

The Blueprint Momentum Resurrected!

May 28, 2024-82mins

Thanks for watching! Good morning, everyone. Happy happy Tuesday to you. Thank you so much for being here It has been a while. I am going to do a little bit of slightly extended intro just because it's been a while for me, so if you've never been here before or if it is been a while since you have been to Twitch in general or if you are new to the stream or even if it's been a while since you've been to the blueprint Let me introduce myself.

My name is Kim Blue. I am an HR strategist. I am a coach and I am also the host of the blueprints. This is a space where we come on Tuesdays at 8 a .m Eastern Standard Time and on Thursdays at 11 a .m. Eastern Standard Time to talk about all things personal and professional development I fundamentally believe that everybody should be the boss of their own blueprint and that means having access to the knowledge skills capabilities and resources so that you can do three things every day you can operate at your highest potential add value to whatever work you own or are responsible for and most importantly you can show up as your authentic self because when you are authentically you you can be great in your gifts.

You do not have to dim your light you can be available to the world and give your gifts and be in a position to receive everything the world has to offer you so that is my philosophy and that is the whole premise of what the blueprint is about that's what this podcast is rooted in we come here and we do the work we we highlight accountability and community we make sure that we do it all from a place of love because that's what this community is about and we spend time doing the work here, so if you are interested in that bring a friend tell a friend and bring yourself we are all here about learning and the betterment of of who we are as individuals. So with that, let's do a little bit of housekeeping to talk about what the rest of this month and June is going to look like.

And then we will get started with all of our conversations for today. It has been a while. And so we're going to do a really good recap that is, sorry, you guys, that is actually the name of today's stream. It is momentum resurrected because it feels like it's been a while for all folks involved and myself included. So I'm ready to resurrect my own momentum and get back into all the things. I see UK, I know that June is a good month. So to everybody who is here, let's say good morning first. We'll let some folks come in and then I'll do the housekeeping and then we will revisit and round out May. talk about momentum, and then look forward to what's going to happen in June.

So good morning, first and foremost, to Lock& Key Media, who is one half of my Mod Boss extraordinaire team. Thank you for being here, Kaylock, and thank you so much for the re-up for the last 11 months. I appreciate you. Good morning, CLO 702 and Big Stove. Good to see both of you. Happy Tuesday. I hope everybody had a really nice holiday weekend and that it was safe and that you got a chance to relax. That is what is most important. If there's anybody else who was lurking behind the scenes, and I know that that may be the case, lurk on and good morning to you. I know that the mornings are everyone's time to get themselves going.

And so you all know how I feel. I want this podcast to be in service to you. So whether you are listening or active in the chat, if you are commuting, whatever it needs to be, please do so safely and intentionally. Good morning, everybody. There's the prince. He is out of school for the summer. He just woke up and just ran downstairs to say that he's back. Kaylock. So he is out for the summer. This kid is going to the fifth grade, ladies and gentlemen, already. Just crazy. Double spirit. Yeah, double spirit. Everybody. Everybody. Okay. Good morning. All right. Tell everybody else who's saying hello. I will. I will. Okay. And just like that, he's off, ladies and gentlemen. So exactly like last year of elementary loadings, like the senior of elementary school. So this is first week out of school. And as part of our tradition, the first week of out of school, we do no camp.

It's his time to just decompress and relax and we just hang out and we kind of do all the things that he wants to do which really includes a lot of just resting yesterday we had an excellent day we actually wrote out our summer schedule we bought a new book he got some new water toys he had some time outside we hung out yesterday so today is Tuesday and so according to his schedule this is our productivity day so it's errands and all the things that we need to get done so he is dictating a lot of those things so good morning double -spirit good to see you and happy belated birthday to you so that is what is going on or what I have been doing behind the scenes a little bit into the housekeeping and as folks come in I will make sure that I say good morning to everybody if I missed anybody please say something in the chat so I can make sure that I acknowledge you otherwise continue Right, Kayla, right. Dump spirit is that I'm tired, right? Otherwise, if you're coming into the chat, I will continue to acknowledge everybody as they come in until we get going. So a little bit of housekeeping.

Thank you for your patience last week. While I was not streaming, as many of you know, I was in New York last Thursday. I traveled for a conference and then spoke at that conference on Saturday. I have a reel up on my KBlue consulting page if you're interested. It's also tagged to my True Blue page so you can go to either one of my Instagram accounts. And you can see the reel that just sort of covers my time in Brooklyn, but it was a great conference. Really, really happy. And I returned from that conference to discover that I had COVID again for the third time. So I was out all last week. I literally came home Sunday morning, started feeling bad while I was in New

York, came home Sunday morning, went to go take a test to actually rule it out and discovered that I had it.

So all of those things were what was happening last week. And so I was in really bad shape Tuesday. And by Thursday, I had slowly started to feel a little better but still having fever. So I didn't really make a full recovery until Friday. And then I took the weekend to just rest and kind of get my energy back up. If you've had COVID, you know the fatigue is the thing that kind of lingers with you after. So I'm still dealing with a little fatigue. But other than that, feeling much better. So thank you for the grace while I was recovering last week. And I missed a lot. I missed Avery's awards ceremony. I missed both of his soccer tryouts. I missed his end of year party. I think I've mentioned to you guys I'm the room parent for his classroom. So I missed a whole heap of stuff. Good morning, Hobbs. Good to see you. Safe travels. to you on your way home. I hope your week was great last week and you were able to do some of the things we talked about and our one -on -one before you left.

So I see, okay, like I see you about Avery being a project manager, about a project manager. He did, he wrote out what our schedule is going to be every day for the summer. So we have a theme for Monday, Tuesday, Wednesday, Thursday and Friday. And he laid it all out. We sat down and we designed it yesterday and all his words. So all the things that he is focused on and wants to do mixed in with some fun in there. DJGQ UK welcome and good afternoon to you. Good to see you. Happy, happy Thursday, Tuesday to you. I hope you are doing very well. Good to see you. He did, he wrote out a project plan. I will, I will take a picture of it and post it so you all can see it. Today is Teaching Tuesday. And so it's all about all around productivity and learning. So things that we learned, so podcasts and, you know, TV, other programming that is of learning or other things that are going to be of some type of learning.

