

The Blueprint live from LKMG Studios! 2024 Mantras & More Feb. 1, 2024

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Transcript

I'll see you in the next video, bye! I'll see you in the next video! I'll see you in the next video! I'll see you in the next video! I'll see you next time. I'll see you in the next video. You Good morning, everyone. Welcome to the Blueprint. Thank you so much for being here. It has been a while. I am happy to be back in the chair. And one of my favorite spaces I have missed being present with you all. For those who are new to the stream, if it's been a while, let me reintroduce myself. My name is Kim Blue. I am an HR strategist and a career coach. Welcome to the Blueprint. This is a space where we come on Tuesday and Thursday mornings to chop it up about all things personal and professional development.

I am an HR strategist and a career coach, but most importantly, I believe that everybody should be the boss of their own Blueprint. And that means having access to the knowledge, skills, capabilities, and resources so you can do three things every day. You can operate at your highest potential. You can add value to whatever work you own or are responsible for. And most importantly, you can show up as your authentic self because when you are authentically you, you don't have to dim your light. You can be great in your gifts. The world has the opportunity to experience you at your best. And so that's what we wanna be able to do. And here's the safe space where we bring out challenges, problems, we present things, and we talk about all of the things that are gonna help you be your best no matter what environment that you are in.

And that is my passion. This space allows me to be authentically myself. So thank you for showing up here and thank you for investing in yourself because that is really what the Blueprint is all about. So, with that, let's do a little housekeeping and let's check in and see how folks are doing. Listen, it's been a while. I have been away. Life has been life and work has been working, but I'm happy to be back and hear how everyone is doing. Let me give you some updates on where I've been. We'll talk about where we're going with the stream and then we'll jump into today's conversation. I wanna start out by saying Happy Black History Month.

Today is February the 1st and it officially kicks off Black History Month. So I hope everybody is gonna take another opportunity to do some diving into some education, spending time among communities that you may not know about that are advocating for not only the history of Black people but ensuring that you are taking the opportunity if you're interested to participate in any activities, whether that's learning, education, right, immersion experiences, that is the way that we get better. And so when we learn more and when we don't know, it's the way that we are able to stay stagnant. So step out there out of your comfort zone potentially and go spend some time learning and educating yourself. There's probably lots that are right around you. And if not, take an opportunity to step out there and connect with someone that you don't know in an effort to learn and support. So what have I been doing for the last three streams?

So, the last time I saw you all was in January. So I had an opportunity to be a guest lecturer at my undergraduate alma mater last Tuesday. So great experience, spoke to a class of about 20 college students. I was on video; I had a chance to watch them. They were sitting in the very same classroom that I sat in when I was there. So it was a little surreal, but very cool to go back and talk to them about career, how they think about internships and all of the things that are really on the top of their mind when it comes to what's their next step in college and how they make the transition from being a college student to a working society human being. So that was cool. And then on Thursday, I had an IRL conflict. I had to go support someone in my family who needed something and that ended up taking most of the day. Had I not canceled, I would have ended up having to cancel.

So I'm glad that I did. So thank you to everyone who was patient and supported the unplanned time away from the stream. And then this past Tuesday, yesterday, I was, or excuse me, two days ago, I was traveling for some client work, which I believe I put out there to everyone. So I was in New York supporting some of the amazing clients that I have there. So thank you to everybody who has been patient while I have been balancing all of the things. My schedule is gonna continue to look a little bit like that. So I'm working on ways that I can make sure content is available to you and getting creative partnering with the gen and thinking about some creative ways to maybe get some shorts out there, either via YouTube or TikTok. So some things that are taking place behind the scenes to make sure that you're still able to connect with me and know when things are gonna be out there. So with that, let's say hello to folks who are here.

And then let's jump into today's stream. We're actually gonna do a recap of everything we talked about at the beginning of January because it's so long. And then I've added some things to it, our 2024 mantras. And then we're gonna talk about opposites. opportunity over opposition today. That's where we're going. So with that, let's start out with some good mornings, first and foremost, to my mod squad, Lock& Key Media, who was behind that door back there. Ladies and gentlemen, you already know, I am broadcasting live from his studios today. There he is. So he is responsible for this

glorious setup that you are enjoying. And thank you, Kaylock, for all of that and for supporting.

Shout out to my Lock Journey. She is working right now, but she may or may not sneak in to say good morning. This is the time of day that's a little bit dicey for her. If you don't know, she is a full-time cosmetologist and lactician. And so she is... operating in her gifts. So she may be able to pop in for a few minutes and, and help mod and say hello, or she might not. But she does send her love just in case she's not able to get here. So reason good morning. Good to see I was lurking in your stream this morning. It was excellent as always. Happy to or happy Thursday to you. Good to see you. Good morning, music level. Good to see you. Good morning, sees. Good to see you as well. Thank you for being here. Shout out to everybody who is working, lurking and commuting, right. And I say commuting because this is transitional time for people. So there may be folks who are, you know, transitioning to lunch who may be coming out of that anything that you're doing, if you were commuting for any other reason, and you happen to be listening, if you have a tab up if you are actively in the chat, or if you were just full on lurking behind the scenes.

Thank you. helps make this stream fantastic. And I am here because of you. So let's spend some time doing a recap from my last stream, which was sometime well and towards the middle of January, because I've been away for the last three streams. Okay, so let's get this going on to the stage. Give me just a second folks. And let's move some things around. All right, so this is where we left off with all of our mantras for 2024. All right, so we kicked off with our new year mantras, because what we wanted to do was go into 2024 with a fresh start and open mind and be ready for all of the opportunities that are going to come to us. Good morning, Ebony atl. Good to see you. Please give Ebony a follow if you are not already doing so. She does amazing things in all of her streams in particular on Friday nights, right? Not that you can't catch her own other times, but definitely on Friday nights. It is always a good time in there. So good morning, Ebony. Good to see you. So we kicked off 2024. Talk about the mantras that we wanted to foundationalize our thinking, our energy, our mindset, everything. And we wanted to make sure that we were thinking about how we want to incorporate those into the way that we move. But more importantly, when we find ourselves in spaces that we just don't know how to get out of, what's our grounding?

