

## The Blueprint June Gems

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Good morning, everyone. Happy Thursday. Thank you so much for being here. I'm excited to be back in the chair, in front of the camera, and to have some time with you. So if you are new to the stream, if it has been a while since you have been here, allow me to introduce myself. My name is Kim Blue. I am an HR strategist. I am a coach. I am also a leader. And this is the blueprint. It's the space where we come on Tuesday and Thursday mornings at 8am Eastern Standard Time on Tuesdays and 11am Eastern Standard Time on Thursdays to chop it up about all things personal and professional development.

I fundamentally believe everybody should be the boss of their own blueprint. And that means you have access to the knowledge, skills, capabilities and resources so you can do three things every day. Operate at your highest potential, add value to whatever work you own or are responsible for and most importantly, showing up as your authentic self. When you do those three things every day, you're running your own race, you are absolutely owning your journey. You don't have to dim your light or shrink back. You can be in a position to give the world the best that you have to offer and receive the gifts back in return. So that's what it means to be the boss of your own blueprint. We do the work here, we hold mirrors, we are accountable to each other, but primarily to ourselves and we do it all from a place of love. And that is how we roll in this space. So if that is what you are about, then you're welcome here and if you want to tip toe yourself into the water, into the journey, by all means, everyone is welcome to this space.

That is really why I'm here. I love this, this space allows me to be my authentic self. And so because of that, thank you for showing up and investing in yourselves every week. So with that, let's do a little housekeeping. Let's say good morning and then we will jump right into our final conversation for the month of June because the next time I see you, it will be July. And we will be seven months into 2024 already. And it feels like we were just getting started a few weeks ago. So a little bit of housekeeping. First, there are two dates in July. There's a week in July where I will be traveling and we will not be streaming. It's Tuesday, July 16th and Thursday, July 18th. I will be traveling. And so there will be no stream that week. I will make sure that I put notices up in the IG stories about that. So please be on the lookout for that week because I don't want anybody thinking, where's Kim, where's Kim?

I will be, on the on the road all three of those days Tuesday, Wednesday, Thursday. So there will be a week in July where there is no blueprint at all and we will certainly be encouraging ourselves to go and support other streamers during the time

that the blueprint is not happening. So that's the first bit of housekeeping is that there's no stream July 16th and 18th. I also am not going to stream on a holiday so that's a week from today. I will have family in town and so I'm going to be right taking my own guidance and putting the oxygen mask on myself and letting them love on me. I have letting them love on me while I love on them. Last summer they came to visit and while they were here I didn't really do a lot. My cousins took great care of me and kind of just said well we'll do it and you go sit down and you take a break and so I did and so they're going to be here next week and so next week there will only be a stream on Tuesday morning and then Thursday there will be no stream and then there'll be a week of streaming and then there'll be a week where there is no stream and then it'll be the last week of July so three dates in July no stream on July 4th 16th and 18th and we'll keep making sure that we cycle those through so that you all are aware and not looking for me and wondering if I forgot about you the answer is no I'm just off doing the things that I need to do okay.

In addition to that the theme for July is going to be creating space I can tell you that right now that's been very much a prevalent theme that has been showing up for me and so we're going to come off of our June gems of all of these things that we are learning we're going to close out today really thoughtfully and in July what are we doing we're going to create space because by the time August gets here we will only have four months remaining for this calendar year and so we need to start to create space by looking at what is left of the things we said we were going to do goal wise intention wise and then you know as we get behind in 2024 as we look ahead to 2025 which is crazy that I can even say that so that's what it's about right next month when we start these conversations on Tuesday we're going to be talking about creating space okay and understand that that's going to look different for everybody and there's going to be high accountability there's going to be high intention setting and there is going to be high action right low avoidance high action so if your soul is not ready for that if you've been living your best life in July I mean in June get ready because in July we are really going to push forward especially because of the eight streams I normally do We're now down to five, one for the holiday and two for, because I'm traveling, I only stream eight times a month, which means those five streams, everybody needs to come ready. Because I've already started to think about what this is.

Every single stream is going to be focused on the acronym space, like the word space. So each letter will be dedicated to a stream. All right, so we're starting on Tuesday with S and then we're gonna move through that. So I've already got the plan together. We'll be working on the graphics for the next month. So we're gonna be talking about creating space in July. So if you're not ready to create space, get ready. If you know you need to create space and you've not done it, now's the time for you to start thinking about it. If you started creating space and you've been wavering in that, be prepared to move back in that. If you just don't wanna create space at all, be ready to listen because that's gonna be the thing that we talk about. If you are avoiding creating

space, guess what? Action is gonna be your best friend. And if space is the thing for... If space is the thing that you know you need, but it feels very difficult, let July be the month that transitions you safely into what creating space for you looks like.

Because creating space means that you are prioritizing your schedule in a way that you're scheduling your priorities. People say that, how am I prioritizing my schedule? You're scheduling your priorities. You're going to get really clear on what those are. And we're going to talk through each one of these letters in the acronym about what it means to create space and stay accountable to that. Because it's not going to be one of the things that we just say we're going to do. We're actually talking about a committed lifestyle change. And that can be overwhelming for people. But once you start this journey, it will be more difficult to go backwards and revert versus moving forward. And so that's what we're doing. We're moving forward into our next, into our greater, but we have to create space for all of those things, okay? So we are all about the space. We're going to wrap up our June Gems. I have an excellent conversation for us today. I cannot wait to introduce my June Gem to you. It comes from a gentleman. His name is Marcus Bryant. He's a member of my professional network. And we are going to do all of the things.

