

# The Blueprint Vitamins or Painkillers June 27, 2023

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## Transcript

Happy Tuesday, everybody. How are you? I hope you all are doing really well. Thank you so much for being here. Welcome to the blueprint. I'm for anyone who is new or if it's been a while. My name is Kim Blue. I am an HR strategist and a career coach. And this is the blueprints, the space where we come Monday, Tuesday and Thursday mornings at eight a .m. Eastern Standard Time to chop it up about all things, professional development, leadership, really just how to own everything that you do and be the boss of your blueprint.

That is what I fundamentally believe that's literally what my tagline is, right? How you own all of the things that are responsible for, how you can make sure that your are operating at your highest potential, most importantly that is showing up as your most authentic self because when you are authentically you, everybody gets the best of you, everybody has the opportunity to watch you operating confidence to see your value increase and know that all the things that you were doing all, the work that your putting in is worth it because you were showing up and doing things at the highest level right operating at your highest potential and that is what it means to be the boss of your own blueprint and so this is a space where we come and we do the work and be loving we hold each other accountable we learn a lot we make sure that we treat each other kindly here right that is what literally what we talk about in the blueprint and being able to connect with each others as we are doing the work because then the nice part about all of this is that we are not alone right so all those things are you have to put on different Okay, so then all of the things that we are here to do really boil down to how we treat each other in each one of these conversations that we have whether we're together whether or not this is my little one Avery in the event that no one has seen him before so I'm speaking of Avery we are going to be very efficient with our conversation today I have got to put my mom hat on and uh get this kid to be able to get this kids to camp um so we are going to get going um because we need to be out of here by 8 45 today normally i would be rating just before that or just after that however today i am going to Be prompt so with that we're going to go ahead and get started while he is finishing up all the things he needs to do this morning so Let's say our hellos, I will do a little bit of housekeeping and then we are going to make sure that we get going.

So to everyone who's in the chat, my like journey, my mod boss extraordinaire, thank you for everything that you do. Happy to have you with me as always. C -Love

702, good morning to you. Nice to see you, welcome in. Ms. Hartman 29, is that Yukem Hartmann? Good morning, Good Morning. Welcome, Welcome. Welcome so good to have you here. Thank you so much. East Miley 67, double spirit. Good morning, Queens. Welcome in. Happy Tuesday to you, DK. Good Morning. I'm happy to see you. Thank You so much for being here, welcoming Kim Hartman as I live and breathe. Look at you making it to the twitch side of the house. I love it. I Love it, I love it Welcome in everybody. Listen, virtual head nod and virtual salute. Should I say to all of the folks who are lurking, working and commuting. Thank you Miss Hartmann. to all of the folks who are working, lurking and commuting, salute to you.

I know the mornings are when everybody's getting themselves grounded. If it's in service to, you shout out in the chat, otherwise do whatever makes you happy and keeps you going on your routine. Happy to have you in the Blueprint Lurkers Lounge this morning, taking things in and listening, okay? So, continue to greet each other in the Chat and get your good mornings on. I am always happy to see you, thank you for the grace yesterday. I was being a mom and so all of the morning rituals with camp were overlapping with my ability to effectively stream. And so, I took the mornings off yesterday also after coming off a week of travel. If you have not seen my reel it is on instagram so you can go look on my cable consulting account and there's a reel up there that kind of shows a recap of my time in Cincinnati last week.

So, thank you again for the grace while I was doing my thing. Nikki Walker, good morning, nice to see you. Welcome in, happy Tuesday to you, Dr. Day, it's always good to be you happy to say to you quick announcement for those who don't know if you've not seen the flyer, I will be joining Dr Day tonight on Engagement Matters. So excited to be a guest on her stream. As you know, she has been on the blueprint and she has imparted her knowledge and wisdom and so I am going to be joining her stream this evening. We are going to be talking about resilience and a few other things. I won't spoil Dr. Dady Slender, but you already know that she is going to bring all the goodness that she does to any stream that's she's in and I will be alongside her this evening so set your notifications, be on the lookout, check out Instagram for the flyer.

