

The Blueprint July Wrap August Intro!

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Transcript

Thanks for watching! you you there we go good morning everybody hopefully you can hear me this morning apparently the technical issues are running rampant across streams this morning happy Tuesday to everybody I hope you all are doing well can you all hear me until I put a thumbs up or some emote in the chat and say yes if you can hear me just so I know I want to make sure okay thank you I appreciate you so good morning welcome to the blueprint happy Tuesday to everybody I hope you all had a lovely weekend and that you are doing well.

Let me introduce myself my name is Kim Blue I am an HR strategist I am a coach and a leader the blueprint is a space where we come on Tuesdays and Thursday mornings to just chop it up about all things personal and professional development you all know 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 every day operate at our highest potential add value to the work that we own or are responsible for and most importantly show up as our authentic selves when you are authentically you you do not have to dim your light or shrink back you can be great in your gifts and let them make room for you and you can also be in a position to receive the world the best the world has to offer that's why we're here that's why we show up here every Tuesday and Thursday and listen we come here to do the work we come here to make sure that we are holding each other accountable this is a community that thrives on support accountability and love all of those things are always present here all right so with that let's get right into it because I had some technical issues this morning that delayed my start I ended up having to restart my entire setup so it took longer than needed to get me going so thank you all for your patience and for being here the only housekeeping is a reminder that the next two Thursdays there will be no blueprint so this Thursday the prince starts school and I'll be in full mom mode and then next Thursday I'll be traveling so no blueprint the next two Thursdays okay and I'll be sure to put that in my IG stories tomorrow so that everybody is reminded about those dates all right with that let's say good morning and then we'll jump right in because today we are doing our July wrap -up slash introduction to August shout out to one reason who I know is in the chat because this theme that we are introducing today around identifying barriers to creating space and where we will go in August is all thanks to a comment that he made in there in my stream either one day last week or the week before around procrastination and laziness and so we're going to talk about that being a very big barrier

to creating space but also at this point in the year where we should be as we look at and assess have I reached my goals or how am I doing towards the things I said that I wanted to get done this calendar year because it is August ladies and gentlemen right it is August and we are literally four months away from the end of this calendar year and if you've not started to process that I would really encourage you to do that right to begin to look at where you have been and where you still want to go before we turn the tide and look at what are we leaving behind in 2024 as we get ready for 2025 okay so with that let's say good morning to everybody who is in here to everybody who came in impatiently waiting good morning the wonder basketball good to see you thank you for being here happy Tuesday double spirit and one reason good to see you both platinum crew welcome in good to see you the elevate her happy Tuesday to you good to see y'all on the phone with the elevate her this morning early when I was walking Griffin, right? She called me at 6 a .m. her time so that we could have a whole friend moment before we got our day started. Good morning, M &A .T .L. Good to see you. Thank you for being here. Keith, welcome in.

Good to see you. Good morning, Hobbs. Good morning, Domitable Spirit. M .G. Happy Tuesday to both of you. Thank you for being here and for supporting this space. If I missed you, or shout out to everybody who is working and lurking and commuting this morning, I recognize that the mornings are the time where everybody is getting themselves together. You all know how I feel about the lurkers, all right? All of this is really about you being present. So however you can use the chat or not, let it invest. Let it be what you need to be, right? But invest in yourself in that way. Okay, let's get started on today's conversation. So we talked in July about creating space, and we talked about this whole acronym and what it means and why it's important, and just all of the things that get us to the place where in our brains we understand what it means to create space, but also why.

Why creating space is so important, all right? And so I'm just going to put the graphic back up there really quickly because for anybody who may have missed part of it, or for anyone who wants a quick reminder, because when we talk about procrastination and lazy, and we're going to talk about the difference between the two of them this morning, because sometimes we find ourselves, sometimes we find ourselves delaying by design. Why is that? And I have a statement that I want to make for you today that it's going to very clearly define this whole notion of difference between procrastination and lazy. So here's the graphic. We talked about space being in this opportunity to surrender, to then get prepared, to go through this notion of acceptance both mentally and physically because acceptance is directly connected to surrendering. There's this whole mental approach to committing where you're putting your time, energy and resources and what that looks like.

And then you have to embrace this journey. You have to embrace all of the things that are really intentional about not only how you're showing up, but what you

want to do, all of the things and challenges that you may experience planned or unplanned. And doing so willingly and enthusiastically. You see I've highlighted that there in pink because it's the willing and the enthusiasm where we get a little bit tripped up. And sometimes that willing and that enthusiasm is what defines or plays into the laziness or the procrastination. And so this was our graphic that helped describe how we create space in the journey. The thing is And I get this question all the time. Do these things go in order? Sometimes the answer is no, they don't.