So for July, we are creating space. And I will share with you some of my very small testimonial things that have happened. But they may resonate with you, right? Because all wins are wins, whether they are small or grand, it does not matter, all right? So with that, let's say good morning to everybody who is in the chat. And then we'll jump right into today's conversation around our June Gems. And if you don't have your notes ready, please get it ready because I'm going to be making statements of things that really hit me yesterday when I was, I had a different June Gem planned. And when I heard this, I was like, we're getting ready to go into this. Okay. And I want to make sure that I am. I'm acknowledging that, okay? So let's say good morning to everybody who's in the stream and then we will jump right into today's June gym. So good morning, Kalak, good to see you. Thank you so much for being here. Shout out to Kalak who had an awesome, awesome soul to soul debut stream this past Wednesday night. If you missed it last night, it was so dope. He got in there and just really pulled for some, you know, some good music that had everybody going in, right? So shout out to you, Kalak, for just continuing to like take up space, sir. And not only just take up space, but take up space that you deserve to take up.

I just, I'm loving watching your star rise and just kind of hang right now during this season. So good morning and thank you for being here and thank you for all that you do. I'm gonna skip around for a minute cause I see my lock journey who is in the chat this morning. She is going to be listening. Good morning, my lock journey. I just spoke with her before the stream. She's doing very well. in her recovery and pacing herself. And so she is lurking behind the scenes, but good morning to you, Malak. Good to see you in the stream this morning and having your energy back in here for sure. So happy to have

you and happy Thursday to you. Music spasms, good to see you. Welcome and give music spasms a follow if you're not following him. He streams today at four o'clock. Good to see you, MusicLover21. Happy Thursday to you as well. Good morning, Hobbs. Good to see you all. Got to meet Hobbs. Last week at OMU, I'm going to do a tiny, tiny OMU recap.

I'm not going to go into it super deep because D-Man's doing one right now. Rel and Kel did one yesterday. And then I think the whole committee is going to actually do a bigger group one and just sort of collaborate on some different details. But I will talk about my OMU experience momentarily. So it is safe, but I did get to meet Hobbs last week at OMU and give her a hug physically and see her in person. And she is super cute. That is what I will say to you. She is super cute and she has good energy. And she just came through a 10 stream watch streak. So thank you, Hobbs, for being here. And same to you, your diverse. Good morning. Who also just came through a five stream watch streak. So thank you guys for continuing to support this space. I love it here and I love it that you are here. Good morning, Ebony ATL. Happy Thursday to you who also had a good stream last night. She was rocking out to the eighties. I was popping around. I had some time last night to go support some people. And so I made my way into her stream and she was jamming. Ask her Yoush, if you've not followed her, go do so. And thank me later.

Good morning, only one Ms. Cox. I got to meet her at OMU last week and she is super adorable. And she is exactly as her energy is when she's in the stream. So it was nice to meet you and thank you so much for being here. Good morning, Hobbs. Hugs to you. Did I catch everybody that I think I see in here? I'd say good morning. I'd like to say good morning to music spasms. I think that's everybody. Listen, if you're in the chat. DJ Gemini, good morning. Good early morning to you. Maybe not so early, but morning to you. Happy Thursday. Good morning, Mr. Nate. Good to see you. Thank you so much for being here. Listen, if you are in the chat and you want me to say good morning, please make sure you are saying something so that I know that you're here. If you are lurking, working, or commuting, salute to you. Continue to do what is in service to your needs right now. This stream and this podcast is all about that. So I want to make sure everybody gets out of it what it is that they want in this space.

So thank you all for being here and for investing in yourselves and for continuing to do the work. We've done a lot of great work so far this calendar year, and I look forward to that continuing for the next five months, which is crazy that we can even say that. All right, so let's talk about what we are going to do. for the rest of our conversation today. So the June Gems has been focused. It's been a dual conversation. I have been introducing things to you from people that are in my network, that I follow, that I have come across or come in contact with, that have really shaped who I am as a leader, as a woman, as a person, as a coach, and bringing them into this space and helping you apply them to your life in whatever way makes sense. And then I've been pairing them

with a Kim Jim. So a Kim Jim is something you're gonna hear me regularly say throughout my streams or it's gonna be a part of what you see me post when I'm on social or things that I am attached to, okay?

All of those are Kim Gems. And so I've been introducing these June Gems to also help you connect with other people who are in the industry that have great things to say or who are doing great things that are very motivating. And so today I am gonna open up with some June Gems from my friend Marcus Bryant. Now, I had a whole different direction planned for today. And then I just happened to be in the morning mindset, which is hosted by Nakesha Hicks on LinkedIn on Wednesday mornings. And she always opens up her community for people to join the stage and contribute to what they are taking away from the conversation if something really impacted them, what are they walking away with, something that they learned. And our friend Marcus came up. So Marcus is a nonprofit executive. He specifically focuses on DE & I and culture. He recently just wrote a book, so powerful, and excited me as one of the leaders who he attributed some of his research to and like one of the leaders that he was following to try to set the tone for how he wanted to write his book because the topic of his book is a little bit, what could be potentially perceived as controversial.

It's not, but it's just a conversation that can be difficult. if you've never experienced it before. So Marcus and I met in 2020, we were both part of the CNBC World 50 Leaders Consortium and he had some great stuff. I had some great stuff. We were very, you know, maybe two of the three people of color that were in there. And so we just have stayed connected over these last few years. And he's grown in his career as have I. He has since struck out on his own as have I. And we've just stayed connected. So last year, last year, yesterday he was in Nikisha's stream and she was talking about time and energy. Where do we put our time? Where do we put our energy? And so he said some things that I want to share with you as the June gems for June that are going to help set us up for the reasons why we need to create space. So here's where you should be taking notes if you are not because I literally could not write it down fast enough yesterday and so it had it was one of those moments where I felt like He was Kim blowing me and he didn't even know it because he's not been in the stream And so he doesn't know what it means to be Kim blueed in in the sense that you all do So this is what he said.

Here are June Jim's. All right, this is what he said He said when I think about the things that I am spending my time doing and where I feel most energized and where I have the opportunity to Measure those things he said I look at my buckets in time and energy Okay, and he said what I have noticed is that time Manages my existence but energy manages my experience Let me say that again for people who are writing it down, right? This is again not Kim blue these are the June Jim's as stated by My friend Marcus Bryant and I will put his information into the chat So you can find him on LinkedIn for those of you who are on LinkedIn.