All the details are there, and I look forward to seeing you. So Dr. Dady, thank you in advance for having me on. I'm looking forward for our conversation this afternoon. Okay. Let's jump right into today's chat. Last week, when I was in Cincinnati, I had a good chance to put all of the energy and the oxygen on myself. To where my mom had, my dog mom, had I wasn't taking care of this house. I wasn't even home. I was in a new city that I do nothing about, meeting people that I had only met virtually or worked with virtually for the first time. And all of the things that I was doing were new. The learning was new, I was in a position where I was actually taking in information so that I could, I can subsequently facilitate a conversation later on, but it was all things new and a lot of the questions, a lot of the prep work we did really had to do with checking in with ourselves

and being really clear about not only how we were showing up but the power that we wielded.

The information that was taking in was impactful. It was all about how we can change the nature of our social conversations. And it was about this concept of being a social architect. Now, this is important to me because I consider myself a social scientist, right? The work that I do with people and human resources, and an organization is called a Social Science, right. It is literally understanding the behavior patterns, the way that people think, engage. Good morning to one, nice to see you. Welcome in. Happy Tuesday to you, it's all about understanding the social credit. Yes you may. It's all about understanding, there you go, people's behaviors. And so this past week, last week when I was in Cincinnati, it was really a deep focus on how we restructure our social contracts, right? The way that we engage with people, our thinking, the questions that, we ask, everything. And, so it really got me thinking about how much you show up what goes ahead of you, really understanding like the position that you hold and the power that comes with that.

Because when you walk into a room, you bring in energy, you are bringing the life, you bring some level of vision to that and you have the ability to determine or change or influence everything that's in your path, starting with yourself. Whatever you bring into that space is however people are going to experience you. Okay, so we are gonna have a conversation today and I'm gonna add this to the stream. All right, so, we are going to talk about knowing your position and understanding your power. And that's what we're gonna talk about today and Thursday. And both days are going to be succinct conversations because I will be Um, needing to put on my mom taxi hat and sneak out of here. But this is really important, ladies and gentlemen, right? The question that I'm going to ask you is, are you a vitamin or are you a painkiller? Okay. Knowing your position, understanding your power. When you know your position. Meaning when you know who you are, the role that you play, the responsibility that you wield, right.

The leadership that you have in any of this, My Like Journey has already put the boss gear command up there. So if someone needs it, go ahead and see her. She's going to be able to hook you up. Right. But you to understand for yourself, are you a vitamin or are you painkiller? And we're going define what those are in just a moment. Okay. Call us on six. Welcome in. Nice to see you. Cause the success. It depends on the day. Okay. Yes. My journey told me last night. She told me, last night when we were working on this spot, when I told her what the title of the theme for this today and Thursday were going to be, she just shook her head at me and she said, I don't want to do it.

Right. She immediately said that she was not here for it, which clearly means that she is here for, right? All of the things. But you have to know, folks, if you are vitamin or if you are a painkiller. And here's the thing, you can be both. You can think you are

vitamin and really be a Painkiller or you could step into a space where you need to be Painkilling. If you need To be in this in This painkillers face, right?

Then what you have to understand is that sometimes you are A pain killer or You are seeking a Pain killer when you really need a vitamin. My journey says she's going to raid out early. she already because she had already heard me talk about some of this last night and that's what she told me when she when I told her what was going on she was like I'm gonna just raid out early that what's she told, she's like, I am just gonna put the invitation out there so if it is in your soul to raid our early night life journey we'll be able to get you out.

That's when she just told last I was not even gonna do this. But here's the thing folks at any point in time We are both one or the other or we are neither and we need to be one or The other and so we're going to spend today's conversation and Thursday's Conversation talking about being a vitamin or a painkiller because both of them wield different types of power Does everybody understand that if you are in the position of being of vitamin the things that come with being A vitamin are vastly different Than being A pain killer and when I talk about painkillers, right? and all of that type of stuff, we're gonna get into all that, okay? But today it is introducing the framing around what it that we are doing. So let's talk about this. I'm gonna take myself out of the slide for just a minute, okay, so we can see the whole thing, right?

So get your, if somebody needs a pen, get a pin, get notes, whatever it is that you need, Dr. Donna Dundas, good morning, wonderful Tuesday to you, Queen. Happy to see you as always. A. McKee, good morning. Welcome in. C. Love 702 is offering pins to anybody who needs them. You can see her. Okay. She's got the extra ones or see my life journey. So listen, folks, when we talk about being a power player, there are three types, three types of power players, ladies and gentlemen, okay. You could be a vitamin, you can be a painkiller, or you could beat candy. And we're going to talk about all three this morning, because I want to set us up for Thursday's conversation when we start to talk about things like placebos.

