to see you all.

As always, you all know you are always welcome here. In the blueprint. Love, love, love to see you coming in extra hot. Reason, good morning. How was your stream this morning? Listen, folks, if you are not following Reason, please do so. Gospel Takeover, Monday through Friday, 7 a .m. to 9 a .m. Eastern Standard Time. Whether you are lurking or whether you are active in the chat, it is always so uplifting and

inspiring in there. I had the privilege of making it in there three days last week and one day was just lurking and it was just, it was amazing, okay? So. Good morning. Good morning to everybody who is in on the raid. If you are lurking or if you are commuting, good morning and happy Tuesday to you. Let me introduce myself. My name is Kim Blue. I am an HR executive.

I am a coach and I am a strategist, specializing in all things people, business and leadership development. Welcome to the blueprint. This is the space where we come on Tuesdays and Thursdays to chop it up about all things personal and professional development. And this month in May, we are focused on momentum. And today's conversation is related to understanding momentum and how to activate it. So I'm going to do a quick recap for those who may be new to the stream. And then we're going to go back into the three ways that you can activate momentum, because we just talked about understanding it, defining it. And then we're going to tap into the homework that I gave everyone last week, because in the blueprint, we do our work, we hold our mirrors and we hold each other accountable to everything that we do.

And that's coming in. So let's say good morning to those who came in on the raid. And thank you to everybody who followed, who came in as well. Appreciate you being here. So reason, of course, good morning to you. Good to see you. Off the Javon to five. Good morning. Good to see you. Happy Tuesday. I hope you're doing well. Good morning, Shelly. Good to see you. Thank you, LaWanda, for the heads up. Good to see you as well. Who else came in on the raid? Good morning, Rebel. Happy Tuesday to you. Thank you so much for being here, Rebel. I was lurking in your stream yesterday. Thank you for the motivation, as always. Latisha P, happy Tuesday. Risky, good to see you. Welcome in. Good morning, A. McKee. I think I said good morning to you when you came in originally, but if not, good morning. And thank you for being here. Listen, folks, we are talking about momentum.

Okay. And we are talking about all of the things that have to do with how to activate it. Okay, 9K9, good morning. Good to see you. Thank you so much for being here. Welcome to the Blueprint Ray of Sunshine. Welcome in. Good to see you. All the first time chatters in new followers appreciate you joining in the blueprint. I am a streamer who comes in and spends all of my time helping you be at your best. This is the work that we don't always have safe space to do in the professional arena. And sometimes we may not know where to go and find it in our personal space. And so I marry all of that. I make HR things very easy to digest in this space. And then I also allow a safe space to kind of talk through things and do the work.

I was fortunate enough to start to develop this when I was working and knew that this was something that I wanted to be able to offer to people. So thank you to everybody who came in. Thank you again, reason for the raid. And to everybody who's lurking in the background, appreciate you being here. The goal of this podcast is for you to leave here with something that you can immediately put into practice, right? That's it,

whether it's a word, a phrase, clarity or an understanding, you're going to take it away from this space. All right, that's my goal. I do step on toes. Okay, I am very honest. I am very direct. So see and find your blueprint boss, buddy. See the mods if you feel like you need some boss gear, they will provide it for you.

But this is a space that you will leave better having come spent time here. And I hope that you decide that you want to come back because you're welcome anytime. Okay, I'm here on Tuesdays at I'm here on Tuesday mornings at 8am Eastern Standard Time and Thursdays at 11am Eastern Standard Time. Okay. He'd my non mod mod family that's in here. Okay, because my actual mods are my like journey and like a comedian who's commuting, but Shelley Thunder will tell you gear up. Okay, LaWanda Baskerville will dare you to gear up. I have a lot of folks who are amazing mods who mod for me when my own mod crew is working and doing their thing, right? And they just come in and those who are who mod for others who happily mod for the blueprint.

So thank you for being here. Original man, good to see you. Thank you so much for being here. Happy Tuesday. All right. Thank you again, reason. Let's jump back into it. We are talking about understanding momentum and how to activate it. And so I talked about what momentum is. And we're going to get to the article in a second. But it's essentially right that good energy that you gain or that you curate when you start to work towards your goals. However, I also talked about how we get in the way of our own momentum. Okay, there's big stove with the final warning. Watch your edges because because so sometimes we get in the way of our momentum. Okay, and I want to go back to something that I said last month because I talked about how avoidance is directly related to momentum. Okay, because sometimes we use as avoidance as a strategy to not do the things that we need to do. Okay, we absolutely activate avoidance when we don't want to do the things. And here's what I said earlier. Sometimes we avoid our hero. We avoid healing because we don't want to deal with what it means to heal.

