

# The Blueprint R I S E Up! Four Ways to Activate your Momentum!

May 30, 2024 · 84mins

Thanks for watching! Thank you for joining us today. Thanks for watching! Thanks for watching! Thanks for watching! Happy Thursday, everyone. Good morning to you. I hope you all are doing well. Allow me to introduce myself. If it's been a while since you have been to the stream, if you are new to Twitch or even if you are new to the Blueprint, my name is Kim Blue. I am an HR strategist and an executive and a career coach.

Welcome. This is the space where we come on Tuesdays and Thursday mornings 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 we can do three things every day. We can operate at our highest potential. We can add value to whatever work we own or are responsible for and most importantly we can show up as our authentic self because when we do that we can be great in our gifts. We do not have to dim our light or shrink back. We can show up ready to give our best to the world and we can be open to what the world has to offer to us at the same time and that in and of itself is being the boss of your own blueprint because then you don't have to do anything other than be you.

So with that let's do a little bit of housekeeping and talk through what is to come as we wrap up May. And we look ahead to June, and then we will jump right into our content and ensure that we have enough time before we get out of here and go support our friends at Rebaam and Elvie's four-year anniversary on Twitch. So first and foremost, I am modless this morning until maybe 11 .30 or a little after, so you're going to see me doing a little bit of my own modding in the chat. As you know, my journey is recovering. She may or may not be lurking this morning. And Kaylok is tied up with his work, and so he'll be in whenever he's in. So don't worry if no one greets you right away. That is because it is me solo modding behind the scenes or right along time, me modding. I will be at the New York Meetup this weekend. So for those who will be there, it is the official Blueprint Live that will take place on Saturday, June 1st at noon. I am so thrilled to see those who will be there.

If I have not had a chance to meet you and look forward to giving out hugs, if you will not be there, no worries. I'm certain that our paths will cross. But that is what I will be doing this Saturday and looking forward to it. Also, a quick plug for the Ohio Meetup. I

have been invited to join the conference part for Friday. So the conference on that Friday, June the 21st, I believe. So I will be there as well for those who will be traveling to Cleveland. I look forward to seeing you there for at least one day and one night. I think I'm in for two days and one night if I can make the timing work. That's what I'm aiming for now. Maybe two days, two nights. We'll see. But more to come on those details as they get cleared up for me and take care of them. starting to take care of all of that today. So look forward to meeting so many of you who have not had a chance to meet but have been readily supporting the stream since pretty much I got started.

Okay. There are some dates in June that I will not be streaming and I'll make sure that I make you aware of those well in advance so that we can plan accordingly. And then our focus for June if you recall in May before I got sick we were focused on really getting momentum around aligning our priorities whether they are personal, professional. I was speaking directly to those who were in the entrepreneur space and how we represent our brands out there in the world so that when people interact with us they know who they're speaking to what your expertise is because we need to be ready at all times to invite in other opportunities as they come in to um your lives right and so sometimes that means getting ahead of um to Getting ahead of our profiles and getting ahead to how people see us before they ever get a chance to talk to us And so we had started doing some work on our linkedin profiles and that is the direction that we are going to go in for June and we're going to revisit that and June is all it's going to be all related to mobilization so if you remember We have talked about momentum in May and we tied it to our manifestations and that was part of our stream on Tuesday Today I'm going to talk I'm going to wrap up with four ways To activate your momentum and we're going to talk about what it means to rise up and then in June We're going to talk about mobilizing our resources our intellect all of our experiences to start to prepare Right because if we stay ready, we don't have to get ready And so what that looks like as we prepare ourselves to have conversations to network to be present whatever that may mean And I'm going to avail myself for some of the career opportunities and be raffling off some You know interviewed sessions and all of those types of things that are going to be taking place So just a little sneak peek into what is to come in June.

I'm really excited about All of this because it impacts us all at any time right nothing is Guaranteed and so we want to make sure that we are ready and we want to be sure that we are Intentional about what it is that we're doing. Okay? The last piece of housekeeping before we jump back in and then I say good morning to everybody is the dog ate my glasses Two days ago. So if you see me squinting Please know that it is I'm not not wearing my glasses on purpose Griffin was being He was a little annoyed that I was giving my attention elsewhere And so he managed to get onto my desk to look around for something to do and chew up my glasses.

So I am going to get new glasses. But in case you see me squinting to the side over here, that was my last pair of glasses. He chewed up a previous pair. I had a

backup pair, the backup pair. He chewed up one of the glasses stems, and then he chewed up my last official pair. So I am now down to no glasses, but don't worry. Hopefully by the next stream or late next week, you will see me in glasses again. I know, double spirit, it's not my thing. It actually gives me big anxiety to not have my glasses on because I'm nearsighted and I have an astigmatism. So it's pretty big for me to not have my glasses on. And now I have progressives because I've transitioned into that state of life. So I pretty much need them at all times. And now that I don't have them, but I'm steadily looking at... a computer screen, right? It is giving me, it's making me work a little bit more. So I am really, really, really hoping to get that taken care of next week, okay? So in case you see me squinting, that is what is going on.

Hold on, double -sphere. Let me see if I can get this correct. I think that that's the right command. So there we go. So with that, let's say good morning to everybody who is in the chat, and then we'll get going with rising up and four ways to activate your momentum. I'm really excited about this conversation. I have been thinking about it since I was sick last week, right? All of my thoughts were starting to come in. And so I was thinking kind of where I wanted to go with all of this and how I was getting everything together. And so we're gonna talk about that today. So this is the opportunity to ensure that we are taking good notes and that we are wrapping up our conversation really intentionally around what it is that we are doing with our momentum, because we're gonna need that momentum as we go into June and we talk about mobilization, okay? All good, big stove. So listen, good morning to everybody, even though I do not have either one of my mods here, shout out to both of them. And I am certainly in the market for another mod or two, just to help balance out the schedule.

There's lots of things that are happening, lots of life. And I've been fortunate that my mods have been wonderful, but at some point, everybody is usually on some type of lifing thing that happens. And so I like to be able to tap into a mod community. Okay, like we'll tell you, I'm a very low maintenance streamer. I kind of do all of my stuff very plug and place, or if you're interested, then I would love to talk with you more about what that means to have some mod support, so let me know. So, but good morning to both of my mods, even though neither one of them are in the stream, and that is KVOG in my live journey. Good morning, one reason, good to see you. All good on the lurk. Thank you for being here, and I will see you tomorrow. Good morning, classics. Great stream this morning in YouTube. If you are not following DJ Classics on YouTube, please do so.