And when start talking about the different effects that vitamins and painkillers have and why sometimes a painkiller really needs to be a vitamin or why placebos really feel more like candy or how we think we're taking a Vitamin but we really taking the placebo because it has to do with our mind and the way that we absorb information and the way that we then put ourselves out. Yes, Tawana, I did say candy, okay. A vitamin, you can either be a vitamin. You can be painkiller or you could be candy. And notice, right, notice the clear distinction between all three, Okay. Notice the very clear distinctions between three.

Sometimes we must write, we take candy wanting it to be the pain killer. Okay, sometimes we'd take the candy thinking that it's going to be a vitamin. Let's use an example. Y 'all know those throat lozenges that we used to take back in the day, those

little red, sweet, right, come on to one and you already knew I was coming for the looting cough drops. Okay. Sometimes we take, we took that cough drop because we thought, okay. Because we thought that was going to be vitamin, right? Or that is was gonna be pain killer. And you see the definition in there of pain killers. I'm going to go to it in just a second, but I wanted to open with this example, but what we knew about the Ludens cough drops, we took them because they were candy, right? They did provide us a little relief, you bright.

They made you smile and feel good. You 'all see the definition of there? Just a bit of a distraction, but it didn't last long. Okay, it did have long lasting effects. And so all of the things that were in here, in this candy right, and this thing that we thought was gonna be a painkiller that was thought gonna do more. May not necessarily have offered us everything that we need and that is us ladies and gentlemen. It's up right you have to know what kind of power player you are because you might think you're a bigger powerplayer and then really you're not providing the pain -killing services that you want to you. You're not provided some of these other things and we're gonna get to the next slide in just a minute. We're going to talk about vitamins.

That's going to be our focus for today, right? Really what it is or what? It means to be a vitamin. Okay, so when we think about this, right, and Tawana, I'm so glad that you immediately came in with the Ludin's cultural, because here's the thing, folks, anybody ever feel like or think that they are taking a vitamin but it's really candy or taking a painkiller that they know needs to be a Vitamin, okay, sometimes we take a Painkiller folks when all we really need is a Vitamin. Vitamin, right? Painkillers are adjacent to avoidance. Vitamins are the things that help us get into action. And we're gonna look at all of these pieces, okay? And so I don't wanna jump too far ahead, but I see everybody responding in the chat about all these.

So let's talk about our power plates, vitamins, what are they? Vitamins are things work to make you better. They create understanding, they give you clarity, they are in alignment with your values. anything that you add to or bring into a situation your intellect your positive thinking your mental attitude your motivations especially if they are intrinsic or if you were able to pull the right types of extrinsic motivation all of that comes in as a vitamin you are adding value it's all additive right whenever you go to apply for a job ladies and gentlemen okay and if for Those of you, and my good friend Kim Hartman is in the stream this morning, right?

She is a fellow HR professional, and she is also an amazing, amazing educator. And we've talked about this conversation, but when you go to apply for a job, right, you've heard the phrase being a culture fit, meaning do you fit the environment that we currently have? Are you going to be another piece of candy? Or are you gonna be a culture ad? Are bringing new things, different things better things? Are going improve the current landscape and not just be piece a candy or a painkiller but you're gonna take all of the good that you have and add to it.

That's a vitamin ladies and gentlemen. And sometimes you start out thinking that your going be of vitamin and let me tell you what ends up happening. and you end up being a painkiller. And sometimes you're a painful for yourself.

Anybody in here ever, hold on, let me give you on my face for just a minute, okay? Any body in hear a Painkiller for themselves and not other people, you are killing the pain so that you don't have to deal with other folks. You don' have deal these circumstances. You're not ready to take in any of this environmental stuff. Okay, Dr. Dady immediately said yes. You are killin' the Pain for Yourself, right? I'm going to self - medicate. Sometimes pain killing folks looks different for different people. Sometimes we need to be in a space where the vitamins that we take, or if we are being a vitamin, is what's going make everything around us better.