But when we're talking about creating space, the answer is yes. There does have to be a level of surrender before you get to anything else. And then you go through this preparation. Whether you acknowledge it or not, you start to look around and go, OK, do I have everything that I need? Why do I need to start? What am I doing next? So even if it's only one step, it's still preparation. And the preparation and the acceptance kind of go in order because it's kind of like, eh, I can't get out of this. And this is exactly what it's going to be. So I might as well start getting myself together. So they go together, essentially. And then as you have made the acceptance piece of it, you then get into the part where you're saying, OK, I'm committing to this. And remember, the commitment part is committing to the journey, not to the end goal. The end goal is going to happen, but you have to take the steps along the journey. You have to commit to the process. If you do not commit to the process, you will not get to that end goal. And we talked a lot about that last week. And then the approach, the how we embrace, the willingness and the enthusiasm. And that part is how we show up where people experience us along our journey, OK, where they see us and where they know, you know what?

Kim Blue is in it to win it. She said she was going to get up and do this. She told me she was going to do that. I'm now seeing that. Now, there are some barriers to creating space. And we didn't get into them deep into the month because I didn't want to take away too much from each one of those letters of our acronym. But I do want to big picture frame this around laziness and procrastination, right? And they're not the same thing. So to know me is to know that we have to make meaning. So we are all singing from the same book of hymns. So let's talk about the definition of what it means to be, what it means to procrastinate. Good morning, Amy Key, welcome and good to see you. Happy Tuesday to you. I hope you're doing well, all right? So when we think about this whole notion of procrastination, okay? I want to really be clear with you on what it is. Now, excuse me, lazy. Let's start with lazy first. So remember in the definition of creating space, we got to the E and it said, right, the whole embrace.

And we talked about willing and enthusiastic. The definition of lazy is unwilling to work or use energy. Let me just say that again, okay? In fact, let's put the graphic up because I want to make sure that everybody can see this. So we talked about creating space and we talked about accepting change or theory of belief in doing so willingly and enthusiastically. The definition of laziness is unwilling. So now we've come right up against this whole complete opposition of the way that we are creating space. So now

I'm saying I am unwilling to do all of these things and it directly interferes with, good morning Kayla, good to see you, thank you so much for being here, right? But now we're talking about complete opposition, right? I am unwilling to use my energy to create space or to take the other steps to commit, to accept, to prepare or surrender. I don't wanna put my energy to any of that.

I don't wanna do the work. I don't want to labor. I don't want to participate. I don't want to do anything that has to do with this. So when we talk about this whole notion of laziness, the main word that I want you to write down is unwilling. Unwilling, okay, hold on, let's clear this out because I want you all to look at my face, right? Unwilling does not mean that you don't know what needs to be done, okay? Unwilling means that, hold on one second, there we go. Unwilling does not mean that you don't know what needs to be done. Unwilling means I know what needs to be done and I am choosing not to do it. I am fully aware, fully engaged, fully embracing the fact that these steps need to be taken. I said yes to these things. This is the process or the path, but I'm not going to do it even though I know it needs to be done. Good morning, Salma, it's good to see you. Happy Tuesday to you. So now when we align this unwillingness to use our work or our energy towards the process, that completely negates the commitment, it negates the surrender and it gets in the way of our ability to accept that these are the steps, that this is what my life is going to look like. Each choice. that I have acknowledged these are the things that I know I need to do and I'm not doing them right Keith says first of all I was too tired to lift this morning and I'm not unwilling I'm just saying Keith unwillingness and right there's a variety of things that it could look like right all of those things are really intentional and we have to be able to acknowledge what those things are in the spirit of saying am I being lazy or am I truly just not wanting to do the work I'm not willing to put my energy there and when you ask yourself that question you have to spend the time thinking about it good morning Bashi KD good to see you happy Tuesday Shelley Thunder good to see you thank you so much for the heads up okay I appreciate you as always right when we think about unwilling okay when we understand that that takes away all of those other things it then gets into this whole notion of am I just not wanting to do it Or am I delaying it?

So let's talk about the definition of procrastination. So if you're taking notes, we talked about what lazy means. Let's talk about what procrastination means. Procrastination is the act of delaying or postponing something, the act of delaying or postponing. We delay things all the time. Hey, I'm supposed to do this on Tuesday. Can I change my schedule and do it on Thursday? Sometimes it's circumstantial. We know that things have to be delayed. Sometimes it is by choice, meaning we know for a fact that I can't do this right now. I don't want to do this right now. Again, it is not that you're unwilling to do it. You know what needs to be done, but did you prepare? Have you gotten yourself together? Have you surrendered something so that you could accept that? These are the things that I'm doing. So when we look back at the whole notion of

creating space, laziness and procrastination are directly related to how you surrender, how you accept, when you know for yourself that you've got to embrace these things.

Because when you say to yourself, I need to delay that, are you delaying for reasons that you could control? That's the question that I want you to answer. Double spirit, don't look at me like that, okay? Because I'm telling you, this is it. If you're delaying for reasons that you can control, you are the problem. If you are delaying this whole endeavor for reasons that you can control, you, ladies and gentlemen, are the problem. I'm gonna pause right there because I see the Ray coming in and I need one reason to hear this if he was not listening to it already. So Keith, Keith, I see all of your emojis and we will address them momentarily. However, let us say good morning to them. Reason comes in and immediately does a U -turn, okay? Let's say good morning to everyone who is coming in. From the gospel takeover. Good morning reason. Thank you so much for bringing everybody here If you were not following him, please do so Ebony says she's going out the door as well I think Kay came in and secured them for those you might be able to sneak in Because the raid is coming in but I think it is one way in one way out.