That is where her meditation is now taking place. She also had an excellent rebound stream. I was lurking in there this morning, classics. Thank you for that, and good to see you. Good morning, double spirit. Happy Tuesday to you. Always good to see you. Good morning, Ebb. Thank you so much for being on the seven watch stream streak. That means you were in here. You were doing the work. You were being the boss of your own blueprint, and we love it. Good morning, Hobbs. Hobbs, I owe you a response to your email. It was buried deep in my inbox for some reason, so I will get that

information out to you on how you can watch the past ones, but essentially for you, the access is on my website.

Okay. Dr. Dady Priest, welcome and thank you so much for the re-up 14 months as an official blueprint boss. Time is flying. Thank you. Thank you. Thank you for being here. I know you got your own great things happening, so I cannot wait to get you back on the blueprint so you can talk about some of that where people can find you. Dr. Dady Priest is also going to be at OMU. She is presenting this year, so I am excited for the chance to not only hear what she has to say, but meet her for the first time. I am really, really excited about that. Big Stowe, welcome and good to see you. Go give all of these folks a follow, okay? All types of great things that are happening in their respective streams, okay? And if you are lurking, working, or commuting in any way, shape, or form, a virtual salute to you. Thank you for being here. Love my lurker community and appreciate everyone. Shout out to everybody who was in the HAL show last night doing a celebration for LV. It is his four-year Twitch anniversary.

I think it was officially on Tuesday, the 28th, if that was when the 28th was. And so he is on Rebaam right now. So if you don't have him tabbed up, please tab him up. Or if you have me tabbed up, thank you while you're in there. We are going from here to Rebaam. You all know we support that stream at least once a month. So we will go in and show it is DJ Ibe that we're going to write into. So we're going to show Ibe a little bit of love and support and obviously support LV as well. And good to see Brax welcome in. Brax was also there for the Foolishment, as we call it. And it was very much a large time as was DJ Classics. I was actually minding my own business and yes, Brax. I was minding my own business and was bullied into coming onto the stage and spending time with the do right crew. So I. I gave in and laughed my way through the end of their stream and was happy to go support LB. So shout out to anybody who was there last night, okay? So that's all the housekeeping. A reminder about the blueprint coaching group.

If you are interested, exclamation point coaching in the chat is where you can find more information on how to sign up, or I say lovingly bullied bracks. Bracks, I didn't have like a better word for it. I was not violent told. I was just told by multiple people that that's where I needed to be, right? Like go to StreamYard and click the link. We're gonna call Kim Blue. Kim Blue don't be the topic of conversation for the next few weeks. So I say bullied, but I mean that in a good way, right? I was strongly coerced. Brax, is that better? Is that a better way to say I was strongly coerced? You let me know if that's if that's a more appropriate way to say it. So All right. So there's the link for coaching if you're interested. You can sign up there It is about a six hundred dollar a year investment fifty dollars a month It gets you access to my Facebook page where I'm posting motivational Content their links to articles about You know how to think I just kind of got into my rhythm I've collected all of my things and they've started posting things and so there'll be a post today and opportunities to interact pull conversation Stove I see

you Don't fear these people I love it exactly it was just it was strong coercion  
Conspicuously in blue it influenced.

I like it So many of you were there last night whether you were lurking or whether  
you active in truth We told I was minding my own business flying very much under the  
radar and then I said one thing and it got a piece of tension and We were off from there  
So I did say no and then after I declined the offer to join the stream That was where the  
conspicuous influence took place and so there I was at the end of the house show with  
the duran brothers celebrating the Celebrating Elvis anniversary.

All right, so we've been talking about momentum. This may notice that the focus  
for June is Mobilization right mobilization of resources and all of those things. Okay And  
here comes my other duran Good morning second good to see you Sega says there  
was no influence I did it on my own I did decline and so I do believe that Because I  
declined and then I was conspicuously influenced to say I don't think I did it willingly on  
my own I think I did it.

Oh my goodness, Senga, thank you so much for, I mean, big show, thank you so  
much for the boss bits and like I said, the declination was verbal. It was a verbal  
declination, right? Thank you all for the hype train that this has kicked off for sure. And  
welcome and Senga, thank you so much for all of the gifts of, so the blueprint,  
appreciate you. And good to see you last night. As always Senga, listen, I saw your post  
recently about the records that have your name on them and I am super excited for you.  
I've been wanting to ask you about that. And now that I am less COVID -y, I will be  
engaging in that, so. just know that I'm happy for you in sending all types of good vibes  
behind the scenes. So indomitable spirit, MG, good to see you. Thank you so much for  
the boss bits. There he is, ladies and gentlemen, Kayla. Thank you so much for the boss  
bits. Remember, ladies and gentlemen, we are supporting all of those who are traveling  
this weekend to London, to New York.

Lots of Twitch fam will be on the move. So love, thank you all for covering with all  
of the good prayers and all of the good traveling mercies and good energy for everybody  
who's gonna be on any type of iron bird or on the road or what have you this weekend to  
go support. So good to have all of you with us and thank you so much for all of the good  
energy. So thank you all for the hype train for sure. And my Rican mama too, good to  
see you. Welcome in, thank you so much for the RE -UP 11 months lurking in the  
blueprint in my Rican mama of two is a severe lurker in this space and because she's  
always working, but she's always present and I know that behind the scenes for sure.

So thank you, Brax. Thank you so much for the boss bits. Appreciate you in  
kicking this hype train all the way into level three. Did we just pass level two? Is that  
where we are? Thank you guys for all of that. Thank you so much for all of the, no, in my  
Rican mama too, do not apologize at all. You are multitasking. I know you're there even  
if you're not saying anything in the chat. Thank you all for pushing this hype train to level

three. You all know that it is never required. Always appreciate it. I do this for you all and I do it because it allows me to operate at my highest potential. Brax messing with stove in the chat, I see it.