So no, he's not big stove. I think tomorrow is, I forgot what tomorrow is. I think tomorrow is like workout Wednesday. And then we also do writing and reading tomorrow. And then we do something else, maybe a little bit of wellness. And then Thursday is games. So it's anything that's thoughtful Thursday, but it's like thinking anything that works with our minds. So board games, card games, anything that is like requires us to be good to our brains. And then Friday is free Friday where it's all the things. So we'll do fitness, we'll go to the pool, have access to friends, all those things. And then Monday is Miraculous Monday. And on Mondays, we have to focus on math, movement, money, and one other thing. Math, movement, money, and I forget the other end. But anyway, everything has a theme. That way we can spread out all of our reading and think, he bought a new book yesterday at Target. So we're going to, we've already started our summer reading.

So he's very, we have it kind of down to a science. So whether mom is here or not, he's got his schedule that he can follow. So, so, we are going to talk through a couple of items before we get to the resurrection of, yes, okay, you can hire him to do

your scheduling as well. Hold on one second, ladies and gentlemen. Thank you. you you Okay, you guys. So sorry about that. Yes, Kay, you can hire him to do your scheduling. That's his own schedule. He wrote it himself. I just was the person that made sure that the words were spelled correctly, though he did have the dictionary next to him so he could look up the appropriate spellings for all of the words.

So let's talk about a couple of housekeeping things. First and foremost, lots and lots and lots of blue hearts in the chat for our very own Maud family, Lock& Key Media, who is going to be heading. off to London this weekend to go support and participate in Soul Train Live. If you have not been involved in all of the dope things that Kayla has been doing, he has really, really leaned into not only his business, but his brand and some things that he was manifesting last August or September when we met and I started giving him some, you know, coaching and just being a thought partner to kind of how he wanted to shape his business and how he wanted to shape his brand and holding him accountable.

And I can tell you with full confidence that everything Kayla and I talked about in September right after Labor Day weekend, it was Labor Day weekend, that I have literally watched him do the work very quietly behind the scenes and just take off. And so it's just a testament to when you stay consistent, when you ask the questions, when you're vulnerable and you put yourself out there, those things come to fruition. So shout out to Kayla who is going to be in the chat. He is going to be the official photographer for Soul Train Live. So if you're not following him on socials, please go do so so that we can see all of his glorious work. This is his passion. Yes, we know he does all things tech and behind the scenes and production and he is that, but photography is his passion. If you don't know that about him, just putting all this business out there. So he is going to go support and you all get to see one of his other gifts in action, which is being a photographer. So shout out to UK Safe Travels.

Safe Travels to and from London this weekend. I know you're going to be there with all of the UK family and some other folks who were there. So we're going to be putting some good energy. good prayers up for your safe travels. I know you are a well-traveled individual, but it never hurts to have a little support. So shout out to Kalak, who is going to be there, along with me, others. So from America, I believe it is Kalak. LV is going as well. So LV, if you are alerting, shout out to you, Champ Lifestyle, who is either live now or was live. I know Champ Lifestyle is also going as well. So we will have a fair amount of America representation heading to the UK this weekend.

So big, big, big praying hands and a lot of love out to those folks who are traveling. Okay. In addition to that, I wanted to make everybody aware about my luck journey. So I couldn't say anything last week because I was obviously sick myself and recovering, but I wanted to thank UK. So Bezos was the other one who was going, who's going to be there, right? So I wanted to make you all aware of my life journey. So last week while I was recovering, she was also really, really sick. And she was recovering as

well. So she will not, she will likely not be modding for the blueprint going forward, you may or may not see her lurking in the chat. But actively as a mod, she won't be taking on those responsibilities anymore.

Unfortunately, my life journey had a stroke. And so she spent about a week in the hospital. And during that time, she suffered from, you know, a series of seizures. But it's all under control. She is now on medication to manage all of that and to make sure that she's good. And she is home and resting. And she is doing so much better. I spoke with her yesterday. I spoke with her Friday. And I was in very, very close contact even among my own sickness with her family while I was resting myself next week and helping to support all of those things that are happening. So she is home. She sends all of her love and support continue to the blueprint. So if you don't see her active in the chat, that is why if you if you stroke recovery is not easy, it actually requires time for your brain to actually heal.

And since we know so little about the brain, um, it takes time for those things to recover, right? The actual medical name for a stroke is a cerebrovascular accident. And so if you think about what an accident is, right, is sort of this dismantling or a pausing of something, and then, um, a reconnect, And so, because our brain and our nerves take so much time to reconnect and we don't know what that process is like, her medical team has given her an extended amount of recovery time, along with some really thoughtful and intentional boundaries so that she can take the time to heal. So if you don't see her actively modding in the chat, that is why I basically told her she doesn't, you know, no expectation for her to return ever.

Right? Depending on what is going on. So you may see her, it all depends, but as of now, she won't be active. So I definitely will be putting some words out there for another mod to come in in the mornings and on Tuesdays and Thursdays. So if you're interested and have the time, I would love to talk more with you about that. I think my stream is pretty plug and play. I don't think I'm too high maintenance. Though, Kayla might tell you differently, but for the most part, I tend to be fairly organized. I communicate pretty well when it comes to changes and things like that. So if you're interested, by all means, by all means, please let me know and I'm happy to have a conversation with you.

Until then, I will help Kayla and Maude myself and make sure that I am doing everything in my power to communicate what needs to happen. So if you want to send her a little note or she's not actively checking Twitch to my knowledge, but if you want to send her a little note, you can send it through me and I can certainly screenshot it or if there is a way that we want to try to get her a little video messaging. I think we can use some of the technology we've used for others to do birthday messaging if we want to gather some words or if you are interested in sending a gift or resources, no pressure, but I'm happy to tell you where all of that information can go. So yes, I'll tell you, I'm very low maintenance. Like I come in and he literally just plugs in a few things, including my

laptop, and then I'm all ready to go. I have all my materials and everything like really ready.

So as far as like me as a streamer is concerned, I'm pretty low maintenance other than my life just being a constant swirl of work and momming. Other than that, I usually take good care of like the people that I work with. So okay, so those are the things. Good morning, Cassandra. Good to see you. Thank you so much for being here. The last thing is this weekend. I will be in New York for the New York takeover. It is that weekend and so I will go on Friday. The Blueprint Lab will be on Saturday and then I'm returning very shortly after the Blueprint Lab. So if you are going to be in New York this weekend, I look forward to seeing you and meeting you and giving you a hug now that I am not COVID -y and I can be present with everyone and really enjoy the time. So, okay, that is all of the housekeeping, lots of it because I was away for a week and wanted to make sure that I covered everything. Good morning, KB Browns. Thank you so much for the heads up. Appreciate you.