Okay, I think it is one way in one Way outside everybody who came in good morning. There he is. Ladies and gentlemen, so you can say good morning to him before Because he is in his final days of vacation Okay, before he goes to fifth grade on Thursday, right boring before he goes to fifth grade So KB Brown's good to see you. Thank you so much for being here. Shelly Thunder. Good to see you One reason always good to see you. Happy Tuesday. Thank you for being here Good morning, Psalmist and LaWanda Baskerville as always. I know you both are doing that reason came in and said I'm going right back out Okay, so who else is coming in on the raid mama Chico good morning good to see Miss VIP one welcome in happy Tuesday first time chatter with the blueprint I hope you decide that you want to come back the goal of this conversation is always to take something away that you can use in your next conversation okay to everybody who is here sister serious good morning good to see you thank you so much for being here hey jazzy meet me it's almost so you saw miss mm -hmm I think I might have gotten everybody if I did not good to see all of you if you came in on the radio here and you're immediately lurking thank you so much for being on the lurk thank you all right oh jazzy meet me you're coming back good for you I hope the mood goes very very smoothly okay very smoothly all good Bashi KD right lurk away okay lurk away all right so he's gone to get his breakfast he will make an appearance another appearance at some point right during the next time that he's got a break but as a fifth as of Thursday I will have an official fifth grader and he will be off and running okay all right so one reason gospel takeover fam good to see all of you thank you for being here happy Tuesday in true Kim blue fashion if you say it in the stream it is something that is likely going to get addressed in some way right as big stove think this happened to big so big so gave me an idea and so I brought it in here because it was very relevant to everything we were doing and so today we are talking about procrastination and laziness as being direct

barriers to creating space so if you just came into the stream here is what we talked about all of July and today is towards the end of July and so we're kind of wrapping up but also heading into this notion of how we address the barriers of creating space and what we're going to do moving forward in August, as we look at really digging into this whole notion of procrastination and why it is not in service to the way that we say yes to things, the way that we want to commit, the way that we want to surrender.

So here is what it looks like. And a reason just as you were coming in before you made your U-turn, I was describing the definition of lazy and procrastination. So here it is. The definition of laziness for those who came in is unwilling to work or use energy. I want everybody to look at the E in creating space around embrace. And we talked about accepting or supporting something willingly and enthusiastically. Okay. I see you, double spirit. It's the willingness. So if you're unwilling to do something, And what I was really delineating was just because you're unwilling doesn't mean that you don't know it needs to be done In fact, you're more likely to know that it needs to be done And so you have to be willing To do it when you're unwilling to work or use your energy. That's the laziness part of it Now, what do we mean by procrastination? Procrastination is the act of delaying or postponing something like with intention whether it is by circumstance meaning there's things that I cannot control or There are things that you can control and you just made the choice not to do them, right? That is The thing that I was saying as the raid was coming in more often than not We know it needs to be done But have we done everything that we need to do to prepare? Did we create the space through preparation?

Did we create the space through committing? To the process because if we didn't we are the ones that are getting in our own way Full stop. I know that I need to prepare. I know that I need to do this work I know that I need to get up and pack anybody in here a person who packs right before they go to the airport Right you wait till the last minute you are up all night.

You do not do it, right? You know for a fact I am on a flight and here it is seven o'clock the night before and you are not packing Right, you got an early flight but at midnight you are up scrambling and packing and trying to get all of the things together or If you have a report due for work or if you've got some deliverables due Right instead of doing a little bit at a time or approaching the process in a different way you procrastinate Until you literally have no time and then work yourself up in a tizzy and get all bent out of shape and then project that anxiety or project that anxiousness out onto the rest of the world and That is how people experience you psalmist reason says let me adjust this bullseye psalmist said maybe packing for a trip tomorrow night Devil spirit said ma'am.

Please don't predict my weekend. Miss VIP She says, she's talking about me, OK? Shelly said, didn't used to be, but she's that girl now. Oh, Ebb says, preparing for a stream. Listen, streamers, DJs, and mods. I'm guilty of this. I just told Kayla this morning. I said, I structured my slide last night, and I had an edit or two that I wanted to make it. And I was like, no, it's OK. And then I woke up this morning, and I was like, I hate it all. I

need to go back in and change it. And then, of course, I go in to change it. My computer freezes. I have to force quit and restart the whole thing. I couldn't move windows around. I have multiple monitors on my desk.

I couldn't shift anything. And so, of course, I don't have my slide. Now, I have my notes always, but my slide is not prepared. So I had a side -by -side, so we could look at the creating space, and then we could look at the icons for laziness, procrastination, and time management, which is the third one that we're going to get to. Right. And so here's the thing, ladies and gentlemen, when we know that we are delaying or postponing something, but we are the reason we then get in our own way. And we have to be able to surrender getting in our own way. I was just having a conversation with someone about this last week, right? And they said it out loud to me. They were like, double spirits of note, I'm going back to work, right? But here's the thing, more often than not, we know we're getting in our own way. So that means that the delay then is not by design. The delay is intentional. Jazzy Mimi said she used to be that girl, but she's gotten better as she's gotten older. Good for you, Jazzy Mimi. So if we try to be the person that delays the inevitable, but the delay is not truly by design, that makes us a distraction.