So all good, Kay. I know, I know you're in the office today. So you do whatever you gotta do. I already told them that I was pseudo modding and the mods in the chat will certainly help with that So, all right, let's jump into this Content around ways to activate your momentum. So good morning bearded baritone. Good to see you. Happy Thursday. I hope you're doing well We are wrapping up our conversation on momentum and we are being intentional about how we Think about how to combat getting above some of the momentum when it is Really struggling or flatlined or you're dealing with outside influences that just don't want you to be great because sometimes that happens Okay so on Tuesday I talked to you about what happens when you are the one that gets in your own way and How we really need to be aware that you are getting in your own way and what it is That is causing that and there were two questions that I wanted you to ask yourself The first one was how am I contributing to the problem?

No one likes to know or believe that they are but often we are and the minute you own up to it When you know better you do better. Yes, so the do better part of it is what can I control? Or what is within my power to either correct change or create in some way and part of that allows us to rise up or rise above and Activate that momentum so that we can correct the path and make sure we're doing what we need to do Going forward. Okay, so I wanted to talk about the ways to activate your momentum. So one thing that I want to Review really quickly and I'm gonna add this to the stage is just our deck before I put the most recent slide up Okay, so we've been talking about All the parts of momentum right the four M's and we've been talking mostly around Manifestation which was what we touched on Tuesday.

Good morning to elevate her ladies and gentlemen there she is That is Nakesha Hicks you all you know, she is a fan and a friend of the blueprint. Welcome in Nakesha Hicks always good to see you. Thank you so much for being here. I hope you were doing well I owe you a call back as soon as my stream is over. She called me this morning and I was on a coaching call And I sent her a text that I'm on a coaching call and now she's in my stream ladies and gentlemen So good to see you. I hope you are doing well, and you already know how I feel about you We'll fight someone in the street for you for sure. So yes racks very ironic for sure So we are now preparing for June which is related to mobilization But I always like to go back to the four M's of momentum the call is oh six Thank you so much for being here and for the RIA.

We are in here, sir. Listen, I had a coaching call with the calls of six this morning. So listen, I'm telling you folks, we are, I am moving alongside you folks, everybody who is in contact with me in some way shape or form know that I am doing some coaching. So when I talk about the blueprint coaching, it's either in group or individual. Okay, so

know that conversations are happening. I am engaging with people. I truly believe in what it is that we are doing and what it is that you are doing.

Welcome in, KB Brown. It's good to see you. Okay. Uh, the elevator says the windmill is on deck. I tell people all the time. I just sometimes y'all, I just said Nakesha Hicks. It's a gift and it's, it's anybody in here. Watch that show. King of the Hill used to come on Fox and it's Peggy Hill and she's like windmilling. Okay. And it's like her moving those arms. I just send that to Nakesha Hicks because that's my way of telling her that I will windmill someone about the face over her, okay. Thank you all for the hype train. Appreciate all of the love and all of the support, the subs, the new follows, the bits, everything. Thank you, thank you, thank you. You all know it goes right back into the stream and making sure that I have what I need, okay. So appreciate you all, the resub, the bits, everything. So listen, when we talk about the four M's, we're really frame setting because the other thing that we talk about, sorry if you can hear the garbage truck outside of my window, okay, is that we talked about barriers to momentum and this is what's building up to how we rise above those barriers. And so these four barriers are resistance to change, which is oftentimes the thing that really is getting in our way. When we talk about us getting in our own way, it's because we're not ready to make the change, to make the adjustment.

We've not gone through our grief journey. We've not gone through our emotional disconnection. We've not prepared for the attachment to something new. We're not ready to own and say this wasn't successful, this didn't work, I didn't have all the things that I needed and that's okay. We also talk about perceived lack of access to people, resources, what information. Overthinking is a big one, right? I was just, I literally just said this to Nakesha Hicks about something that her and I are talking about and my text to her was don't overthink, don't try to fix. Sometimes our occupational hazards get in the way. I literally just said this to her last night, right? And we were not necessarily talking about momentum, but we were talking about a situation that it feels like it is sort of hanging in the balance and it's not moving forward, but it's intentional about why it's hanging in the balance because there are certain things that need to be done or certain things that need to be surrendered. And the last barrier to momentum is thinking that you don't have a blueprint, right? How do I move forward? What are my next steps? How are these things supposed to go in order?

What is right? And what am I not thinking about? Right? So all of those things are barriers to momentum. And so when we think about our role in that, and we start to acknowledge what it means to get back into the swing of things, I want to talk about how we rise up and how we overcome the barriers to momentum. Okay. And so I've put them into this is paying some homage to my sister, Frankisha Hicks, right? Because if you've ever been in the morning mindset, she will tell you in true Nikisha Hicks form, I love a good acronym. So here is where I'm going to introduce the acronym around rise.

So get out your pins, get out your notebooks. let's jot down how we get around barriers to momentum. Now let me caveat this before I put the slide up.

I want you to know that some of these may not necessarily come in order. You may need to assess your risks before you actually evangelize yourself or you may need to make some investments before you set your intentions, whatever that looks like. But understand while I'm coaching you through the process, you pick out which one of these you need to activate at any point in time. Just because it doesn't happen in order does not diminish the process or mean that it's not effective or doesn't work. The part that you are accountable for is the self-awareness. I recognize now that I've not been making wise investments and I now need to switch some things up so that I can do that. So let's talk about rising up. What does this mean as it relates to overcoming barriers to momentum? Because you need momentum so that we can soar, right? And we talked about the soar model, which is strengths. What am I really great at or what are the things that I know I can bring to the table?

Opportunities. Where are there gaps and things that I'm disconnected in? Aspirations. What do I want to be doing? Where do I want to be going? What are the things that I'm looking forward to? And then results. What do I want to get out of this journey? Okay. So when we think about rising up, the R stands for recognize your risk. Okay. Yes, Branks. Soar, but maybe not on spirit. Okay. Right. So we want to make sure that we soar. I mean, that we are rising up. So you have to recognize your risk smartly. You have to put some intellect behind recognizing the risk. There are smart risks. You can take smart risks. Most of the time we think about risks being something that are negatively going to impact us or we think about risks being the things that could harm hinder or hurt whatever direction it is that we want to go in and I'm here to tell you that risks can be smart okay you can look at something and decide if I decide that I want to do that or if that's the direction that I go in there could be some positives that come out of this smart risk-taking is a real key aspect of seeing success absolutely Brax right scared money don't make no money you have to be willing to say I am going to try that which is why invest is the next letter in our rise our eyes the next letter in our rise acronym and it stands for invest wisely So you have to recognize your risks and then you're gonna make a smart investment.