Let me say that again. Sometimes we avoid healing because we don't want to deal with what it means to heal. Because when we are healed and whole and happy, we run the risk of stepping away from this safe space, this comfort zone. And when we start to elevate above, right, sometimes we find ourselves right just with our head, right, our chin above the water. And we are trying to swim, we are trying to stay afloat. But then we discover that if we figure out how to breathe successfully, we can heal through all of the things that were holding us down, that were weighing us down, that were keeping us stuck, that were making us feel like we were drowning. But when we choose not to stay there, that's one of the things that we do when we activate momentum. Okay, it's a choice. You can evolve or remain. You all know that is also a foundational Kim Jim, okay.

All of those things. are there for you, but we have to activate it, okay? Letitia P. says, I'm in her backyard, right? She didn't realize that I was, she was using avoidance as a strategy to say, listen, okay? I'm telling you folks, we spent all of April talking about

avoidance, much to my life journey's chagrin. She always says to me, you could talk about something nicer, Kim Blue, but that's not the way that I'm set up. So we talk about the things that we need to talk about. But Letitia P., I'm glad you're saying that because here's the thing, sometimes avoidance really does become the strategy we use to elevate because the minute that we are ready to soar and we're gonna get to the soar model in just a minute, we keep ourselves grounded even though we know where we want to be.

Good morning, KB Browns. Good to see you. Thank you so much for being here. Happy Tuesday, okay? Wait, Tantra. Tantra. When we avoid, okay? We keep ourselves from soaring. And here's the thing, and I said this last week, okay? I know that you all wanna soar. I know that you wanna get where you want to be but you choose not to because what we don't wanna do is hear the mouths of those who will have something to say because they are stuck down in the avoidance space and we are the ones who are rising above, right? But the minute you start to come up out of that mire, out of the quicksand of avoidance and people see you getting out, they don't want you to get out because now they're left alone in their avoidance. They're left alone with their emotional piles. They are left alone with their choice to remain in this comfort zone, okay? And so if that is what you choose to do, then be okay with that. But if you're ready to soar, and most of you are because I've had conversations with many of you and I've had the pleasure of getting to know you through your own streams or through the opportunities to be able to meet, what I hear from you is that you're ready to soar.

And many of you absolutely know what it is that you want to do, but you are keeping yourself stuck. here to tell you that there is no reason that you need to keep yourself stuck, because avoidance is not a strategy. We are here to activate momentum. Momentum is the thing that's going to help us soar. And so we're going to move towards what it means in order to soar, but we have to get through the work of acknowledging that it's okay. And how we activate our momentum is by saying, yes. Okay, that's the first step. And the yes stands for saying you yes to you. That's what the Y means. The E is for energy, meaning we're going to nurture ourselves. And we're going to do everything we need to to take care of ourselves. And we're saying yes, the S is for success. Okay, so we have to know where we're going. And we have to be able to get into a place where we see the endgame.

Good morning. Yes, Vader, it is time to soar S O A R. Okay, and maybe that's what we need to do so that you're not S O R E. Okay from the work and I'm not saying that the work won't make you so re What I'm saying is that we can rise above that soreness, right? That means we're doing the work That's how we know that we are alive. Okay, so we have to say yes First step two in order to activate our momentum is saying no Okay, and the question that I posed before the raid came in. Thank you again reason is what are we saying? No to a McKee said she's saying no to work and everything else Right and she said yesterday. She drove to Chateau Alon for the day. Oh Hey McKee I

should meet you there sometime right and enjoy the spa and massage with your girlfriends and you said yes to yourself Right.

Good morning G class. Good to see you. Thank you so much for being here. Good morning Keith I know you snuck in here. Good to see you. I'll get on the look. Good morning Vader again Thank you so much for being here. Happy Tuesday to you. I hope you are doing well LMD to you as always Okay, good morning. Good morning to everybody who is making their way in Miss Hartman when you put back in the chat what you said no to it's we are way I got to find it way up in the squirrel. So for everybody who is coming in I'm talking about momentum and how to activate it and step one was to say yes Okay, step two was to say no and I want to know what you're saying no to Because no is a choice. Remember that. Yes is currency as is no yeses are expensive Okay, and we always have a pocket full of nose But we never spend them and I want to know why we're not spending them, right? So what do we have to say no to in order to activate on momentum?