What are the things that we're reminding ourselves of saying to ourselves? How are we encouraging ourselves or how are we even going to encourage others? So we opened up with a few mantras that some are mine, some are ones that were shared with me, specifically because when they were heard, people were like, these are things that Kim Blue needs to hear because she's going to be able to do something great with that. And I want to make sure that we recap those for anybody that's new. And simply because it's been a while since I've streamed. Good morning, Hobbs. Good to see you. Hobbs says the lack of earbud struggle is real. All right, Hobbs, we get that figured out.

But nonetheless, you are here and happy to see you. So let's quickly start with the first mantra for 2024, which is if you act better, you will attract better.

And this is a Kim Jim original. So what I mean by this is the way that we act, our behavior, our body language, our tone of voice, the words that we use, how we act, how we show up, when we do things better from a positive standpoint, from a place of expectation and not from a negative mindset or coming from a space where we're saying, you know what, I'm not really hopeful. I'm not optimistic that this is gonna yield anything positive. I don't even really know why I'm doing this or whatever negative tone we might take. We attract what we put out. So if you put positive things out there, you will get that in return. If you put negativity or low vibrational vibes out there, you will get that in return. And I wanna be clear, sometimes we put things out there and we expect to get it back the way that we put it out there. And that's the fastest way to breed disappointment, right? It's like if you loan somebody 10 bucks and they don't pay you back, right? While you might not be expecting to receive the 10 bucks back, you can expect to receive something good.

And sometimes we get something good and miss that that is our gift because we might've been expecting the \$10 back or the \$10 back with interest. And what I'm saying to you is in acting better and showing up in a way that says, you know what, whether I get this \$10 back or not, I did a good thing and I did the right thing, I can be open to receiving it and maybe recognizing when someone says, hey, let me treat you to lunch or, hey, let me buy you that cup of coffee or something else that's good that could happen. Like, hey, I'd like to invite you to this, you know, this other opportunity or this new thing. So sometimes what we know is that looking at our, or the way that we're thinking is what sets us up to be in a place where we're saying, you know what, as long as I do and show up the way. I'm supposed to, then I'm going to get good in return. And it's the same thing for negativity, right? Or low vibration or low energy vibes, whatever you want to call them. So how do we act better? How do we show up?

What does that look like? There's three things that we need to be able to do when we check in with ourselves around how to act better. And I call this the start, stop, continue method. Now, this is a really great tool because you can use this personally, or you can use it professionally and by professionally, what I mean is in the workplace, in your jobs, when you're receiving feedback and it's January. So this may be the time of year, many of you are going through performance reviews or goal setting or finding out, you know, what are the things that I need to be working on or improving on for this new calendar year that are going to set me up for success in my job, whether I lead people, whether I want a promotion, whether I want to be able to take on a new opportunity.

All of that is available to you. So all of this act, excuse me, how we do better is through start, stop, continue. So if you haven't written this down, I'm definitely encouraging you to do so. So gman504, good morning to you. Thank you so much for being here. Welcome to the blueprint and to the chat. Hopefully you find some value in

today's conversation and you will make your way back, welcome in. So how we act better, three things. You must start doing things that you were not doing before, okay? And by that, I mean, what are the choices, the actions, the behaviors, the people, the environments? Who do you need to be connected with? Who do you need to be given your time to? Where are the places you need to be going that you either knew and that you haven't gone to yet or who are the people that you know you need to reach out to but you just haven't connected with them yet?

Good morning, DJ Pifu, good to see you. Thank you so much for being here. Please give DJ Pifu a follow as well. What are the things we need to be doing that we just need to start doing? I need to start exercising. I need to start taking the stairs. I need to start drinking more water. All of those are do better things that we have to start doing that maybe we weren't doing. We also have to balance that with stop doing things that are not in service to us. So, what are we doing that we say to ourselves, I know I shouldn't be doing this. I know I shouldn't be eating this. I know that I should do more exercise. I know that I should probably quit this job, not stay in this relationship. There's a variety of things there that you could identify. And the point is, once you know that, you can choose to do that. These are all choices, ladies and gents, and I wanna make sure I call that out. Starting to do things, stopping things, those are both choices. Because if you start something, knowingly it's gonna add more to your life. If you stop something, it's also going to add more to your life.

Stopping certain actions or stopping the way that you invest in certain things. or the way that you show up or approach certain things might add a whole lot of new opportunity and new space for creativity to your life. This is also a great way to stay organized for those who think they might use this in the professional setting. When you think about starting, stopping and continuing, you can think about this whole notion of, Hey, if I start working with a mentor, if I start investing in coaching, if I start, you know, going to professional development courses, what will I learn from that? What will I take away? If I stop, you know, using my lunch break to go do certain things, if I stop leaving work early or coming to work late, what then is that going to give me the time to do? All of these are possibilities that are only going to be able to provide more opportunity, which is we're going to get to in a minute. Continue is the last one. What are the things that are working really well that I need to make sure I'm continuing to do? Because if there are choices, people practice the spaces. Whatever it is that you're doing, that work, that help, that add value, those things should stay a part of your life.

Because if you stop doing those things that are helping you, then you don't want to get to a place where you're now kind of like in deficit or at a loss for things and thinking, man, I should probably get back to some of those practices. Because sometimes when we stop doing things, it's harder to stop them and restart them than it is to just continue them. Think about that. How many times have we started exercising and then we stopped for whatever reason? And then we said, oh, man, I need to now get

back to it. It's hard to get back into a rhythm. It's hard to find yourself in a space where you're saying, you know what, I got to do this because now you have to make the time. Now you must factor in commutes. Now you have to say, well, what is going to be a no so that I can say yes to exercise, yes to my health, yes to whatever the case may be. Right. So that is how we do better. Our second mantra, we are not revolving. We are evolving. All right. This whole notion of going forward, being on an evolution, finding ourselves moving away from the things that don't make us great or in those revolving spaces where we're saying, you know what, I spend so much time here.

Right. And when I say revolving, I mean, like, think about a revolving door. Think about a hamster wheel. Think about the places that you continuously stay in, knowing that it is crazy, knowing that it's not good for you, knowing that it doesn't help. And in some instances, it might do more harm than good. But you stay there because you're comfortable, because you're procrastinating, because you're not ready to step into the work. But in not doing that, we stay in this revolving space where we keep inviting in all of these things. And it becomes this cycle of, you know, emotional trauma or unhappiness or, you know, struggle, right, or disconnection from all of these things, because you're just stuck in a space that you want to move forward, but you don't know how. And so instead of evolving, instead of moving forward, you find yourself revolving and staying in this cycle. Good morning, Sea Love 702. Good to see you. Happy, happy Thursday to you. I hope you're doing well.

