

## The Blueprint: February Focus: Alignment #HR #coaching

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Good morning, everyone. Happy Tuesday. Thank you so much for being here. For those who may be new to the space, or if it's been a while, let me introduce myself. My name is Kim Blue. I am an HR strategist and a career coach. Welcome to The Blueprint. This is the space that we come on Tuesday mornings at 8am and Thursday mornings, at 11am Eastern standard time to chop it up about all things personal and professional development.

I fundamentally believe that everybody should be the boss of their own blueprint, and that means having access to the knowledge, skills, capabilities, and resources so we can do three things. We can operate at our highest potential. We could add value to whatever work we own or are responsible for. Most importantly, we could show up as our authentic selves because when we do that, we can operate in our gifts. We don't have to dim our light or shrink back to, you know, appease or support anybody.

We get to experience the world hopefully from our best place and we get to give our gift from that place as well. So when we come to this conversation, this podcast is all about doing the work. It is about ensuring that, you know, we are intentional about supporting each other, holding the mirror, a lot of accountability, meeting people where they are, and really just giving a lotta love and support to all the work that we're doing, because it's work that we do here in this podcast.

Every time I have these conversations, I leave and I talk to people throughout the day or through my coaching community, and I get a little bit of insight into hopefully how it's impacting all of you. So thank you for being here and for choosing to invest in yourself. We're going to quickly say good morning. I've got to end us with just before 9 .15 today so that I can be prepared for a conversation that I'm hosting for our company today doing some professional development for them. So I want to make sure I have enough time to prepare. so we will jump right in and just do some quick housekeeping as always. Let me remind everybody about the Blueprint coaching. Here is the information, so it's exclamation point coaching, you can put that right into the chat and that will take you to the page where you can sign up. Here are the details if you are interested. It will include some merch, You'll have access to four one-on-one conversations with me a year plus the monthly group coaching sessions. There will be a live workshop every quarter, which in this case for me, it's taking place in March.

So if you join now, you'll be able to take advantage of the live work shop in march. And I'm working on the content for that as we speak. And then also being able to access the Facebook group, which is where I'll have You know other engagement Tips and things like that. So there is opportunity to sorry everybody There's opportunity To join in the cost is \$50 it's about a month. It's it about \$600 a year very significantly reduced because the twitch community is a space where I have been able to curate and hone my craft and so I want to make sure that I make this accessible to folks.

If there's ways that I can support you with business justifications or anything, please let me know if you're interested in getting your company to invest in your development. I am more than happy to help you get there with whatever that looks like, right? So just understand that it's about the cost of a plane ticket, maybe half the cost of a Beyonce ticket right whatever it is that you would invest in consider yourself just as worthy of that very same investment so that is where you can go and find it exclamation point coaching and whenever you join is whenever he will have access to all of the information so if you joined late March and you miss the group session no worries you will get into the group -session the next one and then I'll schedule your one -on -one for that one that month.

So some details about the coaching. In terms of schedules, I think I had mentioned that on Thursday, potentially there was no or excuse me. Yes, on thursday, there was not going to be any blueprint and that's not correct. There will be a blueprint on Thursday. There's no dates until March that I won't be streaming and and that's on Thursday, March the 21st. So we'll keep reminding folks as we get into that date that there will be no blueprint that day. I will facilitating the same virtual session that I'm facilitating today at 11 o'clock and live in person. It's the third part of that series. So there'll be blueprint on March 21. Beyond that, scheduling is the the time.

So let's say good morning to everybody who's here and then we will jump right into today's conversation. I will tell you now for what it is worth, if you have felt the need to grab the gear early, go ahead and do that. Today's Conversation is entitled, Managing Your Mess or Making Meaning of Your mess. And by the word mess, and we're gonna go into an acronym for the Word Mess. So go head and get out your pens and your notebooks. There is going to be some really good notes. Hopefully, if I can get the video to work, there'll be a nice video that supplements what it is that we're going to talking about today. But that is the theme as we round out alignment, right?

We're gonna be talking managing our mess. Because when we are out of alignment that's essentially what it right. We are sort of in this space of messiness or disarray. And you all know me, we gonna make meaning about all of this. And then we are going to dive into how this connects back to everything. So let's say good morning to all of the Blueprint bosses and then this official Blueprint boardroom conversation will be kicked off.

So good mornin' classics, good to see you. Thank you for being here. Go give DJ Classics a follow. I had a chance to catch up with her yesterday. We had very thoughtful conversation about change and management and sacrifice and just evolution in all the things, right, And what that comes with so go give her a follow of course here on Twitch But certainly go find her own YouTube right mindful moments meditation You can meet us every weekday morning at 6 30 a .m. There and go get some great things that are taking place In her stream so goes subscribe to her channel You will be grateful that you did is always a good time and if you miss it in the morning, you can certainly go in and Catch the replays they are there all the time and not just for this You can go back and actually catch the entire series.

So I wanted to make sure I give classics a really good commercial. So good morning. Thank you for being here. Good morning, Music Love of 21. Good to see you. Good Morning, Jen. Dr. Donna Dundas. Good To see both of you, thank you for bein' here, good mornin'. Keith, happy Tuesday to you! I hope you're doin well. It's been a while. Big Stove, good to se you Happy Tuesday to You. Good morin', good morin, good moinin Melissa. Good t see You, thank You so much for be in here I Hope you doing well Go get big stove a follow ladies and gentlemen always a good time in his space I believe he is streaming tomorrow morning at 6 30 a .m.

Until 9 in the warm -up so go get your day started correctly in Hisstream for sure Good morning Hobbs. Good to see you Hobbes told me yesterday in our conversation that she was immediately coming in With the gear or going ready. She said that I could just find her on the pew So my life journey you can go ahead and just give Hobb's whatever support she needs. You told that yesterday Speaking of my long journey, good morning. Good to see you.

Thank you so much for being here. Oh, sorry, Stove. Did I say 8 .30? I'm sorry. Thank so you much being in here and for jumping in. It's nice to have you back. Good morning, Marcia and O 'Brady. Happy Tuesday. Thank for you being her. I hope that you are doing well. Some awesome mods in the chat. Marcina and Brady is one of them as well, Melissa. I you're doing great, Marcie, I think I might've gotten everybody. Crystal Method, good to see you. Hobbs, welcome in. If I missed you, please make sure you say something in the chat so that I can acknowledge you virtual salute to everybody who is working, lurking and commuting.