I want you to put it in the chat What are we saying? No to? Who are you saying no to and Why are you saying no to it? Because if you don't know what you are saying no to your yes is going to be devalued and we're not devaluing ourselves We are not devaluing our energy and we are not devaluing our success Okay So what are we saying no to? Who are we saying no to and why are we saying no to it in order to activate our momentum risky says he's saying no To himself. What are you saying? No to yourself about good morning tank. Good to see you. Welcome in happy Tuesday Okay, miss Hartman says saying no to over committing herself because she has a hard time saying no shout out to everybody who over extends Themselves to the very ends of the earth. You will give it all away for the world and have nothing left for yourself No wonder there is no momentum for you to do the things that you need to do because you freely give it away To the entire world.

Okay, Martian Queen says saying no to hand -holding people who won't do the work even when you have shared the tools listen Let's talk about that for just a moment. Okay, so people who won't do the work, but listen you write it a mile like journey Where are you? Are you listening to this one? You see what Martian Queen just said? I'm gonna give you every single thing I'm gonna give you everything that you need. I'm gonna call my life journey out a little bit because her and I talk about this all the time. Let me write the rule book to you from A to Z on how to do all of these things. And I freely hand it, look, here are the rules. Y'all wanna see it? Let me, here's the rules, okay? Here's all the rules. And I'm gonna give them away to you and you are still not gonna do the work. And not only are you not gonna do the work, then you're gonna complain about not having the energy, not having the time, not having the resources, not having the money, wishing that you had the help.

But I've already told you how to do it. I've already coached you. I've already guided you. I've already provided you with the blueprint. It doesn't get any more better

than the blueprint. Get you a coach who's gonna do it better than the blueprint. So if I've given you the blueprint and you still choose not to do it, and so now I've given away everything a bit of my energy and I have nothing left for me, only to have to spend time recovering and then figuring out how to detach myself and say no to you so I can say yes to me, okay? That is a whole word right there. And so when we spend all of our time giving our energy away to everything else except ourselves, we cannot activate our own momentum. So shout out to you, Martian Queen, for putting that in there because that's real.

People like My Like Journey, Ebony A .T .O. and others who've got great hearts in here who I have seen in some capacity give it all away for others to have nothing left for themselves. This part of the conversation is for all of you, right? Others who I'm not naming, just because I'm not naming your name doesn't mean that I don't see you, right? I see folks in here giving it away, okay, freely. Because that's who you are and you would just do it that way, okay? All of those things. LaWanda Baskerville says, saying no to procrastination in anyone that is holding you back. That's a word, okay? Choosing to say no to procrastination, right? All of these things Shelly Thunder says that she's digressed to the stage of a two -year -old if it is not in service to her Or it means her energy is going to be compromised. It's a no for her dog Period in that what these children saying in the streets these days period It is a no, okay. It is a whole no DCD welcome in happy Tuesday to you. I hope your Tuesday's been going well.

Thank you so much for being here Good to see you my friend. I hope you're doing well Original man says saying no to bad choices and over committing Saying no to bad choices. Sometimes these are bad choices that we make on our own Okay, and we know that we are making these choices But we continue to make them because sometimes the bad choices are comfortable and familiar Who in here can attest to that when we make choices because they're familiar or they're comfortable We stay in the same place music spasms. Good to see you. Welcome in. Happy Tuesday to you Thank you for being here as always If you are commuting spasms, I think you may have said this or not, but if you're commuting, please be safe. I think it might've, you might've put it in the chatter. I may have missed it. Good morning, Neetan. Good to see you. For those who are coming in or those who are coming out alert, we are talking about understanding momentum and how to activate it. And so the first question is reason.

I see you reason. Good boy. A couple reasons like raise his hand, right? A. McKee says raise his hand, right? Because we stay in our comfort zone. Martian Queen says a comfort zone is like a good Sunday nap, isn't it? We will remain comfortable for the sake of not having to move out of any spaces. And then what do we do? We push ourselves at the most extreme levels or when we're in a time crunch or when we know we have to do something and then we exhaust our own energy to get things done. We know we have to do it, but then we wait until the very last minute. And then we have 14 things to do instead of choosing to do one or two things every day and only having three

things to do at the time. Absolutely. G class says it's false comfort. We create false comfort for ourselves. 100% and we don't intend to. Absolutely. May McKee says it's simply familiar. It's just easy. Oh, Shelley, am I still?