It makes us a disturbance. It makes us a disruptor and not in the ways that we want to be. We don't want to distract ourselves. We don't want to disrupt the process, right? We don't want to disturb whatever flow is going on. But when we're not embracing that, that's exactly what we do. Now, here's the place where your toes are going to get stepped on, okay? I want everybody to hear me very clearly because as I was preparing for the conversation and as I was preparing my slide and doing my research, okay, on supporting these, because you know I'm all about the science behind the things that we talk about. Here it is, LaWanda Basquale has already put the boss gear in the chat. I wrote this down because it was so powerful as I was putting everything together. Because as we think about procrastination and as we think about laziness, that means that there could be an absence of motivation. There could be. Perhaps your motivation is there, but it's low, but let me present something to you, okay? If your motivation to avoid trumps the motivation to do the right thing. that's laziness. If your motivation to avoid trumps your motivation to do the right thing.

Jackie, 0722, good morning. Good to see you, happy Tuesday. Welcome into the blueprint. Good to see you back in here. I hope you're doing well, okay? Let me say that again for the people who may have been taking notes. Sorry, you guys, my stomach is gone because I'm hungry. If your motivation to avoid trumps the way the motivation to do the right thing. Reason, don't roll out of here because I feel like you're about to just put it in the chat that you're out if you're not already, right? And don't back the van up to the door, to the office because we're not going to, because we're not doing it again, right? Everybody's in reason, so don't try to escape at all. Right, right, Salma, straight protest, okay?

Here's the thing, if your motivation to avoid and what do we know about avoidance ladies and gentlemen come on somebody put it in the chat what do we know about avoidance this is a quintessential kim jim blueprint boss foundational statement what do we know about avoidance avoidance is not a strategy there it is ebony atl now but if our motivation to avoid because sometimes we can we can be motivated to avoid something shelly thunder it took me already she's like whatever kim blue motivations i am copy browns right i need to eat for sure okay which i'm gonna do right after this stream because i have to get out of here i have a 10 o'clock meeting that i have to physically go to this morning but here's the thing sometimes our motivation to avoid is hi uh the elevate her are you still in here i know you might be because this is your prep time so you might be listening to me in the background they elevate her and i have this conversation all the time right the motivation to avoid i'm not going to do it the elevate her and i have conversations and i will say to her friend you should do this and she says no i'm not going to do that and i say but and she says i'm just it's not the thing like i have to work through it i have to process and so we talk about the why to not do it and sometimes she'll say i'm just not go i'm not going to do i'm not ready or i'm still thinking through it or i feel like this but here's the thing if your motivation to avoid trumps the motivation to do the right thing because again we know what the right thing is but why do we not want to do it do we not want to do the work do we not want to fail do we not want to show up as our best do we think that we're going to be judged are we putting ourselves out there to be vulnerable what lowers our motivation to avoid the effort instead of just doing the right thing and knowing that the outcome is gonna overpower anything that was getting in our way.

I want you to really think about that, right? Miss BMP says I got avoidance on lock, right? Avoidance is my strategy. Listen, y'all, I want Spartacus, DJ Spartacus was in here one time and I said avoidance is not a strategy. He said, what Kim Blue? Avoidance is my main strategy. There's reason right there, giving me the side. I like, wait a minute, I feel some kind of way. Okay, some DJ Spartacus said that to me. He said, avoidance is my primary strategy, Kim Blue. Like you're telling me I can't do that. I'm telling you that avoidance is not the right strategy. Now, Keith, let's go back to these emotes that you put into the chat. Okay. Around knowing that you may be the one getting in your own way because sometimes we will kill our own motivation through self-talk, through those thoughts, through making excuses. Nah, I don't have to do this because X, Y, Z, one, two, three, whatever it is. So we will kill our own motive, kill our own motivation in an effort to avoid doing the right thing. Because for whatever reason, we have decided that when we do the right thing or the work to do the right thing is too much.

And so it's easier to avoid than to do the right thing. But guess what? You're going to have to go back and do the right thing anyway. So why would you avoid the inevitable? I wait. I want somebody to answer that question for me.

Why would you avoid the inevitable? When we know what it is that we have to do, and listen, decisions get hard, right? Because Keith. What? Right. Keith, what did I tell you yesterday about knowing you have to know the people who were in your community, okay? Listen to me. You have to know for a fact. Not your average God. Good morning. Good to see you. Welcome in. And you're right. It actually takes more effort to avoid than it is just to do the right thing, especially if at the end of the day, not your average God, you have to go back and do it anyway. All of these things are true. So we would do the work to avoid it only to have to go back and do the work to do the right thing. So you want to do multiple, you want to do more work. Yes. Indominable spirit, empty.