So we want to make sure that we are not revolving or staying on this hamster wheel or staying alongside people or anything that's going to not be good for us, right? And that one came from our friend, Nikisha Hicks. She is a friend of the Blueprint. She is someone that I hope to bring as a guest on this show. She is one of my own personal favorite. She's a mindset coach, and she absolutely brings things to the table that are super helpful, and we do a lot of similar work. Our next mantra is we don't hustle backwards. This one came directly from my friend, Nikisha Hicks, and I love this one for two reasons, because number one, when we look at that definition down there, not hustling backwards is not giving away our currency. And by currency, what do we mean? We mean time. energy, resources, love, emotional capacity, right? Whatever it is that we are putting into something that we find valuable is currency because we're spending it. You spend time, you spend energy. Yes, you do spend money, but you also spend love, you spend a ton of other things. Okay. And it's not doing that or overextending ourselves in a way that is above and beyond our means.

I was just talking to my life journey about this last night, about how sometimes we say yes, when we really want to say no, about how often, we do the things that we don't want to do, but it's hard, right? We don't want to disappoint anybody. We don't want to let anybody down. We want people to see us in a favorable light. And so we hustle backwards. We take a step back, which then becomes a setback. Okay. Right? That step back that we take for something or someone else then becomes a setback for us

because now we've given away time and currency or whatever else so that we can hustle forward and be intentional about saying, what's important to me?

How do I want to show up? What are the most important things that I need to prioritize? Right? We don't hustle backwards. We want to make sure that whatever it is that we're doing, we get a return on our investment. And then the last one that we left off with before I took a little bit of a break for some life things was emotional intelligence over emotions all day. And this one was a really big one, right? Emotional intelligence is that self-awareness that we have when we think about all the things that we know, how people experience us. It's the way we show up emotionally and keeping those in check and not letting them get the best of us. During this conversation, we talked about what happens when our emotions run away and we get ahead of ourselves and we don't allow ourselves that opportunity to just pause and be really clear about what it is we want to say, what we want to get out of the conversation, what we want someone else to hear or know about. And when we practice emotional intelligence, we give ourselves the best shot at saying, let me come at this rationally, and not irrationally, right? Instead of popping off and showing up anyway, other than how we want to be experienced, emotional intelligence says, take the pause, shut your mouth, don't respond, right?

I was just in a training yesterday with my client, and we were coaching this company on how to start a new performance management process. So if you don't know what that is, it's basically your reviews, the conversations you have with your managers about how well you're doing in your job, your performance, right? Think about all the responsibilities that you have in your job title that are expected of you every day, and even the ones that may not be a part of your job title, but you take on because you're a good human, right? Or because someone left in the work must be picked up, or because there's just an influx of needs, and it's got to be evenly dispersed, right? And we were talking with and coaching people on Being emotionally intelligent is one of their competencies and one of the leaders that I was in the room with He said this absolutely crystal method. No response is a response and good morning to you. Happy Thursday Thank you for being here. And this particular leader said, you know, one of the things that I say when I think about this is how Do we respond and not react?

Right because we're so quick to react the reaction that we have is the emotion Right the response that we have is the emotional intelligence because ideally, you're responding from a thoughtful place or a place of knowledge Right. That's where the intelligence comes in. So when we think about this whole notion of responding From a place of emotional intelligence it helps set you up for success that way you're not hustling backwards All right, because of your emotions you're also making sure that because you're acting better you're gonna attract better So all of these mantras are interconnected. You guys know me, right? I try to make sure that everything has some type of touch point so that we're not out here, you know misaligned for any reason so that's the recap of where we were in January with our mantras and That sets us up to

move into today's mantra Which is going to be opportunity over opposition right opportunity over opposition, right?

So we hear people talk about this phrase right the ops right or the opposition What is that? We're gonna define that in just a moment. You all know me. I like to make meaning so we're gonna talk about opportunity over opposition and then really what that looks like and how we lean in to Opportunity and how we don't get Jammed up by the ops right of the opposition because it's so important to make sure you can recognize When you might be getting in your own way when it comes to right you can be your own up ladies and gentlemen Let me be very clear about that. We sometimes want to say that the opposition comes from someone else or someone else, but anybody ever heard this phrase, right? I got to get out of my own way. Right? I got to make sure that I am doing things, you know, and not blocking my blessings. I'm not creating a roadblock on my own. I'm not my own hurdle. You absolutely can be the opposition. And we're going to talk about how we get there knowingly or unknowingly. Sometimes it comes for emotional intelligence.

I see you with the, with the email, right? And this is where emotional intelligence comes in. Okay. Because emotional intelligence will help you recognize, am I getting in my own way? And if so, why am I getting in my own way? And more importantly, how do I get out of my own way? And so we're going to talk about what the journey looks like once we recognize opposition and what that roadmap is so that we can get out of our own way and move forward. Right? It does mean out of office, but in this case, CLO 702 for the blueprint, OOO is going to mean opportunity over opposition. And I like that. I like that a lot. I think that we adopt that here, right? Everybody put their, everybody put their OOO up, right? Right. Check in with your OOO. What's the opportunity over the opposition? So when we think about what the definition of opportunity is, it's very clear. It's a set of circumstances that make it possible for us to do something. And hello, MelissaG8378. Good to see you. Thank you so much for being here. Yes. Hashtag OOO. Opportunity over opposition all day. All right. Good to see you, Melissa. I hope you're doing well. I've been thinking a lot about you since our last conversation. I cannot wait to hear how you are making some progress. And nor can I wait for our next group coaching session.

Listen, shout out to anybody who is in the blueprint coaching session. We had our first group session in January. It was so good. And then from that, once you sign up for group coaching with me, you get an individual one -on -one session to talk through where you want to go. You get four of them in a year, so one a quarter. And we do a lot of action planning and strategy so that you've got things to do. MelissaG will tell you, there is homework. There is homework that comes with the individual coaching, and not just like one assignment. It is a string of connected assignments so that by the time we meet again in the group or individually, you have substantial updates, right, to be able to

bring. Because part of group coaching is me guiding you, but leveraging the collective expertise of the group so that you can be better.