Oh, Shelley. Shelly's like, see, Kim Blue is coming for me already, but it's from a place of love, Shelley. You already know that. Okay. But those are the things, right? We keep ourselves in these cycle. We get to the end of the week and we're like, Oh, I got to run to the exactly not making a decision is still a decision. No response is a response. You can choose to evolve or you can choose to remain. Okay. Loco Gunner. Welcome in. Good to see you. Thank you so much for being here. Welcome to the blueprint. All of these things are a false sense of comfort. And when we have this false sense of comfort, we will stay where we are and it'll keep our momentum low. It will keep us weighed down and then we don't have it. in any way, shape or form, okay? All of those things are present when we choose not to activate our momentum. Moana Baskerville, I see you on the comment. Thank you so much. Okay, I appreciate you. So when we think about this whole notion of saying no, you have to be clear about what and whom you are saying no to and why you are saying no to it. Because if you don't know what you are saying no to, you will continue to say yes to the wrong things.

You will say yes to things that are gonna drain your energy. You will say yes to things that don't leave you space, time or opportunity to work through the things. You will say yes to things that will continue to weigh you down, okay? So step one in activating your momentum is to say yes to you, your energy and your success. Step two in activating your momentum is to say no to anything, anyone. or any environment that is going to weigh you down, that is going to keep you stuck, that is going to drain your energy. Because if you have so much, think about this as like cinder blocks tied to your ankles and you're trying to swim in the water. Aimee Key, thank you so much for the gift sub to Loco Gunner. Welcome to the Blueprint family, Loco Gunner.

Good to have you, okay? It's like you're in the water and you're trying to swim up, but those cinder blocks are weighing you down because they're so heavy on your ankles. When all you have to do is untie the cinder blocks, but if you untie the cinder blocks, what does that mean that you're letting go of? And here's the other thing, are you ready to let go? I would challenge you to say in your heart, yes, you are, in your mind, yes, but there is something that is holding you back to keep you from feeling like, but if I've been attached to this narrative, to this reason, to this community, to this person for so long, to these things for so long. Absolutely, KB Browns. And when I let it go, what will my identity be? How will people know that it is me? How will I know that I'm going to be okay? Am I safe to take these cinder blocks off my ankles?

You are, because guess what? When you release the weight that is holding you down, you elevate. I don't know who that was for, but I'm going to say it again. Release the weight to elevate. Maybe that was for you, Keith, if you are still lurking, okay? Release the weight to elevate. Part of that is for you, My Like Journey. Love, you mean

it. See what I'm talking about? I knew she was going to come in, right? I'm telling you, My Like Journey, I knew, right? There you go, Jen. I'm telling you, release that weight to elevate whatever it is, okay? I saw somebody in the chat. I can't remember who it was. Maybe it was Latisha P. Bader. Yes, the lotion is the thing that's also gonna help you feel better later.

I can't remember it was who was in the chat, but somebody said they got their taxes done. And they are feeling free about that, okay? All of those things. When you start to untie that weight from your ankles and you are not holding yourself down any longer, think about how easy it is to move your feet, to move your legs, to gain momentum. When nothing is holding you back, you move forward. It is clearly that simple, okay? Oh, okay, Shelly, love you mean it, okay? Don't leave me Shelly Thunder because in three weeks when I see you, okay? I'm gonna do this in person. And so I feel like this is preparing you now, Shelly, for what's gonna happen when I see you June 1st, okay? But when you release the weight, it gives you the freedom to move forward, okay? And it really does. Feel good. You're not being weighed down by anything that is not supposed to especially if you recognize how much it was holding you back and sometimes you don't know how much it was holding you back until you release it. Sometimes it's releasing people sometimes it's releasing a job.

Sometimes it is releasing. Sometimes it is releasing an obligation. Whether it is an intentional obligation or whether it is something that is put on you who in here has been obligated to something. Right that has been inherited. Meaning it wasn't really yours. You just sort of walked into it. Right. Leroy Brown Good morning, sir. Right. Sometimes we are attached to things about obligation. Absolutely tank. We get used to carrying that weight and so we don't know who we are how we will feel when we don't have that attached to us. Okay, I'm here to tell you that when you think about releasing that weight it puts you in this space to be able to activate more of your momentum, right?

What happens when you start to get rid of the piles? What happens when you start to go through all of the things right and you realize how much space you have? You get new ideas you get new inspiration you get new opportunity to go. Oh, this is how I can now create and this is how I can now do different and better and bigger things. But you have to release the weight and you have to create that space. The longer you stay stuck in the space that you have just created to survive. You will not thrive and we are here to thrive. That's what it means to be the boss of your own blueprint. Okay. So we're saying yes, we're saying no that's steps one and two to how to activate your momentum. Okay, step three and how to activate your momentum. Okay?