I will. I'll wait and we'll pause. Miss V. Happy. That is the real thing. Right. Right. The real thing is, is that it stays in your head. Let me tell you all about me and then Jackie and Diana. Good morning, Diana. Good to see you. Thank you so much for being here. We're going to talk about both of those responses because I literally wrote about fear. Yesterday on my LinkedIn posts. And if you are interested, I can share it here. I talk about it in the spirit of knowing fear is in here, right? All of this is so real. So let's look at this, right? Avoiding does add more stress, KB Browns. But here's the thing, when we get to a place where we are avoiding, for me, if I know that I need to do something and I haven't done it, if I owe a deliverable, especially if I'm still working through the how, sometimes I'm like, all right,

I have 45% of this done. I've got these first three or four steps. I'm kind of hung up here and I need to do a little bit of research until I have spent the time doing the work that I need to do. It will stay in my brain until I do it. Right? I will think about it. I will tease it out. I will literally think through all the things. Meanwhile, the Elevate Her will be like, what are you doing, friend? You need to just do it. And she'll say, let me send you this prompt. Let me give you this thing, right? But it will sit in my head. It will sit in my heart. And it's not that I'm truly avoiding it, but if I haven't taken all the steps, it will stay with me. And it's the first thing I think about. I'll think about it in between the work that I'm supposed to be doing. I will think about it in between meetings and conversations. It will just eat away at me because I know I need to do it. And then the question that I have to ask myself is, am I avoiding pushing through?

Am I avoiding something else? Absolutely, you're on your average guy. That emotional baggage is heavy. So here I am dragging all of my emotional baggage by myself, right, all of those things. And so I will literally be up at night when I should be asleep thinking about this task that I need to do or figuring out, you know what? I need to just make a decision and commit to it because I can unwind it or get out of it if something goes wrong. The reasons why we do that, right? Diana says dread. Yeah, I dread it, right? I've got some fear there. I've got some anxiety around that, right? Jackie0722 said fear of reality. Jazzy Mimi said she had a whole series on this very subject in military school and the room was so uncomfortable. Say more about that, Jazzy Mimi, because

it's almost like it's bringing it right there to the forefront of you being on the edge of having to look at yourself, right?

Indomitable Spirit MG says, I already know this session will be a replay. I see we came to snatch edges today. Y'all, can I just tell you something about Indomitable Spirit MG, who at the very beginning of us working together, no, Double Spirit, the door is not unlocked, okay? Who at the very beginning of us working together specifically told me the things that she did not want to do. She was like, I don't want to do that. I don't want to do any of those things. I literally said, here are the things that I hear. Let me share with you what I see. And because you've stayed at these, and she was like, I don't want to do any of that. I do not want to do it at all. We have another raid coming in, ladies and gentlemen. Good morning, Red of Divine. Good to see you. Happy Tuesday. Welcome in raid. Raiders, always good to have you. Come on in, Blueprint bosses make yourselves comfortable. Raiders, Blueprint bosses scoot over and let's make some room for Retta to find if you are not following her and go give her a follow.

She is multi-talented, okay? She does all types of things, right? From late night whispers with Retta to other things. I won't even spoil it, just go give her a follow and support that good sis that's coming in. Good morning, G class, good to see you. Retta, how was your stream? Thank you so much for being here. Happy Tuesday. Shout out to everybody who was modding on my behalf because we know that if you don't know, Klock is preparing for his set. He is on Soul Train at nine o'clock, so that is where we are gonna go today. So shout out to everybody who was modding, who was not my mod. I love y'all for that, among other reasons. Terz, the soul, good to see you. Welcome in, happy Tuesday. Charzy Char, good morning, good to see you. Is it Raj, the Dodger, good to see you. Thank you so much for being here. First time chatter, happy Tuesday to you. I hope you all are doing great.

Thank you thank you thank you double spirit g class is not going to hold the door for you he is in and he closed the door behind him okay and now that we know that y'all know that uh k is preparing for his stream once you're in you're in until i raid us out okay tab go but good morning beautiful good to see you happy tuesday for everybody who's coming in i've not seen you before let me introduce myself my name is kim blue i am an hr strategist i am a career coach and this is the blueprint this is the space where we come on tuesdays and thursdays to chop it up about all things professional and personal development my goal in this conversation is to help make sure that you leave here being your best self better than you were when you came into this conversation okay and so we have been talking about creating space in the month of july so for those who are just in push alive good morning good to see you happy tuesday go give push alive a follow y'all she is a house dj i got a chance to pop into her stream a few weeks ago my schedule happened to align with hers and i caught her and popped in and it was a great time in there she loves that she's so good at it and she's connected to other house dj so if that is your thing go find her and thank me later okay it's always a good time thank you so

much for being here porsche i hope you're well so here is the creating space graphic we have been focused on this all of um july and today we are talking about laziness and procrastination and how they are barriers to creating space and what i really want you to focus on is the e in the space which is to accept or support a belief willingly and enthusiastically uh stirs money will create a lot of space for you let me be very clear about that okay that is a very big thing and it's a source of anxiety for some people right let's let's think about that right it is funny but you're telling the truth right money will make you sit still money will make you look around your space and say well now what do I need to do right how do I move move music spasms good to see you welcome in happy Tuesday to you thank you so much for being here all right hope you're doing well I think music spasms is on today at noon ladies and gentlemen so go find them for the corporate lunch break all right all right right Ebony sat down right Nikita Hicks and I talk about that all the time we both think that we are grown and so then we go out and try to do things and then the universe sits us down properly and we're like oh these are the things that we thought we were going to do and now we're not doing them at all so we have to get somewhere and sit down and it's a hard pill to swallow so let's talk about what it means to procrastinate for those who were taking notes quick recap because we did have a second raid come in thank you all so good morning classics good to see you happy Tuesday thank you for being here go give DJ classics and follow classes can you put the link to your YouTube that's okay classics drop the link to your YouTube In the stream please so the folks know when to get to you Monday through Friday at 6 30 a .m.