As a streamer, when you come into the Blueprint, my job, the thing that I am committed to is to a be a Vitamin to you every day. I am in alignment with my values. I tell you all this space allows me to operate at my highest potential It allows Me to do the thing that I love I want to be additive to your life, right? I was talking to somebody the other day. It was Hobbs maybe on Sunday And she said I just dropped a Kim Jim on somebody last night. That's the that's that ticket, Right? That the move I Want to Be with you even when we're not here That being a vitamin What I don't want is to be a painkiller to you. I don't want to be in a in a position where while I might be helping solve a problem or expose the challenges or maybe disrupt something, right? I want make sure that those problem solving moments, those moments where we're embracing challenges, Those moments were I'm being disruptive are not adjacent to avoidance, because sometimes a painkiller can serve as avoidance.

I'm going to numb these feelings that I have, right? Dr. Dady just put in there that vitamins require patients and fortitude strategy. Painkillers are tactical short term, exactly. So now I am coming into, it's like putting a band -aid on a hemorrhage, ladies and gentlemen. You ever cut your hand and just bleed out or cut you finger and get right and bleed out, and then you go to put a tiny little bandaid on them when really you need stitches or surgery. Painkillers are what you take sometimes or what you provide sometimes when you need to be performing surgery, but I don't want to do that.

I don't want to feel the pain. Right. I don't want to feel to heal. All right. I'm going to deal with this challenge a little bit. I'm going to be a little bit of creative, right? I see the circumstances in there and what You see up there is the definition of pain killing if work if we're approaching it from the right way But what we are going to do is have the conversation around how painkillers equal avoidant behaviors And what do we know about avoidance ladies and gentlemen? Somebody put it in the chat. What do you know? About avoidance, right? See love 702 this past weekend. It was her feel to heal. That's it. You have to feel those things Thank you. My life journey avoidance is not a

strategy It is a strategy, but it is not a strategy that we are going to employ because avoidance allows you to not be the things that Dr. Dady put in there, right? Painkillers are short-term. What happens when you have a headache and you take some medicine? Sometimes it will go away, but sometimes it'll linger. Anybody out here suffer from migraines.

I am a migraine sufferer. I have them. And when they come on, they can be really severe and sometimes they just knock me all the way over for no reason. When I first started experiencing migraines, somebody was like, oh, you should drink a cup of coffee. Okay, sure. I'm a coffee person. I don't mind the caffeine. I know overindulged, right? But I like it. I liked the, I, like all of those things, right. I'd like the ability to have that. And so, here's what happened, and I had a massive migraine, then I would drink a cup of coffee and it would wear off, just enough for me to keep functioning. And then what do I do? I now have applied a painkiller and so I'm operating on vitamin energy, right?

With a Painkiller solution, which is only temporary. And, then, what happens? The pain starts to come back. And so, now, I can't solve those problems. I can't be present for those challenges. I can be a disrupter because I don't have anything in me that is a true vitamin that is doing things to enhance, to experience, help me experience things in a different way. So now I got to go back because I need more pain killing. Right. My head is starting to hurt again. I'm starting to get cloudy. I am not able to respond to my environment in real time. I need some temporary relief. Right? So the caffeine is like candy. It's like that ludens. All right, it's gonna make me feel good. It's going to be a nice distraction. Let's move to that definition of candy before we go and talk about vitamins before get out of here, okay?

So, it does provide you a little bit of relief, right? It tastes good, might have great flavor. It a good distraction, kind of takes your mind off of what's goin' on, right sometimes candy and painkillers go hand in hand. Right, you may choose the candy over the painkiller. But it doesn't last long, The thing we love about candy is that it's sweet. It gives you some instant gratification, right? It's that my whole microwave generation that we live in. I'm going to be able to taste it. It is going feel good. It very soothing and satisfying. It give us, yes, those temporary fixes. You put it in your mouth and your brain immediately responds to it, for all the chocolate lovers that are out there.

People who like caramel or people who like hard candy, or whatever it is, pick your candy. But think about the feeling when you put your favorite piece of candy in your mouth, right? I'm a Reese's cup girl I love Reese. I loved chocolate and peanut butter. It is my thing So give me Reese these cups give any of that type of stuff, and I'll love you forever but it's temporary because the minute that that's done You may look around and go oh, I want another Right. I want to another piece of candy. I want a handful of Skittles. I want another boost of temporary relief because it doesn't last long. And while it comes in a lot of varieties and flavors, candy, you showing up as the candy.

