

## The Blueprint: Barriers & Boundaries

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Thanks for watching! Good morning, everyone. Happy Tuesday to you. Thank you for being here and for your patients this morning while I navigated all things school drop off and technical difficulties for those who don't know who I am or if it's been a while since you've been to the stream or if you are new to Twitch, let me introduce myself.

My name is Kim Blue. I am an HR strategist and a career coach. This is the blueprint. It's the space where we come on Tuesdays and Thursday mornings to really talk about all things personal and professional development. I believe that everybody should be the boss of their own blueprint, which means having access to the knowledge, skills, capabilities, and resources so that you can operate at your highest potential, add value to whatever work you own or are responsible for and most importantly show up as your most authentic self because when you do that you can be great in your gifts you don't have to dim your light for anybody and you can give your best to the world and receive what the world has to give back to you in return so that's why we're here we do this work from a place of love we show support we really engage community here and we hold each other lovingly accountable so let's go ahead and get started I know I'm running late this morning so I'm going to jump right into some housekeeping and then we'll get into today's conversation which is all about barriers and boundaries this is the perfect time of year to really look at our barriers and ask ourselves do the boundaries we have in place are they really barriers and are we putting them in place and getting in our own way and that's a lot of what we have to ask ourselves as we hold our own mirror this morning.

So just a reminder that there is no stream on Thursday, okay? I will be traveling and returning on Thursday, but I'll be flying during the time that my stream will be going on. So no stream and then we'll resume a normal schedule next week where we will have both the Tuesday and Thursday stream without any interruption. And next Thursday on August the 15th, I will be broadcasting live from Lock and Cue Media Studios. It was the summer of being home because I was doing all things mom, but now that the little one is back in school, I'll be able to resume doing some of my blueprint broadcasts from Lock and Cue Media Studios, so be on the lookout for that next week, okay? Exclamation point, coaching for anybody that is interested, please, please reach out to me or reach out to anybody else who you may know is participating in the coaching. If you have questions, I'm ready to start my second cohort.

The first cohort is rocking there eight months in already and we are getting ready to round out year one together and figure out what it is that we are going to do for year

two. And so we are also going to be doing a stream. They have all said yes to a special blueprint where I get to introduce all of them to you, but they mostly talk about their goals, how the group has helped them. But mostly how they've grown over these last eight months, because each one of them have, and I won't steal their thunder.

So exclamation point, coaching, it's a \$50 a month investment, so about \$600 a year, you do have homework, you do have assignments. Each one of them is connected to me on LinkedIn and in other places. And they will tell you that the encouragement not only comes from in the coaching sessions, but it comes outside of that as well. So they are committed to their own journey. So if you're interested, please see me. I'm happy to get you signed up and I see Kayla just put the exclamation point. in the chat, so you can do that. So let's get started and say good morning to everybody who is here. We want to make sure that we acknowledge you.

Good morning, Caleb. Good to see you. Thank you for being here. Happy Tuesday to you. Good morning, Bashi KD. Always good to see you. Welcome in. Good morning to you, love. Happy Tuesday to you. Thank you for being here. I know DJLV welcome in 20 months on the resub in a row, he says, ladies and gentlemen, the man who kicked me off the cliff himself who gave me no choice. And here I am 20 months later still with you guys. Thank you, LB. I appreciate you. Vengeful Turkey. Welcome in. Good to see you. Happy Tuesday. I hope you are doing well. LaWanda Baskerville. Happy Tuesday. Always good to see you. Thank you so much for being here as well. Did I see someone else come in? Hold on one second. I'm scrolling on my phone because my second monitor is down this morning. That is why I was having some technical difficulties. Good morning, Music Level 21.

Happy to see you. you. Listen, if you are in the stream, and I have not said good morning, please put a shout out in the chat before we raid out. That way I can acknowledge you. Good morning, Hobbs. Welcome in. Good to see you. Happy Tuesday to you. Shout out to everybody who was working, lurking, and commuting for everybody who is doing their thing in the morning. You know how I feel about the stream, and you know how I want it to be in service to you. So do with this space what you will, and thank you for being here, and thank you to everybody who will catch the recording at some point. Yes, lots of technical difficulties. My second monitor is down.

I'm having some camera issues. Hinch the glitchiness in my broadcast, so we can catch up about that after the stream whenever you have some time. So all right. Let's talk about barriers and boundaries, because this month is a follow -up to everything that we were doing last month in July about creating space. And if you remember, we talked about an acronym for the word space. Good morning, Dr. Dady Priest. Good to see you. Please go give all of these great folks a follow, Dr. Dady Priest. I know DJLV, Lockheed Key Media, Hobbs, Celo 702. All of these folks are streamers and mods and DJs, and they will lead you to others here on Twitch. I think just about everybody I have

found on Twitch has been a recommendation or through a raid for someone else, and that's how I've discovered this amazing community.