So, exclamation point, coaching, if you're interested and you want to sign up. I am in the process of launching the private Facebook group, which will be available. And then we are in the process of getting some of the content, like I said, on social so folks can take advantage of that. And if there are questions, questions. You can whisper me, but there's the link. Thank you, Kay Lock, right? Exclamation point coaching is how you can sign up for that. Right. And yes, Melissa is right. All of 2024, right? Opportunity over opposition, because it's so easy to let opposition overtake the opportunity. And we're going to describe examples of what opposition look like. Right? Because sometimes opposition comes in ways that we don't even recognize as opposition. It could be the comments someone makes. It could be a story that someone tells. It could be feedback someone gives us that we hold on to for far too long to guide our thinking. And that's the thing that we stick to. Right. And so sometimes when we hear the opposition, what's our opportunity? So here's the definition, right? It's a set of circumstances that make it possible to do something. I love this definition for two reasons.

Number one, it indicates that there are a variety of things. already out there that are going to help you know, I can do this, I got this, this is in my wheelhouse, this is in my set of expertise, or I've only done it once or twice, but all of these things are in place. Say less, I'm on it, right? The opportunity is the circumstances, right? The environment, all of the things that we need in alignment to make it possible to do something. Because the thing that you want to do is achievable. When you spend the time looking at all the variables, all right, do I have the money? Do I have the time? Do I have the resources? Is this thing available? Who do I need to talk to? Where do I go to get more information? Do I have enough equipment? Whatever it is, right? But once we look at and we can check those boxes or make sure that our list is covered of things, right, those circumstances are in order, the opportunity is there. You see underneath the definition in the graphic, it says favorable combination, right? A favorable combination of a variety of items, whether they are miscellaneous or whether they are closely related, okay?

When you recognize that there is that favorable combination, opportunity is ripe and ready for you. But you have to be open to recognizing it, right? Because this is where the opposition comes in and where you yourself then become the opposition. When we think about our opportunities, two things can occur. Either we get really excited, like this is what I've been waiting for. This is my dream job. This is my dream partner. This is the thing that I've been working towards. I've been waiting or biding my time for someone to say, we've got an opening. I raised my hand to take this on, right? So we can either be really excited or we can be very scared. And by scared, I mean leaning into the fear of, wait, I now have this opportunity.

And I'm really into it. intentional about What it is that is coming my way, right? Because I've now got this opportunity I'm gonna take take the screen the slide out for just a second, right because I've now got this opportunity Here is where? We get into the mental opposition. All right, the mental opposition is imposter syndrome, but am I good enough? To take this on right? Am I smart enough? Why did they choose me? Don't they want this person? What if I'm not able to deliver the way that I say I am right case in point your host Kim blue Thinking about all things K blue consulting, right? I listen folks Don't let the fact that I've been doing this work for a long time Fool you every time I step into a seat every time a new opportunity comes to me I check in with myself. And the first thing I must do is assess what it is that I'm being asked to do and how I am going to show up in that space. I just got an opportunity to become a keynote speaker for a company that is looking for someone to speak about diversity and inclusion.

They recently took a survey and through the survey discovered that they need to inform their employees more about what it is and how it shows up in the workplace. My first thought was, I'm actually not a diversity practitioner. And then immediately I said, but it doesn't matter because I have grown through this, and I have coached people on how to look at and receive and define diversity, equity, and inclusion and what that means and how they need to incorporate it and the benefits of why that is the case. So, I immediately have that thought. This is where the mental ops come into play. How we get in our own way mentally and emotionally. We start talking to ourselves. And this is where we stop acting better. And we start getting in our own way of saying, I don't know if I can do that. Maybe I should offer this opportunity to someone else. As opposed to, let me assess already what I do know. Let me ask some questions and get curious about what it is that they're looking for.

And if they are looking for things that I have done or can do or even interested in doing right, sometimes it's an interest we have, and the opportunity now presents itself. Yeah, we got to do the work, right? You saw Melissa put her note in the chat, right? It's the work is real, but it's a true mirror of self, right? So yes, I have to do the work and yes, I have to do the resources of the research and find the resources. But at the end of the day, I have more of the things that they're looking for than I don't. Just because I'm not a practicing diversity practitioner does not mean that I cannot speak openly about it through my own lived experience as a CHRO because diversity and inclusion is always a function that's... very, um, um, adjacent to human resources, right? Abscess the story. She tells herself, listen, folks, if we told ourselves better stories, what would we be capable of? Somebody write that down, right?

If we told ourselves better stories, what would we be capable of? All right. I used to say that all the time, right? Yes, Melissa, right. I have more of the things than I don't. Okay. I want us to sit with that for a minute, right? Think about this. There's this, there's a, there's a statistic out there, um, that says, when we look at jobs, if there is a role out there, right? And I was talking to Melissa about this in our coaching right session, but

one of the things that will happen is if there's a job, if there are 10 things that are in the job requirement. If a man only has seven of those things, he will still apply and be like, it's okay. I'll learn it. I'll figure it out. Someone will help me. Or I'll just say, Hey, are these things, you know, parts of where, how I can be developed or trained in the, you know, on the fly when I get the role and will actively apply for it. Whereas women will say, no, I'm not qualified because I don't have all 10 things, but they may have seven things. Guess what? They may even have eight things, but they still won't apply for it. And in both examples, and this is not a gender example.

What I'm saying to you is this is a mindset thing, right? Because we, in one example, we see the opposition not getting in our way where in another we are the opposition and we absolutely stop ourselves for getting, for getting in line to receive what could be a new opportunity, right? Because we tell ourselves the story that I don't have all the qualifications or they're probably going to be looking for this. But whatever story we tell ourselves, it gets in the way of us being great and us being the boss of our own blueprint. And that's exactly why we're here. We are here to do that. And we are here to own and add value to the work we are responsible for. Okay. And most importantly, to operate at our highest potential, but we can't operate our highest potential if we shut down opportunities because we align to the opposition. All right. So the question is, if we told ourselves better stories, what would we be capable of? If we said to ourselves, I can do that job. If we said to ourselves, man, of the 10 things that they are asking for, I'm already doing seven of them today.