It's to be open. Open to what you say, Kim Blue. Just write the words, be open. There you go, Shelly. Right? And now when you look in that corner, Shelly, what are you starting to think? What's showing up for you now that you're seeing that space? I want you to put that in the chat, because here's the thing. It may only be a corner, but that corner may represent opportunity. It may represent what's next. It may represent

possibility and what could be. Okay? Reason. Listen, I fully expect Shelly to walk out and then come back in mere minutes after she walks out. Okay? I would not put it past her at all. If she was like, I'm sick of this and she just exited, she'll come back, but she may leave for just a minute.

She may leave for just a minute and I'm okay with that. Right? I am okay with that if that's what she chooses. But when you clear those corners, when you create that space, it starts to open up things for you to take more steps. Okay? So when you are open, which is the last step, okay? Being open, being open to what? Here's what you're open to. Write this down. You're open to new ideas. And here's what I mean by new ideas. I mean, ideas that you've already had that you've talked yourself out of for whatever reason. Because of fear, because of anxiety, because of uncertainty, because you couldn't see your way through it, because of avoidance. But you open yourself up to new ideas. You open yourself up to opportunity. You open yourself up to help. This is a really big one. You open yourself up to help, to help with a project, to help with figuring out how to take the next step. More often than not, we know what we want to do, but we may not be confident or comfortable or capable of taking that next step.

And it's the vulnerability of being able to say, I'm not ready or I am ready, but I don't know what to do. Be open to help so that you can get to whatever that next step is. Now, in so doing, you do have to ask for the help, right? You're not just telling someone what it is that you need, right? Don't say, I need you to say, would you help me please? Five words. Would you help me please? Don't say, I need you to, right? Sometimes the I need language is because we're anxious and we want to avoid the no. But when you take the time to ask, you may be in a better position to give people the ability to understand how they can help you, okay? All of those things are available to you. We can ask for help and that allows us to be open, right?

Tantrum. Tantrum, I told you, just come to Georgia. You could go to New York with me. You can go to New York when I go, okay? I promise you. So listen folks, three steps to activating your momentum. Say yes, say no, be open. It is really that simple. Don't close yourself off to opportunity. There's so much that is available to you. Hence why we are starting to build this community. One more reminder. Don't close yourself. Sir, I will speak with you about that after the stream, outside of the stream. Don't close yourself off to opportunity because there's so much available to you. That's why we're starting to build this community, okay? Now listen, I gave you all some homework last Thursday. There was an article, we talked about the momentum effect. I wanted everybody to read it because there's a relationship between momentum and mental health, okay?

And I wanna make sure that we all started understanding this connection. Because here's the thing, when we don't operate in our momentum or we don't activate it, what is our mental health like? Are we feeling strong? Are we feeling vulnerable? Are we feeling available? Are we feeling like we are not in a position to give? What is our

mental health and what is the relationship between our mental health and our momentum? In my case, it's non-existent. When I am not feeling mentally strong, emotionally full, right? Psychologically safe. My momentum is flatlined, right? There is no, right? Just pull out the, I can't think of what they're called, but right, but they need the whole activation, okay?

Just come, right? Charge them up because I need the revitalization. That's me, completely flatlined. When my mental health is not in alignment, my momentum is going to be low. When my physical health is not in, absolutely, thank you, Reason, for the defibrillator. Do you see me struggling right there, okay? Here's the thing, right? I need the defibrillator to clear. Come on and revive me. For me, I will tell you, I am at my most vulnerable when my physical health is not in check right now. I am not as active as I want to be. And it's only because I've been processing through some changes that have been taking place in my life, right? And just navigating those. And so the thing that gets sacrificed for me, yes, stove the paddles.

The thing that gets sacrificed for me, there it is. There it is, the Wanda Baskerville and Shelley, right? But that's the thing that gets sacrificed for me is my physical health. And so right now I'm just down to walking, but I really, really, really want to be back into yoga and weightlifting and boxing and all of the things that give me energy, okay? But I'm not doing them, which is how I know that I'm heads down in some other things and I've got to find my way back. So for me, my momentum is... Not activated when I don't say yes to myself and saying yes to myself means putting on this weighted vest putting on these ankle weights And turning on this 30 -minute weightlifting video on YouTube so that I can push through okay Vader what you can say is will you please help me all right, or you can say You know would someone be able to help me with this and you define what the this is and I'm certain Beyond the shadow of a doubt that that would be made available to you.