So please go give them all a follow and learn and love and engage with the people that they are that are parts of their communities as well. So we talked last month about creating space, and we were really intentional about looking at each one of the words that represented the acronym space. And towards the end, it was brought to our attention that sometimes we get in our own way, and that could be a result of procrastination. It could be laziness, but either way, there are barriers that keep us from seeing our success. Now, sometimes those barriers are environmental, meaning they're things we can't control, they're circumstantial, things that we don't have the ability to change. Sometimes they are things that get in our way that are temporary, right?

It's a slowdown, and we don't see it as a slow down. We only recognize that something is impeding our progress. And other times we recognize that the barriers are put in place by us. And we are the ones that create these so-called barriers believing that these are the boundaries that we put in place and the things that are going to help us advance and be able to better weed out the things that are not going to support us while in fact we are masking the barriers underneath boundaries.

And so this conversation today is really about accountability. it's really about this opportunity to say what is it that I am doing or how am I truly using boundaries as barriers because we may not recognize that we're doing it and here's the thing the people around us may not recognize that we're doing it either we will say I want to keep this to myself I want to make sure that nobody can get to it I want to make sure that I can monitor it and hold it but in reality it could end up being a barrier to getting to the next step because for whatever unspoken reason we're dealing with ourselves on some things whether that is confidence whether it's resources whether it is our capabilities how do we know we're going to be capable of doing what we say we're going to do so let me put up these boundaries in place but really they're barriers that are protecting me from the outside world from ridicule from criticism from disappointment anything that is going to have somebody look at you and go that's not enough we can't deal with that you're not going to be able to produce with that or be great with that whatever that might look like okay and it takes a lot to get to a place where you are self-aware enough to know that the boundary that you have put in place is truly a barrier that you are using to protect or preserve all right mr nate good to see you happy tuesday so when we think about the difference between a boundary and a barrier what are they and now if you're taking notes this is where you want to get out your pen and get out your notebooks because once we understand the difference between barriers and boundaries it makes it much easier for us to recognize okay am i getting in my own way am i allowing others to get in my own way am i making excuses and really calling them reasons right and we're going to talk about what some of that sounds like and now this is where coach k comes in okay because you're going to hear me pull out the things examples of things that I have

received in coaching conversations right and I certainly won't use names but I will use live examples of things that people say that you may have said that you're not even realizing and the question that I want you to ask yourself is is that a barrier or is that a boundary okay and as we start to navigate through this I want you to be open to recognizing what's my opportunity is my opportunity to actually change my words and say I'm not confident that I have everything that I need I'm not in a position to say I think I understand all of the resources I'm not really ready to ask for help I believe that I'm getting in my own way it's starting to get easier to say that but then can we say the statements that go along to support that okay I see Kayla I can put the boss gear you know in the chat already and the boss gear command in the chat okay so this is what's good.

Dr. Dattie listen y'all can I just tell y'all a little secret I talked to my friend Dr. Dattie Priest yesterday and it was just a general catch-up because it's been a few months since I've actually spoken to her on the actual telephone man sometimes since before OMU dating maybe I don't think but that was in June and it's now August I think that's the last time I physically talked to you on the phone it's been months with an s and so we were catching up and in the midst of our conversation yesterday she was sharing some things and I was putting some things out there to her and she said ma'am can I just put an exclamation point on this thing that you're saying she's like message received right it's a sometimes it is this whole notion and she did the exclamation point out and she said that but sometimes we have to recognize that we are the barrier or the boundary okay and so today's conversation is about bringing that to life all right so what's the difference between a barrier and a boundary I want to read something to you so that you can be really clear on understanding the difference because once we understand the difference between a barrier and a boundary it gets really easy for us to show up in the right way so you know I have my notes my notes are on my phone today so hold on one second let me pull this up because I want you to hear the the context in which I wrote this down as I was preparing for today's conversation all right now here is what I want to tell you good morning big stove good to see you thank you so much for being here and appreciate the re-up 20 months for you as well thank you for every single moment big stove I appreciate you okay and get your breakfast on big stove we're talking about barriers and boundaries and do we mask our boundaries as barriers and if so are we getting in our own way by using the boundaries that we put up to protect us from the outside world or being prepared for whatever our goals or the successes that we want to see so good background fodder while you are listening I mean while you are making your breakfast.