And everybody else who was lurking behind the scenes. Thank you, thank you, thank you. Good morning, Shelly, good to see you. Good morning, DJ D -Man, welcome in. Good to see you. Happy Tuesday to everybody. I hope you all had a really great Memorial Day weekend. I don't know how all, if you all felt like this, first of all, can we just talk about the fact that it is May? We are already almost six months into 2024. And it feels like we were just rounding out 2023, talking about what we were leaving behind in 2023 and what it is that we are doing for 2024. And now here it is May, we are five months, almost six months into this calendar year. The time is moving fast and there's no better topic than momentum to make sure that if we are not maximizing it, right, we can start to activate it or resurrect it or all of those things so that we can really be intentional about getting our arms around the rest of it.

Right, Shelly? Five months into 2024, almost six, it'll be six months on Saturday that we have been in 2024. So what have you done with your time? How have you managed your momentum? Have you been intentional about your goals? If you think about the things you said you wanted to accomplish, notice I'm not using the word resolution, right? But if you've been intentional about the things that you wanted to accomplish, how have you done so? And how have you been doing all of the things that, you know, and where are you on recording or documenting or journaling all of those things? And how are you on taking the necessary steps as far as that's concerned, right? Who in here may have found themselves being redirected away from the things that they wanted to do? Sorry, you guys, my camera's a little blurry for just a minute. I'll see if I can't get it to readjust.

Who in here has been intentional about the things that they wanted to do and who's found themselves redirected, right? Sometimes that redirection can slow down momentum. And by momentum, I mean that life force, that energy that is always present to help us show up and be intentional about how we're going to get done, what we say

we want to get done. OK, and so there's so many things that we can be intentional about when it comes to momentum, right? And I'm going to talk a little bit about that today, and then we're going to go back into the deck from last year. I pulled it because I want to talk about the four M's and about how we now go back and look at where we are from the space of manifestation. to what that looks like when we are moving forward into momentum and how to make sure we keep our momentum from flatlining and what happens when we need to resurrect it.

So good morning, Raiders. Welcome in. Good to see you. Good morning, One Reason. How is your stream? Thank you so much for being here. Happy Tuesday to everybody who was coming in from the Gospel Takeover family. If you are not following One Reason and all the other amazing people who are in the stream today, right? And I know I've named several, like in key media, C Love, who's a mod, Hobbs, who's a mod, Big Stove, who is a mod and a streamer. Okay, Shelley Thunder, who is in here, right? All of these great folks, go give them a follow. Good morning, Reason. I hope you're doing well. DJ D -Man, who was also... a DJ, please go and give him a follow as well. And shout out to everybody who is heading to the Ohio Meetup because that is very shortly after the New York Meetup. I believe it is June the 20th through the 24th. So for those who are coming in to Ohio as well, giving all the love to all the opportunities to hug on and just genuinely connect with people in these meetup spaces, okay?

So LaWanda Baskerville, good morning to you. Happy Tuesday, good to see you. Is it Kiwi Five? Good morning, welcome in. First time chatter to the blueprint. Good to see you, good morning, Lola Lone Wolf. Happy Tuesday to you, good morning, Shelly. Shelly, on Friday, I get to hug you and I cannot wait. Same to you one reason, I get to hug you and I cannot wait. I am super excited about all of that, okay? All of the things, there he is, coming out alert, ladies and gentlemen. Good morning, Vader, welcome in. Good to see you, yes. The Ohio meetup gets some love right alongside the New York takeovers. The New York takeover is this weekend. It is Friday, May 30th through Sunday, June 2nd. And then the Ohio meetup is Thursday, June the 20th through the 24th. Lots of good things that are happening at both events, okay, and good people. All of those things that are taking place.

So I will be, I know, I will be there Friday, Friday into Saturday only reason I got to dip out because I got some childcare issues, but I will be there Friday to love on folks and then Saturday morning through my streams. So I am so excited to like meet you and hug you and all the things, so. And then the Ohio meetup is also taking place in June as well. Lots and lots of good opportunities to connect with folks, meet folks if you haven't. There's nothing like being among community to help increase your momentum, right? There's something about being around other people or seeing other people who are doing great things. to help motivate and inspire you. And so that is really, really exciting to know that all of those things are going to happen. Good morning, Tantrum. I see you. Good to see you. Happy Tuesday, Tantrum. I hope you are doing well and that you had

a lovely weekend. So all of those things are happening. Good morning, Miss KB. Welcome in. Happy Tuesday to you. Keep wanting to say that it's Thursday. So everybody coming out of the chat to say good morning. Reason, thank you again for the raid.

And listen, if you were coming in a little late, a couple of announcements, I just wanted to make sure that I acknowledge everybody who gave me space last week. There you go, Tantrum. I wanted to acknowledge everybody who gave me space last week while I was healing. I had COVID for the third time again, right? Somebody said to me, is that still a thing? And I said very much, apparently, because I was COVID -y and under the weather for sure. So thank you for that space for everybody who was here. Good morning, G class, good to see you. I was also sharing just a little bit of housekeeping news about all of the meetups that are coming. I will be at New York. I will also be at the Ohio meetup. That was sort of a late breaking news that is going to be out there.

I'm gonna sneak in and do the blueprint live on that panel as well and come in and talk about career stuff. I did get into everything, right? So I will be in Ohio. So it will be my first OMU. So I'm excited to meet those who I have not met who are in the Ohio area. I was in Cincinnati last summer for work but have never been to Cleveland. So this would be my opportunity to get there for sure. So I am excited to get there and finally passed all of my illness so that I can be present for all of that and be able to enjoy you. Good morning, my steeda. Welcome in. Good to see you. Happy Tuesday to you. Good morning, Ebony ATL. Good morning, good morning. Happy to see everybody. Thank you, Eb, for the re-up. I hope you are doing well. The other thing I wanted to make sure that I told people is that my life journey, if you were wondering where she is or how she's been doing or if you've heard through other streams in particular, those that she mods for, which is only one or two others but maybe one that I know she shared with.