So what does it mean to recognize our risk? You have to ask yourself some questions. What is good about what you're doing, want to do, aspire to do? Because if you know that it's good, you can justify taking the risk and you understand that the reward actually outweighs more of the risk or the cons associated with why you would not take a risk, right? Dr. Dady Pree says, risk management practices are healthy, especially when applied to self. That is so good, Dady, because here's the thing. Oftentimes we think that risk means that we have to shrink back. It invites in the fear, it invites in the anxiety, absolutely, to elevate her. Is the juice worth the squeeze? And



here's the thing, folks, sometimes we know the risk is worth taking and we are the thing getting on our own way.

And guess what happens when you don't take the smart risk? The universe squeezes you and you end up having to do the thing that you've been avoiding anyway, or the thing that you have been saying to yourself, this is not what I think I should be doing, right? So the juice is actually worth the squeeze, but instead of you being the thing that squeezes it, you get squeezed so that you can do it. And that's where we start to feel uncomfortable. When our environment, oh, okay, Hobbs, I see you. When our environment says, since you didn't wanna do it, since you didn't wanna take this step forward, because you're over there hiding under the pew or underneath Dr. Deggie's weighted blanket, I'm actually just gonna cause the weather and the environment around you to get real uncomfortable.

So you have no choice but to move your feet to take these steps to navigate this part of the journey that you're on, right? And ask yourself the difficult questions like, what could potentially go wrong? And then think to yourself, what can I control? What are the things that I can anticipate good or bad? What might I be overlooking as it relates to risk? Because everything that we wanna do, ladies and gentlemen, is gonna be associated with the level of risk. Always ask yourself, is the juice worth the squeeze? Because if you decide that it isn't for reasons that have to do with you not wanting to do the work, you saying, I don't have what it takes when probably you do, you giving way to fear over fearless, right? You saying, I wanna remain instead of evolve. If you don't do that, what KB Browns just said in the chat is going to be the truth. Your destiny will always find you, okay? All of the things that we think we want to skip, okay?

Will find us and I guarantee you, if you avoid talking about the thing that you don't think you should talk about or doing the things that you don't wanna do or investing in or spending time with or developing, all of those things will still come to you and you won't move forward at all until you do those things, right? I was just talking to Nikisha Hicks about this last night and what I said to her in our exchange was, you've reached the point in this particular situation where you actually cannot control it, touch it, or try to plan any steps forward. You actually have to just sit still because none of this is about you and this is the lesson that you have to learn. And in so many words, she was like, I didn't come here for this friend and I just said, love you mean it back. And then we went home with our lives, right? But those are the things, right? When you think about what can you control, anticipate, or be overlooking, we had a conversation around what can you control?

And the answer was nothing. I am not in control of anything right now. Absolutely. Get somewhere and sit down. Because when you sit down, then you can think about, well, where do I need to invest? Do I need to be in, I did, I did, but I did, but it was, it was a love thug, but I did thug you out of love last night, right? For sure, for sure. Okay. So where do we need to invest? That's our eye. Invest wisely. So you got to

recognize your risk and then you got to be intentional about making good investments. So that means owning your circle. Who are the people that I'm investing in? Who are the resources? What is the intellectual property? Because sometimes the intellectual property is a person. Okay. Sometimes the intellectual property is a resource. It's a space. It's an opportunity that perhaps you've not been leaning into that you need to. Okay. Now these next couple of questions may step on your toes, but that's all right. We're going to just move forward.

Okay. These are very love you mean it bullets. Okay. I see you Hobbs, right? But these are very love you mean it bullets. Where have you been avoiding certain things or where are you cutting corners? Let's talk about the corner cutting for just a minute. By cut corner cutting, I mean, I know I need to spend the money here, but instead I'm going to put a bandaid on it and try to go on a route that's less time consuming, less cost, I mean, you know, more cost effective, I'm going to go with something that's the path of least resistance. But when we choose the path of least resistance, we get less quality, we get less service, we get less than what we deserve.

And so we are settling for something that's less than what our value is. And why would we ever do that? Okay, indomitable spirit mg, go ahead and get your marriage. We'll wait. Okay. Because then what happens is, is we cut corners and say, Oh, you know what, but I can get there still doing these things. And you can, but the journey is much more difficult, inconsistent. Right? You, you, you run up against things that had you just gone through the path, made the investment done it the right way the first time or the second time or the third time, we wouldn't be running into these challenges, right? The third, the question underneath that is what are the trade -offs, right? What are the trade -offs that need consideration? Let's talk about trade -offs. Trade -offs being the thing that you say, okay, yes, I can spend the money here, but if I spend this money here, what am I now trading off? Will it mean that I have less resources on the back end to do something with?

Because if I make this level of investment, right, will it be meeting a greater need that's going to serve me longer on this journey? Sometimes trade -offs can be things like I may not get to have as much time in social circles that I have been in. I may not be as present for people that I've always been present for. And let's talk about that. Sometimes it's okay to not be as present for people with people because of people. Sometimes it is knowing that your investment should be in yourself and not in everything around the journey that is watching on you because not everybody who roots for you roots for you. Do you understand that? Some people root for you to win and some people don't. So you have to reinvest in those corners. You have to reinvest in those circles. You have to look at who is around you and who is going to lift you up and who is going to pour into you from a place of love or not, okay?

Keisha Hicks and I talk about this all the time. Keisha Hicks will be like, I will tell you, there are three people in my life right now who can check me. Everybody else is

closed off and I am one of those people. She will tell, because she knows that my spirit is good. And so she is a, she's a constant in my corner. It doesn't mean that she doesn't listen to what everybody has to say, but what it does mean is that when it Kim Blue is speaking, she knows that 90% of what I'm saying, is it because I want to see her fall. It's because I want to give her things to think about and then apply the parts that are relevant to wherever she is on her journey. Right. And vice versa. And she ministered to me and she's like, okay, but Kim Blue, why aren't you doing this?