Okay. Here is what I want to read to you as I was doing this. And so you all know me. It's always the science behind the strategy. And so I went to LinkedIn because that is where I like to start some of my research before I go out into the other parts of the community. Good morning, the Elevate Her. Good to see you. Happy Tuesday, the Elevate Her. We are talking about barriers and boundaries and sometimes how we use

our boundaries and think that that's what they are. But we're really creating the barriers ourselves and how we get in our own way. And we're getting ready to define the difference between barriers and boundaries. And I'm getting ready to open up with something that I found on LinkedIn as I was preparing for my conversation for today.

Okay. So good to see the Elevate Her. Happy Tuesday to you. So I found this on LinkedIn. This came from an article last year that someone wrote. So on LinkedIn, if you're familiar with the way that it works, people can post anything, but then they can post, you know, opinion articles or they can post position articles about this and it allows for people to engage in conversation. And because it's a professional platform, oftentimes it will bleed into how we show up as professionals, but some of the personal comes in as well, which as a coach of my ilk meaning, I specialize in certain things. I like to see how people blend the personal and the professional because they're so close together. So this is what I want to read to you this morning. Okay, so everybody lock in here for just a minute.

There is a difference between boundaries and barriers. If a boundary is the line in the sand and you intentionally set a barrier is a boulder that stands between you and that line. Let me read that again. If a boundary is the line in the sand, you intentionally set. So you set the boundary. Okay, it's that line in the sand. You acknowledge that. Then the barrier is the boulder that stands between you and that line. Now let's stop here. How many of you are putting boulders in front of that very line in the sand that you drew? Right. So you go to set up the boundary. I'm not going to do this. I'm not going to do that. I'm going to stop here, right? I'm going to change this. I'm no longer going to eat that. I'm going to start to get up early. But then, and so you draw that very clear line in the sand, but then you put a boulder in front of that line that you have drawn that says, but I'm not going to go to the grocery store and buy the healthy food.

I'm just going to snack or I'm going to stay up late instead of going to bed early so that I can exercise before I get up in the morning, right? Or I am going to park as close to the door as possible and not use the opportunity to get the extra steps in. I'm going to take the elevator instead of the stairs up and down, right? Even though the extra steps will help, or even though something is better than nothing. I'm gonna put, do you all see the examples of how you put the boulder in front of the line in the sand that you have drawn yourself? The Elevate Her says, this is really good. Rules, boundaries, standards and expectations. See, I'm only on the front part. Y'all see how the Elevate Her has already got the standards and expectations part.

Just go ahead and plan to be on the blueprint, the Elevate Her, so we can talk about part two of boundaries and barriers. Because you've now added this extra layer to it. Listen, it's always your friends that come in and support you and I appreciate these. Okay, Sea Love says I'm just gonna hide my head in the blanket now. All right, let's go back to this note because I wanna finish this out and I love what the author wrote here.

So it says, for those who were taking notes, if a boundary is the line in the sand, you intentionally set The barrier is the boulder that stands between you and that line.

Here is the last sentence and I want everybody to hear clearly. A barrier is something that stops you from moving forward. A barrier is something that stops you from moving forward. Now, if you put the barrier, excuse me, if you put that boulder in front of that line in the sand, or that barrier, if you do that, if you set your boundary and then you go and put that boulder in front of it, that blocks you from getting to the other side, that is the definition of getting in your own way. That is the epitome of saying, I know that this is what I'm supposed to be doing and yet I am gonna put these other things in place that I think are going to protect me, but really they're going to hinder me, okay?

Protection and hindrance are not the same thing, ladies and gentlemen, okay? Come on Lakeisha Hicks and say that. She says, you have officially become the weapon formed against you. Listen to me, blueprint bosses, why would we want to get in our own way? I wanna hear from you, put it in the chat. Why do we want to get in our own way? Why do we want to put the boulder in front of that line in the sand? We know that line in the sand is there, but here's the question, are we afraid to cross that line? What's on the other side of the line that we have drawn in the sand for ourselves? Okay, what's on the other side of that boulder? Do we wanna create more work by trying to get over that boulder that we've drawn in the sand? Right, listen, the elevator says, fear is on the other side of that. Bashi KD says, to push yourself past the unknown, come on doc and drop that knowledge in the chat, okay? We create that line, but then what's on the other side? The other side of that line that we don't want to experience, that we don't want to deal with. Why would we put a boulder there? Good morning, music spasms. Good to see you. Thank you so much for being here, music spasms.

We're talking about barriers and boundaries and how sometimes our boundaries are masked as barriers to keep us from seeing our own success. Coming off this notion of creating space. Now I'm going to tie it back to creating space in just a minute. So y'all stay with me. Okay. All of this is going to make real sense. Not that it's not already, but it's going to make real sense. Okay. So we put this boulder here. Let's, let's pretend we're on a beach. All right. And we do, we draw a line in the sand. We find a cute piece of driftwood and we draw a line in the sand, but then we find a big, big rock and we put that boulder in front of that line in the sand. That's just one. But if we look around, we realize that there's more space for us to move around. to navigate, to occupy, okay? But what do we do with that space? We draw another line in the sand when we set another goal because we decide for ourselves, okay, I'm now going to do this.