I'm absolutely going to apply for that job. What if we said to ourselves, you know what, I'm going to ask how much of these three things they're really looking for. Is it a big part of the role or a big part of the ask or what they're looking for to do the work? Or is it something where perhaps it's smaller, and they're putting them in there because they want the candidate to be aware, but I might actively not need to do those three things as often, but I can kick ass at these seven things that I got going on over here, right? If we told ourselves better stories, what will we be capable of? That's why the power of opportunity, this definition is so important, because when we look at the favorable combination of qualifications of, you know, different variables, right? Those things make the circumstances that make it possible for us to do something. It's important we start with this because when we look at the definition of what opposition is, and I put three things down here, right?

There were multiple definitions that I like, but I wanted to put three things down here that I thought were important when we think about this, right? Crystal Method says, I've allowed a lot of things to slip away from me because I didn't have a piece of paper that says I'm educated. Experience is everything. right? That's so powerful, Christian method. We're going to come back to that comment because that statement that you just made, right, is in alignment with how we think about opposition or how it shows up in our life.

And I want to just encourage everyone here to think to themselves. If we, if our mindset is in opposition, then we won't be able to receive the opportunity, right? And so when we allow ourselves to, to slip away because we're saying, right, I didn't finish college, or I don't have a degree, or I don't have this certification, or I'm lacking this, it does not stop us at all. What it can do though, is present an opportunity to say, okay, so with what I do have, what can I do? So that's the question, Crystal method, with your experience, what can you do? Right? Absolutely. Kayla, right? Kayla said, she had to change his own mindset about the lack of degree. Listen, so much of the world that we live in now is shifting because it's no longer limiting because we're starting to see that experience, lived experience, practical experience, time and role, whatever that looks like, absolutely and unequivocally matches a college degree or a college education.

And from, and what many of us know who went to college is that you only spend a certain amount of time in the actual focused degree program. You go to college and get a very good foundation of other things, geography, biology, chemistry, but you may take one semester of chemistry and not use it again. If you're right, I took, I took a semester or two, I took a bunch of semesters of chemistry, and they were fantastic. But when I became an exercise physiologist, I didn't use chemistry like that every day. You know what I did use though? The classes that taught me how to take blood pressure so that in an exercise space, right, I was capable of doing that. You know what I did use? I used the practical application where I was inside of fitness or wellness facilities, right? Good morning or good afternoon, Boho Iki ka. Good to see you, right? Right, but I was in all the spaces and there are some classes. I'd say the last two years of my major, all of those classes I actively use but the first two years of college and I'm not discrediting the education system.

Let me be very clear about that, right? What I am saying is that as a freshman when I'm taking English or when I'm taking writing or if I'm taking something like geography, am I gonna use geography more broadly? It was interesting, right? I did try to pick electives that I was interested in but the practical application, the immersion that I spent time with made me a better professional because had I not dove deep into those immersion classes, as an exercise physiologist, I would not have been set up for success when it came time to apply to ESPN because my first career, as many of you may or may not know, was in corporate health and wellness, right? So, I'm not knocking geography. I'm not knocking microbiology. What I am saying is that there was intent behind the immersion that I had, and that experience is what set me up for success, right? And so I want to make sure that we call that out.

Good morning, good morning, Vader. Good to see you. And yes, Vader, that does count because that is an actual chemistry. That is an actual experiment for those who may not know, right? If you put Mentos in Pepsi, it is an actual chemical reaction. And so yes, it does count. Thank you for being here. Please give DJ Vader a follow. Good to see you. I hope your day is going well so far. Champ Lifestyle, good to see you.

Good morning. How was your stream earlier? I was lurking in there and peeked in very quickly before I had to go do some work, but I saw you on. Give Champ Lifestyle a follow as well. Good to see you. Thank you so much for being here. Happy Thursday. I hope you are well. So listen, when we think about this whole notion of how we are doing things, I want to recognize that experience is a powerful tool. And I want to encourage you to think that just because one thing may not be, doesn't mean another one can't, right?

We talk about this whole notion of two things being true at one time, right? You cannot have a degree. Let's just use that one, right? Or not have formal education and still have quality experience that is going to make you a value add to the right situation. And I stand 10 toes down on that as someone who has advocated for the evolution and the innovative thinking of how we hire, about what we're requiring from people, right? About how we're thinking about telling people who are qualified, this is what you need to do. So much so, right? And not only that, thinking about it in very, very different ways. There are so many, right? There are so many different components of our education and our professional lives that intersect, right? When we think about what is going on and how we consider all the things that could be available to us. And I was having this conversation with someone, right? Someone in, right? We talk about trade skills.

We talk about jobs and roles that don't require formal training, meaning you must go get a four-year degree or something to do that. All right. There are so many out there that are connected to education, but the education system is structured in a way that, you know, you have to have this. Now, if you want to be a doctor, if you want to be a lawyer, a dentist, a nurse, anything that requires that level of education. Go get the formal education because you need that, right? But there are other things like mechanics, right? There are other trades that are out there that could actually benefit from understanding different educational systems in a different way because the education you use as a mechanic, the education you use as right, a paramedic, it is just as needed and valuable as it is if you're going on to be anybody who is directly college educated, right? All those things are available and that's where the opposition comes in and we think about what what gets in our way. So when we talk about opposition, here are the definitions. There's three of them that I like.

The first one says resistance or dissent. Sometimes that resistance is us resisting. Resisting the change, resisting the challenge, resisting the opportunity, resisting the faith. It takes the step forward. And leaning into the fear that we feel about not having something, not being as good, not being enough. The second definition is a way that is against something or someone, right? So I am in opposition of this point of view of this person, right? And definition three says it's an adversary or a competitor. OK, sometimes you are your own adversary. Sometimes you are your own competitor. Sometimes you are the thing that is getting away from. Sometimes you are the thing that is in your own way. Sometimes you are the way of thinking, the way of being.

Sometimes you are creating or adding the resistance. Right. That is there. Sometimes you are the op. Right. Melissa, come on and say it. OK, let me take this out.

So, I want to make sure everybody can see my face when I say this. Do you understand? Sometimes you are all of these things. everybody understand that you are that negative way of thinking. You are the block. You are the hurdle. You are the reason why the opposition is present. You are trying to get the opportunity and yet being in opposition of the opportunity at the same time because of your way of thinking, because you are opposed to the why, the how, the something that's present. Good morning, good to see you. Please give DJ Classics a follow. Okay. And if you're not following her on Twitch, please go also find her on YouTube. She's doing amazing things. I've not seen her stream this morning.