You may be able to say, okay, in this moment, I got it. In the morning, I was high energy. I Was able to kind of stay in his mindset. I wasn't able to stay in the space, but now my energy is weeding. And so I don't have that ability to show up the way that I was showing up before. And so me being a good distraction, that's not available to you. And now I need to take a painkiller, I mean to be a Painkiller so that I can show up to Be Candy for you, when really what we both need is to B and take of vitamin, period. And So instead of finding the vitamins, we settle for the painkillers in the candy, right? And in settling for pain killers in a candy we then don't do the work of taking care of ourselves. And this shows up in all types, it shows in relationships.

It shows it in the way that we show up at work. When we are not operating at our highest potential, when we're not showing up as our best selves, it means that are vitamin deficient. What happens when are we vitamin deficiency, ladies and gentlemen, when don get enough vitamin D, when you don' get vitamin A, B12, whatever it is, our energy is low. We do not get to show at high potential. And so then we temporarily fix this with the painkiller or with candy, whether that's what we give and put out there into the world or whether, that is what, we elect to take back in. We numb our pain. We choose not to feel so that we don't have to heal or deal. Sometimes we do not want to deal with pain and if we deal with it, then we cannot heal from it. When we take that pain killer, it temporarily goes away and it allows our environment to be altered, it allows their mindset to the altered and so we cannot show up as the vitamin and then the thing is is that the painkillers they have all of these mix of things in there that are supposed to do things together in order to kill the pain.

Sometimes the Painkiller will make it so that the Vitamin becomes ineffective and when you can't take the things that your body needs when you're not giving yourself time to meet your needs, right? We talked about Maslow's hierarchy of needs. When we can't get the sleep, when we don't eat the food, when don t get rest, and when not spending time in spaces where our energy is going to be at its highest potential, we get to a place where we are giving away our time, our currency, when we are spending it, right, in that way. When we're spending our currency, the painkiller makes it so that the vitamin is inadequate, that it's not enough, and that we just must keep being the Painkiller or taking the painful killers, okay?

It just numbs you, right? You can't feel. When were sleeping, we kind of know that were existing, but ultimately the painkiller puts you to sleep and then what, then can you feel the heal or deal? You're not dealing with anything when you're asleep. You not feeling anything when your sleep, you not healing when you sleep you might be a little bit, but, ultimately that pain killer fills the space where the vitamin should be working. And if you take enough painkillers, the vitamins become ineffective, which ultimately means you become ineffective okay. So Tommy Williams and good morning, and welcome in, nice to see you. So listen folks, find where you are on this spectrum.



What is your power, what kind of power player are you? Are you a vitamin? Are you a painkiller? Are you candy? Because we move between each and all of them will do what it is we take them for. Does everybody understand that? If you eat candy, you're going to get candy results. If you take a Painkiller, you're going to get pain killer results, if you take a vitamin, you will get vitamin results, okay? Let's talk about what a Vitamin is. This is what vitamins do, ladies and gentlemen. You see those words in the yellow bubble right there? Vitamins are intended to boost. They are intended to be additive. They're intended to enhance, to strengthen you, right? To give you more things, the effect of a vitamin in your body, right, so let's say that this is something that you need, and this is something that you need. The space in between the things that you needed is called deficit.

So, we eat certain foods, or we don't eat certain food, or our body doesn't produce certain things, okay. The vitamin comes in and says I'm gonna fill the gap to provide that strength, that support to prevent other things from coming in to allow for more healing so that this now becomes where we are. And when we go out to do the work of service or to provide or be available to other people, we burn through all those good things, whether they naturally are produced or whether we get them from the supplementation of a vitamin. And so, then we find ourselves back here. And what does the vitamin do? The vitamin comes in and it creates that glue, that stickiness that allows us to be here and whole. So when you are in a space of being a Vitamin or taking your vitamins, whatever those vitamins are, Vitamins can be journaling, meditation.

It can say no. It could be saying yes to you. It would be ensuring that you don't have to do anything that is not in service to you having the support, to preventing certain things, to getting to your healing, to being able to feel, to ensuring you're not avoiding things. Mainly yourself. Do you all know you can avoid yourself? Anybody in here do that? Do you know that you can absolutely avoid yourself? I wanna make sure that we make that point before we get out of here. You can avoid yourself, ladies, and gentlemen, okay? And in so doing, you're not boosting anything. You're not strengthening anything, you're not allowing anything to come in and provide you with support, you're not healing, Okay? You must be able to say, what are the vitamins that I need to add to my life? what are the things that I need to make sure I am doing? When you take in vitamins, your body goes through a process of absorption.