Nice to see all of you thank you for listening in and thank you for being supportive of this space in whatever way possible. I'm sorry you guys, my camera is a little blurry this morning. I don't know what's going on. So just bear with me. Spartacus, good to see you. Thank you so much for being here. I was in Spartacus's stream the other night. And he said, Kim Blue, I had no idea you were a streamer. And I said yes, yes I am. Thank for pulling up. So thank you for bein' here, go give Spartakus a follow -up. It's always a lively time in his stream whenever I get a chance to pop in. So happy Tuesday to you, thank -you Mel Adroni.

Yes, I noticed it was a little blurry myself. So, bearded baritone, good to see you, double spirit. Good to you. Good morning to everybody. Happy Tuesday, belated happy birthday, bearded Baritone. I think I saw over the weekend that you were celebrating. So lots of birthday love to, hope this next trip around the sun is everything that you need and that you deserve. And I know you got a lot of good stuff happening ahead of you so happy belated. And thank you for being here and supporting this space. If I missed you, please say something so that I can acknowledge you back. At any point in the chat, if you are comfortable doing what you're doing, meaning you comfortable lurking or just listening via Twitch audio, whatever that is, stay there, right?

I want to make sure that this is the space that you need for yourself. Okay. All right. So let's round out February with our conversation on alignment we have had a really good deep dive into what it means related to the mantra is that we started out with in January and we want to bring that to a close as we look to head into March. March is Friday y'all right the first day of March this Friday we are already almost three months into 2024 and it has flown by and soon we will be talking about you know rounding out the year and what we're going to be leaving in 2024 as we go into 2025.

Good morning, Ebony A .T .L. Good to see you. Thank you so much for being here. And so it's even more important that we start out this conversation in alignment with alignment, because that sets the tone for everything that We do, pretty much, for the rest of the year. So we've been talking about what alignment is, I'm going bring this into our conversation. And I'm going to skip around over the mantras. I will go back to them later in the conversation. But what I mostly want to jump into is the particular quote that we've been focused on, which is, when your inner work becomes your outer voice, alignment is present.

And that's what we have been experiencing is working towards making sure that the work we do to take care of ourselves on the inside. so whether that's therapy whether it's journaling whether its talking out loud to someone whether it is you know finding ourselves you no getting caught up in nature meditation anything that we do to take care of ourselves that has to do with our healing our betterment better meant our path forward that is all the inner work and when you do that inner -work your outer voice will reflect So the way that you talk your boundaries what you will and won't settle for the absolute way That you speak to yourself One of the things that DJ classics talks about in her streams often is the the that we speak To ourselves right do we use kind words or do?

We use words that will hurt or stick in our brains And then perpetuate these moods or these mantras that. We kind of find ourselves going back to Right so when we think about that our outer voice reflects our inner work So if we're not taking care of ourselves on the inside, we'll speak that way on the outside. And that will also be reflective of our energy, of our mindset, and of the way that we are embracing new

things or, or not embracing new thing. And when we don't have that level of alignment, right, we talk about our needs not being met.

And we talked about this whole notion of really not being clear in what our knowledge is. And oftentimes we We are super knowledgeable about what it is that either we want to do an area of expertise that we have, but then our confident voice waivers. And we're not clear on saying, here's how we can show up in that in invalidating that knowledge or in sharing what we know or making sure that people recognize that we are the right person for whatever it is. And then when we can't use our confident voice, we stay in that comfort zone because the comfort zone is the space that we can control. And it allows us to say, I know the crazy that I'm navigating here.

I don't want to do any work beyond this, because I I've not ready, or I don' have the resources, whatever the case may be, it's keeping you from being intense, you know, being intentional about how to move forward and how the do certain things. And then because of that, right, our piece is disrupted. And then that got us to some of the things that we have been talking about beyond that, which is this whole visual around our needs being met. And when we're out of alignment, what that looks like, okay. And these two triangles have been the crux for just about everything that we've been speaking on over the course of a month. And I wanted to build a visual that helped us see that this is the balance that we find ourselves in, right?

So what happens when the one of these triangles is burst open, meaning our needs are not being met. And now we're having an emotional response because we are in alignment with our values. Good morning, Kayla. Good to see you. Good Morning, Michelle 22. Good To see You. Thank you so much for being here, both of you, happy Tuesday. When one these triangle is open. Meaning that we don't have connection at any of those angles that you see. Whether it's the top triangle or the bottom that then allows us to be into what we call a mess. Okay, and when I say a miss there are things there that We know for a fact Get us a place where we don't have alignment where?

We are really sensitive to saying I don t have my things together. I'm not feeling like things are connected I'm not really aligned with the things that I need to be doing or maybe I am aligned to The things That I needed to do, but I don't have all of my stuff together, right? People will say I have my shit together Right, or I'll have the thing together that either I feel out of sorts That's another way of saying you're not in alignment and when you look around and you see disorganized chaos, you can absolutely have organized chaos but you can have disorganized chaos too.

And sometimes that disorganization is I'm dis -organized emotionally. I m dis organized financially. I am dis organizing other currencies. My time is not being prioritized. My energy is dis organize because I s spending it in ways that don t make me the priority. Right? My emotions are disorganisms. My emotional runway. Anything. So when you are intentional about that disorganization right all those things show up and

then we find ourselves in a mess or we look around and we say things are really messy or I don't know how I got here good morning music spasms good to see you thank you so much for being here be safe while you're driving and so we're gonna talk about this whole notion of being in the mess good mornin a McKee happy Tuesday to you good to See you I hope you are doing well so we'll talk this notion about being a mess you all know me I want to make meaning first.

So there's a definition that I want to that I'll want to share with you when it comes to this. And so here's what we mean when we talk about something being a mess. It's a situation or state of affairs that is confused or full of difficulty. Let me say that again, it's the situation, or state of affairs, that has confused are full of difficulty, so we all know what situations are, right, we walk into something that we anticipate or not, it's got a certain set of elements or components to it. And those, the elements are components that make up that situation. So the people, the environment, the reason that you are there, the why that, you may need to contribute something. When those things don't connect, or they are, you know, misaligned in a way where there's a lack of understanding, Or you're not able to quit, you know, truly or authentically say the reason that I'm here makes sense and attaches to the reasons that you are here or why we are doing what we're doing, right?

When we start to create that or when it starts to show itself, then that's when things get messy and we introduce the confusion. And that is where it says that it's confused or full of difficulty. That confusion is what has us saying, well, if I am doing this and you doing that, why am I here? What is the purpose? because now we're starting to question our currency. Well, now I've wasted my time. Now I feel like, you know, I'm here because, and perhaps I am here and I shouldn't be, right? Or I only here to do these things when I was told, you now, that I going to something else.