Today's the day where I will catch the replay from YouTube, and they are just as valuable as being in there yesterday. She did a full deep breathing meditation. overview and it was phenomenal. So definitely go follow her, but definitely go find yesterday's stream, those 15 minutes where you just get a chance to breathe and hear her voice guide you through that. I sent her a message. I said, that was perfect. I just wrote it in the chat because that was how I started my day. So go find her and be grateful that you did for sure. Right. But I'm telling you folks, when we think about this whole notion of being our own opposition, we are so quick to want to point a finger and place the blame in other directions so that we don't have to acknowledge that we ourselves are the opposition.

There's the mirror that you mentioned, Melissa, right? Sometimes we redirect where the op is coming from or who it is. So we don't have to deal with ourselves because what we will do is point the finger or acknowledgement in one direction while not holding ourselves accountable and looking in our own mirror. And you know, guys, we do the work here. We hold our mirrors here and we own, I'm getting in my own way. We own. I'm not doing enough, right? Sometimes we have to own had I done this and not that I probably wouldn't be here, right? All these things are present. So when we think about this definition of opposition, you have to ask yourself, am I the adversary? Am I competing with myself? Right. Is the way that I am thinking is the way that I am acting, right? Remember, if you act better, you will attract better, but am I acting in opposition instead of an alignment? Alignment is a mindset, ladies and gentlemen, right? Am I creating the resistance by not responding, by not engaging, by doing anything?

Sometimes we can create all the waves that we are actively trying to avoid. Anybody, right? Sometimes we create all of the dust, you've heard me use the word swirl. We create the swirl. We want to be in the center of our hurricane, right? That's where the eye of the storm is. All of those whipping winds that are out there, though, sometimes we create them on our own when we don't respond, when we are not timely, when we procrastinate, when we say, I'm going to get somebody else to do it, when we say, I'm not here for it. I don't have it. I don't like that. This person is not, whatever it is,

right? I make myself check in and go, what is it that I'm doing that is not helping this situation? There you go, Bohoiki Gai, right?

If you are not in a position of vulnerability with yourself, you are going to be fueling the opposition and missing the opportunity. All right, so what does opportunity over opposition look like? This is what the, this is what the road is right? Okay. So here we go. You see the words that are up there, decision, decision, redirection, and challenge. Now, you're probably like, why is decision up there twice? There's a reason why it's up there twice.

Okay. There is a reason why it is up there twice. Okay. When we think about opportunity, the first thing that comes to mind is we have an opportunity. We are aware that the opportunity is there. Someone has presented it to us, or we have been made aware that it's coming and that we should get ready. Hey, CLO 702. Hey, classics. Hey, boho ikigai. There is an opportunity for you to take over the stream, to step into this thing, right? Whatever it is that's new. At that moment, we have to make a decision. Am I going to take this opportunity? Do I have what it takes? Am I good enough? We go through the swirl, the cycle, the self talk, all of the aspects of deciding, do I, or don't I, and let's just say for the sake of the, the, the stream, right? That we'd say, yes, I've got all the pieces to the opportunity. I'm going to do it. I'm stepping in. I'm saying, yes, I'm taking a leap of faith. I am going to, you know, move forward. I'm going to try something new, whatever it is, I'm going to do it.

Okay. But I'm going to do it. Then we get into the opportunity and we discover that, Oh, there's a lot here that maybe I wasn't prepared for, or that I didn't know, or that I didn't think about. Now I have another decision to make. Do I stay? Do I bail out? Right? Right. CLO 702. You start peeling back that onion you get in, you come in to the opportunity. You are bright and shiny. You are ready. You are willing and able. You more than understand what the assignment is. In fact, you believe. that because you are now in this opportunity you are gonna make it better and it's gonna be better than it was when you came in you right we always strive to say I want to leave something better than it was when I got here right absolutely and then you get behind the scenes right and those flowers really smell like boo -boo okay as Andre 3000 says all right so we get behind there and we understand now I've got another decision to make do I stay do I go am I up for the work it's gonna take to really make this opportunity great do I have all of the resources or am I not here for it is that above my emotional capacity do I am I gonna be overextending myself in a way that doesn't set me up for success That sacrifice is more of my currency than I'm willing to give or that might even be available to me.

Okay Do I want to stay in a space that's gonna require more from me than I am willing to give? That's a big question Do I want to stay in a space that is gonna require more from me than I am willing to give? Jimin five before says have been battling with this and making next moves I'm telling you this is the type of stuff that will keep you stuck Jimin five before so Thank you for saying that see warbs. Good afternoon. Good to see

you Thank you so much for being here and for the re -up six months You are not interrupting you are here, and we are happy to see you give see warbs a follow if you are not Thank you so much for being here.

Happy Thursday to you. I hope you've had a good week So then we get into this decision of do I stay is it worth everything that I'm going to invest and will I get the Return on that investment? Okay Then we think okay, you know what I'm going to stay There you go Jimin well then listen then Jimin five before this stream was meant for you today And I am glad that you are here. All right So then you say to yourself, I think I'm gonna stick it out I think I'm gonna do it but to do that. I now have to go in a different direction So now I've made two decisions and now I'm being completely redirected because the opportunity that I thought I had Looks and feels and is different than what it actually is. Okay, and In this case, I'm now being redirected, right? But what you got says in the conversation she was having with her best friend about this She said should I get ready for the worst scenario and the guidance was yes in case things went, right? You'll be ready for the best outcome. I love that right you prepare for the worst But oftentimes ladies and gentlemen preparing for the worst also means ready to receive the best I love that, Barbara. Thank you for putting that into the chat because that is super powerful. Even in preparation for the worst, you're ready for the best, but guess what? The opposition will say, I may not be ready for the best.

I'm only prepared for the worst. So you have to change your thinking in that redirection, ladies and gentlemen, in preparing for the worst. You also have to say to yourself, you know what? Even if the worst comes, I'm ready for the best if that's the outcome. That's a mindset shift. That is, if you act better, you will attract better. That is emotional intelligence over emotion. That is not hustling backwards. Y'all see how all these Kim Jims stick together? All these mantras, right? Write them down. Write them down and get familiar because I'm telling you, I am telling you, it all is connected, folks. Every single thing that we're talking about is connected. So now we've made these decisions, okay? And now we have said to ourselves, I think that I need to do some redirection. Do I need to go back to the beginning? Is there a part of this journey that makes sense for me to take a couple of steps back to and start there? Where is the point at which I need to do some repair, course correction, re -acknowledge, re -ground, re -center, whatever that looks like. Sometimes that redirection is what do or who do I need to leave behind?