I'm going to wake up. I'm going to be ready to make these changes, to implement these adjustments. And so now here's my line in the sand. But then we don't cross that line. We figure out what are all the reasons why we cannot do something. And so we put another boulder there. This one might be smaller. This one could be larger. Either way,

we're blocking ourselves from getting to the goal. Let's review what the last line said, okay? It says a barrier is something that stops you from moving forward. So we now put another boulder in front of this line in the sand that we have drawn. And here's the thing, ladies and gentlemen, we keep drawing lines in the sand and then we keep putting boulders in front of each one of those lines until we have taken up all the space and drawn these lines in the sand and then put barriers in front of them, okay?

And we just keep doing that until we have blocked all the space around us and it is full of barriers or boulders, okay? I'm going to pause right there because I see the raid coming in. Good morning Gospel Takeover family. Thank you so much for being here. Happy Tuesday to you. One reason who is bringing everybody from the Gospel Takeover here. One reason if you are not following him, please do so. Always a good time in his stream. Gospel music Monday through Friday, 7 a .m. to 9 a .m. Eastern Standard Time, except on Tuesdays where he comes and brings his family to the Blueprint. Thank you Reason for being here. Good morning to everybody.

SFC salute to all of you. I hope you are doing well. Reason, how was your stream? This is the perfect place to pause and then we will jump back in. I already know the recap. The recap is coming from LB if you're still lurking in here and there will be a recap.

Don't worry but let me and say good morning to everybody and then we'll get back with our conversation because it's okay be Brown's welcome in good to see you Sage with the C good morning to you thank you so much for being here good morning Shelly always good to see you happy Tuesday Diane to BX good to see you thank you for being here the one and only Kishiki happy Tuesday good morning to all the writers who came in or for those of you who may have already been lurking in my stream who were also in ReasonStream thank you so much for being here 713 good morning good to see you DK good morning good to see you thank you so much for being here there it is LB I see you on the recap it's coming in just a moment salute to everybody who came in with the raid if you are new my name is Kim Blue welcome to the blueprint happy Tuesday to you we are here every Tuesday and Thursday 8 a .m on Tuesdays 11 a .m Eastern Standard Time on Thursdays where we talk about all things personal and professional development.

Today, we are talking about boundaries and barriers. You're diverse, welcome and good to see you. Thank you so much for being here. How was your stream last night? You're diverse, I missed it. I saw your announcement on Instagram and was doing all things mom during that hour. So hopefully had a good stream last night. Thank you so much for being here. We are talking today about barriers and boundaries and about how our barriers, or excuse me, how our boundaries can be masked and actually be barriers and we don't know it. And this is really getting in our own way and how we don't acknowledge that sometimes we are the folks who are blocking it. And I was giving a very clear example. So, for a reason you're gonna reverse out already.

Okay, I think you all have been here about two minutes. One reason says, I'm out. He's not even sticking around because that's what happens recently. So let me repaint this scenario for you. I was reading everybody something from LinkedIn as I was preparing for my conversation with you all today. And I wanted to make sure that I had a very clear metaphor that you all could connect with. So SFC fam, if you were coming in, scoot up to a blueprint boss, whether you were on the pew, whether you were pulling up to the cake outs, whether you were coming right to the boardroom table, go ahead and get yourself situated because I want to read you what is our foundational understanding around boundaries and barriers today.

All right, so this is what it says. Reason, before you reverse, okay, take this with you. It says, if a boundary is the line in the sand that you intentionally draw, okay, remember you're in control of all of this. One reason, I don't think LaWanda Baskerville is gonna let you out. I think she's got a seat next to you wherever she's sitting inside the boardroom reason. So I think you're stuck. All right, if a boundary is a line in the sand, you and- intentionally set, then a barrier is a boulder that stands between you and that line.

So if you draw the line in the sand, that's your boundary, then the barrier is this boulder. So imagine a big rock that you put between you and that line in the sand, and that boulder represents anything that keeps you from getting past that line that you have set for yourself. So not only have you created a boundary, you have put the barrier there to diminish your ability to be successful. Hey, McKee, good to see you. Thank you so much for being here and for the re of happy 20 months as a blueprint boss. Good to see you. And thank you so much. Now when we understand that we can draw the line in the sand and we are responsible for blocking ourselves, right? The elevator who is in here, she said, you have become the weapon formed against you.