And so when we look at this whole notion of what it means to be in a mess, these situations create confusion, sometimes they create delay, other times you are struggling to understand what the purpose of said situation is going to be and that's where the difficulty comes in and we find ourselves in messy situations all the time right we it is not uncommon to say listen this is a mess that person is amiss all of this thing is so me or that person's being messy meaning they are the thing that is creating the confusion or the difficulty, right, or the disarray, whatever it is.

But we see often things that are messy, situations that have the potential to be a mess. And we do our very best to avoid them. Now here is where avoidance can absolutely be your strategy. When you're like, I need to avoid getting involved. Right? So the one time you might hear me say avoidance is a strategy, I need to avoid getting involved or I need avoid get getting caught up with someone else's intentions with someone else is projections with someone elses needs right because now when you are taking those on you then insert yourself into a mess that's not yours and now you're in but right people right my life journey says it to me all the time I don't want to get involved

but now your involved and what happens when you get involved in someone else's mess, when get you involved in, you know, someone elses stuff that may or may not have anything to do with you, right?

You find yourselves kind of stuck in this space where you're trying to determine, okay, now how do I get out? How do unstick myself from this quagmire that I've gotten myself into? In particular, if it was not something that you were looking for. There are plenty of opportunities. where absolutely Hobb says it drains you, right? There are plenty of situations that we find ourselves in, right, anybody ever just been saying to yourself, you've been sharing some details, and then someone just jumps in and starts to talk about their things or their needs, and all of a sudden you find yourself now playing therapist, now being the person that is being vented to, now is the one person that, you know, is receiving some type of blame or heat or smoke for something that never even, Right, all you said was all.

You said, was hey, how are you doing? Are you? Said what's up? What's going on? and then instantly There is this whole sort of you know Unleashing of all the thoughts and now someone else's and and someone says oh my god I'm so glad you're here little little can you help me? Can you do this? I need to get here I needed to go there. I needs to do that. And now you wrapped up in someone. Else's mess Unintentionally, and it's not even your own You've now been brought in and all you're trying to do is protect your piece because protecting your peace allows you to navigate around your comfort zone, meaning you can flow in.

And out of it, sometimes our comfort zones can be spaces where we recharge. I want to say that, right? It's the one thing I've not said throughout this whole series, I talked about exiting your comforts zone to get into alignment, but I do want you acknowledge that sometimes during that journey, staying in the comfort zone is the place where you can recharge and when you can re-engage. My journey says, or when they call and say, check in on you, but actually talk about themselves the entire time. What happened to checking on me? That happens, right? We call that a drive -by, an emotional drive by, a psychological drive, by it can be a spiritual drive by anything, it's very much as drive.

I'm just going to drive an energy, right? Energy vampires, they come in, right, Hobbs that is joining, they're coming in. They suck it all out of you. They stuck it out of view because they are dumping their stuff in your space. And now you're in any, now, and now you are an emotional mess because someone else has left their stuff on you, we talked about this whole balance of being in alignment personally and professionally, right. It happens in the, in the professional space too. You go talk to your friend or you run into somebody who's just had a terrible meeting, a terrible conversation. They've come off of a space and now what they do is they get to a place where they are dumping all of their professional woes on you.

The experience is that they're having had terrible me and now they Are tainting your lived experience with someone right you may not have an issue with that person but someone else does but if that's not your experience now, you're taking on the experience of someone else and then judging what that person is or how they need to be or perceived to be without ever even knowing the potential details. You've only got this one side of the story. Thank you Mel, that journey double -spirit says most times people want you to validate their feelings you have to listen but keep your distance from the mess 100% validation is a need for some people there is an need there for them to feel as though they are heard they are seen that they are appreciated.

They are seeking out those words of encouragement. And when you don't offer that, now you create this whole mess, that space of difficulty, right? Or a state of affairs that creates confusion, right. And, and when the person says things to you and you say, you know, I'm really sorry to hear that and that's all you offer. And someone says, well, don t you agree with me or weren't you even listening, or don t think we should do something about this?

Here you are trying to protect your peace in whatever way possible. And now they're inviting that you are disconnected, that are not on their side, that your not listening, whatever the case may be. And so messes get created whether you stir them up or whether they are presented to you by someone else. And that's the part when we talk about mess, we talked about being messy, this whole notion that is how we think about what's important to us when we are protecting our peace. If we go back to, let's go to this slide right here, okay? And I wanna go right back here where we talk about making sure that our inner voice represent, excuse me, our work represents our outer voice. It all comes down to that because when we find ourselves in a mess, what happens?

That confident voice goes away and we immediately retreat to our comfort zone because we want to be safe and we want to try to protect our peace, right? Good morning, Shelly, I see you. The recap is coming, good morning Reason. Thank you so much for the raid. Happy Tuesday, gospel takeover family. Thank for being here. I hope that you all are doing well. Reason, how was your stream? I'm sure it was glorious. It is always a lovely time in there. I was lurking heavy in Reason's stream yesterday morning and it the perfect backdrop as I getting my work done. I wasn't able to be active in the chat, but I wanted to be present, and it was just a great backdrop as I was doing my thing.

So he's on every day from seven to nine, Monday through Friday, 7 a .m. to 9 a ,m., Eastern Standard Time, so go check him out. So thank you, Reason, for bringing the family over. Good morning, Shella. Good to see you. Thank you for being here. Diana DBX, good to see. Katie Browns, welcome in. One Reason. Go give him a follow if you are not already. Tab Gilbert, happy Tuesday. Lex Diamonds, It's good to see you.



Thank you so much for being here. You did catch me. Happy Tuesday. Good morning, good morning. I hope you're doing well. Shout out to everybody who came in on the raid if you came and went to lurk. Thank for you being in here if came in and kept the tab up. Appreciate you for doing so. If you are listening and supporting another streamer or DJ, all of the things, okay? Happy to have everyone. Hope everybody is doing this morning We I will do the recap and then we will get going right on right where we left off. So We are Talking about Alignment folks and we're wrapping up our February series on Alignment and today we are talking about managing your messes right or making meaning of your message We're gonna do that.

But either way, we'll going to Define what the word mess is and I'm gonna give you an acronym for what it means to manage your mess. And these are the steps. It is going to be a blueprint for what you have to do when you recognize that you're in a mess or you feel it, or you acknowledge it and you say, I am in a situation that I don't need to be in. We're going to get that. So DJ Rollum, DJ Miss Classy, good to see you. Thank you so much for being here. Happy Tuesday to you, did I catch you in my C Love 702? Good morning. Good to see. I thought I saw your name.