He says that time measures his existence His existence his physical presence on this earth Right the time that he is here time is what measures his existence So where am I spending my time and how much time am I spending when I am wherever I am and who am I spending? My time with and what does that time look like? Am I spending my time? Laughing am I engaging with them? Am I learning or am I sharing knowledge? Am I in a position where I am giving as much as I am receiving or am I investing or am I being? Prepared for something right but time measures my existence my literal Malt the moment that I'm here. He said but energy measures my experience. So when I'm in these moments of time, what am I doing? How am I seeing the world? How am I being shaped? How am I leaving my impact, right? So time measures my existence, but energy measures my experience. Well, what do we know about energy? Energy is currency just like time is currency. So you spend energy, you spend time, you spend money, but you also spend emotion, right? You spend a variety of things when we think about what it is that we're investing into this life every day. And so if energy is the measurement for experience, then how do we know that our experience is our quality?

What do quality experiences look like? What do they feel like? How do you know if you're having a quality experience? What does your energy tell you when you're having a quality experience? These are the questions that are showing up for me yesterday as I'm listening to him blow me away with just those two statements. Time measures my existence, but energy measures my experience. So, when we think about the relationship between time and energy, we give of our time and we invest our energy. We offer our time, right, and we invest our energy so that whatever experience we want to have is going to be one that is high level, high quality, high energy, high engagement, high in all of the things that make us who we are, but mostly what we want to get out of that. So, if something in our experience is really low energy, then that means our investment in it is going to be low. Our voice, our presence, our money, anything that we give into that experience, if it is low vibrational, we're going to get that same low in out of it, right?

Because your ROI or your return on your investment is based on what you put into something. So, if you don't give a lot, you're not going to get a lot, period. And so, if energy is the thing that measures your experience, then are you wasting your energy when we're not giving a lot of things or do we determine that that thing doesn't deserve our energy? Which may mean that that thing doesn't deserve our time either. When we think about how much time we're giving to something, to someone, to spaces, places, our careers, whatever that is, right? There's a whole relationship between how do I want to measure my experience? Am I wasting my energy? Am I wasting my time? And so, when he talks about this whole relationship around where we're putting our time, Hobbs, I knew this was going to speak to you, right? Because when we think about where we're putting our time, not only that, when we think about where we've put our time in the past, how many of us have sat still and thought, I put all this time and energy into this one thing, into these two things, into this one person, into this relationship, only to not get

anything out of it. Only to be in a position where I think to myself, that was a waste. That didn't yield anything like what I thought it was going to that looked nothing like how I had anticipated. I was not prepared for that. I wish that I would have done something differently. All of these people, all of this energy, exactly. I could have had a V8.

I could have had anything other than this. I could have taken a nap. But if you get into the coulda, woulda, shouldas of where your time and energy could have been, should have been, would have been, was best spent, or why it wasn't that, that's how you know that your relationship between time and energy is not moving in the right direction, okay? And so sometimes we realize that when it is too late or in retrospect or in reflection. So for those of you who were at OMU with me, remember we talked about career wellness. And I said the blueprint for that is you need to reflect. You need to be intentional about where your responsibilities are, right? And I talked about, right? The RU. This is the this is one of the benefits of reflection because when we start to understand the relationship between time and energy and where we are investing both or where we're investing one a little more than the other or where we're not investing enough, this helps us get to a place where we say to ourselves, look at where I'm spending my currency. Do you deserve my time? Sometimes we think people deserve our time only for them to show us that they never did. Sometimes we give of our time knowing that that time we're not going to get back.

Sometimes we spend our energy knowing that I'm not going to be able to replenish that. We give it away freely whether we want to or whether we not. Sometimes we give it away out of obligation. Sometimes we give it away out of expectation. Sometimes we give it away because we believe that if we do it we're going to set ourselves up to receive it in return. But we do have to manage our own expectations around what we give because often what we give may not be what we get, especially if we expect to get it back the way that we gave it. If you give your time and expect people to give you time back in that way, you may be setting yourselves up for failure. You may be setting yourself up for a mishap, a misalignment, a miscommunication, a misunderstanding, especially if it's not been openly talked about. So let me say this again, time measures your existence, but your energy measures your experience. So if you want to have quality experiences, you could better be clear on how you're spending your time, who you're spending it with, because that experience that you have after that when you reflect is going to be a direct correlation between, was this the right place for me to have spent my time, for me to have invested in things, coming in hot with the boots. For anybody who needs them, go ahead and strap them up because I'm getting ready to add on to this whole notion of time and energy. How am I measuring my existence? Is this worth my time?

Should I be existing here? Now? Do I really want to go to this thing? Am I going to be satisfied with the outcome? Or do I wish I could have been somewhere else? What's the experience that I have had and having will have? And as I'm thinking about it,

is that a risk worth taking to get to the place that I want to? Hi, KB Browns. How are you doing? Good to see you. Happy Thursday to you. Welcome in. When we think about this whole notion of being in alignment with our existence and our experience, because you want to exist where you're going to have the most high quality experiences, not where you're going to be in a space where your experiences are going to be low quality.

Okay. Now the other thing that he said, so that's the first June, Jim were part one of the June, Jim, which is time and energy relationship. The second thing that he said that really struck me and really kind of had me thinking about how I'm showing up and not only how I'm showing up, but how I need to assess my existence. Right. He said, every day I look at the work, I look at my requirements, I look at my responsibilities and I want to understand two things. Am I buried or am I planted? Am I burying myself or did I plant myself? Did somebody bury me or is somebody planting me? Am I buried in this work or am I being planted where I can take roots, where I can nurture things from the ground? Because there's a difference between being buried, whether you bury yourself or whether things are burying you or whether you are planting yourself and you are setting yourself up to be nourished, to be nurtured, right, to be able to have access to resources and all of the things that are going to help you thrive.