You are literally getting in your own way. You have said you want to do something and then you have created the reason why you cannot be successful. The last line to this blurb that I found on LinkedIn says a barrier is something that stops you from moving forward. And the question that I pose was what is on the other side of that line that would that is so compelling that you would put your own barrier there to keep you from having to do the work from owning the journey from really trusting yourself from seeing success.

What is there? Okay, Keshia said fear, right? Bashi K .D. said, right, we've got to sort of acknowledge that there's some things out there that we may or may not want to deal with. I'm paraphrasing what you said, Bashi, but in so many words, right? That's what it gets. So when we understand that we are the things that are blocking our own success, we are the boundary in the barrier. We use the boundary to then determine what we can put in place to stop us. And sometimes it's so subconscious that we don't even know that we are doing it. Okay, we get to a 713 says those kind of weapons



prosper. Absolutely. And here's the thing. When we understand that we are the curator of our own weapons.

And so what I was doing before the raid came in was I was giving everybody this analogy, and I was getting ready to tie it back to creating space, because this is really where we know we are in the midst of blocking all of our success. Savious feels welcome and good to see you. Thank you so much for being here. Happy Tuesday. So what I was giving everybody was a metaphor. So listen to this. Let's say you're on a beach and you draw a line in the sand and then you put a boulder in front of it. You find a rock somewhere on the beach. And that rock is the thing that keeps you from crossing that line in the sand. realize you've got more space to move, and you've got this opportunity to go, okay, well, I can set a new goal or a new intention, or whatever you want to call it.

So then you decide that you're going to set another goal, what's your next end result. But you draw that line in the sand. And then you think of all the reasons, well, why I can't do that, because I don't want to disappoint this person, and I really don't have the money yet. And I don't think I'm prepared. And I really need to be doing more of these things before I start, because the hardest thing to do is to start. Once you get started, that's it. You just keep going. Okay, good morning, Miss Peacemany. Good to see you. So what we do is we draw a line in the sand, and then we put another barrier of another boulder there. So now there's a barrier between us and the line in the sand that we have created.

Okay. And then we set a new goal. And we just keep drawing these lines in the sand, I'm going to set this boundary. That's ultimately about my success. but then I'm going to put my own boulder in front of it that's going to block me from seeing that. And we just keep repeating that until over time we look around us and the space that we thought we had is full of these boundaries that we have set and these barriers that we have created so that we cannot get past them and that our whole world is taken up by barriers and we have no space at all. We can't even navigate the space that we have and we look around us and realize we're stuck. We're stuck in a sea of barriers that we have created for ourselves, okay. And sometimes this cycle goes on for years. Sometimes it's with us, sometimes it's with other people. We do this whenever, listen, take a look at your personal relationships, take a look at your professional relationships. Some of us don't allow ourselves to get too close to people.

Why, right? Some of us allow ourselves to not, you know, be as vulnerable as we would want to or know we need to be, okay. Some of us say, I'm just going to stay right here because I know this is safe and if I go beyond that point then I'm going to be held accountable for things that I don't know that I'm ready to be held accountable for. But how do you know what you are ready for if you don't push past the boundary and go to the line in the sand, reason I see you, right? How do we know what is on the other side of that line that we have drawn if all we acknowledge is the barrier that we put there

ourselves and then we create more work for ourselves because now we got to navigate around all these boulders that are around us, but we put them there.

So instead of doing the work to just cross the line, we now must do the work to get past the barrier and then cross the boundary. You could keep that same energy and just go across the boundary, you know. Big stove, right? I want us to be intentional about where we put our energy, because energy like time is not a renewable resource, okay? You have got to say to yourself, it is worth the work. And yes, I am afraid. And yes, I don't know what the outcome is gonna be. And yes, I have to deal with myself along the way and meet myself. I have to meet myself in my prayers. I have to meet myself in my requirements. I have to meet myself in the goals that I have written down. I have to meet myself in the things that I have declared I wanted in my journal. Whatever that is, you do have to meet yourself because those are the things that are gonna help those boulders shrink so that you can get around them.

You can step over them. You can look at it and acknowledge it and say, that's okay, I've got the right gear on, right? Now you're putting on this boss gear so you can get over the boundary, okay? Excuse me, over the barrier. Not so that you can navigate around the boundary. You're gonna go through the boundary. That's what it's there for. You set it so that you could surpass it. Oh, somebody write that down. You said it so that you could surpass it. So why would you block your own journey? Okay. 808 Effect. Good morning. Good to see you. Welcome in. Happy Tuesday. I hope you're doing well. Okay. 713 said, I'm hiding my journal again from Kim Blue, but I'm listening 713. I'm saying the Wanda basketball. I see you shaking your head. I see everybody shaking their head, right? I see all the emotes and the jet. The Wanda basketball said, I'm not, I'm not doing it right. I'm not even going to do it.