Why haven't you done this? This should look like this. And then sometimes if I'm really playing around, she'd be like, okay, well this call just turned into a this and we'll do the very thing that I haven't done yet so that I can take, and then she'll advance me five steps in 30 minutes. And then I leave the call better than when I came in. And sometimes that wasn't even the thing that I came to the call with, but it doesn't matter. She will gather me in real time. That's what I mean when I say, what are the trade offs? Sometimes I need to trade off my friendship because I need to be mentored to, I need to be poured into. Right. And it is. Thanks. Right, but this is what I'm talking about. So what are you trading off? Are you being intentional about trading off people? Are you sacrificing spaces, places? Where are you saying yes? Are you trading off the yes for the no? Because what do we know about yes, ladies and gentlemen? Yes is expensive. And y'all discount these nos real hard because you don't want to give them out. But these nos need to be full price. Okay. These nos need to be full price because they are just as valuable as a yes.

So are we trading things off in the right way? Because when we make the trade offs, I guarantee you the juice is worth the squeeze, even if it doesn't feel like that, okay? Mama T Nell's welcome in, good to see you says, I literally just reconstructed her inner circle group to surround herself with her next level friends. Come on, next level friends. The best decision you've made in a long time. Okay. Keisha Hicks says, stop giving cell phone discounts on those nos ladies. We will discount a no to death, okay? But I'm telling you these yeses, we will give away full price because we feel like the trade off of a yes is, well, they see me as reliable. They see me as dependable. I don't want to let anybody down. Meanwhile, we are draining our energy, our time. We are draining all of our currency, okay? Ebony A T L says, she's about to reevaluate the recent circles that she's come into. There's nothing wrong with the reevaluating them because let me tell you something. When you reevaluate those circles, when you have to squeeze that circle to either get it stronger or smaller or whatever it is, that juice is always worth the squeeze because nothing is worth your peace, your time, your energy, your emotional capacity, whatever currency you are putting or being tapped for in that circle, okay? What's the need you're sacrificing? And can you invest in that need over investing in a want, investing in a comfort, remaining completely. I mean remaining instead of evolving. So you have to invest wisely ladies and gentlemen.

You have to invest wisely in order to rise up over the barriers of momentum. Setting your intentions. This is one I adapted, I actually didn't change this from our presentation a year ago when I first started talking about momentum. So this is creating your own safe space. What does that look like? Where do you need to go? Where do you thrive best? Is it so low? Do you draw energy from other people? And if so, that's great, but what are those circles? Now let's get to what some of you are saying about reevaluating your recent circles that you've come into, right? Because not everybody and everything is for you. There may be a purpose that you were brought to that circle, but it doesn't mean that you have to stay there. You have to get clear on what it is that you need and are capable of. Let me say that again. You have to get clear on what it is that you need, but more importantly, what are you capable of? What can you give and what do you need to receive?

This is not a one-sided equation. We are not trying to balance the equation on one side, right? It absolutely needs to be you give and you get. That's where also the trade-off conversation remains relevant when we think about the part of this that talks about setting your intentions, okay? Writing down what you need and what you are capable of, when you can speak that out loud, it makes it easier for you to say no to anything that is not serving you. Kim, are you capable of being present for all these conversations? No, I'm not capable of being present for all of them. I have availability to speak at two conversations. If you need more than that, then I can create a virtual option or I'm happy to bring in another expert whose hand you will be just as, who will be just as capable as I am, right? No more hands that are just as good as if you were in my own, but I cannot commit to all of those things. Absolutely, KB Browns. Reason in a season, okay? I copied down exploratory journaling, right? So you have to be clear on the state of the state. How close or far away are you from your goals, your dreams, your intentions, whatever that looks like, okay? And think about the start, stop, continue approach.

You all have heard this from me multiple times. Start meaning, what am I not doing that I need to start doing? This is actions, choices, behaviors, whatever the case may be. Stop doing, what am I doing that's really hurting me, that's not creating a fair opportunity or system for me to operate in, right? And what's really working in the continue space, meaning what's going on that I love? love and that is helping me get where I need to be that I'm going to keep doing because once you can identify that I think there's a lot to be said for knowing yes I have got my bearing straight I'm super clear on what it is that I need to do and all of this is going to be in service to me okay so you have to set those intentions and sometimes setting those intentions means I want to know for a fact what I am accountable to myself for so that I know what type of help to accept and what type of help to decline which is also a part of the trade-offs okay because sometimes ladies and gentlemen we have to decline help we cannot say yes to everybody who wants to help because their investment in us may not be worth what we have to give back to them and we will freely allow people to help us not fully knowing

their intentions or not fully understanding their expectations and that can be a big distraction along our journey, okay. People will ask things of you or people will offer help expecting or anticipating that you'll give it back. And if that's not been a verbal agreement, if you've not gotten into any alignment with this, with someone else, then that expectation can become ill -informed and now you've created some conflict unknowingly and that's what we want to try to avoid if possible.

So finally, the E stands for evangelize yourself, okay. The E means, and when I talk about evangelizing yourself, I mean in the spirit of what we know evangelism to be, right. So evangelism in its truest form is like preaching of the word or self - encouragement or that you can do that with yourself, right. So what if right speaking positivity positively and positively to yourself out loud. So you got this, the mirror moments where you are reciting affirmations, right. Inviting in the good, what are the spaces, places, people, all of the things that I am doing, seeing being, what is good that I need access to? Where can I go to get good energy? Sometimes good ladies and gentlemen is like, where can I go be around a lot of sunlight today? Where can I go and make sure that I am around good music? What is going to give me good energy?

How am I going to be intentional about saying, you know what, I want to make sure that I have everyone around me that is going to be in support of what it is that I'm doing. Detroit girl, welcome Detroit girl, seven, welcome in. Thank you. So our Detroit seven girl, welcome in. Good to see you. Okay. The elevator her says, as I'm sitting outside working, you got to go where the good is, ladies and gentlemen. And here is a question to you. Thank you. Classics. Okay. If you do, Can you all identify where the good is that you need to gravitate to or go find, right? Put the good talking moat in the chat. If you know, I know where my good is. I know where I can go sit outside or go get my favorite cup of coffee or the place that has the best music or this is my favorite Starbucks or I've got the good energy, all these things, right? If you know where the good is, absolutely, right, put the good talking moats in the chat. But if you don't know where your good is, then that is your homework assignment. When I step into this place, what feels good about it? What helps me feel like my energy is even, that I can be productive, that my mind is clear, I'm less distracted, right?