She had a stroke last week or the week before last. And so she is not gonna be actively modding. You may see her lurking in the chat just to support but she's not going to be here. She is fine. I have spoken with her and she is healing. She's doing well. To look at her, you would not know at all that she has had a stroke or four seizures in any way, shape or form. And so while I was getting myself together, I was supporting her and her family from afar last week. Obviously I could not get there because I had COVID. So, but she's great. She sends her love. When I spoke to her yesterday, I kind of just said, listen, in terms of what you don't worry about modding, right? I will, that's not, your recovery is the most important thing. And if you know anything about having a stroke right, it takes your brain time. And so modding is a very technical and intricate thing. If you've never been a mod, right?

There's a lot happening behind the scenes and you're communicating with other people and doing a whole bunch of stuff. And when your brain is trying to recover, probably not the thing you want to be doing. So like I said, you may see her lurking

behind the streams, but I pretty much told her she's relieved of her duties until further notice forever, or until she tells me she's ready to return in any capacity. So I wanted to make sure I said that in case you were like, where is my life journey? That is where she is, okay? But she is wonderful to look at her. Like I said, you would not even know. Um, so, um, you can send certain messages through me.

I know if you're interested in, um, yeah, yeah, yes, Shelley, a lot of that. We had a conversation about that yesterday. And when I talked to her Friday, when she got home, we talked a little bit about like how much she was dealing with and just sort of holding in, and it literally just manifested itself in, um, you know, she, she had a vein rupture. That's what kind of stroke it was. It was a vein stroke. So she, um, but she's all good and she's on meds that are helping. And so all of those things are taking place now. And she's got a really good medical team, which is wonderful. So, um, so, um, she's not actively checking, you know, too many messages right now. She's healing. So if you reach out to her and she doesn't respond, please don't take that personally. Her brain just needs some space.

Good morning, DJ lockdown. Good to see you. Thank you so much for being here. Um, Cassandra wrote exactly, exactly, exactly, right. It's going to take some time, which is why I was like, don't worry about being present. Um, so all of that, um, she is, she is doing well. And I will make sure that I keep you updated on her progress. She's got a fair amount of boundaries around how she moves forward, but they're all the right ones. So, and at some point I'm going to go home and, uh, see her and spend some time. So, all right. All the announcements, all of the love coming in after the raid. Thank you again, reason. I hope that you are doing well and that you had a good stream this morning.

Um, shout out to everybody who came in on the raid from the gospel takeover family. If you are lurking, thank you for being here. If you are working today, I hope you ease back in, um, really thoughtfully and intentionally, if you are commuting, please be safe in whatever capacity in any way that you are commuting, whether that is you're on the iron bird. If you are in a car, if you are in whatever that looks like, right? If you're recovering from a large time this weekend, that's all. That's all we can ask for, you're here. Okay, so let's reconnect with Momentum and be intentional about what some of this looks like, right? I've been themed today, Momentum Resurrected, because I wanted to just get us back into the mindset of all the things that are taking place, that were taking place during the month of May as we turn the corner into June.

Now, for Momentum, we talked about a lot of things. We revisited what it is. We also started looking at the momentum for those of us and those of you who are business owners, entrepreneurs, if you are looking at making any type of career shift, if you are looking at taking on any type of new goals or endeavors, we wanted to spend some time and that's where we had left off before I traveled and then got sick. But we were talking about how you could get momentum around surrendering the things that we're getting in

your way. If you recall, we talked about blockers to momentum, and we're going to review all of this, because sometimes it can be easy to distract ourselves and not deal with the things that we want to or should be dealing with, when in fact, those are the things themselves that become blockers to momentum.

And we're going to reignite our momentum today, in particular around any goals, or any type of intentions that we have, right? Because the difference between a goal is it may have a predetermined or preset outcome, versus an intention, which means that it's going to have the opportunity to evolve organically, or because of circumstances. And once you set that intention, it means that you open yourself up to the world, being able to put its stamp on it, or you having an opportunity to really say, today, I started here. And in this way, I may need to evolve into a different capacity. Good morning, site giver, welcome in. So when we think about momentum, I just want to refresh our memory, right? Here are our four M's that we talked about when I initially did this. And so today I want to talk about going from manifestation to momentum.

We are going to talk about motivation and moderation and mobilization, but I really want to get back to this whole notion of manifestation. Because sometimes when we find our men, when we find our momentum is a little more flatlined, or we find our momentum to be at a lower level, right? Or if we find ourselves feeling like we just don't have the energy, or something has is draining us, or there are things out of there. Ultimately, what we're saying is that I don't have the momentum to do it. I don't have the energy to do it. And so it may mean you need to take a step back and look at well, what are you manifesting? What are you actually saying that it is that you want to do? And if it's been a while since you've had a conversation with yourself about about what you're saying that you want to do, then you may need to be revisiting what it is that you were manifesting, or you may need to be revisiting what you were manifesting and didn't know was starting to show up.

Because sometimes we can say, I want better health. I want to be a better communicator. I want to find a new job. And so we put that intention out there and because we don't take the necessary steps to do the work or because we don't appropriately follow up, we find ourselves going into a new manifestation through our words or through our lack of action. Because lack of action has just as much bearing on the success of our intention as the actions that we take do. Let me say that again. Lack of action, meaning if you don't do anything has just as much bearing on the things that we are intentions, right, our goals that we set for ourselves, as does when we decide we are going to actually do something.

So whether you do something or not, you're impacting your intention. And it all starts with you. You have heard me say in the blueprint, right, you got to get out of your own way. Sometimes getting out of your own way is actually doing something instead of not doing something. It's I know I need to reason, right? It's I know I need to be doing this, and yet not doing anything. It's being still when you need to move. It is being

hesitant when you need to take a risk. It is being humble, right, when you need to be okay, saying no, I'm dope, and I did that. And there's nothing wrong with allowing yourself to step in all those spaces, right? I was just talking to somebody last night. And I literally said to them, right, you're right, don't let your humility be a liability.