But listen to me folks. When you think about these boundaries and these barriers, you can take up all the space, putting the barriers down, or you could keep that same energy and you could create space for yourself. Well, do we have to do to create space? We first have to surrender the act of putting the barrier in place. Stop putting that barrier in front of you. Don't acknowledge that we are put this boundary down and then put a bit. You have to actually stop putting that barrier in place. Okay. Then once we do that, we have to prepare. Okay. What am I preparing? You have to prepare for the journey around or through or over whatever it is that is that boundary, because what we acknowledge is the boundary is set and now we have to cross it.

So now I've got to do the work. Now I've got to ask for help. Now I've got to say yes. Now I have to say no. Now I have to be okay understanding my shortcomings. Now I have to be clear on saying, you know what? This is not a space that I'm comfortable in. Right. I was having a conversation with someone a couple of weeks ago. Maybe it'll be like two, maybe two weeks ago now. And in the conversation, I was listening to them talk about an endeavor that they are going to start and I know that they're going to start it

because through the conversation I learned that they have taken actionable progress against this. But the philosophical part was coming out for Coach K.

Okay, 713 said I'm realizing my own boundaries have been weapons. Absolutely. You got to remove some or shift so it goes 100%. The minute you have that clarification that your boundaries have been weapons, man, so important, right? So I was having a conversation and we were talking about this endeavor that they are starting and in a past conversation I had made a suggestion and said, well, have you thought about this? This could be a way to garner these things that could help advance, you know, in this direction. And not in that moment, you know, did they respond, but later on in the conversation they were like, I was reflecting and I was like, why do I need to do that? You know, I don't need to do this. I've got these other things over here.

But then they had that moment after that conversation with themselves and it said, well, maybe it's the very things that I'm not doing that I should be doing, right? Because I am doing all the things that I know to do and nothing is transpiring or nothing is shifting or nothing is there, right? And so we ended up going back and having a different part of the conversation and figuring out, okay, what's the best approach for you to get this thing or to do this thing that's comfortable for you, that's not going to ask a lot of you or those who you would need to help you with this, right? And they ultimately did it and said, listen, I got some great feedback from all of that and some of it was very humbling. And now they're off and running with this very thing. But when we talk about this whole notion, sometimes the boulders that we have folks are the things that we say to ourselves in our mind.

It is those limiting beliefs. I don't think I need to do that. So now you limit yourself in what you're capable of or what the opportunity is going to be 100% LV, 100%, right? Mental boulders are boulders, ladies and gentlemen. I know I'm giving you the metaphor of a physical boulder, but I also want you to acknowledge that mental boulders are present, and you can get around mental boulders just as much as you can get around physical boulders, right? So what are these mental boulders? It's the limiting beliefs. It's the white noise, right? It's those mantras on our mixed tape that say anything to us that's negative, that's not positive, that's not uplifting or encouraging. It's the fact that we will choose to remain right where we are instead of embracing the opportunity to evolve, right? Big stove is talking back to LV in this and I'm telling you, right? MC2J man, good morning.

Good to see you. Happy, happy Tuesday. Thank you so much for being here. Y'all go give MC2J man a follow. He is massively supportive just as much as you are and everybody's stream always, right? It's also an amazing DJ understand that the mental boulders when we may not recognize them okay the mental boulders are where we start to form in our minds what it is that we're doing okay and that's what perpetuates the physical boulders that we experience or that we acknowledge or that present themselves to us so we thinking in our minds I can't do that I don't need that this isn't going to work

why do I do that and then that is what sets itself up to be like well I don't have the opportunity I don't know what to say I'm not really equipped to do these things you are you just have to break down this mental boulder and then you start to realize how much access you have to all of these things right so I was having a coaching conversation yesterday with someone I'm going to talk to you about two leaders that I'm coaching right now both of whom have said to me These are not things that I'm comfortable with.

And so because they've been very clear about the things that they're not comfortable with, those are the very things that I'm going to have them do. Because ultimately what I know is as leaders, if they don't push through that in this safe space with me, when they're on the biggest, listen y'all, I coach leaders who are in some of the biggest jobs of their lives. When you are the CEO or general manager, when you are the head of, when you are the whatever, and it is literally, and what I mean by the biggest job of your life, you've got the most responsibility, you're responsible for people, you're responsible for revenue, you're responsible for all of the products, everything.

These folks are in the largest jobs they've ever had. And my job is to be the person that reminds them that they can do this, that they've got the tools and the resources, but they do have to tap into some of those intrinsic things that they feel like they need to leave behind. Case in point, yesterday I had a leader tell me, I said, how are you telling your story? How do people know that you're available for consideration? And he got kind of quiet. And I waited because there's always this inevitable silence of I wasn't prepared for that. And then the answer came out, well, I haven't. I said, we'll say more about why that hasn't been the case. And they said, well, I for a fact, know that I've been tied to this one industry for 20 years.