So it doesn't sound as aggressive Right Miss Hartman, you know what? It's hard because and this is a great question I mean, I know I know Vader is joking but like in so many ways. He's also being very serious right about how it sounds Right. We have to hear ourselves saying that. Absolutely Miss Hartman says she freely gives the help but finds it hard to ask Why do we find it hard to ask for help before we pivot just a little bit? Okay? Whoo, Nick. You are my hero sis. That's gonna be me soon. Okay Why is it why is it hard to help? Ask for help, but it's easy to give help ladies and gentlemen. Tell me why It's really easy to just give it all away, but it is really hard to ask for help Guilty is charged, right Fair Shelly Shelly says for her it's the anticipation of being disappointed See love says people saying no 100% we give it freely, but it is very hard to ask for it, right?

Absolutely. That's that's that's the that's the blueprint original man because we don't want to bug anyone 100% absolutely reason We don't want to be a burden for me. I had a living example growing up. I watched my mother Not ask for help because she

came from a generation of that was in a survival mentality, okay Absolutely to want it shows vulnerability and it takes risk of disappointment Okay fear of failure Trust the person is gonna be real and have your best interest These are all reasons why it is very difficult to ask for help for some for some of us and many of us We had clear examples of not seeing others ask for help or watching them ask for help And then the repercussions of that Right.

I watched my mom push through Right because she came from a generation that was I got to survive in order to thrive. It was a survival mindset Right and the generation before that came through a survival mindset, right? Her mother my grandmother who was born in 1932. So you can only imagine what the world was. She had just come through right the depression and a world war. And so many things, right? My grandmother saw and lived through all things like she lived through not having access to things. And when you don't have access to things, and you don't believe that you can get access to those things, you don't ask for them, you figure out how to survive successfully, but not really. And that's also what gets passed down. This is why when people say when you see the shirts that say, I am my ancestors wildest dreams, right? Or when we see, we talk about breaking generational curses, many of us that are in this space are the ones who are doing that, right?

We are the ones detaching from avoidance. We are the ones shifting away from all these things. We are the ones changing the mindsets and the narratives and showing people that these things we do it, right? Nick 10 says that her Taurus pride will not let her ask, KV Brown says as a man, the macho side prevents him from asking for help. 100% Shelly says helping with expectations or ulterior motives 100% Shelly I'm asking for help but really it's not right I'm asking because I want to be able to get these things and I don't actually care about you or what it is right and all those things asking for help can be very difficult we give it so freely it's no different than saying I'm willing to help you but I don't want to be paid for my services but guess what we have to come on Neek we have to eat we 100% have to eat okay I have this conversation with Jen all the time and I don't know if Jen's still in here because she may have had to go on to another client but Jen tells me all the time she's like um Kim did your value was this I under even now as I've been in this space as a business owner I still under there you go Jen I still undervalue myself and sometimes Jenna be like no your value is much higher than that you need to be thinking about this and that we just had a conversation on Thursday I just told her an idea that I wanted to do and I said I'm not sure how to price it and Jim was like well I did this and this and this and she was like and I did it for this long and she was like and I paid this much for it but you're worth way more than that Kim Blue I'm pretty sure she tells me that at least once a month and when some of our conversations and I have four meetings with her a month once a week right and I'm sure she tells me that at least once in the conversations and she's in the blueprint coaching group and she sees it all the time so easily she's like you should probably drive more right all of those things when we think about what it means to activate our momentum you have to release the

weight from around your ankles you have to be open okay you have to say yes and you have to say no those are the steps part of that starts with knowing where your safety is because if you are flying among others who are ready to soar then we are all going to soar together okay the likelihood that any of us will be left behind is very low when we decide that we want to soar together, all right?

It's very important. So, what did I ask everybody to do, right? We went sort of through the whole mental health piece, but I asked everybody to read that article and ask everybody to connect with me on LinkedIn. Now, who in here does not have a LinkedIn page? Put like a one in the chat or something, okay? If you connected with me on LinkedIn, and I see that, right? Because I've got my LinkedIn profile up, so I see. Some of you have connected with me in real time, and that is fantastic, thank you. But who in here does not have a LinkedIn page, okay? This is our project this month, is that we're going to connect momentum and moving towards a professional goal in here. So, if you don't have one, we're going to get you one. If you do have one, we're going to update it. If you have one and you're in the process of updating it, yes, Shelley, do you need the article? I can put it back in the chat for anybody who is interested But I put an article in the chat last Thursday and asked everybody to read it because it defines momentum really well and we're still kind of framing that but our Project this week is going to be Safe travel stove.

Okay our project this week is or this month. Excuse me. Hold on Shelley. Let me get this for you Here you go All right Here is the article I'm dropping it in the chat. All right, this is how we're going to do This is what we're focused on this month So if you don't have a LinkedIn page your goal is going to be to start one if you need some guidance You have to connect with me You've got to go to LinkedIn and click on sign up and follow the directions and the first person you're gonna connect with is me Okay, you're welcome. Shelly. You're welcome in the key. Okay, I dropped it right in the chat for you Kevin Browns. You have a great day as well. Thank you for being here as always Here's your homework between now and Tuesday.