On YouTube Procrastination is the act of delaying or postponing and what I've really been honing on is is sometimes you are the delay You are the thing that creates the delay you know for sure That you need to do something and it is not that you are Unwilling you willingly know that you need to do it and you just don't do it And here's the statement that I was making as we were talking through Understanding the difference between laziness and procrastination and where I wanted everybody to kind of sit With this notion of reflection.

You're welcome classics. Okay, here's the thing if Your motivation to avoid trumps the motivation to do the right thing Let's really spend some time with that if your motivation to avoid Trumps the motivation to do the right thing and more often than not we are the killers of our own motivation We will stomp it out Like we are stomping out of fire so that we don't have to do the right thing and yet we have to go back in And do the work Classics I see you right and do the work of doing the right thing.

Anyway, so now we so now we work to avoid doing the right thing Only to sit with the fact that okay, I don't have to do that yet I don't have to answer to that yet I don't have to respond to that yet about myself some time only to then have to go back and do the work to do the right thing to begin with when we could have just done the work and It happens and I was telling everybody that for me as I'm thinking about things or if I'm procrastinating a little bit It stays on my mind and I can't think about anything else and

then I have to ask myself What am I avoiding am I avoiding this because I feel like there's a part that I don't have the answers to am I avoiding because I feel like Something is not together right DJ D man. Appreciate you. Happy Tuesday Always happy to have you in the learning Okay, go give DJ D man a follow who is likely going to be on in about three to five minutes.

Okay. For the was good morning vibes stream. All right. So when we think about getting in our own way, I say to myself, why am I doing this? Am I afraid of something? Right. And I asked that question is some people put fear in the chat, some people put dread, but either way, it's this whole step of saying, you know what? We feel like we're going to get to this place. Uh, yeah, Keith, just drop the link in the chat. Okay. We get to this place where we see ourselves vulnerable, exposed, not successful, having to justify potentially being judged. But now we're out there for not showing up for any of the thing. Thank you classics for the bits. I appreciate you. And here's the thing more often than not, we're working with the story that we made up in our head. about how we're going to be perceived and experienced. And so sometimes the procrastination is delaying having to acknowledge the why we didn't do something, the what we have been doing this entire time, right?

All of that comes with the territory. Sometimes we procrastinate to avoid. Sometimes we procrastinate because we need more time, but we don't want to say we need more time. Sometimes we procrastinate because we don't know what to do and we don't want to ask for help. Sometimes we procrastinate because we actually know what it is that we need to do, and we've not prioritized in our scheduling taking the steps to get where we need to be. All of that goes into procrastination. It is truly the act of delaying or postponing. And when we do that, we lower our own motivation so that the right thing becomes further and further away and we get comfortable doing the work of procrastination because we'll repeat the work of procrastination. Listen, that's quick, easy. It's a band -aid to a hemorrhage. But baby, if you need to perform surgery, get ready because sometimes surgery requires preparation. Do not just put a band -aid on a hemorrhage that's ultimately going to overflow.

Dress out, glove up, get yourself together, and then let's go do the things that we need to do. 808 Effect says we need to... Good morning, 808 Effect, good to see you. Ms. VIP says taking the step where you need to be 100%. There's this whole notion of knowing. Think about it. Let's use this whole surgery metaphor. When a surgeon goes in to prepare for surgery, what do they have to do? They have to scrub up, which literally means they have to get in, they have to get their head cap on so that they can protect all these things. And in some instances, they have to have their mask on, but they have to... to wash their hands, right? With all of this antibiotics. So all this pre -prep that goes into everything and literally up to their elbows, right?

And then when they finish, they can't even touch any surfaces because now they have done the work, right? Of disinfecting. And so somebody has to come in and help

them glove. And then when they get their gloves on, then they have to put on that gown backwards. And then if they need that, in some instances, depending on the type of surgery, they may have to put on another layer of protection, but either way it's prep. Preparation is part of creating space. It is a step in there. And so think about if a surgeon didn't do all that, what is the risk to the surgeon and to the person that is being performed surgery on? All of that goes into the whole thing. So if the surgeon doesn't do that, then they have to go back and redo that whole thing, right? Because you cannot perform surgery ill prepared. You just can't do it. It creates more risk than reward. So if that's the same mindset that we take when we avoid, I'm gonna avoid taking all of these steps because it's just so much and I don't have the time and I don't wanna do all of that.