OK, so ask yourself this question, ladies and gentlemen, am I buried right now? Or am I planted? Right. Am I buried beneath all of the piles that I am avoiding? Or am I planted in a place where I can now take root and get access to all of the things that are going to help me lift up and aim towards the light, aim towards resource, aim towards more? OK, absolutely. K.B. Brown says if you bury a seed too deep, it will not sprout. That is so true. OK, if you put it too deep in the ground, where it has to work too hard to grow up to get to the sun, to get to the nutrients, it won't sprout. So are you buried or are you planted? Because you cannot take root when you are buried too deep. Does everybody understand that? There is no place for the roots to draw from. They can't connect to another system where water or nutrients or anything else that you need to survive flows. So if you don't get to a place where you can take root, your roots will not be able to draw anything in and you will die. Ebb says that I am crawling out of a burial.

Who in here is buried themselves? Raise his hand. Right. Sometimes we bury ourselves because we want to numb ourselves from the healing, the feeling or the dealing. Okay. Sometimes the burials are self-inflicted. Okay. Because I want to, I don't want to feel to heal. I don't want to feel to deal, nor do I want to feel to do any of the work. Right. Good morning. Emteri. Good to see you. Emteri says, I am buried. Full stop. Hobb says, I raised, raise his hand. Right. We don't want to feel, we don't want to deal, and we don't want to heal. Okay, I don't want to deal with this pile. So I'm going to bury myself a little bit deeper than it. I don't want to deal with the with the work of healing because healing is work. So I'm going to bury myself a little bit deeper. I don't want to deal with the feelings that I have or acknowledge them.



So I'm going to bury myself or I'm going to hide or I'm going to step away from all of the spaces that I'm in. Right. So we bury ourselves. We bury ourselves in work. We bury ourselves in laundry. We bury ourselves in anything that will block us from having to do the work. But in so burying ourselves, we now create more labor. And last week in the week before we talked about the difference between doing the work and laboring. Because when you're doing the work, you are taking root, ladies and gentlemen, you are planting yourself when you do the work, right? Any plant has to have a good gardener because you got to get the roots connected to a system. Okay. But when you bury yourself, you are burying yourself in such a way that you have to labor to get out of the depth that you were in through avoidance, through choosing not to acknowledge any of the work that needs to be done, through saying yes to everything except for yourself, through saying no to everything except for yourself, right? When you choose where you are not going to invest or when you choose not to do the work, you bury yourself instead of giving yourself the opportunity to be planted. And when you bury yourself so deep that people can't find you, when you bury yourself in a way that no one can see that you need help, that you're crying out for support, that you don't have the infrastructure that you need, right?

The question that I asked at OMU was how do we know that we feel safe at work, right? When I talked about career wellness, what does that look like? Why don't we ask for help? Because we don't feel safe. So we bury ourselves to shield ourselves from all of the things that are happening in the world, right? All of the hits that we take, all of the body, all of the, you know, all of the blast to our ego or all of the gut punches that we take for things seen and unseen, planned or unplanned. We just bury ourselves in all the things so we don't have to deal with it except in so burying ourselves. When we do come up for air, it is far worse because we've been underneath for so long. Good morning, Platinum Crew.

Happy Thursday to you. Thank you so much for being here, right? Are you burying yourselves? Who in here allows others to bury them? Right, in the past, yes. I have allowed people to bury me with their burdens, with their feelings, with their needs, where I have prioritized the needs, the schedules, the emotions, the mental states of others, far over myself, so much so that I allowed others to bury me and just pile it on and not only that because I'm because I'm kim blue I can take right so you come in and you come in and you come in and so now I have multiple people burying me and everybody's dirt and soil is different some people's dirt is dry and doesn't is not hydrated some people's dirt lacks soil lacks nutrients and so when you have this mixture of soil that's all on you and it is not conducive to taking root it just weighs on you heavier and heavier and heavier so much so that you allow other people to bury you and as long as they are light and as long as they are digging out and as long as they are throwing off their own dirt they can frolic free in the wind meanwhile you are just taking on the weight of the world your shoulders feel heavy your chest feels heavy it feels hard to breathe you cannot think an actual clear thought you don't know which way is up or down because

you got to navigate through all of the crap around you because you've allowed other people to bury you sometimes folks we let people bury us because we don't want to deal with ourselves but you have to deal with yourself because if you don't deal with yourself you're going to wake up from that fog and realize exactly how thick it is okay don't leave don't leave you got to stay you have got to stay kayla right you can't leave kayla says i have no amp youtube both of you all have to stay both of you have to stay right okay both of you have to stay double spirit says i'm going to stand at the door i'm not even going to sit down okay she is not going to sit down double spirit good morning to you who i also got to hug and meet at omu and she is she is as advertised and i just love her energy right and she's listen double spirit is like sneakily funny That's the best way I can describe her.

If you've ever had a conversation with her, she like sneaks stuff in, so if you're not listening, you will miss it, right? And she was cracking me up the whole time. And most of the time I would walk away from her and be like, did she just say that? And then I would giggle to myself, so. But I just, I appreciated being around her in that way. So good morning, Devil Spirit, who was like, I'm just gonna sneak in and stand by the door, okay? So here we go. Right, right, Kayla, freaking hysterical, okay? She is so hysterical, and I'm telling you, I learned that in real time last week at the Ohio Meetup. So hugs to you, Devil Spirit. Now, let's get back to this burial, okay? Because sometimes we bury ourselves, and sometimes we allow people to bury us. And every once in a while, it's a co-burial. We are burying ourselves while giving, while still allowing people to bury us. We say, yes, you can do this for me, or yes, I can take that on for you. Oh. Let me just dump all this stuff on you. Meanwhile, you are getting deeper and deeper in your own burial because you are allowing other people to bury you at the same time.