And then I've had the opportunity to move right into another role, but I've not applied for a job, like physically gone on to LinkedIn and put in an application. I've not had to do that. And so this whole thing is new for me. And now I'm in this really vulnerable space and I don't like being vulnerable. And I said, well, because you don't like being vulnerable, that's the very thing that we're gonna work on because this vulnerability capability is something that you're gonna need to use in your next job, right? That very tactile transaction. parts of what you do, nobody's disputing that. But how can you show up fully and authentically if we can't be vulnerable in this most safe space, which is telling your story and saying I'm open for opportunities.

I'm open to be an advisor or subject matter expert. I'm open to whatever you're open to. And he just kind of nodded his head and said, okay, I hear what you're saying. But it was the acknowledgment of I've put these boulders or barriers in place that have incubated me in so much so that I now don't have all of the tools that I need. And now I'm in a position where I'm ready to transition into my next career opportunity. And I can fully say that I'm not comfortable doing things that other people need to do that I may even mandate that other people do because that's what our policy is, right? But here's the thing, the universe and the world will shift you or humble you or bring you wherever it

is that you need to be, but ultimately teach you so that you have all of the resources, all of the capabilities you need to operate at your highest potential.

Right. DK, thank you so much for the bits. I appreciate you. When you think about how you step into your greatness, it starts with removing the barriers and redefining your boundaries. OK, so that is the question. How do you get started? OK, you have to remove the barriers. Let's talk about that before we get into the redefining of the boundaries. It's two steps, ladies and gentlemen. OK, now they're not easy steps and they're not small steps and they're not steps that are going to happen quickly. So I want to set everybody's mind to the fact that once you start the goal, once you start the process of removing the barriers, it is going to take work because guess what? You may revert and decide that for whatever reason you're going back to that space because it's comfortable, familiar, it's the path of least resistance, whatever it is, you want to call it.

But the work of removing the barriers is not easy or fast. It is a commitment and it's going to require you to stay involved and to hold your mirror so that you can recognize when you're reverting and when you need to find your way back. So the process of removing the barriers. It's a variety of things. It's saying no when you desperately want to say yes, because yes is familiar. Yes, it's easy. Yes, is accessibility. Yes, is an opportunity. OK, but saying no breaks down the ability for that yes to cover up to comfort, right, to put a bandaid on a hemorrhage. No, ladies and gentlemen, we are going to medical school. We are performing surgery.

Okay, we're not just gonna you know put stitches on a gaping wound That's not what's gonna stop it because here's the thing if you stitch up a gaping wound Guess where the blood flow goes it all builds up right underneath Now you create more problems and that's not we're here to do so we're gonna perform the surgery Okay, we're gonna scrub up and we're going in Ready no, come on 713. You are ready. No matter what always Always, okay. So when you are talking about Removing the barriers it is saying no when you really really really want to say yes Okay, it is taking the risk and let me tell you what risks you're taking it is the risk of disappointing someone who is always counted on you to be their source and It happens right it is taking the risk of disappointing them But really that person is not disappointed in them They're just grieving the fact that they now have to do their own work that they're on their own journey.

Beach United, good to see you. Thank you so much for the bits. Go give Johnny Lowe a follow. Happy Tuesday to you. Always a good time in his streams. I hope you are doing well. Thank you for being here. So it's saying no when you want to say yes. It is being, it is taking the risk of knowing that you may disappoint someone and that's okay. Okay. It is having the courage to stand up for yourself and advocate for your needs. Who in here is regularly giving away their time and regularly giving themselves away for free, their intellectual property, their knowledge, their resources. Let Kim Blue raise her hand. Okay. I literally said to Jen, I don't know if Jen Wyatt is in here, but she might be lurking,

but I literally said to Jen last week in my strategy session that I have to stop giving away my intellectual property for free.

Okay. I give it listen. Okay. I see y'all in the chat. We are great and we give away our time, our resources, our currency, whatever it is for free. And I literally had to say, she said, I had a listen. Y'all think I talked to y'all about start, stop, continue. Jen Wyatt holds me accountable regularly for what are you going to not do? Right. What are you going to do more of? And so one of the things I said, I said, I have to stop giving away my intellectual property and my time for free past a certain thing. She said, how am I going to hold you accountable for that? Right. Shelly, I see you. Okay. And it literally came down to if I'm going to do discovery calls, they're only going to be three Mondays a month and they're only going to be between these hours.