And it sounds like right now you're high on liability, because you're humble about these things. And are you struggling to celebrate yourself? Because everybody else is celebrating you. We all see the dope things that you are doing. We all see the impact that you're having. And yet you are right, hunkered down in your humility, and not giving yourself the opportunity to be okay, and embrace your, it's fine, okay. Embrace all of the, oh, okay, reason, right, to embrace those things. And so sometimes, okay, KB Browns. So is this a full exit? I just want to understand because Kayla, one reason and KB Browns were like, this is it, right? I'm leaving. Okay. But what I want you to know is that sometimes our momentum is not what it is, because we are not moving it forward.

Good morning in my Rican mama of two. Good to see you. Happy Thursday, a Tuesday. Lord, I'm trying. I'm so ahead. Okay. Reason says it's a mass exodus. Are you taking Shelly with you reason? I think Shelly might've run out already, but what I want to make sure sure, Vater is like, and Vater just exits, right? He doesn't even, with the dot, dot, dot, okay? Everybody's out. But what I'm saying to you is that sometimes we know that the momentum is the thing that needs to get, come on Kay, don't do that, right? Sometimes the momentum is the very thing that is needed. And yet we are the weight on our own feet. We tie the weight around our feet. And so sometimes we need to go back, Ms. KB, sometimes we need to go back and look at what we were manifesting.

Because we have to be honest with ourselves and say, was I manifesting something that was real and that was true? Or was I just saying it because I needed to say it? Was I manifesting the thing that I wanted? Or was I saying the thing that was safe? right? When we say the thing that is safe, instead of saying the actual thing that we need to be doing, we hinder ourselves from operating at our highest potential, showing up as our most authentic self. And then we get upset when we don't see the results that we want, or when we wonder why the things that we desire are not coming to us. It is because all of the things that we are not acknowledging about our manifestations, you have to go, you have to be intentional about saying, do I really want this? And do I really want this? Or am I just going to say the thing that is safe? Because I know that safety equals being able to control, manage and manipulate the work in such a way that I show up thoughtfully and intentionally.

Yes, Kayla is telling you the truth. He got some of this last night as we were talking about preparing for the stream today, right? I did. I did tell him some of this last night. He is being very honest right now. But there's this whole thing where you have to hold your mirror, right? Hashtag mirror moments. They all know that's a thing here in the blueprint, right? Are we holding our mirror and saying, I'm actually manifesting the thing that I want, or I'm manifesting the thing that I don't want, but is actually safe and is the

safest thing to be able to do, right? All of those things that we say we want, but then we don't do the work for, right? It basically means that we are, we are wasting our manifestations. Why would we manifest something that we don't want to do the work for?

I want you all to help me understand that. Okay. Shelly Thunder says she feels it's fate when people celebrate her because in her experience, it's to make the person feel better in their life. And sometimes, Shelly, that is actually true. We evident, right? But we, we still, we will absolutely, Shelly, sometimes elevate a celebration when really on the inside we're fuming and angry at ourselves because our own manifestation has not come to fruition. Letitia P. Welcome in. Good morning. Good to see you. Letitia, we are talking about resurrecting our momentum and we are talking about what happens when we have to go back and check our manifestations because we say things and then we don't put in the work or we say things and then we wait for it to come to us.

What are you waiting for? If you want it, go get it. I'm coaching somebody right now who, one of my clients that I work for, that I have in New York and I'm coaching someone there and literally my coaching to him, my coaching to him was, don't wait for someone to give you the instructions on what it is that you know you need to do. If these are the things that you say you want, when you question why other people are showing up, absolutely, KB Browns, right? If people are questioning why you're showing up a certain way, don't wait, right? I had this conversation with someone last week. I said, you know, if you continue to hold someone accountable for something that you know they're not capable of doing, and you continue to expect that from them, you will repeatedly be disappointed.

If you would, if you don't invest in your manifestation the right way, okay, if you stop giving that thing to them, and you then take ownership and accountability of it yourself, meaning it's now my time. It's my time to live. It's my time to step into my manifestation. It's actually my time to do this. Eb said this in our chat a couple weeks ago. She said, I wonder if I'm really ready for the thing that I'm manifesting. I told her the answer is yes, because you've already manifested and you started doing the things. And now that you're questioning it, now you're getting into that noise. Now you're getting into the mantras. But the other thing is, are you yourself getting in the way of your manifestation? Because we will self-sabotage in a minute. And with the minute you self-sabotage your manifestation, your momentum is flatlined.

Okay, I see you don't spirit. If you are in the process of self-sabotaging your own manifestation, that means that you may be dealing with fear or anxiety, right? That worry, you're inviting it in, right? I looked up the definition of worry yesterday. Okay, I was doing some devotional yesterday morning. And the definition of worry says to allow or give way to distress or negative thoughts about something. So we literally invite in all of the things that we We are saying we don't want to be able to move forward, but we're worrying about it. We are literally allowing negative thoughts, distress, discourse, all those things in to settle into our space. And so that positivity, right, that labyrinth of

limiting beliefs that we were supposed to have surrendered, it starts to show back up and it clouds our ability to see our manifestations clearly. And when we cannot see movement in our manifestations, our momentum goes out the window.

And then what are we? We're the man sitting in the rocking chair on the railroad track with the newspaper on a sunny day waiting for that train to just come barreling through and take our momentum out of the way. And then we don't want to acknowledge that we had something to do with it, okay? I'm just catching up on the chat. I'm just catching up on the chat. Everybody's trying to, everybody's trying to exit. I think Reason and Vader already got it. I think, I think they already got out, right? I think they might have exited. Okay. Double spirit too. I think everybody just left. I think Kayla is trying to make an escape for anybody who is, but I'm just telling you all, ladies and gentlemen, like this is it, right?

Listen, sight giver, that's what happens. That's what happens. And then here's the thing. We're sitting in that rocking chair, wondering why things have left us behind. It's because we have to go back and reset the actual things that we manifested. How many of us are guilty of saying something out of our mouths and then immediately going in and behind it and saying something, negative, right? I think this is going to be great, but I don't know about X, Y, Z, or I think this is going to be great, but I wish I could have done this, right? I think this is going to be great, but I kind of, I want this, this, this, and this. Okay? We say something positive and the double spirit says guilty immediately, right? All of these things. So what happens is, is we, we put our positive intention out there and then we come in with a machete and then we murder our manifestation, right?