And so it's this whole moment where you feel so overwhelmed with everything that you need to do, have to do, want to do, should do, aren't doing. And yet, you cannot literally see your way out of this rabbit hole that you've gotten down into because it's all just being dumped on you. And then when it's finally done, you're like, now what, who's gonna help me? But nobody can see that you need help because you've created this whole space or this whole facade, right? Right, Keisha Hicks and I call it perpetrating the fraud, right, so you put this thing out there. I don't need help, I got it. I can do it, I can handle it. You need the help, you can't do it. You cannot handle it. But we don't wanna say no, we don't wanna disappoint. And so we push ourselves literally to the brink. And so we create a space where we cannot be planted because we are too deep to take roots for nutrients. We're just down there in our own darkness or in the darkness of others, right? Sometimes we're in our own darkness and we're in the shadow of others.

And I'm gonna tell you something about other people's shadows, okay? When you are dealing with the shadows of other people, that's a darkness that you can't navigate because it's their stuff, not your stuff. So now you're trying to get out of the shadow of others to find your way back to your own light and it's just dark all around you

because you've invited all of these things in. Aimee, Keisha, good to see you. Thank you so much for being here. Yes, double -spirit, go ahead and find, you know, go ahead and find room. on the pew, okay? Definitely going for it, for sure. All right? When we think about this whole notion, right?

Of being buried or being planted. Because here's the thing, okay? When we bury ourselves, we are measuring our energy based on the experience of being buried. And so you can, right? So then our time is existing and being buried. And so what are we saying about our time, right? If time is the measure of our existence and we are buried beneath all of these things, then what kind of existence are we living? Is it meaningful? Is it purposeful? Is it the type of existence that fills us? Or is it the type of existence that drains us? These are all the questions that I want you to be asking yourself, right? I told everybody this is what we were doing today. I opened up with this. So if you're rolling in, just know that I gave all the disclaimers at the top of the conversation. Are you measuring your existence by the experience that you're having? And if the experience that you're having is one of being buried, what kind of life are you living? What kind of experiences are you having? What kinds of experiences are you offering other people? Because then remember, if you're buried, this is how you come in contact with other people. They see you buried. Whether you tell them you're buried or not, they know that this is you. This is how they see you. Trying to present as not being buried, but literally drowning. And so how can you measure if your energy is burial energy? If it's buried energy, if it's deep and dark, and it's covered in the shadows of yourself and others, then what kind of existence are you trying to navigate through? And quite honestly, I don't know who in here has successfully navigated through this existence of being buried.

Ebb said, I'm emerging out of a burial. But think about how long you're in that state. Shout out to my Blueprint coaching group because every single one of them came from a space where they were buried. And I know these ladies. I've gotten to know them really well, both as I've met them in person, as they've shared more with me about their lives and their careers, as they have been clear with me about their goals, as they've also been clear with me about what it is that they are letting go. And I can tell you full stop without a hesitant bone in my body that every single one of them came into this coaching engagement buried under a set of circumstances that they either invited in on their own, that they did not ask for, or that they found themselves a victim of circumstance. But guess what? Every single one of them is now planting themselves somewhere else. ready to take root. Now it doesn't mean that your journey out of that space of being buried is easy. It's not. I have watched all of them shed tears. I have watched all of them get to a place where they have had to say, I don't like it here. I don't want this for myself anymore. This is not the type of thing that I ask for. When I look at the vision for my life, this is not what I want.

And I have to get to a place where I say, I have to stop that. And so what does it look like to come out of the burial? It looks like saying no. It looks like choosing to control

the rhythm of your breathing so that someone else or something else is not. Okay. It looks like being in a position to say, you know what, if I say yes to this, I'm saying no to me. And I am just as important, if not more important than all of these other things that are taking place. So choosing to come out of the burial looks like creating space, which is what we're going to talk about in the month of July. Okay. Listen, my life journey is saying something. You can do it voluntarily, or you can involuntarily have it done to you.

But the choice is yours either way. Personally, I'm gonna volunteer myself to come out of the circumstances that I'm in, because I don't wanna be compressed, stretched, stretched, pushed, made to feel all types of discomfort until I'm forced to go to a space that I know I should have been in already, okay? All of that speaks to this whole notion of how we go from being buried to being planted. When you decide you wanna be planted, you seek out healthy soil, and you can detect right away, mm -mm, that's not for me. That's got all types of pesticides and toxicities and things in it that I don't want inside of my vessel any longer, because I have spent enough time detoxing myself from these spaces where that kept me down. When you are trying to get unburied, the roots that you are pulling up on are not sturdy. They are loose and fragile. They are not ones that have been nurtured, watered, right? The ones that have got enough strength in them to hold you as you pull yourself out of whatever that is, you cannot get out of a buried state pulling from fragile roots.

You've gotta go from roots that have been truly cared for, because when you go to plant your roots, right? When you choose it, you're gonna then be able to recognize soil that is toxic, that is not safe, that is not withstanding the test of time, the elements as we like to say them. Extreme heat, because heat comes in all forms. Heat can be smoke, heat can be fire, heat can be anything, right? Droughts, right? I don't have some of the things that I need. I'm really being tested right now, and can I survive a day? These environments that maybe are not meant for me to survive in, but if you put your roots down in fertile soil, you can. You've got to seek out what that fertile soil looks like. You've got to choose to be able to say, you know what? I need to understand what is life giving or life draining, right? Which is part three of this June gym for my friend Marcus. When he talked about being buried or planted, he said, I know what it means to be buried.

That's the things that are draining the life from me. But if I'm going to be planted, I need to understand what is giving me life every day that I wake up, what's giving me energy, what's pouring into me, what's replenishing me, what's restocking my stores, what's giving me everything back I need in my headspace, in my heart space, in my energy vessels. Where am I finding alignment? Where do I have opportunities to surrender the struggle? There is success in submission. And so what am I submitting to and who am I submitting to so that I can get through the things that I need to? Where am I finding freedom and failure? Because sometimes you gotta fail fast and recognize that there's a lesson there and then I can stand all the way back up taller than I was before.

But you gotta put your roots in those types of soils because those are the things that are gonna give me life.