Because not everybody can go with, hold on, let me say this, okay? Listen to me loves, all right? And I wanna make sure that I'm clear about this because before we get to the challenge part of this, I wanna make sure you hear me. When we get to the stage of redirection, not everybody is meant to go with you into the opportunity. You may have taken some folks along with you when you made the decision, or people may have contributed to supporting your decision, but you may not be able to take those same folks along with you when you are redirected or do the same things that you started out

doing because when you're redirected, it's a new path, right? There's new light, there's new energy, there's new everything. And so sometimes in order to get to the new, you gotta leave the old behind, whatever that old is. If you wanna be prepared for the best case scenario, you gotta let some stuff go.

Otherwise, you may not fully be prepared for the worst outcome. If you're taking everything with you from the beginning, it's okay to leave some things behind. It can be very difficult to walk away, but walking away can be a form of acting better. Does everybody understand that? I'm gonna walk away from this, you, that, them, they, yesterday, last month, 10 minutes ago, and I'm being redirected, and all of the stuff that happened one minute before I started being redirected cannot come with me. You must be okay embracing the fact that if you... you don't want to create more opposition, or if you don't want to be involved in other opposition, or if you just want to be stronger at recognizing opposition that you have to create the space for that. And it's okay to walk away. It is okay to let go. It is okay to surrender, right? Hello, Hobbs. Well, welcome. And now you've got some headphones, right? It is okay in the redirection towards your opportunity if you let go, right?

You heard me say in January, you have to release to receive, ladies and gentlemen, I promise you, champ, I love it, right? And so the blueprint is a balance of personal and professional development. That's what we do. So you're always gonna hear me talk about stuff that applies on both sides because we spend our lives, we spend a lot of our time at work, right? And we spend a lot of our, but we take who we are authentically into our work life. So the blueprint borders on how you show up as your best self in both situations. Okay, so you have to be okay in this journey of redirection as we move towards our opportunity of saying, I can't take all this stuff, right? How I started is not how I'm going to end and I can't take it all with me. And that's purposeful. Sometimes the redirection is so that you have a reason to leave it all behind. We don't think about it like that.

Sometimes the redirection we see as a negative, as opposed to saying, nope, I'm giving you yet another opportunity to let it go, to walk away, to not be in the space of struggle. I'm redirecting you. And sometimes we fight the redirection, we oppose the redirection. And this is where that challenge comes in, right? We see that squiggly line there because now we said, all right, all right, I'm redirected. But in our redirection, we are all like, but I still think that I like this person. I like this job. I can navigate this comfortably. That's the crazy that I know. This is the house that I've always grown up in. I've always eaten this type of food, whatever it is. Now there's a new opportunity for you to get healthy, for you to get smarter, for you to have more space, for you to have a better mindset, for you to embrace new, better, different.

And in our minds, we get stuck on saying, but if I did this or, but I was so comfortable there, that made me so happy or, you know, I'm right. And we stay stuck in sad or we stay stuck in whatever the emotional is, emotion is, instead of saying, what's the opportunity? And coming at it from an emotional intelligence space, Crystal Method says this, that is difficult if you are a creature of habit, absolutely Crystal Method, okay? If you are a creature of habit, that squiggly line is going to be the most difficult part because you can make the decision, you can even navigate through the redirection, but it's when you start down the path towards the opportunity, and nothing is familiar. No one understands. You don't feel like you have any lifelines.

You don't even know who is available to talk to, to listen to you. Who's gonna be there when you are in the struggle, when you have tears, when you do things, right? Yes, Ebony. Get comfortable being uncomfortable, right? That discomfort is gonna be the thing that leads you through, right? Because nobody wants to be uncomfortable. We will do the work of getting more comfortable, but guess what? Comfortable may not be the place that we left. Comfortable may be the work that gets you to a new opportunity, and in fact you may be more comfortable in a new opportunity than you were in the place that you left. We have to be open to saying and knowing and doing the things that we want. Always are going to be a new opportunity. Staying in the space that we are because we believe that we don't deserve better. We believe that that's not available to us, that we don't want to try. That procrastination is our best friend, whatever it is.

Those opposing thoughts will create a space or an environment of opposition, and then eventually that becomes your mindset. And then you're not acting better, so you can't attract better. And you're operating from emotion instead of emotional intelligence. And essentially, because the opposition is present, you're now hustling backwards. And guess what we don't do as bosses of our own blueprint? It's hustle backwards. We simply don't hustle backwards. That's not who any of you are. And a lot of you have had the pleasure of meeting. A lot of you have had the pleasure of interacting with in other streams or in your own stream or through whispers or through social as I've gotten to follow you. None of you here are the type of people to hustle backwards. Yes, we can get caught up in our own thoughts. And yes, we can get stuck in some of those downward spirals. And we all have days where it feels really heavy.

That redirection feels heavy. We even question the decision that we made. That decision might feel heavy. Add to that life, lifeing, grief, sadness, life events. It is all a choice to be able to say I can do the thing that I want or I can be intentional about saying I'm stuck here and I don't know how to get out. Or I'm opposing this redirection because I don't love it. I'm opposing this because that's not the thing that I know. Who's going to be there if I fall? But sometimes you have to step into the fear to find out joy, ladies and gentlemen, right? The fear is the opposition. The joy is the opportunity. Who in here wants to miss out on an opportunity for joy? Not me. And I certainly hope not you. I want everybody in here to experience joy, happiness, fulfillment, whatever, right?

And you, you all have heard me say this positive emotion trumps negative emotion any day of the week. I fully believe that, but we will stay stuck in negative emotion and we will deny ourselves the positive emotion opportunity over opposition. It's very real and it's very present. And I'm inviting you into this whole notion of how do I get to a place where I'm looking at the opportunity ahead? I am making the decision to accept the opportunity that is in front of me. I embrace the fact that there is a measure of redirection that's going to come because I can't take everybody with me, the things that I was doing. I can't keep doing the people that I was kicking it with probably can't go with me, may or may not understand or might not even agree with me or the opportunity. Because guess what? In taking that opportunity, you might actually leave some of those folks behind. And then what are they gonna do? Dr. Dataprice, good to see you. You're absolutely right. Culture eats strategy for breakfast every day of the week.