Okay, if you have a LinkedIn page and You have a profile pic that's outdated I want you to find a picture or here's your excuse to go and get yourself all made up from the waist up Okay, and we're gonna get right these iPhones and these androids have amazing cameras You can go and get yourself a Nice photo and you're just gonna change your photo You're gonna put your name up there and you're going to be intentional about what it is that we're gonna do So I'm gonna show you all mine because I think it's important that you all see this Give me just a second You can make yes you can make your you can make your logo Your banner pic my life journey, okay All right Alright, so this is my, and I'm going to show you this in real time because I want you to.

Thank you. all right all right can everybody see this right if you can see my LinkedIn profile I want you to put the Kim Jim's emote in the chat can you see this everybody should be able to see it hopefully okay so this is my LinkedIn profile okay we are going to work on gaining momentum in whatever way we want appropriately for this because part of this is also me coaching you and helping you advance how you present yourself to the world right that is this Yes, we're doing the life coaching part of this, but I want to make sure that we don't avoid the professional parts of this either.

So everybody see this at the top. So my life journey, do you see what I'm talking about? This is my profile picture, right? And then this is what, this is the banner right here, which will likely change to whatever my cable consulting is going to be or the blueprint or whatever the case may be, right? So you've got a different picture. Here's where you can put hair envy, right? Or the envious hair lounge or whatever you want to call it. So everybody's homework. Do you see this first section up here? This is called, right? Your little, your bio or like your byline. I want everybody to be up here thinking about how they just want to describe who they are and what they do. And for you, it could be as simple as uploading your pictures here, your background picture. There's a ton right here, okay? That are pre -baked in. If you want to do it, my suggestion to you is to be able to go in and do this, but we are going to move some momentum forward in how we show up and present ourselves.

Because those of you who I am coaching outside of here are those of you who may have been saying I'm ready to kind of put myself out there in other places. I want you to be able to take those steps in the right way to do this, okay? So you're saying yes to you. You're going to have to say no to something to make time in order to do this, okay? And you have to be open to the learning that's going to come. That's how we're gaining the momentum. All you're going to focus on is this part right here. So you're going to click this little edit icon. And right there where you see it says on mine, fractional CHRO, consultant, strategist, executive coach, C -level advisor, servant, right? That's all the stuff that I do. This is what you're going to focus on between now and Thursday. Ideally, if you need more time or if we need a deeper session on this, but I do want to spend some time helping everybody gain momentum.

And the reason that this is important. right and I'll show you the rest of mine okay but it gets into my about section we're gonna work on that but this is all the stuff that I've been featured in so if you come to my page it will show you past things that I have been featured in past podcasts that I've done right I think you guys know that I write for Forbes or I'm a Forbes contributor right all of these things are all the way up there you know just keep going with all the featured items I think it only gives so that so we're going to be able to do this and this is what we're working towards okay right I think you guys know I told you was on the cover of a magazine all of that all the spotlights I have some stuff that I'm that's not even up there that I need right this is me being my own being my own accountability partner with myself there's new stuff that I need to post I need to post up

there the fact that I'm speaking at a conference in New York next week and all of these things so I need to play some catch -up right being able to do that mr.

Cheney welcome in thank you for reminding me that I am a legend I appreciate you Right, so see love where you just have job title up here, you want to be able to put more words to describe what you're doing, especially for those of you who are entrepreneurs or if you own your businesses, DJs, I don't know if I think it was Jay Jonah, Jay Jonah, if you're lurking, here's where you put your name, and then you parenthetically put, or you set up it to say this is what your day job is, and then you're going to put DJ and then you put your name in there. This is how you start to market your business. Okay, and then you start to put the details of all of those things down there. Now, I'm not just going to, I'm going to give you just a sneak peek before we start to get out of here, okay, but then you start to see what your experience is. And all of the things that are down there. So we're going to take this one section at a time, but this is what my LinkedIn profile looks like. Okay. And it starts to show my education and all of these things that are there right now.

I've got a bunch of stuff underneath there, right? All of my ESP and stuff, all of my Microsoft stuff will get to that. But for the time being, our homework is just to take it from the top. Okay, that's all we're going to do is take it from the top and you're going to work on your banner photo and you're going to work on your profile picture and you're going to work on this section up here. If you want me to look at it, you have to be connected to me on LinkedIn in order for me to see what it is that you are doing. Tawana, that's a great question. You said Tawana says, so you don't need one for just your business if you have a full time job as well. That's a personal choice. I have a KBlue consulting page that Jen manages and puts content up there. But I did, you can manage it all from one page if you would like, meaning that your business or your primary source of income or whatever you want to recognize as your employment can be highlighted at the top of all of your things.