Ebb says she wasn't always attached to food. Here's the thing, Ebb, there's ways to balance that and we'll talk about that in a different stream. right, how we figure out the healthiness of what those attachments are, what those alignments are. KB Brown says, that's why we're in the blueprint. Thank you, KB Brown, I appreciate you, right? But you gotta go where your good is. If you don't know where your good is, spend the time discovering what that is this morning, right, or where that is tomorrow or over the weekend. Notice when you're in certain places, your reaction to that, right? If you walk into a place and you're like, I just love how it smells, or I just always appreciate the customer service there, right, I was having some exchange with Brax this morning, and he and I were just talking about like value and sort of, I said something about assessing

happiness and what it looks like at this point in life, and he just proposed back a series of questions, and he's like, I went through this kind of dialogue with myself, Kim Blue, and I was asking these questions which seemed really difficult at the time, but it was like the necessary work.

That's what I'm encouraging, right? You gotta spend the time diving into like what the good looks like and then owning it. If good to you is the bougie coffee shop around the corner, go do that because you know you're gonna walk out of there productive and with things done and feeling energized and not in a place where you're gonna be distracted or in a place where you're like, yo, I can't think here, or I'm, you know, no, it's pouring into, okay? Seeking feedback about what worked and went well because when you know what is gone well, that's motivation to keep going. It also makes it easier for you to accept the feedback around what is not going well. I'm not saying you trade one for the other. What I want is for you to know that the good and the not so good can coexist and it doesn't speak negatively on you if there is not so good, okay? Calls those six as evangelists. When you tell folks that you are the best because if you don't believe it, then you shouldn't 100% it starts with you What use there is power in your words? There is power in your tongue said differently words matter, right?

Word economy you all hear me say that all the time the economy of your words You have to own them in certain situations. Okay, the cause of six. I hope you have a good session. All right, and sometimes There's this whole thing Hobbes says it's owning it for her, right? She gets discouraged when nothing is seemingly happening, right? But have you set the intention for the good to happen Hobbes? That's what I want to know Have you invited the good in? You might expect the good and you might expect that the goods just going to show up But have you created space for the good to take root and exist? Instead of spiraling into a mindset of oh, you know what? I'm waiting for the good But likely these things are gonna happen. It's like I said Tuesday who in here invites in the good and then immediately crushes it with the negative thought You have to evangelize yourself.

And even if you're seeking feedback, just as much as you get that positive feedback, let the not so great feedback resonate with you because that not so great feedback is you then having those questions, which is, well, what am I doing to contribute to the problem? Have I potentially been cutting corners that's resulted in this negative feedback? Are there some trade offs in here that I need to be describing? Hob says, where's my home reception? I think I'm just gonna add that emote Hob's to the emote bucket. I'm due for some new emotes, I think. So we'll put the Homer Simpson bushes in there along with the couch and the mirror and likely a blanket and a pew and all the other things that you sit here, right? Right, and some mirror moments, but you're right, KB Browns, words are a catalyst, okay? Which brings me to connecting the clarity, right? Because words definitely create clarity. As much as words can create misalignment, miscommunication between you and someone or something else, they

are also masterful at creating clarity, right? Those light bulb moments where you start to understand your role, what things mean, man, it feels good to show up when you know, oh, I got this. I get it, I see where I fit in, or even if I don't agree with the change or agree with the direction, I understand why it is taking place, right? Mama T. Nell says this whole time is what you've been missing. Your good place is sitting on the water fishing and haven't done it in years and now you need to schedule time. That's it, Mama T. Nell's, right? Go find your good place. I will tell you full stop, my happy place or my good place is next to the water. I am a beach girl. I need sand, I need sun, I need something that's gonna allow my spirit, right? I'm a water sign, I was born in November, okay? So all things that are fluid and flowy and that are gonna speak to my ability to give you depth and to be fluid, right? I tell people all the time. I can meet you where you are because that's what water does. Water takes the shape of whatever container is in. It takes the form that it needs. It's one of the few substances on earth that can be the same thing and show up in different forms, right? So when it can be, you know, solid liquid or gas, it can be a babbling brook or it can be a waterfall, right?

It can produce electricity, it can erode away rock, right? It takes its time and I take my time with things, right? And where I meet you. And that also translates to the words that I use and how I show up in the experience that I want you to have with me. So my happy place is always near the water. I am a beach girl, full stop, right? You want to love Kim Blue, take me to the beach, right? And like, just, you know, start there. That is important to me. And I know when I've been away from the water too long because then I feel like I'm in the parts of the water where I can't see any sunlight and I need to try to rise above. And I know that about myself. That's my energy. So find your good place. What does the good look like? Okay, invite that good in. Connecting to clarity and then aligning your focus forward, right? When you know where you're going, and I will put the slide back up for anybody who's taking notes in just a moment, when you know where you're going, then you can be intentional about setting your intentions, investing in the things that you need to help you get there and taking smart risks as you assess the journey to success. Because you do have to assess your journey to success. What are the steps and things that I need to take? What are the things that I need to put in place? What actually needs to be broken down and disbanded?

That's no longer a part of what it is that I have going on. Because not everything that you think you need, you actually need, right? I don't know if site givers in here, but this morning in classics meditation stream, we were talking about abundance and classics asked us a question and she said, you know, what does that abundant life look like for you? Or how do you know you're operating it? And site giver said, when I surrender things and I make peace with it, knowing that it will return to me if and when the time comes. That's real. You want to rise above, right? Be okay understanding that not every part of the journey, everything needs to come with you. Sometimes we need to offload and create space. And when that thing that you need will come back is needed, it

will come back to you, whether it is by gift, whether you have the resources or the means to acquire it again, or if the environment that you are in is going to provide it for you.