Good morning, Pisces 20th century, welcome in. And you are saying to yourself, you do it all, listen, but we will literally avoid, we know something is not right and avoid it. We will know that we don't feel good, that you don't have it, that your energy is off, that something's going wrong, that you don't want to deal or see with this person. And we'll avoid those warning signs. And then guess what we do when we avoid those things? We take a painkiller. When we are not doing the work that we need to do so we can operate at our highest potential, that is the moment that we take the pain killer, okay? Vitamins are there to create this to strengthen and support, right? So that all of these things do what

they're supposed to. Painkillers are gonna take these right here and it's going to slow them down.

It's going to make sure that we don't feel as much of this, right? Versus the vitamins that are just saying, I'm fortifying you, I've given you strength. I am going to make you have what you need. Everything is going to be able to be fine as long as you take the vitamin that you need so what are our vitamins ladies and gentlemen? Our vitamins are the things that are going to help us have a good mental attitude, that is going to help focus on motivation, that's going to make sure that our momentum that we need to move forward is right there. Sometimes vitamins are other people. Finding your circle, right? Being able to identify who is in your corner, right, we talked about circles and squares a few weeks ago. Understanding who's in your circle.

Who's your in corner. Really getting to a place where you are saying, you know what, this is what is good for me. And what is good for me is to be in this yoga class to take this walk, to get outside, to leave this environment, these people, these ideas, these mindsets, whatever it is that's not in service to you. If it's not boosting you, if it isn't strengthening you if it is not giving you that internal support, it is a vitamin ladies and gentlemen. And the more you continue to expose yourself to that, the faster you are going to deplete all of those needed resources so that you can be in the best possible place for you. So you have to figure out what your vitamins are. It's not just in food you eat, it's in way that's you breathe, it's in choices that make around your health, it is in deciding to say, I don't need this anymore.

I'm not going to step into that any longer. I do not have to be in this place. I don't have to have these people. I don't have to say yes to that. I no longer have to subscribe to these institutional ways of thinking, or being or doing. It is saying yes to a new job. It is saying yes, to new opportunity. It's raising your hand and saying I don't know, but I'm willing to learn. Vitamins are vulnerability, vitamins are boundaries. It is being able to really get to a place where you can say, you know what? I am choosing all these things. And it's not just on the personal side, folks. This is also in the professional realm. I coach a lot and give you things so that you can use them in all areas of your life, but understand that professional vitamins come into play too.

Sometimes that professional vitamin is saying, I'm going to invest in a coach, I am going to get my resume redone, right? If you buy Beyoncé tickets, you could buy coaching. Let me be very clear about that. It costs about the same. And the coaching is probably going to last longer. The long-term effect, no shade to Beyoncé, she is a fantastic performer. but if you will pay \$2,000 for a Beyoncé ticket, can you make the same investment into a coach? Can you make the investment into getting your resume redone? Can you make the best investment in getting and seeking out a mentor and going to take a professional development class and investing in yourself? You all know, right, the strategist in me, the HR person, I'm always gonna infuse a little bit of

knowledge in there around how you need to show up on the professional side of the house, okay? So these things, right, invest in your vitamins, ladies and gentlemen.

It is so worth it. And you will not be in a position where you would not benefit from it because the minute you invest in those vitamins you will get a high return on your investment. Invest in the vitamins and watch how you show up. Investing those vitamins and watch your brain fires on cylinders you didn't even know that you had. Invest those in vitamins And watch other people who want those same vitamins or who are taking those same vitamin show up for you, to you with you. Watch the type of energy that you get from these vitamins that you take. All of that, ladies and gentlemen, is real, right? You can buy the vitamins or you can by the painkillers. Painkillers cost way more money than vitamins do, Ladies and Gentlemen.

And it absolutely is worth investing yourself. My Life Journey, thank you so much for the gifted subs. I appreciate you for all of that. I'm just having to look up and realize what's going on. Right. Thank you. For the 10 piece. Okay. Appreciate it. If you are in the stream and you received a gifted sub from My life journey, please make sure that you say thank. You. Thank. You thank you thank you to all the new members of the Blueprint family. I appreciate you, my life journey. You're the best. Okay, listen, it is worth investing in yourself to want the way that you do it is to look at all of that and say, listen, the same way. Right. And listen. We watch people invest in the wrong type of vitamins. They invest in painkillers. And I tell people all the time, you can go to the gym. Tangerine, good morning. Welcome in. Nice to see you. Happy Tuesday.