Happy Tuesday. Thank you so much for being here, shout out to everybody else who came over on the raid. If I have not I acknowledge you, good morning, welcome in, good afternoon, no matter where you are in your day. Appreciate you for being here. DK, Good morning. Good to see you. Thank you being for here, I hope everybody's doing well this morning All right, so managing your mess. The quick recap for everybody who came in on the raid or for anybody who is coming in. Kelly Vision, good to seeing you thank you so much for bein' here Happy Tuesday morning to you Queen I Hope you're doing Well. Go give Kelly Vision a follow -up. You've never been to a session of Kelly Mentory.

Her streams are so thoughtful, are educational, and she is always bringing you into knowledge about music, but not just like the musician, right, the history. And she's connecting the dots on all of the things that are taking place. So go find yourself in one of her sessions. I don't get there often sometimes because I'm usually momming, but on the times that I can get there, it is always, always a great time. And she is a vast knowledge of information. So, Kelly Vision, good to see you. Lushawn in 1908, good you see reason. Thank you so much for the resubscription. We are still rolling. Did I get, did anybody else come in? I feel like I saw someone else.

And I Can't Remember DK, thank you for The Bits. Appreciate you, I think I got everybody else who's coming in. All right. So this is the blueprint for how we get inner and outer alignment, right? We have to validate our knowledge. We to speak from a confident voice. We get out of our comfort zone unless we are retreating there to recharge, but ultimately we have protect our peace. These are the four steps. Because what happens is when we do that, we then find ourselves here, right.

Absolutely listen to television. I speak the truth. That is it. And that's all the full, full truth, right? Um, is a Phoenix brain coach. Good morning. Welcome in. Welcome to the blueprint. Um thank you for being here. I hope you find some valuable nuggets that you want to take away into your day. My goal every time we have one of these podcasts is for you to leave this conversation with something you can put into your next conversation. So appreciate you. Welcome in and you are welcome back anytime. Okay. All right. So everybody, I want you to look at this alignment diagram. That's what I'm calling it until I get a better name for it.

Okay, here we go. The, okay. Thank you, Lex diamonds. Yes. I was like, that's the name. Okay? That where I recognize it's a Phoenix brand coach. Welcome in. I remember Lex, you introducing her in another stream. So Phoenix Brand coach, um, thank you for being here. I hope you are doing well and I think you were new. Are you new to twitch or have you started your twitch streaming journey? Please put that information in the chat. We are full of support here. So Make sure you put your information and so we know how to go find you and support you. Okay So listen when we talk about this whole notion of alignment, this is our alignment diagram now at any point in time what we know is that our emotions our needs and our values or our mindset our choices and behaviors all need to be in alignment and when they aren't, we then find ourselves not connected.

And one of these things, one of the corners of our triangles is out. When it's opened up, right, we find ourselves in this whole notion of being in a mess. So what do we mean by mess? This is what we were defining a few minutes ago. It's a situation or a state of affairs that is confused or full of difficulty. Now I know we found ourselves here often, because the question might be, Right, we always say, how did I get into this situation?

How did get here? How that I end up here. My lock journey said it earlier, right? You feel like you have stepped into something and people call to check on you, and then all of a sudden, their problems become your problems and now you're in their mess unintentionally trying to figure out what this means or why you are now wrapped up in it and you now tapping all of your emotional capacity or currency compartments to try to survive, okay? And ultimately, there has to be a path forward when we think about how to get yourself into, excuse me, how do you get yourself out of a mess you either got into intentionally or unintentionally. Now, let's talk a little bit about the messes we get ourselves into because sometimes we ourselves get into our own mess, right?

It happens it happens and when we do get ourselves into our own messes What it says to us is that the alignment that we are lacking so that alignment triangle or diagram that I'm gonna put back up There the Alignment Triangle is not Being met in some way. So our needs are off our emotions are of we're not in alignment with our values and to know me is To know that. I coach on being in Um, alignment with your values, not in opposition of them. So that means if you value honesty, then you have to

be honest because the minute you are dishonest, you're out of alignment, with your values.

And now you having an emotional response to that. It is as simple as that saying no. Or saying yes, when you really were saying, yes. When you want to really say no, right. And you've thrown all that off and it impacts all of your choices in your mindset going forward. All right, so when will you find yourself in a mess that is of your own doing, because sometimes when we don't meet our needs, we create our own messes. Let me say that again. When we don't meet our own needs. Especially the needs we know we need to meet. I didn't take my vitamins. I didn't get enough sleep. I didn't eat. Right? I didn't get up early to prepare for this conversation, this presentation. And now I am in a scramble, trying to get everything together.

And I am lashing out at anybody, anyone who is in my way, because I've gotta meet this deadline that I knew I needed to meet, or I gotta do this thing that procrastinated on. Procrastination is a friend of avoidance, let me be clear about that, okay? Now I have to make this need that I procrastinated on, and now I got a rush to get these things done because I know about it for weeks, months, years, whatever it is, minutes, and I did everything but the work I needed it to do in order to make that happen. And so now we've created our own mess and we are creating an entire war path to try to get this done because we don't want to reap the consequences. We don't want to deal with the outcomes. We don't want to embrace the smoke or the fallout from not having done this, even though we knew we needed to do it.

Mirror moment says Melissa, right? Mirror moment. My life journey has given out the gear already. Okay, Crystal Method, I think you are Meeting Hobbs on the bench. Georgia Dawn, 313, good and blessed morning to you. Come on and listen. Thank you so much for being here. Welcome into the Blueprint first time chatter. This is a space where we come on Tuesdays and Thursday mornings to chop it up about all things personal and professional development.

You are more than welcome into The Blueprint boardroom at any time. I hope you are able to take something away from this conversation that you can use immediately in your next conversation. So welcome in. Trini Bajan, did I see you? Good to see, thank you so much for being here. Good morning to you. All right, so here we go. Sometimes we create our own messes and we don't wanna acknowledge that we are in the mess that created.

We try to redirect the blame, the fault, the source to something else. Well, if this person had, no, because this didn't happen, absolutely not. Well, because what happened was, no, none of that. What is the accountability that you have to take for your own mess, right? What does the accountability that's you need to take for your own mess? I asked Hobbs, I ask Hobbes a question yesterday during our conversation and I

can't remember the way I should have wrote it down Hobb's, but I phrased the question to Hob's because she was sharing some things with me.

And I think the question was something along the lines of, so what is it that you need to manage? What do you to adjust? What are you you needs to anticipate as you embrace some of the changes? And they're positive changes, right? But some the of changes that are taking place and going forward. good morning, Vader. Good to see you. Thank you so much for being here. Listen, Vater, we are all a result of our choices. Um, and I appreciate you owning the fact that you ate something that you should, that she should not have.