You're gonna have to do it, whether you do it today, tomorrow, next week or next month, but it doesn't change. And normally, even if you delay it, there will be more prep involved. So your time is gonna go there no matter what. KB Brown says, all things require preparation if we want it done decently. True facts. If you want it done the right way, preparation is going to be required. And so I'm encouraging you today to think about where your motivation is. Are you motivated to avoid or are you motivated to do the right thing? Because both require work, stirs, right? Ms. VIP says, they're taking more steps than doing it, absolutely. Are you motive, so the questions are, are you motivated to avoid, even though avoidance is not a strategy or are you motivated to do the right thing? Choose wisely, ladies and gentlemen, okay? Keith is putting a book in the chat that he shared with me. I read the description to it. It is a really, really good boost, a really, really good book for those who might be interested in that.

You can drop the Amazon link in here. I have not read this, ladies and gentlemen, but Keith has or is currently reading it. And so I often will take the recommendations of folks. You can get it on audio book for sure, because I know that that's what, that's how Keith is consuming content right now. But *The Mountain Is You*, and I did read the description and I was like, yep, this very much goes into a lot of the things that we're talking about around creating space, but also where your motivations are. If you are not motivated, and we talked about, motivation sometime last year in the blueprint. But if you were not motivated, you will not move towards the thing that you need to. You will actually pull away from it.

The pulling away from it is the avoidance. And we need to get closer to it so that we don't delay by design our own progress. We will literally delay our progress, ladies and gentlemen, because we don't want to inevitably accept the success, whether we don't know how, whether we've been taught that we don't deserve it, whether we've been taught that humility needs to overpower that. You all know how I feel about it. I tell people all the time, don't let your humility be a liability. Okay. But we need to understand that sometimes, absolutely Ms. VIP repeating this cycle. So what is it that you could be putting your motivation towards that's going to help you move in the direction of your success, move in the direction of your goals move in the direction of the things that you

have named for yourself, right? If your motivation gets low, how do you turn that around? What are the things that help you say, you know what, today my motivation is low and so I need to take a break or I need to pause, but how am I gonna get back into this cycle tomorrow, right?

All of those things. Because when we get into the spirit of self -sabotaging, right, shout out to everybody who's in here because we will run a train through the walls that we have put up to keep us safe, right? We will just break them all down, okay? We will go all of those things. We will literally take a train, like we put up the wall and right to, and then we will run the train right through the wall and just bust it wide open and go, here it is. This is it, right? I'm now setting myself up for all these, I'm telling you, we will sabotage our own progress and so then there's no way that we can create space at all. Ms. BIP, 100%, right? K .B. Brown says prior proper planning prevents poor performance. It does, okay, it does. When we talk about this whole notion, Shelly, Shelly Thunder's like, I didn't come here for this today. I did not come here for this. But Shelly, you kind of did because here's the thing.

When we, because when we look at or when we accept that we are the thing, and self -sabotage, we don't even have enough time to get into it today. I will bake it into August around all of the things that, you know, really dive into this and I will speak more on procrastination and more on laziness, but self -sabotage is a big one. We will talk ourselves into and out of something. in the same breath, R .L. Breezy, good to see you. Happy Tuesday to you, welcome in. Thank you so much for being here. We will have an amazing idea and say, I love it, okay? I love it. And then you know what we'll do? We'll say, ah, but you know what, I can't do that because I gotta take my mom over here and my cousin has this party and you know what, I don't have the right shoes and it's really gonna be hot and I'm tired.

And we will talk ourselves out of something amazing instead of trying to just prepare the same steps that it takes to self -sabotage or the same set of steps, energy, whatever we wanna call it, that will help us see success. All of those things. You told me you left it downstairs, okay? So, Enwariq and Mama of two, good to see you. Happy Tuesday to you. Thank you so much for being here. Platinum Crew says, do we have umbrellas ready? Listen, who is getting Platinum Crew and Umbrellas? Somebody put the boss gear emote in the. Okay. I'm sorry about that. Yes, I should be back, everybody. Am I back? Okay. All right. I think I'm back. Sorry about that, site giver. Welcome in. Right. Sorry about that. I had some technical difficulties, but we're back. Right. And still with time. Now, what I was saying, because Shelly put that emote in the chat, which means I'm sick of you, Kim Blue. Okay. But just know for a fact that when we think about this whole moment of self sabotage, we will go in and understand that I will have an amazing idea and talk myself out of it in the same breath. And then we'll get to a place where we will elevate and accept the excuses over the work it takes to do the very

same thing. Where are your motivations? Right? How am I taking myself through this whole thought process of I can still get there, right?

And because I'm self sabotaging and myself sabotaging out of fear and myself sabotaging because I don't feel like I'm prepared and myself sabotaging because I don't want to disappoint or I don't know how people are going to respond. I don't want to be judged. I don't want to deviate away from what people expect of me. That's a big one. I will get in my own way. So as not to disappoint somebody else, even though that very thing that I'm talking about is going to make me happy. Right. So we will, Jasmine me. So we will go so far as to delay and sabotage our happiness, our plans, because we don't want to disappoint somebody else. I'm telling you, there are reasons and ways that we go into this shifting our mindset, shifting our commitment, shifting our ability to show up. And I'm telling you folks, when you look at where your motivation is, if you're motivated to self -sabotage, especially if you don't recognize that you are self -sabotaging, because oftentimes we don't, it just becomes so much of a rhythm and the way that we do it, somebody will give us an idea and we'll shut it all down.