Say happy Tuesday, Tandram. We're talking about being a vitamin or being and a painkiller, my guy, okay, and the choice is yours. And every day we choose. I love it that you came in and immediately were like, what did I miss? Okay, you come in just in time, Tantrum, because I'm about to raid out, I gotta get out early, right? Listen, Okay? Tantra, people invest in the wrong, we're talking about candy, Kool -Aid is candy. Okay. It is literally that. Listen folks, when I was a personal trainer, I would tell everybody, you can invest into gym membership or you could pay for the medicine that the doctor is going to make you pay for, right? You get way more out of the gym membership, you get mental, emotional, and physical results. That pain medication, that prescription that you're going get, all of that is just going be a temporary painkiller.

Because guess what? Even if you invest in the pain killer, you still got to go to the Gym. So why don't you just invest in a Gym membership? DK, thank you for the bits. I appreciate you. All right. If you decide that you're gonna pay for the painkillers. You're eventually going to have to pay for vitamins, ladies, and gentlemen. So invest in your vitamins. Period. Whatever that is. Invest in a therapist, invest a coach, get yourself a mentor, change your environment, paint your room, open up your windows. Whatever it is that you need to change and adjust, invest that. But pick your vitamin every single day. Because the minute you can't pick your vitamins and you're using painkillers it's going to slow the whole part of the process down and then you have to choose between

being a painkiller or taking the candy okay and the candy is not always that helpful it is a temporary distraction right again it like a band -aid on a hemorrhage you are still hurting underneath there but you look at the bandaid and go oh okay I put a Band -Aid on it and this will stop it for a little while until you can get to something else.

Dr. Donna Dundas, thank you so much for the boss bits. Appreciate you. Okay, listen, folks, we have to get ready to Get out of here so I can get my little one to camp, but we are going to finish this conversation. We're going pick up here on Thursday because we're going to talk about painkillers and placebos. Because sometimes we think we were taking the painkiller, and it's a placebo. And everybody understands what the placebo effect is, right? It's the thing you take when you want to sort of say, okay, this is where I'm at steady state. I think I am doing this. We'll dig into it a lot more. But I m telling you, you need to be sure that you understand vitamins, painkillers, and candy.

Because at any point in time, you to understand that you must take your vitamins every day. They're always the things that we need. Vitamins are only gonna be additive. That's how you wanna show up every every day in this world, adding value, adding intention, adding meaning, adding purpose, adding your greatness, adding you're expertise, you are adding to it, you were never taken away from. Okay, Matt, good morning. Welcome, N, nice to see you. Martian Queen, one good mornin'. Thank you so much for being here. Listen, folks, take your vitamins. Be a vitamins today, okay? It is not going to do anything except enhance the way that you move, all right? I promise you, So think about being your vitamin, okay? Think about all of that. I know, sweetheart. Okay, everybody. Listen, I want to send you into your Tuesday with all the good energy and light that you will need to guide you, hold on, sorry, folks, I'm trying to type the red message in here, okay, listen folks.

Find a vitamin. If you cannot be a Vitamin, go get what it is that need today. We spend so much of our time not giving ourselves the things that we need, okay? So go be a vitamin and go take a vitamins. All right with that. I am sending you. Yes. I know. Okay Mac. I'm ending just a little bit early today because I've got to go and and be intentional about Being a mom and getting my little one to camp on time. So we are going to go Look here today You know what, we are going to go over, you know, just because it's Tuesday, and I'm going to catch him before he gets out of here, okay, there you go, all right, copy the rain message everybody we're going go say hello to Ray Domingo, because he always has good energy and he is definitely a vitamin, his energy is always a Vitamin K Mac, thank you so much for the bits.

DK, thank you so much. Everybody who gave me all types of love and flowers, I see it in the chat. You're smiling. Thank you. Listen, we're going to pick up here on Thursday, so bring a friend, bring your pins. We're gonna talk about being a painkiller and the difference between all of those. Big Ed Smith, welcome in. Have a fantastic day. Good to see you, okay? Ms. Hartman, appreciate you okay. Come back on thursday if

you're scheduled for mitts. Have, a, fantastic, day everyone. Ray message is up. Okay, we're going to get out of here and I will see you on the other side.