Oh, Vader coming in hot. Ladies and gentlemen, if you are not following, go get him. Go give him a follow Kelly vision. You are. Not alone, my love. Okay. Everybody at sea, please see my lock journey, Kelly. She will explain to you my luck journey. See, love Hobbs, all of them will express to, you exactly how it goes. because listen, we come here to do the work. And sometimes I lovingly read people, Kelly, and I say that I loveingly with strong emphasis. So all jokes aside, seriously better. Good morning and good to see you. Thank you so much for being here, right? But listen folks, sometimes we create our own mess, Right? We say to ourselves, I know I shouldn't do this.

I no I don't need to eat this, I No, this person is not good for me. No I need To quit this job. I know it but we stay and we here's the thing. Here's what we do. We stay in that comfort zone Because we want to avoid the work the difficulty like the Acknowledgement sometimes we avoid The acknowledgement that we actually have to wait we avoided the change We avoid thing that needs to be done Because ourselves are not ready even though we know that staying where we're staying is going to create more of a mess Okay, all of those things but yet we do it anyway HR nerd good to see you.

Welcome in How are you this morning? So so good. To see okay There you go, Kelly vision my luck journeys making some space for you Okay and we know that avoidance is not a strategy, but we avoid doing the hard things But here's the thing you have to do the heart things and you to do them afraid, and you have to do that in real time, and even if you don't know what to do, you've got to take a step, because avoidance is not a strategy, even though we employ it as one.

Unless you are stepping into your exit zone to recharge, and are avoiding some things because you need to regain the energy and align your resources, avoidance never is a strategy. Period. All of those things are the work, and that's what we're here to talk about the work and the why and how we are intentional in saying we've got to be able to move forward. Okay. HR Nerd, we're talking about alignment. That's been our focus for the entire month of February. And today is talking when we were out of alignment, the messes that we find ourselves in.

And we defined what a mess is. So for those who have come into the chat, here is what the definition of a mess is, it's the state of affairs that is confused or full of difficulty. And sometimes we are the state -of -affairs that are confused and creating difficulty." It happens, right? Sometimes we are The Op, and you've all heard me say that, right. Sometimes, we're The Op. But listen, folks, I said it in earlier streams. You can be the opposition or the opportunity. The choice is yours. So pick your O. Right, it is yours to choose. I would suggest being the opportunity any day over the opposition, right? But that's that is your choice. But if you choose the Opposition, now you're likely going to be creating your own mess.

And when you realize that you are in your own way, there is a lot to be said for how did we get here? Because then you have to have a conversation conversation with yourself about how you got where you are. Hobbs and I have been talking about this over the course of the time that I've been doing some coaching with her, right? And we had to get to this accountability and this awareness of there was probably a time that should have done this. I haven't for these variety of reasons. Yesterday, she was like, none of that anymore, Kim, I'm ready. I already know that if this thing doesn't happen, I can't continue to do this thing right here, okay?

The couch is available. Keith, I think you might still be in here. Feel free to invite people to the couch. If not, my life journey says the Couch is open and available for support. All right. So Grand Rising's music spasms. I hope you've made it safely to where you are going. Alright, so go get your, go listen. Um, i don't know if Dr. Dady Priest is, um, lurking, but Dr Dedy Priest has weighted blankets available, Okay, the couch is there's enough space on the counts for everybody.

Please see my life journey or Kayla for the tissues right the hugs The reflective vests the hard hats whatever did the boots whatever it is that you Michelle already says that she is on The couch. Okay. So there you go. Someone is they're Like Simon says is therefore 20 garden. Listen Lex there might need to be because some days I don't know where it listen I know what it it's because I woke up feeling off this morning and for me in the mornings that like, I am not feeling like that's when I'm coming at it from the strongest, the deepest and most authentic space because I've been working to make sure that I working through my own mess in real time.

Dr. Donna Dunas, thank you so much for the boss bits. Appreciate you. Lex, my journey says she's going to start. Lex says, she woke up a line, but down, right, listen. So I understand that Lex right? Same in terms of being an empath, right? Sometimes you run across people's energy. Sometimes you get these energy drive -bys. You never know what it is. All of those things are there, right. KB Brown says, we need a sectional.

Listen, it's a big enough section to fit in the board room, KB brown, so that everybody has a space. Alright. It is a thing, taking those breaks, Lex is really important, right, It's very important when we think about it. Alright folks, get your pens out. Let's talk about what What it means to manage your mess. Now I've not got a graphic for this. Sometimes KB Browns, it doesn't mean that you get a beating. It just means that get all the extra passion and the downloads come much more quickly and fluidly because I got extra space, right?

Sometimes I will compartmentalize the stuff that I need to work through or understand where the source of it is, which means I have more space available for you all this morning. All right. All right, here's the acronym for mess. LaWanda Baskerville, good morning. She says she's in the bed taking it all in and finding allergies. Ah, La Wanda, I hope you are feeling better, okay? Love and hugs to you, get your tea, Okay? I'm going to Lex, I am going too because I have to do a presentation at 11 and I need to be in right state of mind to deliver that because, I actually talking to them about being visible. That is the theme for their session. It is all about visibility and being seen. And so I want to make sure that I am coming from my most and best place. So I hope you feel better at LaWanda Baskerville, okay?

My life journey says she's going to take the boardroom chairs and tables out and just put couches and weighted blankets in the rooms. I get it. It sounds good. All right, let's write this down. Here is the acronym for mess, okay, this is what you have to do when you find yourself in a mess. This is The Blueprint, right? Every board room conversation, for the most part is gonna leave you with a blueprint or a roadmap on how to navigate certain things. Now, I didn't, this is not something that I found.

This is a Kim Blue original, right? So when you hear me talk about these things, these are the things that am curating and one day maybe get smart enough to put in a book so that people can live their best lives personally and professionally. So if we know a mess is a situation, right, where there's difficulty or confusion. Here are the things that we need to do to navigate the mess. So the M stands for meaning. All right. Write this down.

You have to make meaning, ladies and gentlemen, you have understand what is going on. And how will I get? How did I get here? What is Going on? And How Did I Get here, okay? We have To make meaning because if If you don't understand the mess that you're in, you will stay there. Let me say that again. If do not understand that mess you are in you'll stay. Once you start to get clarity and once you make meaning of what it is that your in is it even your mess or is it somebody else's stuff that's you dealing with?

Because sometimes you were emotional, overwhelmed, feeling compelled because you take in all of the things that someone else presented to you. So you have to make meaning. That is our M. Okay, the E stands for embrace. All right, so now I need to embrace the journey. I need To embrace The work. I Need to Embrace the fact

that I am my own up. I Need To Embrace the fact That I now know very clearly that I don't want to be here or I will have to stay here because there's some things that need to be addressed. But whatever it is, you need to embrace the situation, embrace, the knowledge that you're in, embrace. The understanding that there may be some adjustments that need be made, right? Some work that needs to happen.