Somebody will give us a compliment and we'll give the flowers away to somebody else before we've even put them in the vase. Somebody will big us up and we will tear our own selves down. Nick Tang, good to see you. Happy Tuesday. Thank you so much for being here. All right. LaWanda Bazzie -Rister said, nobody can sabotage like you, like your own self -doubt. Self -doubt is the Diana Ross of your inner Supremes. Yes, okay. I'm telling you, all of those things are so real. We get into a place of self -sabotaging because we know that we could be great. We... don't want to be great in front of people who also may not be as great as us. But guess what? Their journey to being great and your journey to being great are not the same thing. Okay, reason we still have some time. Okay, don't don't run away. We still have about we still have about five minutes before we have to get out of here, which is technically about three minutes by the time we put up the raid message and get all of the things out.

Okay, stirs said self -doubt is your inner Lauren Hill stirs. You might be on to something. Okay, you might be on to something for real. Okay, and I'm telling y 'all right Keith, but I'm telling y 'all and so we'll spend some time digging more into the self -saboteur in all of us because we will do that we'll identify listen and it shows up big in work relationships. I don't I want to get promoted, but I don't want to get promoted because now I'm responsible for more or in personal relationships. I like this person. I love this person, but I don't want to tell them because I don't want people to run away. I want people to stay right. I want people to stick around. I want people to do that. I don't want to look there's so much there as we get to all of the things that are taking place right and we acknowledge that except we don't call it self -sabotaging and then once we reflected on everything we then realized that we could have put that same energy into saving salvaging nurturing embracing willingly and enthusiastically the same way that we did all of these other things.

Okay, all right so with that we are going to pick up next Tuesday by then it will be fully into August my slides should be nice and clean on my slides at that point we will do a recap on procrastination and laziness okay but all of the things that we're talking about especially self -sabotaging and time management that's where we're going next ladies and gentlemen so if you're taking notes this whole notion of the barriers to creating space laziness procrastination time management self -sabotage and there's one more I'm not going to tell you what that is you just got to stick around through the month of August so that you can get all of those things but the next two are time management and self -sabotage so write that down tell a friend invite someone okay reason says he tries to pull the plug we're not pulling the plug reason you're in here okay you're committed all right um is it is it Lily melodic is it Lily melodic I want to make sure I say that welcome in thank you so much for being here I hopefully you took some good things away from the stream and I appreciate you saying good morning I'm glad you got some insight and some inspiration come back anytime okay Neek says, I'm horrible at procrastination. Hobbs, because if I didn't come correct, you would be questioning all the things. You'd be like, what is going on with Kim Blue today? Is she feeling some kind of way?

Is she on, what is going on? All right. Reason, always for the tough love, always. So everybody knows what we're focused on. Laziness, procrastination, self -sabotage and... We are going to get to time management as well, because time management is a big one in all of this. If you don't use your time appropriately, or if you waste your time, your propensity to procrastinate those up. And I just want to say that very clearly out loud. If you waste your time, your propensity to procrastinate will increase. We will dive into that a little bit later, okay? So ladies and gentlemen, I want you to copy the raid message. We are going to go see K -Lok because he is on, okay? He is on Soul Train right now. Okay, Sister Siri, Ebony says done. I know Sister Siri is my pleasure. Music Spasms is my pleasure, right? Hang out in Soul Train, but so many folks are going to be on today. Music Spasms is going to be on at noon today. Go follow all of the mods.

They will give you the opportunity to find out where their streamers are going to be. All right, let's get this raid message up really quickly. And then we will go see. Hold on one second, there it is, okay. All right, oh, hold on just a second guys. Here it is, okay. Excellent, all right. So the raid message has been created. Now you all know how I feel about the exit mantra, okay? This exit mantra is always the space where you take the things you got from today and you apply them to your life whether it's questions whether you're going back to watch the replay of the stream right anything good talking most in the chat if you are taking something away from this but you all know how I feel about this I say at the end of every stream I'm sending you into your Tuesday and for you all I'm sending you into your week because I will not see you on Thursday right so next Tuesday at 8 a .m. so I'm sending you into your Tuesday and into your week with all of the good energy and light you need to guide you what is the light right the light is anything that enlightens you that you're taken away that you didn't know that you were like oh man that was meaningful and important to me all of that right take that light and

let it guide you the good energy is how you are going to respond to it react to it how it makes you feel the way that you embrace it willingly and enthusiastically but all of those things become very real when we talk about what it is That we are doing to better ourselves to be able to provide support Okay So i'm sending you into your tuesday with and into your week with all Of the good energy and light that you will need to guide you.

Okay, take very very good care of yourselves We will speak again next tuesday at 8 a .m I will see you all on the other side. We are on our way to go see kayla Insulturing, okay. Have an excellent excellent day, everyone