But all of those things are really intentional when we say to ourselves, ourselves, right? This is what and how we are showing up. Okay. So when you think about this notion of rising up, speaking positively into yourself into the thing that you're doing, giving it life, elevating it above the depths of where it can go to where there is no momentum. Okay, so you do have to recognize your risks, smartly, be intentional about what it is that you're doing and what's good about it. Make wise investments. All right, please set your intentions. If you don't take the time to set your intentions, you create a lot of opportunity for misalignment, for missteps, for the ability to just be disconnected from what your journey is. Okay. And then you have to evangelize yourself. Now, sometimes the evangelism can come through others, or sometimes the evangelism comes when you see success. right? You may get to a point or a mile marker across your journey and that evangelism is going to look like good job or it's going to look like feedback that comes in from someone that says, man, this is an excellent experience that I'm having.

Thank you for all of the things that, right, I know that have gone into this. Because if we expect evangelism from people, and sometimes we do, we may not get it. And when people don't big us up, when people don't show us love, when people don't give out the compliments, when people don't, you know, shout us out, when people don't validate our energy, our effort, then we may shrink back and go, ah, you know what, maybe I wasn't doing great. But you're trying to measure your momentum by someone else's standards. And if you are waiting for someone else to tell you to keep going, and you can't invest in yourself, then you might get stuck on your own hamster wheel.

We don't have time for that, right? You have a path forward that you need to fulfill. You have things and steps that you still need to take, ways that you need to move, being intentional about saying this is how I want to show up, why I'm intentional about showing up the way that I do. And it doesn't matter if I hear from one person or 1000 people that I'm doing well. I know that these are the steps that I need to take, right? Some parts of whatever journey you are on to rise above your momentum may feel very lonely. And that's okay. Because if you have too much stuff around you, it can be a distraction, it can be something that's going to redirect your attention. And you're not going to have the energy you need to be able to invest.

And that's when our momentum gets flatlined. And we don't want anything to deter what we've been focused on. That's when those barriers start to show up again. Then we get into overthinking. Okay, then we get into, well, maybe this isn't a idea and I should have just kept doing what I was doing. Maybe you know I really didn't that's not the right resources and maybe I don't have enough of this or that or whatever the case may be, right? We think that it's not enough, right? We think that we are not seeing ourselves. We think that other people should be giving us things that we can actually



create or curate for ourselves and when in actuality we need to be pouring in and taking those smart risks. Sometimes those smart risks mean I need to step away.

Stepping away is equivalent to change. What do I need to do differently? Now where do I go for my resources? Because all of those things are not there are available to us. Let me get out of my own head about what it is that I think I should be doing and not doing enough of, right? I had this conversation a little bit with my life journey last night. I was checking in with her and she told me that she forgot to do something. And I said, well, you know, that's okay. And she said, well, I just feel some kind of way. I feel like I let this person down. And I said, you didn't, you know, all of the things that they needed were put in place before you ever got into this space where now you're not in a position to support them.

So that's okay, right? You don't have to overthink about what that means because oftentimes we overthink because we wanna make sure that we have secured our own brand, right? But sometimes what we also need to make sure that we can do is speak positivity out loud, even if that means speaking positivity into ourselves and being available to ourselves, right? We will be available to everybody else except ourselves. And if we cannot be available to ourselves, then how, and I say this from a genuine place of love, how are we gonna fully show up in all the places that are expected of us that we've said yes to, that we've made a commitment to because yes is expensive. So if you can't show up for yourself in your own yes, then how are you even gonna see your way through this labyrinth that you have committed to, right? The roles that you need to play, where you need to emotionally invest, where you need to be able to pour into others along this journey.

I promise you that there is going to be a time where you are gonna need to rise up and that momentum that is gonna be there to help you fly is gonna require you to do the steps that we've taken here. Okay, mama t-nails, I am so happy to know that you are right where you need to be today. Thank you for being here. Thank all of you for being here actually, right? When you want to get past those barriers of momentum, think about what it means to rise up. And remember, and I said this at the top of the stream, it's okay if you don't start with the R. Maybe what you need to do is evangelize yourself first. then set your intentions, then make your investments and recognize your risk. It doesn't matter what order. What matters is that you rise. Because once you rise, ladies and gentlemen, then you can soar. And when you soar, that's where you're activating your strengths so that people can see you, so that you can really be great in your gifts, right?

You know what opportunities you have to improve, to get better, or to minimize potential risk. You understand and can clearly use your words to articulate your aspirations, okay? And you can be intentional about what those results are or are going to be, or that you wanna describe to someone else. Amy Key, welcome in, good to see you. Thank you so much for being here, Amy Key. We are talking about rising above the

barriers to momentum. And this was our acronym for today. So we talked about rising up and overcoming all of those and how we think about doing these things for ourselves, okay. And so I'm putting this slide up for anybody who is taking notes. And then I want to also kind of close by saying one thing and then we're going to get out of here.

Let me just, there she is, make sure that I show a little love to Amy Key, all right. So I want to say one thing before we get out of here, okay. When we think about this whole notion of rising up, okay. The recording will be up, Amy Key, and you can get all of the nuggets and the Kim Jims that you may have missed, okay. So here's the thing, right. When we think about rising up, okay, and I want to say this to you with the intent of knowing that sometimes a misstep is a result of moving quickly, getting excited, maybe overlooking something because we've not taken the time to slow down and go fast, to go fast, okay. We do have to slow down to go fast. There is no going fast all the time because eventually if you go too fast, you'll flame out. That's one of those trade -offs. But when you take the time to slow down, it lowers your risk of missing a step, of not having all of the things in order that you want, of not being intentional about saying, oh, I see these things or, oh, you know what,

I can now anticipate that this may have gone wrong. I see something that I was overlooking, right. Who in here has gotten or thought they had all the steps that they needed and then all of a sudden you get through part of your journey and you realize, yo, I didn't do this. It's like packing for a trip and realizing you left your toothpaste, your deodorant and your side. And maybe you're not close to a CVS or a Walgreens or a Dwayne Reed or whatever the, you know, whatever the story is that's close to you, right? And then you feel some kind of way because you're like, ah, if I wasn't rushing or man, if I had to just slow down long enough to double check or I knew I should have packed the day that I had that thought in my brain. This is the same thing, right? Giving yourself that time, that pause to look and say, I know I need to evaluate all the steps and I need to be present along this journey so that I can rise above because if you miss a step and you realize that you've missed a step, sometimes we hold on to that guilt or that shame and it keeps us from soaring, okay?