Right? Legs. Right. All of those things, but you have to embrace it. Because once you make meaning, if you resist, you will not get to the remaining places that we're to talk about in this s right you've ever been in Vader stream he says it is pointless to resist you cannot resist what you need to do next you have to embrace the fact that you're here if you resist the mess right there's a statement out there that says what we resist persists it is as simple as that so if don't embrace it you will stay exactly where you are and that is your choice, right?

That is 100% your choice. If you resist the embrace the opportunity to embrace, you will stay where you are and you won't make any path forward. Okay. So once you make meaning, and once You embrace The fact that okay, I'm here. And we're going to go back to embrace because there's a component of embracing that is, is related to grace, you have to give yourself some grace while you embrace but I want to get through the whole acronym first, right?

The first S and mess is for surrender. You have to surrender the struggle, whether it's the mental struggle. The work of like still beating yourself up about being here, about how you got here about, how, you never should have been here. About how this isn't even your stuff to deal with, right. But you've got to surrender this struggle you gotta surrender, the negative thoughts, you have surrender the struggle of I don't want to do what I know I need to do to get myself out of this or to detach myself from this this morning very very early at like 4 a .m. when I should have been sleep I was thinking about soul ties and by soul -ties I mean the bonds that you either intentionally form with people professionally personally whatever that is but this whole notion of like having these soulties and I was up thinking about how those soul ties stay with us long after the soul that they come from may not be a part of our lives anymore.

Okay. Let me say that again. Sometimes the sole that we were tied to may stay With us, long After that that actual soul has exited. So it's the it s the essence of that person soul, that you continue to stay connected to, whether it is a work bestie, Whether it's a former manager, whether it is a past relationship, whether is it a personal relationship. It can be a family member. But sometimes we have a tie to another soul that stays with us far longer than we should and it perpetuates the mess that we are in, okay? And we have to surrender those things, right?

I was thinking this morning about this whole notion of surrendering soul ties. Sometimes they're the ties that we have to another soul, not the tie that they have to us. Soul ties can be one -sided, ladies and gentlemen. Sometimes people untie themselves

from us and move forward and don't even say anything. We are still remaining there. So you have to surrender the struggle, right? You have to surrender. The E is embrace, a maki, okay?

The M is for making meaning. The E is for embrace the first S is For surrender right and I'm using the example of a soul tie because that's what I was thinking about this morning as I was preparing for the conversation because sometimes we are tied to things we are right connected to things even though they are not couldn't it's not connected us We still find the need to be attached because we agree then we're mourning we are working through whatever it is and we 'r not ready to let go. We're not ready to change. We're not ready to embrace the fact that this is no longer the space you need to be in. And that keeps us out of alignment. Remember, this is all tied to alignment, OK? This is all tied to alignment so you have to surrender that struggle.

You have to surrender the situation, right? You have to surrender the circumstances. You have to surrender whatever it is, the stress, anything. But there is a measure of surrender, letting go, detaching, no longer saying this is something that I need to survive. That soul tie is not a life source. Yes, Crystal Method. Sometimes we mourn for a long time. Is it Freaky Gamer Girl? Is that who I see coming in here? It is Freaking Gamer Girl. Good morning or good afternoon, wherever you are. Thank you so much for being here. Happy Tuesday to you. Welcome to the Blueprint. So happy to see you in the chat. I know I've seen you on the Twitch streams and other folks stream, so welcome in. It's good to see you.

I hope you take away something from today's conversation. Cassandra, well, good to see. Thank you so much for being here. Happy Tuesday to you Yes, Lex. Soul ties are not a life source. They are not. And we make them a Life Source. And when we hold on to a source that is not in service to us, we then are out of alignment because we have a need that's not being met. Because if you are tied to a soul and you replicated that soul as meeting your need when that soul tie goes away.

You now are absent of that thing that you thought you needed and your out of alignment in some way, shape or form. Okay. Mishmi, good to see you. Thank you so much for being here. Happy Tuesday. Thank You so Much for the read up. Uh, I hope you are doing well. Please go give Mishmic a follow. She is, um, a nurse, she is a chef and she has all things glorious. Good to the call is 06. Thank you so much for being here. Happy Tuesday to you.

Welcome in. You all have kicked off a hype train. Thank you, thank you thank you. You guys know that this is always appreciated, never required. I literally do this because I believe in this work and I want to make sure that everybody has access to it. Oiki God, good morning. Good to see you! Thank you for much. For being happy Tuesday. To your good afternoon, should I say. Oh, you got makes a a very good point. She says your ex-partner energy stays with you, right?



You know, she says for at least five years, but for whatever that time period is right, so you're always in that space, right nice I'm using the example of soul ties but you have to do the work of surrendering because surrender is work It's not easy to say I no longer require that to be a part of my success my path forward That's not a source of life that I draw from anymore and you do have to surrender that. Thank you all again for the hype train Thank You Lex for this subscription. Appreciate you for being here TNT. Good to see you Thank, you so much for bein here. You snuck in on me. I just happened to say your name in the chat Welcome in I hope you're doing well on this Tuesday.

Go give DJ TNT a follow. Listen y 'all There's so many dope folks in a chat mods Streamers and DJs whether you are lurking or whether your active go find them and go follow them and let's continue to show support. Boho ikigai, thank you so much for the lurk. I saw your message saying that you were lurking and listening. Lex, Thank you for letting me know that your mom and your brother are lurking as well. So good to see everybody who is lurking in the chat.

I know I have a big lurker population. I'm super supportive of that. The podcast is structured so that you can lurK and listen in for whatever you may need or to go back and listened to the replay. Appreciate that So Z Lady C, good morning. Thank you so much for being here. Thank for the lurk and for The Boss Bits. Lady T, Good Morning, Vader. Good morning, thank you so for Maria. Vader who says I'm tied to your subscriptions. Hopefully Vader, that is the sole tie that you want.

I appreciate the resub of Vader thank you all for pushing this to level two on the hype train this morning again it is always appreciated. it never required. So listen, folks, I want to make sure that we are intentional about this notion of surrender because surrendering is hard. Okay, Lex, thank you for the subscription, Freaky Gamer Girl. Thank you for this subscription. Appreciate you. Lady T, did I say good morning to you? I think I did, but I cannot remember if not good morning. So listen, folks, we have to surrender because once we surrender, you didn't have to submit to the process that is ahead of you, no matter what. Because once you have surrendered and said, okay, I'm aware that I no longer need this.