Even though I have to do the work of tending to this soil, I'm not laboring in this space of being buried underneath my crap and the crap of everybody else, right? Okay, I'm sorry, okay. I'll buy you some new boots, how about that? So, I promise. When you think about this whole notion of being planted, you have to go to spaces that are life - giving. Where's the sun the brightest? Where am I gonna have access to the most light? Because the darkness of being buried is real. And so now I need to be drawn to or move towards the light of being planted. I gotta get out of the spaces that I was in that were holding me back, that were keeping me from shining. When I talk about being the boss of your own blueprint, I say in my opening mantra, you wanna not be in spaces where you have to dim your light. You wanna go to spaces where you can give the best of yourself and receive what the world has to offer. You don't always wanna receive the world dumping on you. You wanna be like, oh no, I can take care of you.

I can water you today. We're watered in different ways. We're nurtured in different ways, right? We tend to the soil in different ways. All of that happens, but you have to go towards the things that are life -giving. If I asked you to make a list right now, right? If you're taking notes, drop in the chat, right? What are three things that are life -giving right now? And if you cannot answer things that are life -giving immediately, then we have work to do to create the space so you can be participating in activities that are life -giving and choices that are life -giving. You can be around people who give you life, who give you energy. Who we're going to encourage and uplift and be there for you to say not today not today You're gonna leave that not today. You're gonna not do that today is the day that you're gonna be present here Today is the day that these things are gonna happen all of that Right if you cannot tell me right now three things that are life -giving and your life draining list is longer Then we need to create space in a different direction.

We've clearly got work to do All the things that we think about when we talk about giving life It's so important because ultimately we need to be planted. We need to take root Okay, and so Marcus rounded out his statements yesterday And so what I'm doing is giving you the kind of high -level things that really sat Strong with me in my spirit that I'm like, this is gonna change and when I talk to you about creating space on Tuesday I'm gonna tell you my little testimony about technology and I'm gonna talk about my computer and my phone and my watch and this whole metaphor around having space to do You know Some software updates but because we have to update our own software. Does everybody understand that? Right, if your operating system is not up -to -date ladies and gentlemen Right We will talk on Tuesday about how everybody's in Sonoma and I was running on Catalina. I'm not even right Okay, right.

We're gonna get to that. You see what I'm talking, right? We're gonna get to all of that and and some of y 'all might be on like The Big Sur or El Capitan, whatever it is,

right, but we're gonna get to all that on Tuesday But this is why creating space is there because if you don't have space for your roots to spread out You won't be nurtured, right? The oh, I'm sorry. Okay, listen, it's for it's for It's for business purposes. Okay, but listen, I'm up to speed should my phone and my watch and my laptop as of today I'm all good. I'm all on Sonoma.

Okay, I got it together, but I needed a little bit of time my friend I needed a little time cuz life was like me Right. Listen, it's the metaphor we're gonna use Gemini. So come back on Tuesday, although it'll be very early for you You can watch the replay right, but I'm just saying Your software has to be up -to -date in order for your operating system to run at optimal capacity But guess what you have to do in order to do that You got to create space and so if you don't create space for your roots to be able to spread out you will not Have that ability for that to be the case and so what he talks about and so what Marcus rounded out his statements with Yesterday and when he was giving his comments, he said you have to look at your life in two He said I look at my life in two Spectrums he says every day. I need to be net neutral or net positive period. We're not operating in the negative because if we're in the negative, I'm buried.

That means I'm missing something. I'm depleted. I'm underneath. I'm less than. I do not have enough of what I need because here's the thing. Every day we need to be at neutral because once you're at neutral, sweetie, you can only go up from there. Everything else is positive, but you got to net out at neutral. So the goal every day is net neutral or positive. We're not doing anything beneath that. You notice he didn't say negative one. He says that anything that is going to, when I look at my calendar, if I feel like that's going to take me to a negative one, I move it to a day where I feel like I have enough net neutrality or I can be net positive in order to deal with that because the goal, even in dealing with something that's going to drain me is to still get to neutral. Does everybody understand that? Your goal is to still get to neutral. Thank you. That's it Net neutral Net positive that's the spectrum.

Ladies and gentlemen, okay We're not dealing in the negative because we've been in the negative when we're in the negative. We're buried The only thing that is going to get us out of the negative is consistently getting to Neutrality so what is this? Good morning, miss riz. Good to see you. Welcome in. Happy thursday Thank you so much for being here. You guys go. Listen, lots of dope books in the chat mods streamers and djs Please go give them all a follow including miss riz. Okay Um riz i'm so glad that you made it. I saw your note In the chat this morning. Okay So happy that you made it right net neutral net positive geminar. That's the only way we are going Okay, it's the only way we're going net neutral or net positive We're not in the negative because if we're in the negative, that means we don't have it insufficient funds No vacancies close for remodeling close for restructuring close for repairs under construction, whatever it is But I don't have it to give everything Is depleted and we are starting from ground zero And so he talks about that he says every day if I look at my calendar is something that's

going to be life draining then I wait and I save that for a moment I manage expectations But I save that for a time when I have enough net neutral or i'm net positive to be able to navigate what that is Because I know that it's going to drain me So every day we have to be able to Look and assess for ourselves What is it that i'm able to do that is always going to keep me More in the life giving so that I have enough built up So that I recognize unfertile soil because i'm all about being planted I am not about being buried I'm not burying myself, nor am I going to allow other people to bury me. Now let me be clear. I'm not saying that sometimes we don't have human moments and it doesn't happen. I'm not saying sometimes that we don't get to a place where we understand that, yep, things are going to go down and I might be buried a little bit.

Sometimes you can anticipate what that looks like and you can anticipate knowing that there's going to be some spaces in there where you may get buried, right? You're going to have some spaces in there where it happens like that, okay? All of that is really intentional and what I want you to know is that if you feel like you're going to be buried or you're going to have a lot or you're going to be overwhelmed or it's going to feel like I've kind of got these things and that it's going to take a lot out of me. What does the preparation look like in order to be able to survive that? And this among other reasons is why it is so specific for you to create space. It is so intentional for you to schedule your priorities, not just prioritize your schedule. It is so necessary for you to understand that you matter and that all of these things are important. Whisper perfect. Welcome in. Thank you so much for being here. I'm glad that you made it. I'm glad you found the blueprint. I don't know how you found it, but please come back if you feel like that you took something away from this, which I hope you did. But all of these are imperatives and none of them are worth sacrificing at all.