Sorry for the strong language. Let me rephrase that. We put our positive intentions out there and then we tear it down with our negative words, right? And why Rika Mama of two says yes. And Ms. KB says she's holding onto her blanket tie. Absolutely, Shelly, but it negates everything prior to it. So the minute you come with these manifestations, right? You're saying you want to do this, but you're putting negative words or you're putting negative energy behind it. It absolutely takes it away. If I say to you, what's good? about this, and you can't tell me what's good about this thing, but you immediately roll into the negative. There is something there, right?

We are so comfortable anticipating the negativity that we don't create space for anything that is positive, right? So what we do is we, okay, I mean, okay, but right, but everything comes into this space where we don't give our down and we layer it with negative words and negative thoughts and negative intention and negative feelings. We don't give ourselves the opportunity to get to a place where we don't kill our dreams. You okay? You sure? Okay. So when we think about, reason says he's still here. He's at the first aid kit. Okay. Good to see you. I'm glad you didn't be. So, when we think about all of the things about why our momentum does not have sort of that get up and go, why it's missing some of these things, what we think, what we have to acknowledge, and this is a serious mirror moment.

I want everybody to acknowledge this, right, myself included, right, the question that I want you to ask yourselves, and I use this when I'm consulting, right, in one of my consulting frameworks. The question that I want you to ask yourselves is what am I, well, how am I contributing to the problem? How am I contributing to this very thing that is not coming to fruition? How am I contributing to the fact that I'm not losing weight? How am I contributing to the fact that I'm not sleeping at night? How am I contributing to the fact that my mind is racing? Well, are you putting your phone down before you go into bed? Are you exercising, right, so that you can do that? Are you being mindful of life, what it is that you're eating? Why am I contributing to the fact that my countenance, right, my attitude is what it is? Well, are you around the right people who are going to help pour into you? All of these things. Good morning, Crystal Method.

Good to see you. How, you know, how am I, what am I doing that's aiding in that? What is my responsibility? What's my involvement in the thing that I actually want? Right. What is my involvement? How am I contributing to this very problem? Right. I said that I want to get better at this. I said, I want to stop doing this. I said, I want to start doing this. I said, I believe in this. I said, this is the thing, but now I'm coming right behind it with some immediate negative thoughts, manifestation, people around me who are going to hold me down because misery loves company. And do you know that by default, we will go seek out misery because it connects to our core. And unfortunately we have gotten our ourselves into a space where misery feels safe and we don't recognize it as misery or crab and a barrel mentality.

What we do is we go there and we are comforted by the crabs, but there's nothing comfortable about the crabs. Ladies and gentlemen, let me be clear about that. Okay. We get comfortable, but we don't want to be comfortable climbing out of the barrel because then we look down and we see everybody that and everything and all the mindsets that we're going to have to leave behind. Okay. Indominable spirit MG. Good morning, Melissa. Good to see you. She comes out of alert only to say I'm just trying to find my way out of the wedge but it's so true y'all and we talk about why our moment literally the phrase I'm drained because we give and give and give but then we don't check in with our manifestations and say, is this the thing that I am?

Am I giving to the thing that I should be or am I? doing something in my deading my own dream because I am not speaking life into it through positive words because I am not around people who are uplifting me and being intentional because I am not in a space where I am saying, but this is the stuff that I need to be doing. And I see that pile over there that's looking at me. I see this work over there. I see that phone call I need to make. I see all these things. I see that healing that needs to take place, but I'm just not going to do that even though I still want this.

But let me tell you something, your manifestation has to be ready for you and you will not get anywhere near it if you've not done your internal work. Double spirit, double spirit, you won't get anywhere near that intention. If you're not going to bring whole

happy, healthy healed to it. Absolutely. Cassandra wrote, right? Why would you go into anything, right? When we think about manifesting, we manifest positivity and we manifest things that are good, but why are you going to take that cloudiness and those negative statements and that white noise into the thing that you're manifesting, which is supposed to be positive and happy and good and great and better than your latter.

They always said that your better days are going to be better than your latter days, but you can't take the mindset and the energy of your latter days into this new things that you're manifesting. Absolutely, KB Browns, right? The power of life or death is in your tongue, right? And I know that comes from the good book, but it is so important. Words matter, ladies and gentlemen. Simply stated, you want me to give it to you outside of the good book? Words matter. Word economy, right? Choose your words wisely. What you say, you will do. You will do what you, what you don't say speaks for you. What you don't do is what you don't do. any of those things, right?

If someone says to you, oh, man, you're great at that. You say, nah, I'm not, you're not. You are literally putting back into that. And then the things that you're trying to manifest are up against the, nah, I'm not. You have to be able to resurrect your momentum through pouring into it from positive ways, positive meanings, positive spaces, positive people. More often than not, we get into our own way. And then we can't look at ourselves in the mirror because we don't want to deal with what we see, which is the truth. The truth that I didn't do this, I should have done more of this, I could have said this, I would have done this had I felt differently, if only. And then now we come through this barrage of guilt and feeling and shame and emotion, which is only piled onto the pile of the stuff that we haven't worked through and our momentum is buried somewhere in there. And then we stay in that space. Instead of saying, you know what? The opportunity is right now to start. I don't have to come in and solve for all of these things right now.

What I can do though, is be intentional about the words that I speak. So am I gonna hold myself accountable for speaking positive words? Am I gonna hold myself accountable for speaking life into things? Am I gonna hold myself accountable for the choices that I make? And then when I make those positive choices, am I gonna be okay with saying, as a result of that, look at what happened, right? I drank water all day today. And because I drank water, I actually snacked less. And because I snacked less, I was able to make sure that I used my energy the right way. And because I didn't snack so much, I didn't have brain fog, right? Or the itis, right? I didn't eat sleepy foods that made me feel lethargic. I actually had more energy to engage. I actually had more opportunity to show up. I could be my best self. When you invest in your momentum, you resurrect it and you set it off in a direction that is only going to be powerful and meaningful.

Empathy, right? But powerful and meaningful for the things that you want to accomplish. It's all available to you. You do have to go get it. You cannot wait for it to come to you because if you wait for someone to bring the things to you, right, but if you

wait for the things to come to you, you will continue to wait and you will wonder why they're not finding you because you're not ready. You have to show yourself ready. You have to get up every day and be like, okay, listen, y'all, I told you I was manifesting my millions. But if I don't keep taking steps towards launching this next thing that I'm getting ready to launch, there will be no millions there, okay?