I don't have to be connected to this, this is not something that I need to do. You do though, have to submit to the work. And this is where the attitudes come in. This is where we say, eh, I don't want to do it. I like it, I want do that. We know that we have to a certain set of things. You all have heard me talk about this whole notion of stop, start, continue. Once you surrender and you submit to the process, then there are things that you need to start doing that weren't doing, especially because you know you needed to them.

Good morning, Rebel, good to see you. Thank you so much for being here. Come on and peek in. There is space on the couch, sis. We are talking about being in a

mess And we are talking about this whole notion of how to get ourselves out of a mess rebel by making meaning, embracing the situation, right?

Even if we're the reason that we were in this situation surrendering the struggle and then submitting to the journey ahead of us. Because here's the thing, when you submit, you then create space to say the work that is coming my way, the resources that are coming by way to help the new intention, whatever it is right? I'm here for it. Even if it's uncomfortable, even if it is difficult, Even If I don't like it, even If it means I have to put myself out there in a way that may not make me look the greatest. Because sometimes when you surrender the struggle, you submit to the process and you submit two new things, which means you may have to say I messed up.

I didn't do my due diligence. I missed a step. Under communicated whatever it is, but you have to own it. And in so owning, right, that's part of submitting to the process. So sometimes we don't want to present ourselves in any light that is not favorable, but you learn through submitting to that part of the process, so Good morning Z Lady C. Thank you for being here. Right. So when we talk about getting out of these messes, this is the blueprint for doing so. Melissa G, thank you so much for the boss bits. appreciate you. Have a great day, Melissa.

Thank you for being here. K .B. Brown, thank you so much for the re -up. Is it Deira 57? Good morning. thank You so much for it. The reup, Thank You for being Here. Appreciate all of you shout out to my life journey who is holding down the chat. Solo this morning, I think Kayla is here, but he is lurking because he is doing his thing during the daytime. So, but I do know Kaylot well enough to know that he is behind the scene, probably slaying all the dragons.

And so thank you. Thank you all for pushing this to a level three hype train. You all know it's going right back into supporting the stream and all the elements that go into making this space what it is, right? We got to keep the boardroom looking nice, right so all of the elements that are here. All right. So thank you, everybody. Listen, let's recap this and then I want to tell you something from Brené Brown.

You know, she's my girl. If you're not familiar with who she is. Go look her up. She's got a lot of great content out there because when we talk about this notion of being in a mess, and this is where I want to go back to the E, we talked about embrace and grace, right? So parenthetically, next to the word embrace, write the word grace because you have to give yourself grace in the midst of this. Okay. KB Brown said, I'm subscribing for the beat. It's love. KB Browns is love, right.

Oh, okay. Thank you. Thank You My Life Dirty. Hold on. Freaky gamer girl. Let me go back and find your question. How would you keep yourself or bring yourself back to submitting to the process? It's a great question, so it's very hard. So it is not easy because here's the thing, we're now talking about accountability, freaky gamer girl. And

so you have to get comfortable when you make meaning of saying, how did I get here? Embracing the fact that whatever it is either it's you or either, it is something else that you were tied to or attached to that says, this is where I was and I'm now here by my own volition or not.

Okay. Thank you all so much again for the hype train. I appreciate you guys. What you have to do though is, and this where the surrender comes in, freaky gamer girl, right? Because when you surrender, part of that surrendering is saying or owning that, and I am going to be okay doing whatever the work is that I need to do. No matter how many times you have to say that to yourself, freaky gamer girl, right? You have today, I'm going to take this one step. And if that's the only step you can take towards submitting to the process, it's a journey.

I mean, it's a balance. You're going to have to surrender something in order to submit every day. And we find ourselves doing this, whether we acknowledge it or not, but you got to surrender something to submit to something else because the submission of whatever it is means you have to let go because there's no space to do both. If you don't have space, to receive anything or put your full self into the journey freaky gamer girl, then it will be very difficult for you to submit. So it's every day it, is saying I have, remind myself that it is okay to surrender because now I can be kind to myself.

As I submit to this journey that's there. So it is constantly going back and saying to yourself, today I'm surrendering this, so I can submit this. Thank you, Malak, for calling out Freaky Gamer Girl's question. Does that help Freaky Gamer girl? Good morning, Beats United Radio. Johnny Lowe is here, ladies and gentlemen. Go give that guy a follow. He always has excellent stuff going on in his stream. He is a supporter of the Blueprint. Thank You for the boss fits. And thank you all for continuing to support this hype train. I appreciate you. Is it ad lines in the house? Good to see you, welcome in. Thank you so much for being here.

Absolutely. It is a measure of humbling, right? Surrender and submission is humblings, ladies and gentlemen. You have to be the one that says, I am getting in my own way. And let me call this out before we go back and talk about embracing. And then I want to get to this quote. We're clearly going to here until 9 .15 because there's no way I'm going to wrap it up in time. So just rock with me these next, these next 14 minutes. And then I got to get out of here right at 915 so I can make sure I'm on time for my 11 o'clock.

Right. Thank you, Kayla for the lurk bits. Appreciate you. Okay, listen up, folks. When we surrender and freaking game a girl, this is a part of your question that I want to embrace right? When you embrace the struggle, you also have to surrender your ego, ladies and gentlemen, You must surrender your ego because your Ego is the thing that keeps you from submitting to the process.

You can surrender every day, but your ego is a thing. That's like, ah, we don't really need to do that. I'm not in a place where I can, you know, that doesn't matter, right? But your ego will be hurt and be feeling some kind of way and make you think that if you embrace the process or if you acknowledge or whatever the case Maybe thank you all so much for the hype train. I appreciate everybody who resubbed who gave bits. Thank you. Thank, you are eat your ego will keep you stuck and keep you from Submitting or surrendering and then you're just stuck in a mess. Absolutely crystal method that you go Right that ego is real So what you almost have to do is in the surrender of the struggle quieting your Ego to say it's okay, right?

It is okay ego get somewhere and sat down you're going to have to go with me through this journey of submission so you absolutely have to quiet your ego because your egos will keep you right and then your super ego kicks in and we will have a whole conversation one day about ego super ego and it because all of the absolutely your ego can show up as the enemy but it'll also keep you stuck which is why you have to embrace the work or the fact that you are in this mess and And then you have to give yourself grace before you surrender.

Because when you then surrender, you didn't have to get yourself Grace to submit to the journey that's ahead of you. It won't be easy for you to do that if you keep beating yourself up along the way. Grace is so important. It is critically important if you cannot give your self grace. Yes. KB browns. I mean, yes. Hobbs. We're going to talk about the id, the ego and your super ego, all of it, because they all are. They are all contributors to the mess in some ways, they perform, but you have to check your ego. Otherwise, your mess will get messier. And then you're stuck in a quagmire of stuff that you just didn't want to deal with.