Culture is also a mindset. You are a part of your own culture that you curate, right? Hope your day is going well, Daddy. Good to see you. Please give Dr. Dataprice a follow. She is doing amazing, amazing things in her stream and outside of her stream as well, all right? Go find her on Amazon. She's an Amazon influencer as well, all right? She's got some cool things on her page. So go find her and check her out. I'm telling you folks, when you get to a place where you start to understand the opportunity far overshadows the opposition, but you have to believe it for yourself. That challenging road that you might find yourself on will feel less challenging. You will feel less alone. You will recognize that sometimes the opportunity requires you to go at it alone. Because when you are by yourself, you're focused, you're intentional. You can prioritize your presence. You can bring your gifts forward and you're not trying to fight off any environmental factors that are set forward to try and break you down, to misalign you, to create confusion, delay, any of those things, right?

So you have to be open to saying, this opportunity is far greater than anything that I have. Because when you acknowledge that the opportunity is great, the people, the things, the mantras that you hear that say, well, why would you leave this? Why would you leave this comfort? You've always done this. That won't be anything other than white noise. And you'll be in the best position. position to say, you know what, you're right. And I'm so glad I had that experience and even more so thank you for supporting me. Thank you for being there with me, but I gotta move on. It's time for me to move forward. I don't want to miss what's for me because this is for me. And if this is only for me for the next three minutes, then it's for me, but I gotta go at least see what this thing is.

Because if I don't, then I will have opposed my own opportunity, and I don't want to get in my own way. Dr. Dady says the best opportunities are on skinny branches. Ooh, that's real, right? Do I want to tiptoe out onto that skinny branch? Because that skinny branch may lead to a sturdy branch that leads to a big tree that is full of whatever

opportunity could be available to you. So think about opportunity over opposition. right? Think about those favorable conditions. When we think about opportunity, the circumstances aligning, right? Said differently, the stars align, alignment happens, things just sort of fell into place. Sometimes you can't ignore that that is available to you, that that is something that is important, right? But when you understand this whole notion that you can manifest these opportunities, you can manifest the moments that you want. The challenge, the redirection, and the decision seem less stressful and more inviting.

You can welcome in the stress. I welcome the opportunity. I welcome in the stress. My brain and body and energy needs a new challenge. I do want to get to know you. I want to understand what this work is going to be. I'm ready to accept new things. I'm ready to do something different. I'm okay not knowing what is next, which is probably the biggest thing, right? I'm okay not knowing what is next because we want to control the narrative. We want to be in charge. We want to make sure that we have all the things that we are supposed to have instead of saying, I'm okay with not knowing what's next because the opportunity is so great. I want to be present in it. And I don't want to oppose what that opportunity is by not being present in it. I want to make sure that I understand all of the things that are available to me. And if I don't get familiar with the opportunity, absolutely crystal method, right?

You want to be in control, but the opportunity isn't something that you get to control. It's something that you get to step into. The controls are already put in place with the opportunity, right? But you have to release to receive. So release the controls to receive everything, right? Because that control is a part of that opposition. Because here's the thing. If you want to be in control, you're going to oppose the opportunity that you have in front of you, because then you're saying what's next. That's not exactly how I imagined it. Of course it's not. It's not supposed to be because how are you going to grow with this flow that's now available to you? You can't grow with the flow because the flow is not controlled. The flow will stop if you try to control it, but you can't control, right? But you can't grow through the flow if you want to try to control the flow. That's not what the opportunity is about. The opportunity is for you to grow and get better and leave things behind and be intentional about how you embrace the opportunity. Absolutely. Kayla cannot stop going right with the flow, embracing the opportunity, right? Shutting down the opposition, especially if you are the opposition, because sometimes ladies and gentlemen, you are the opposition.

It happens, right? It absolutely happens intentionally. Sometimes we got to get out of our own way to be present with what is available to us and how we think about what's next, okay? Kayla, Dr. Dady needs some new boots, okay? She needs some new boots. So listen, folks, we are talking about opportunity over opposition. I wanna invite you to look around at the opportunities that you have, the ones that you may have missed. I challenge you to even say, is that opportunity still available?

And check in with yourself and go, do I want it? Am I still interested? Should I have gone for it when it was in front of me? Or what's the greatest opportunity that I have? Is it to surrender something, someone, and move forward in some other way?

Either way, either way, there is opportunity present, and I'm inviting you to go step into it. I'm also inviting you to say, I'm gonna make a decision to be comfortable in the redirection and understand that challenge is gonna come, but the opposition is not greater than my mind. I'm not hustling backwards. I'm choosing emotional intelligence over emotion. I'm gonna act better so that I can attract better because what you're trying to attract is new opportunities, okay? And that, ladies and gentlemen, is your blueprint for today. I am super grateful to everybody who came in, who was active in the chat, who was lurking behind the scenes, right? Remember, this is a new time on Thursdays, 11 a .m. Eastern Standard Time. So we're trying it out and making sure, so please invite folks to come and spend time here in the stream.

Obviously, the replays will be up, and I am playing around with putting up some shorts on YouTube and TikTok. I think My Like Journey chopped up some content for me, so we're gonna play around with that and see if we can't get that out there. But thank you for being here. Thank you for choosing you and investing in yourself. Thank you for supporting this stream. You all are the reason that I get to show up as my most authentic self. Um, we are going to get ready to get out of here. We will be, I will be here on Tuesday, right? That is a normal is a normal week. Next week. Um, there will be streams Tuesday morning. So Tuesday morning will still be at 8 AM and then Thursday will be at 11 AM.

Okay. So I look forward to seeing everybody. Lots of good talks in the chat. Thank you for being here. Kayla, we're going to go see beach United radio whenever you're ready. Okay. So copy the raid message. Ladies and gentlemen, listen, I am sending you into your Thursday and into your weekend with all the good energy and light that you will need to guide you, I want you to take exceptional care of yourselves. And I do want you to spend some time reflecting on your opportunities and checking in to see if you were or have been your own opposition. Okay. So I want you to take exceptional care of yourselves and we will speak again next Thursday or next, next Tuesday. Thank you.