I guarantee you there will not. And it's a really great idea that I wanna have. And I have some great people that are helping me think about it and touch it and design it. But I'm telling you right now that all the things that are taking place are really and truly on me. So if the executive strategy lab doesn't launch, it's because I'm not doing my pieces. And here's the thing, you can have fits and starts, but those starts need to continue, right? Because if those starts stop, that momentum, I see you baby, that momentum is one of the things that is gonna go, and you're gonna be the one having a fit about why you're not starting. Once you start, You have to have the momentum or you have to generate the momentum to keep going. So that means you have to speak life into the thing that you want to be able to do every day, right? You cannot go into a space of saying, right, I wanna do this, but it's, nope, I want to do this.

My first step is this person can help all of those things that are available to me. So you have to start from the what and the how is gonna move this in the right direction. KB Brown said it in the chat, by your words you are justified. So justify your manifestation. Okay, I wanna start this program. So I need marketing and I need this. Well, who do I know that's going to be able to help me? How am I now gonna get to a place where all of these things are gonna start to happen? What's the thing that I can control? Just as much as you ask yourself that other question, how am I contributing to the problem? The antithesis of that is what are the things that are within my control? So if you're taking notes, that's the other question that I want you to write down. You have to acknowledge how you are getting in your own way. And I know we don't like to say or acknowledge that I am part of the problem, but that's the first step because then you uproot anything attached to you being a part of the problem.

Because once you acknowledge, well, I could have drank more water. Well, I could have not had a snack, could have had an apple, right? Instead of some chips, I could have not had dessert. I could have gone for a walk instead of eating something that wasn't great for me, whatever the case may be, right? You have to start acknowledging how you got in your own way or how you contributed to the problem. And then the next question is, what are the things that I can control? Meaning, what can I move along right now? What are the things that can be said in motion? How can I make moves and move things forward and be intentional? Yes, and be intentional. know only for one hour and be intentional about what it is that I'm going to do going forward.

Because right now I can make the phone call. Right now I can go to buy the materials. Right now I can look online and make a list of how much the materials cost. Right now I can ask somebody and tell somebody, hey, in three months I'm going to

need some help. Will you help me? Right now I can be the one that starts to write down all of my ideas. Okay. There's so much that you can do ahead of the thing that you want to see. We want to rush and get to the very end. But the work is where the lessons come in. The work is where you grow. The work is where you elevate. The work is where you shed all of those things that you've been holding onto and you break out of that shell and you move forward.

Right. There's this whole statement out there. Right. There is this statement out there that says if we knew the plan. that it takes to get to the end goal, we would not, sorry you guys, we would not follow through, we would surrender the goal, right? I think it's this clip by Dr. Miles Monroe who is no longer with us, but he talks about that. He says, um, if we knew the plan, we wouldn't want to go where we said we want to go because then we'd have to endure the work that goes alongside the plan. So if you say, well, I want to do this or this is my intention, well, then you got to work at it. Well, I know I don't want to do that work or I don't want to talk to that person or I don't want to get here, but how are you supposed to grow along this journey?

Because all the things that you are trying to manifest are going to require you to grow, change, shed, release, let go, surrender, be better, anticipate, be vulnerable, lean in. Well, you don't want to do any of that. If you were to know that those were all the things, if these were all the people that you had to deal with, if these were all the places that you had to go, if you had to do all of that, just to get to this manifestation, you would say no, but that's the very work it may take you to get to some of the things that you say you want to do. Okay. Think about it. If we knew, right, if the universe, God, whoever it is, right, if someone said, okay, it's going to take you, you say you want to do this, but you knew it was going to take you 10 years to get there.

Would you stick with it? Or would you say, nah, 10 years, who wants to wait that long? But what if over the course of those 10 years, everything that happened was going to build you up. So you would sacrifice your patience over your intention. There she is, ladies and gentlemen. Hey, boo. Good. Good morning. I must have brought her out of lurk. There she is, everybody. You can love on her in the chat. That might be the only thing she said. I told you she might be lurking. Good morning, love. Good to see you. But that's what I'm saying to you. You would sacrifice your patience. You would sacrifice your energy. You would sacrifice your goodwill. You would sacrifice your positivity. You would sacrifice the greater good for having to wait 10 years to get to the thing that you wanted to do. Instead of just doing the work and along the way, taking in the wins, reaping the benefits, elevating, right?

Building up, standing up. Lifting up. leveling up. All of those things, ladies and gentlemen, are how your momentum gets resurrected. So you have to speak life into it, you have to be okay accepting the journey that you're going to be on and you have to surrender the struggle. The struggle of saying no, the struggle of control, the struggle of manipulation, the struggle of all the things that come with knowing that if you manifest it

and you believe it, time is relevant. Good morning, Rebel. Good to see you. Happy Tuesday. How are you doing? All of those things. There is a level of surrendering that takes place. And not only that, I'm going to say this to everybody and it was all my spirit about whether or not I'm saying I've been battling it all morning, but I'm just going to say it because here's the thing.

Sometimes, and I shared this with my journey last night and she was talking to me about some of the things that she's been coming into revelation about. And so sometimes along this journey, what we'll do is we will pin our momentum or we will pin our lack of something on somebody else through an attempt at how we feel. Let me explain what I mean by that. Okay. Sometimes we'll make a statement that says I feel like X, but then we don't end that statement with a feeling. All right. And sometimes our momentum will be captured, right? Or weaponized or cannibalized by others because of how they feel instead of how we feel. Okay. And what I mean by that is we will say, I feel as if, or I feel like, and then we won't end the statement with a feeling. We'll end it with the action that we think the person is going to take, right? I feel like you're going to leave me. Well, that's not a feeling, right? I feel like you're about to say something, right?

I feel like you're going to be disappointed in me. That's not a feeling. Perhaps what you mean to say is, I feel afraid, or I feel scared, or I feel nervous. Or I feel anxious, or I feel worried, right? Because the way that it was explained with me is, right? You've moved out of the realm of feeling into the realm of thought, and you're trying to take those thoughts and apply them to whatever narrative you are now creating about this journey that you're on. Absolutely. Big stove, right? Okay. So you can say, I feel anxious, or you can say something like, this reminds me of a time when I, but it comes back to you. And so let's tie this into, I'm sure you're like, where's this going, Kim Blue? How does this tie into manifestation and momentum? Because sometimes we'll say to someone or we'll say, I feel like you're trying to sabotage my dreams, or I feel like you don't support me. I feel like, instead of saying, I feel like you're jealous, I feel like you don't write, write, or I feel nervous, or I feel this, we will take that feeling, but then we won't end it with a feeling statement.