At all. OK. K .B. Brown says he's coming up out of the dirt like in the Thriller video. Listen, y 'all, let's just talk about that visual. That's exactly how we should bust out of the dirt, right? Right. You know that you have been buried and it's like I'm coming out to dance just like they did in the Thriller video because you're not going to tell me that Thriller dances are not it. OK. The Thriller dances are some of the greatest choreography that's out there. And if you disagree with me, I will introduce you to my 91 year old grandmother who is four eleven. And you can you can engage in with her. OK. Like my grandmother. But I'm telling you, the Thriller choreography is priceless. But that's how we all need to bust out. We need to bust out. OK. And we need to be ready to do the dance. OK. I can't do it because I'm seated, but y 'all understand everybody's got their favorite part of Thriller video. We all know, OK, there are parts of the Thriller video. We look forward to part of that choreography. And that's what I'm saying to you. When you bust out of that dirt, you need to be ready to dance.

But you can't have the energy to dance if you're not going to plant your roots in fertile soil. OK. All of that is so intentional. I'm very right. Eboni says Thriller is what started her trust issues. But I'm just saying, right, think about this whole notion of, I've

been down there for so long. And think about the whole notion of the zombies is right, like I'm a shell of myself. I was literally wasting away, deteriorating, giving from a space that I didn't have, pouring from a cup that was empty, pouring from a pitcher that was empty, pouring from a vat that was empty, all of those things, right? You cannot stay buried. And listen, folks, sometimes staying buried is a choice. We choose that because we don't want to deal with doing the work, because we believe that doing the work then exposes us, makes us vulnerable, sets us up for all the things that we think may or may not be good for us when in actuality, we need to just rise above.

We need to breathe air. We need to give ourselves grace. We need to open ourselves up to kindness. We need to be intentional about saying, I'm worth it. I deserve it. All of that is intentional. All of that is really, really purposeful. And when we don't give ourselves enough grace to believe that we deserve it, we choose to bury ourselves a little deeper. It is okay to say no to anything that is going to, bury you or present you in a way where you know for a fact that it's going to be difficult for me to get out of this. It's going to be difficult for me to get out of this career. It's going to be difficult or painful for me to be in this relationship. And this is why some of us stay in relationships, whatever they are, friendships, romantic relationships, platonic and get whatever it is. But we will stay with someone so long and bury ourselves because we do not want to hurt their feelings. We don't want to disappoint them. We don't want them to go through any emotional distress. Meanwhile, we're distressed simply by being in their presence.

And we stick around far too long only to discover that we are deep into the mire and the muck or a full on quagmire of stuff that we never should have been in. And nine times out of 10, we had the shovel to dig ourselves out, but we didn't. We were like, ah, shovel's okay. It can stand over there. We just didn't reach for it. It was a choice. And all of that shows up and this is where these mirror moments come in. This is why accountability has to be high because if we don't create space for our roots to stretch out, every day we will stay in the net positive instead of getting to net neutral. I mean, excuse me, stay in the negative instead of getting to net neutral and even advancing in net positive, right? Because here's the thing, this whole notion of survive and thrive. You can survive at net neutral more often than not though you're not thriving it is survival. Okay, you can't really survive when you are in the negative when it's difficult to breathe when you can't see your way out when you're when your blueprint is, you know fogging when you don't feel like you've got the right people around you to help lift you up to support you through whatever your transition is all of that right all of that becomes part of what it is that we're saying here.

And so survival is net neutral you want to get to a place where you're thriving that's net positive somebody write that down net neutral surviving. I got my roots in fertile soil net positive thriving. My head is up. My eyes are bright. I am aware. I am taking deep breaths and I understand what it means and where I need to go I see my direction and I'm aiming towards that I know it's going to rain, and I'm not afraid of the storm. I



know the sun is going to be out and I can hold my head in that direction because I need what it is giving me. I might feel a little warmth, but it's not the heat of the negativity that I was surrounded in that got me buried underneath all of these things.

You have to shift your mindset when it comes to thinking about all of these things, right? So now when I go back to my time and my energy, which is the thing that we started out with, right? When I go back to my time and my energy, I can measure my experiences knowing that my energy was well spent planting my roots and my existence when I'm in the net neutral and then when I'm in the net positive is going to be one that is going to be almost transformative, right? You almost want the time that you exist to be transformative. I said, I'm coming out of a burial. She's transforming, right? It's like coming out of the cocoon, just understanding that my wings are a little bit sticky, but you're in that cocoon and it's work to make that cocoon.

Anybody, listen, this is why caterpillars hide away when they go to make their transformation and you don't know, you rarely see a caterpillar cocoon unless you're looking for it, okay? Because it is hard to do that. You know how many times caterpillars start a cocoon only to get maybe to the end and think to myself and then another bug comes along and knocks it down, right? Or it rains and then they got to go find another place so they can go through their transformation because what do they know? I can't stay buried underneath these leaves. I'll die. I can't stay buried underneath this moss. I won't make it. I can't attach myself to these low roots. I got to get to a place where I'm going to be supported and I'm going to have access to the things that I need.

That's why it feels so transformative when you come out on the other side. I got to go create the space I need to fly. And more often than not, we were ready. well before we even started doing the work. We were ready and we made the discovery when we're laboring. And so we confuse that sometimes with doing the work of preparation. But I'm here to tell you that when we think about being buried or planted, the work of preparation to be planted far outweighs the labor that it takes to unbury yourself any day of the week. So give that consideration to yourself when you're thinking, how is it that I'm going to continue to make sure that I'm planting solid roots, that I am planted in fertile soil? It means saying no. It means speaking up and using your voice as currency. It means being intentional about saying what is that going to give me in return for me giving it something? How do I know for sure that this is going to be the thing that's going to be in service to me?