Right? And so all of that becomes this whole reason. So when we go to this space of embracing the fact that we're here, you immediately then say because I've Embrace this let me give myself grace for the things that I knew and I didn't act on or what I did know all of those Things that's right spasms. That's it Because I can't surrender if I don't give my self grace Because surrender isn't and it's a very humbling act as is submitting to the journey. Okay All of these things are very clear. I want to put this link in the chat to The Brene Brown video We won't have time to watch it I'm going to copy it, but I want to share it with all of you because here we go You put it right here because When you go to watch it Hey, and you don't have to Watch the whole thing I would encourage you to Watch, the, whole, thing but when you when, you, when You watch, it you get around the like four -minute mark like between minutes four and five is Where the profoundness the.

Whole video is profound so certainly listen to it but in this notion of Alignment. Brene talks about this notion of belonging to yourself. And when we are out of alignment, there is something to be said for not belonging to ourselves, but belonging to someone else's expectations, needs, thoughts, considerations, or lack thereof. But when you don't

belong to yourself, you belong to the world. And now you're trying to meet the world's expectations of what you should do or how you should act or what is expected of you. And in this video, she talks about this whole notion of saying that you can belong to the world, but then you no longer belong to yourself.

And when you are not willing to negotiate who you are any longer, you fully belong to yourself. Because when you negotiate who you are with the world and by the world, ladies and gentlemen, I mean your partner, your job, your social circles, Your faith community, right, your passions, your hobbies, your pets, anything that does not allow you to be your full and most authentic self. When you start to negotiate who you are with the world. You no longer belong to yourself and she goes on to say and this is the line that I am living by from this day forward And it is this, that that negotiating who I am is no longer a contract that I am willing to undergo ever again.

I'm no longer willing to negotiate who I am, because when I have to negotiate, who I am with the world, I now creating my own mess. Because I need to show up as you, not as me, or as you perceive me or as you expect me. And so that's not a contract that I am willing to I'm no longer because she says that she actually says That's not a level of betrayal to myself that I am willing to undergo anymore So when we talk about this whole notion of being in a mess Okay When we make the meaning when?

We embrace and give ourselves grace when We surrender the struggle the stress whatever it is and we submit to the process that Moment that you make meaning of your mess or you start to work through your mess You're now saying I'm no longer willing to negotiate who I am with anybody I belong to myself and myself is who? I am going to step into the world as every single day insufficient funds closed for remodeling Inventory wipe out whatever it is that you want to call it no vacancies, but you are no longer negotiating who you with Anybody ever because you belong to yourself.

So the messes that you make, when you start to negotiate that, then become your mess. They don't do, right? You create those mess, if you say you belonged to yourself, then that's that. Right? You own it. Hey, site giver. Good to see you. The Kim Jim Bible, I love it, right. All right, folks. So I am going to leave you with that meaning, embrace, and great, give yourself grace, surrender and submit. Okay. The link to the Brene Brown video is in the chat. I will paste it again for anybody who wants to go back and look at it. There it is. Okay, Melissa says she is standing in her puke waving her fan. Okay?

Listen, folks, I want to make sure that if we leave here with nothing today, You understand that the messes are either an opportunity or an opposition the opportunity for you to work through them using the blueprint Or it's the opposition that's going to keep you stuck Okay, choose to belong to yourself or choose To belong in the world, but if you choose the belong -to -yourself, that means you're not negotiating who you are with anybody else That means your mess is Become opportunities for your to clean up and

align on what it is that you need to do and that ladies and gentlemen is going to close out this session of the blueprint for today.

All right, Georgia Dawn. Yes, OK. Listen, I bring in here the things that I believe are going to be meaningful, because whether you are gonna use it right away, or whether are you going use in three weeks, it doesn't matter. I want you to have something to go back to. Elvie, good to see you. Thank you so much for being here, and coming out alert to tell me good talk. Happy Tuesday. I hope you are doing well. Good talk of moats in the chat. Vader. Good talking moat in chat, if you were feeling the conversation today, thank you so much for being here. My pleasure Georgia Dawn, welcome back. You're welcome any time. We are back on Thursday at 11 a .m. Eastern Standard Time. We're gonna wrap this up. I hoped to have the graphic for mess up so that everyone can see it. DJ C warps. Good to see you. Thank you for being here. Happy Tuesday. Hope your afternoon is going well.

Okay, um, We will hopefully have the graphic for mess up. I did not get a chance to finish it Last night or this morning before the stream started so I will add that to the conversation and then we will finish out our february and our leap year Um completely with alignment. We'll introduce where we are going to go um in march Kelly vision. I'm so glad you were here. Thank you. So thank you so much. I am glad I spoke to you listen folks. Thank you again for the hype train always appreciated.

Thank you it goes right back into this space. Miss KB. Good morning. Good to see you thank you so much for being here all right folks let's go and see who is on. am going to try to go see somebody that I don't get to see that often. Trying to make my way around and show love to those who get into my streams. Even if I don't get to get to theirs that, often, I'm trying to go and support Square King Seven. Good morning. Thank you so much for being here and for the words. Stove, any time, okay? Okay, folks, you know what? Let's go see DJ Gemini. That is somebody that I don't get to raid often He is on soul train this morning. So we're gonna go surprise him And go support soul terrain and go see him K if you're here Can you do you need me to set this right up?

I can absolutely do it I Don't know where you are if You are listening, but I could go I think did it I'm going to assume that you were working so I am gonna get us there. so bear with me folks. Let me get this raid going I just need to make sure I spell this correctly. All right, folks, here we go. We are on our way to go see DJ Gemini. Copy the raid message. Listen, I wanna make that you all know that every day in this exit mantra, my pleasure spasms, right? Every day and this extra mantra when I say to you, I'm sending you into your Tuesday or whatever days with all of the good energy and light you need to guide you.

The good energy is whatever good you take away from this conversation. The light is the thing that's going to allow you to navigate your next steps intentionally, right? When I say take very good care of yourselves, I mean, embrace everything that you

need to make sure that can show up as your most authentic self so that she can operate at your highest potential so you can add value to whatever work you own or responsible for, but mostly so that you can be your authentic self because we know what happens when you can Be authentic and we Know what Happens when You are intentional about bringing your gifts to the world but you got to do so from a whole and healthy place not a place that's toxic not A place where you're surrounded by mess right so be intentional About how you take care of yourselves and what that looks like alright so with that I'm sending you into your Tuesday and into and Wednesday with all of the good energy and light that you will need to guide you. Take very, very good care of yourselves. We will speak again on Thursday morning at 11 a .m. Eastern standard time. All right, we are on our way to go see DJ Jim and I'll see you guys on the other side.