We'll take that and try to conflate the two. And what I'm saying to you is be intentional about not conflating your thoughts and your feelings. If you feel scared, say, I feel scared that this might work. Because that's real. That is something that can be validated. Here's the thing, ladies and gentlemen, our feelings are our responsibility. They're not anybody else's. You can say, I feel afraid of success. I'm nervous that I might mess up. I can validate nervousness. I can validate fear, afraid. I can validate anger, whatever that is. But the minute that you feel an action that's actually becoming a narrative that you're telling yourself, that may never even happen.

And so now you're inviting back in that worry and that anxiety. And those are the things that flatline your momentum. Right? Big Stove wrote in the chat, I feel blank because of blank. I want everybody to write that statement down, because that's very

real. And there's a whole intention around getting clear on the difference between your thoughts and feelings. If the things that you feel are not a feeling you have to acknowledge that it is not a feeling. It is a thought and you want to take that thought and get clear on am I saying to myself I think that this is not going to work and I feel sad that it's not going to work. Now that you have those two statements, what is it that you want to manifest?

What is it that you want to leave behind? What are you changing? Now you can put your momentum in the right direction instead of keeping your momentum flat-lined right instead of keeping it in this space okay instead of making sure that you are the one getting in your own way because now ladies and gentlemen you are contributing to the problem and that's the hardest thing that we can do. That's the hardest thing that we can do and it goes back to something that Shelley Thunder said earlier in the chat. She said sometimes we feel like people celebrate her but it's really a reflection or it's not genuine because it's a reflection of their lack of work against their manifestations and that's really what it comes down to.

When you start to project that that conflation between thinking and feeling it's you really trying to deal with yourself or your lack of work and not really investing in this other space or this other thing and so we can't get to a place where our momentum is resurrected because it's we keep grounding it and digging it into the mud and covering it up and not allowing it to be available for sunlight and air and growth and anything else that is going to nurture what it is that we're doing. Okay so I want you to ask yourself two questions going forward. How am I contributing to this problem? What am I doing to get in my own way and then what can I control right now? That's going to start to activate some momentum. Those are your two questions that KB Brown's right. How am I getting in my own way? How am I contributing to this problem? Okay what is it that I can control right now? What can I do now to kick start the momentum to move me in the right direction?

Am I clear on my thoughts and am I clear on my feelings because you cannot mix the two. You can feel and you can think but you can't say I feel like you're going to because that's not a feeling. That's your thought on someone else or your own stuff and now you're contributing to your own problem and you have to be okay saying that. Otherwise, you'll spin around in this circle all the time and your momentum won't go anywhere. And we're not about that life. We are here to resurrect the momentum, okay? All right, ladies and gentlemen, that is part of your blueprint for today. On Thursday at 11 a .m., we will continue this conversation around momentum resurrected and we are gonna talk about the three things that I mentioned today, which is you have to speak life. We're gonna start with this.

You have to speak life into whatever it is that you're doing, okay? You have to be okay understanding that you may be contributing to this in some way, shape, or form. And you have to be okay surrendering the struggle. We're gonna talk mostly about the

surrendering of the struggle because until you let go and break away and break out of all of the things that you believe are keeping you safe, your momentum will not be able to get out of the blocks, right? It's like Jamie Foxx said, you got gum on your shoe and you're just a little bit stuck, okay? All right. With that, good talky moats in the chat. Okay. Hopefully everybody has made it all the way to everybody's made it to the first day kid. Everybody. I think folks ran out of here. I think reason said it was a mass exodus. Okay. Listen to everybody who I may or may not see again. I want to make sure that you know, I'll be in New York this weekend just one night only Friday into Saturday.

I cannot say the whole weekend. So I will be there. Shout out to everybody who is traveling to London or to New York or to whatever the things that it is that you are doing. Thank you all for being here, for supporting me last week while I was doing my own recovery from COVID and for all of the work that we are going to continue to do. Exactly. Okay. Right for all of the work we're going to continue to do in June, we are going to pick up with the momentum around making sure that we have gotten our affairs in order professionally and personally. And so we're going to revisit the LinkedIn profiles, right? Remember we had started with that. I didn't forget that was what we were supposed to be doing last week when I was six. So I needed to resurrect the momentum and replug us back into the things that we're focused on. Okay. So we're going to be talking about entrepreneurs. We're going to be talking about dealing with the piles because all of this is tied to avoidance, not being the strategy, ladies and gentlemen. Okay.

And that is on Kim Blue and her blueprint. So with that, good morning. Star is good to see you with that. We are going to get out of here. Okay. Hey, we, let's see who is on this morning. We, you know what, ladies and gents? Um, where haven't we been in a while? Oh, let's go see. Let's go see D -man. Kayla, if you're still here. Let's go see D -man today. Cause I think we're gonna go to Re -bomb on Thursday, if I'm not mistaken. So we'll go see whoever that is and go support some of our folks who are going to be there. So if that is okay, we are gonna go over and spend some time with DJ D -man and support some of the folks who are contributing and some of the great things happening around Twitch, right? So you just heard me mention the Ohio meetup from the great mountain tops of Cleveland as Vader would say if he was still in here. So we are gonna go support those folks. Again, New York meetup this weekend, okay?

All of those things are taking place. Go find the people that you need to who can help you navigate all of the things. All right, copy the raid message. Thank you all for being here. Listen folks, I say my exit mantra with a lot of intention every single time that um double spirit says she's off the couch I say my exit mantra from a place of love right I want to make sure that um you all take from this space whatever good energy good thing good phrase that resonated with you I want you to take it with you okay so vader says he's still here we love it um so copy the raid message please is right there in the chat okay and then I want you to be let that be the light that guides you okay take very

very good care of yourselves we will speak again on Thursday everybody and I will see you on the other side when we go to check out djd man and spend some time um with him okay you all be safe and take excellent care of yourselves I will see you soon Thank you.