And if I don't, maybe it's okay for me to say no because Is it gonna be life draining instead of life giving? Find yourself moving towards the things that are life giving always. The life giving things are the things that you need so that you can plant yourselves. And not only plant yourself, but plant yourself among other plants that are also seeking out life giving nutrients that also don't want to be in anything or any space that is going to be life draining. We wanna make sure that the soil around us is very, very intentional, right? And we don't wanna be in a position where we're saying, you know

what, this is not a space that I feel away when I come in. We all know what it feels like when we walk into a room, when we get around people, when we enter into this space and it doesn't feel good. You immediately feel like your own guard. You immediately feel like, oh man, I gotta like, I gotta change or I have to evolve or I can't show up as my whole self in this space.

That's life draining, ladies and gentlemen. Why would we settle for that? Why would we accept that? Why would we give ourselves over into that space that is not for us? I'm encouraging you not to do that. I'm encouraging you to think best about yourself. I'm encouraging you to be open to saying, if it's not net neutral and net positive, it's not for me. How am I measuring my time and my energy? That's gonna bury me. I choose to stay planted, period. It is as simple as that. Any questions that I can answer for anybody? Okay, because that's our blueprint for the day. I'm not gonna hold us longer than I need to, right? I'm gonna say exactly what I need to say. I had all my little notes, all my sticky notes right here, right? I had them ready since yesterday. And I just left them on my laptop because I wanted to make sure, okay. I wanted to make sure that I had them ready, okay. Good talking moats in the chat because this was probably one of the things, like as soon as I heard him talk about it yesterday, I was like, man, I'm ready, I am ready and I don't have to belabor the point because it was so very clear.

Time and energy, buried or planted, life draining, life giving, net neutral, net positive. That's it. That is it. July, we are talking about creating space. Ready yourselves. There's five streams in July. Space is a five letter word. We're starting with the letter S on Tuesday, okay. And in order to create space, you have to surrender. That's where we're starting, okay. You've got to surrender. Surrender what you may add, come on Tuesday and we'll talk about what that looks like together, okay.

Listen, KB Browns, if I was not getting on your case, you would wonder exactly what's wrong and guess what though when you leave out of here and someone gets on your nerves you're gonna be like no ma 'am because my coach told me that this is life draining okay and so you are life draining listen i hope every single one of y'all in the thread looks at somebody whether they know it or not and in your mind you think you are life draining and i don't have to do this with you today and then you go on about your merry way and you feel good in your soul about it okay i want that for every single one of you i want you to look at someone and go because you take life you don't give it and i'm seeking that out from you i want to go where the life is going to be given that's that that is that okay before we get out of here really quickly to everybody that i saw or met or had to got the chance to experience at omu last week thank you it was amazing omu was very life -giving so much so that when i returned because i was only there um thursday friday and i left saturday morning after ponso live which if you missed that you missed out on a treat because it was excellent um i came home and i remember feeling a little sad because i was like man i was around all of these great people and so it was like a little bit of like um of a of a crash for me so i've been like um peeking my head into the

chat and making sure that i'm staying connected because i realized exactly how life - giving that was for me and how much i needed it so to everybody who was at omu it right was all good a week ago thank you for the hugs thank you for supporting the blueprint live thank you for introducing yourselves to me if i didn't know who you were and connecting me and thank you for all of the laughs and the late nights and everything that um took place even in my short time there i i got a chance to experience why it is why it is as special as it is so i am i am grateful um to the omu crew for inviting me into speak and to leave my mark on OMU and hopefully hopefully I get invited to go back and speak next year.

So all right ladies and gents thank you so much for being here. Thank you Kayla for holding down the stream. Shout out to my life journey who may be listening. I know she's on her way to work. She is easing herself back into work slowly but surely so thank you so much my life journey for being here. Thank you all for coming in to support to do the work. I've already set you up for July so you know what's coming on Tuesday so don't be listen you know what's coming for July so don't be shy. Bring yourselves okay and bring your notebooks. Invite a friend anybody you know who is ready to do the work or if they are not ready and they need a nudge invite them to come in on Tuesday 8 a .m. or send them the replay and say this is gonna be good for you okay.

So with that we let's see It looks like D -Man is still on. He was doing an OMU recap. My pleasure, Emteri. Good to see you in here, okay? He might still be doing his OMU recap. We could sneak over there if you guys want to hear that. Or if we don't go there, we may go. We may go. D -Man, good to see you. Welcome in. Happy Thursday. It's still going. Okay, let's go over there. All right, let's go over there. I know some of you probably are double -tabbed, so we're gonna go over there and slide into the OMU recap. MusicLover21, good to see you. It's okay if you don't mind sending us over there. All right, we will jump in and catch the end of the... Because I think when I started my stream, he was just a little bit on Thursday. So he might be somewhere between Friday night and Saturday at this point. And so he's given his recap. So we're gonna go and support. Okay, he still has another day. Thank you, double spare. All right, so we'll go catch the end of the recap.

Here we go, ladies and gentlemen. Let's copy the raid message and get that into the chat. Go ahead and copy that. Listen, I appreciate every single one of you. Thank you for being super flexible with the schedule. Salma, it's good to see you. Hugs right back to you, sis. Thank you for being here. Thank you for choosing to invest in you and investing in me. This is all very much a space that is energy -giving to me. And I am all about the life and the space of being in the mindset of giving energy. And I really want to be able to do that. So we're gonna continue to do that work here. And sometimes we are going to be intentional about making sure that we keep giving ourselves energy and we keep prioritizing that because we're worth it. Our energy is worth it, okay? So with that, I am sending you into your Thursday and into your weekend with all of the good energy

and light that you need to guide you. Take away from this conversation or past blueprints, anything that you need that is going to be life -giving for you, okay? And let it guide you. Take exceptional care of yourselves. I will see you on the other side when we get to D -Man and I'll see you in the stream next Tuesday.