And I want everybody in here to be able to soar, right? And listen, KB Brown, sometimes we all forget things, right? I forget things all the time and need a nudge. Listen, I forget to respond to whispers sometimes, and I have the best of intentions, but I get busy and I own it. I'll say, hey, I was doing this or I'm terrible at getting it whispers or I'm terrible at doing these things. Let me make sure that I get this to you right now. I know for a fact that sometimes we can get in the way of our own ability to soar. But when we spend time intentionally looking at our risks, where to invest, setting our intentions and evangelizing ourselves, we can rise above because once you rise, you can 100% soar. I guarantee you. And not only that, you can soar among those who are also soaring because when you start to fly that high, blueprint bosses, you will see others who were also flying high and you will recognize that you could have been

soaring all along. Right. Yesterday, I was in the morning mindset. I don't know if she's still here because it's Thursday and this is her marathon day, just like it's my marathon day. Thursdays are my busy days. But yesterday, Nikisha Hicks said something in the morning mindset.

She said butterflies fly with the wind, not against them. Because if a butterfly flies against the wind, its wings will be damaged and it won't be able to soar. There she is. Right. But she said that yesterday. She said butterflies fly with the wind. So it doesn't matter how strong the currents are, as long as you are flying with the wind, the wind is going to take you. You do not have to. Yes, Twomp. Good morning to you. This is the kiss. Oh, my good. And Twomp says, and I'm back into the bushes. Ladies and gentlemen, good morning, Twomp. Good to see you. Thank you so much for being here. This is definitely the kiss dream. OK, but I'm telling you, ladies and gentlemen, you need to. Learn to fly with the wind. Right, KB Brown. Sometimes that is the miss, right? We miss whatever it is, okay? That's you flying against the wind, right?

When we fly against the wind, the currents are heavy. We can't get the wind pattern. We can't glide and soar, right? But when we fly with the wind, the wind then gives us the momentum that we need and we struggle less to rise and soar higher, okay? So one more time for the people in the back, okay? Who may have been taking notes, but may have been also listening. Here's our acronym, it's rising up. And this is how we get above the barriers to momentum, okay? Recognizing our risks, making smart investments, setting our intentions and evangelizing ourselves, okay? And listen, that happens. uh hobs right you can start and be planful and sometimes that feeling is with you sometimes it comes as a result of changing the fact that you packed early versus packing at the last minute okay and exactly i was gonna say and more than likely hobs you had everything that you needed absolutely the elevate hurt it makes labor turn into work y'all we're gonna talk about the difference between labor and work not today because we're gonna we're on our way to give very soon okay but i'm telling you when we recognize the difference between work and labor it will blow your mind because you and i have been talking about this for about the last three or four days okay about the difference between work which is what we all need to do in labor and why something is laborious tedious weighs on us in a different way right the work is the investment the labor is where we struggle and it's where we feel ourselves being drained okay all of those things all right so rise up ladies and gents so that we can soar because we have big things to accomplish we knew that top twomp okay listen uh next time you need some steel toe boots let's put the uh let's put the uh command in the chat okay and then you can get yourself some boots and then there is an emote i think that there's a boots emote in there there you go i will offer them to you real quick so you can have them for the next stream that you decided to join us okay so listen when we choose to rise up above those barriers to momentum we can soar and then we find our tribe because we are soaring among those who are also soaring because those who soar don't settle somebody write that down okay those who soar do not settle once you have reached

that height once you have seen what is possible you're not settling for anything less than what that is going to offer you okay period as the as these children say all right those who soar do not settle.

You said it, KB Browns, we will soar, period. That is what we are here to do. That's why we do work in this stream. That's why we hold up our mirrors, why we support, why we engage, why we stay and remain present. All right. Okay. Everybody with that one last virtual salute to everybody who came to listen. Nakesha Hicks says it does settles. I do not. Okay. Those who soar do not settle. We're just not going to do it. Okay. We are not going to do it. All right. So with that, I want to say thank you for being part of today's blueprint. Thank you to my bestie in real life, my actual real friend in real life, Nakesha Hicks. Okay. Those who soar do not settle. That is an absolute Kim Jim. Okay. Sitegiver. Good to see you sis. Thank you so much for being here. Nakesha Hicks, thank you for bringing all of your Hicks tips to the blueprint today. You already know how I feel about you. right today, tomorrow, and every day forward. Thank you all so much for being here. Okay, we are going to get out on time. We are on our way to go see DJ. I copy the raid message.

Okay, put the good talk emotes in the chat. If you are taking something away from today's conversation, I hope that it was meaningful and valuable to you as we talk about rising up and as we talk about being prepared to soar. Okay. Listen, I want everybody to have an excellent weekend when I see you again. It is going to be June and we are going to be talking about all of the things we need to do to mobilize and get our resources together. Good morning Vance. Good to see you. Thank you so much for being here. Happy Thursday to you. Let me get the raid together. Hold on, ladies and gentlemen. There we go. Hold on. Let me try it again. Hold on. Bear with me just one moment. Okay. There we go. All right, ladies and gentlemen, let's copy the raid message. We are on our way to go see DJ. I appreciate each and every one of you for being here, for those who were lurking. I appreciate you. I know that I have a heavy local population, so we are appreciative of everybody who was present. When I see you again, it's going to be June. Okay. I hope you made the most of your May and I hope that you will spend some time figuring out what it means to rise up so that you can understand, do I need to be assessing my risks or making some investments, right?

Do I need to be setting some Intentions so that I can do what I need to do or do I need to be? Evangelizing myself speaking positively or in the words of big stove getting around some people who are going to pour into me Okay, getting around some people who are going to be intentional about what it means to Invest in my well -being, okay And I think that that's probably some of the most important parts about this and where we think about where the trade -offs Come to everybody who said that they are evaluating your circles. I appreciate that right? That's a part of doing the work Okay, so with that we are going to make our way out of here one last time copy the raid message We are on our way to see DJ. I bay. I am sending you into Your weekend with all of the

good energy and light that you will need to guide you take very very good care of yourselves And we will speak again next week.