Now, if it's. going to present a conflict of interest, you may want to have a separate page to want to. Pisces 20th Century, welcome in and my pleasure, any time. OK? If you want to be able to do both, we can talk about what the structure of that looks like and how you can make it flow underneath one page. But there are many folks that have a business page, and then they have their own personal profile page that they put out there. And then you can decide whether you're going to comment on certain things from your business page or comment or reply to certain things as you write yourself.

Does that answer your question, Tawana? This is a great way for those who have businesses to market themselves to be connected to event. Right, Jen says that's how she does it. Jen, feel free to put any thoughts in the chat that you want to share.

But this is how you can market your business. This is how you can get connected to events to be able to provide services or products or to expose your brand, OK? all of these things are available and so we're going to work on that over the course of this month okay to those who are in the blueprint coaching group we're going to take this a step further each of you is going to have to update your profile and then there's going to be additional steps if you are working with me in that space some of them will take right i've sent them out to go apply for jobs already right if you tell me that that's what these things right then i'm going to start to put the right homework in front of you so that you are going to do this but we have to gain the momentum and so we're activating it they're saying yes they're saying no and being open open to all the things okay all right we are six minutes past our end time that is this edition of the blueprint okay thank you all for being here on thursday when i am at lock and key media studios because that's where i will be at 11 a .m eastern standard time at which time i hope you decide that you will join me and come back for the continuation of momentum and how to activate it good talking moats in the chat to all of you okay we will get to a place where we are continuing to talk through momentum and we're going to understand what are momentum blockers and that's what we're going to talk about on thursday what are the blockers of momentum and we're going to dive a little more deeply into the four m's of moment okay lock what are the momentum blockers now this one is going to end up feeling you may feel some kind of way and that's okay right that's okay because if you know what's getting in your way then you can you can understand how to move it out of your way so we're going to talk about momentum blockers and we're going to talk about the homework again so go ahead and just be playing around your linkedin profile i'm expecting to be able to connect with every single one of you okay at some point and then i'm going to start to send you into spaces so you can and get comfortable using the tool because sometimes we avoid doing something because we don't understand how it works and we don't understand all of the things that it can do for us.

And so we're gonna use the way that we market ourselves, brand ourselves to gain momentum to get comfortable with that. Elvie, I see you, thank you so much for the re -up 17 months, right? Insert the favorite Elvie drop. Elvie, I think that that's Avery's favorite drop whenever you play that, he loves it. So thank you for 17 months. And for kicking me off the cliff 17 months ago when it was time, I appreciate you, okay? So LinkedIn Profiles on Thursday, we're gonna talk about momentum blockers, okay? Everybody write that down, momentum blockers is what we're talking about on Thursday. What gets in the way of activating our momentum, momentum blockers.

So bring a note, bring a print, bring a pin and invite your friends, okay? So, Ready yourselves. I appreciate every single one of you. Thank you so much for being here It looks like DJ classics is on right now is she on at nine I think that's where we're gonna go because we haven't had a chance to go see her So let's go do that. Let's go ray classics and show the love reason. Thank you again for the ray Thank you to everybody who stuck around from the gospel takeover family Thank you to everybody

who was here lurking working commuting tab up. Whatever that is I appreciate all of you copy the raid message. Okay Remember that we are activating our momentum by saying yes saying no and Being open. Okay, and this is what we like to call change management.

So it may feel different Than what you've done before and that's okay It's supposed to feel different if it didn't feel different then we're not doing the work original man. Thank you so much for the hug Appreciate you. You are welcome back anytime. KK 79. Good to see you. Welcome back Happy happy Thursday. Happy Tuesday. I hope you're doing late Okay, thank you K so we'll go catch classics as fast as we can Until she raids in the fro and go shows go show her some love. Dr. Don and Dundas appreciate you being here Listen folks. I say it every Tuesday and Thursday. Okay, I am sending you into your day until I see you again With all of the good energy and light you need to guide you take the good energy that you gained from this Conversation and let that be the light that guides you today tomorrow or in whatever situation you may need. Okay Take exceptional exceptional care of yourselves We will speak again on Thursday morning All right at 11 a .m. Eastern Standard Time. I look forward to seeing all of you there We are on our way to go see DJ classics have a fantastic fantastic day on purpose