Anything outside of that will have to be a paid consultation because my time is worth it. And I set a very big 60 day financial revenue goal for my business. In order for me to reach that goal, I cannot give my time away. I do have to market myself and I do have to make sure people know that I'm visible and available. Somebody write that down. If you want people to be able to lean into you, you have to make sure that they know you are visible and available. So if you're not talking, if you are not opening yourself up, if you are not willing to say all of these things, right? Listen, I put up a post last week on Instagram, I mean, excuse me, on LinkedIn, and it was three sentences. It says, I have five slots, coaching slots available. It said, you ready? DM me to get started. That's it. Guess how many conversations I have had since then, okay? Literally, I have four discovery calls scheduled. I had two of them yesterday. I have two of them on Friday. So I said, I have five coaching slots. I already sent out one proposal yesterday for some career coaching. Guess who's on her way to reaching this financial goal?

I'm playing zero games, but I had to start being visible and telling people that I was available. So you have to say no. When you really wanna say yes, you have to take the risk that you're gonna disappoint people, okay? And you have to be okay, excuse me, you have to be okay knowing that you cannot give away all of your property for free. You have to be able to invest in you. Put in yourself first, okay? That's what reducing the barriers looks like, okay? And those are just a few examples. You may discover in your own way, depending on what your goals are, that there are other things that you should do to reduce the barriers, okay? Depending on what those goals are, if they are goals related to eating healthy, then that means, right, that that violent sweet tooth has to be managed, okay?

So that means you can't go to the grocery store and buy those things, right? It means that you have to get up and go for the walk. If you say in the mornings that I'm gonna get up, then you have to set the alarm and you cannot sleep late, right? You have to be able to do these things. You have to be able to set in motion. This is what I'm not going to do in order to do the things that I want to do, okay? All of that comes into play. Now pick whatever, 713, right? Pick whatever your end goal is and determine what are

the barriers that I need to break down. What am I saying no to? Who am I risking disappointing? And listen, folks, sometimes the risk of disappointment is I risk disappointing myself.

I just want you to sit with that because sometimes the guilt or the emotions that we feel are the, it's the grieving, it's the disappointment that we are working through because we know I can no longer do these things if I want to get to these other places, all right? So you got to break down the barriers and you got to reset new boundaries. Well, how do I reset new boundaries? I'm so glad that you asked. Okay, as we get ready to get out of here today, right when we think about resetting new Values, okay. I want to read something to see love says I'm just gonna hold this blanket really tight. I want to Read something to you. Hold on Okay, I want to read something from this article so remember I gave you the quote at the beginning Okay, when we think about resetting boundaries, this is the line in the article that really stands out Okay, the author says when we are intentional It means we are mindful of who or what we choose to include or not to include Let me say that again when we are being intentional It means that we are mindful of who we choose to include or not to include So what that means is if we choose to include something, that in and of itself is a boundary. I'm including it because including this type of food, including this type of environment, whatever it is, will help better me. Or by letting it go or surrendering it, I know that that's not going to help me.

And so I've got to redefine what that boundary looks like because I can set a boundary, but if I don't set myself up for success to be in that boundary, then I'm not going to be in any way, shape or form good enough to see success in my goals the way that I want to, okay? And that is the part that makes it really difficult when we decide for ourselves that we are open to whatever it is that we are open to, okay? So when we think about all of the, don't worry, Keith, it was on boundaries and barriers. You can catch the replay, but I'm certain that you will have all the feels about it. No one was on the couch, but I think everybody was under blankets and pews and Kayla gave out the boss gear very early this morning, Keith, okay? And everybody is, and I think one reason may have tried to sneak out of here early, but I don't think Moana Baskerville let him out, okay? And Shelly Thunder is still here, though I did get the side eye from her once.

So you didn't miss too much, Keith, but the replay will be up, okay? Hob says run, Keith. So listen, I want everybody to know that we are capable of redefining what these boundaries are. And it looks like getting really clear on what it is that you want to do and being intentional about including the things that are gonna help you get there. So sometimes those boundaries means I have to say yes to things, right? Just like the barriers means that you have to say no, sometimes the boundaries means I have to say yes. What are you saying yes to?

I'm saying yes to me. I'm saying yes to positive outcomes. I'm saying yes to the work. I'm saying yes to knowing that the journey is not going to be easy but it will be worth it. I'm saying yes to knowing that every line that I draw in the sand I am going to be

able to easily advance across and I'm not going to be stuck behind this barrier or boulder that I have put in place myself. All of that is going to help you move forward and think about how to set new boundaries. The other thing about setting new boundaries the other two things excuse me about setting new boundaries is this when you set new boundaries remember what I just said about making sure that people know that you're visible and available which I think is going to be the Kim Jim for today if I don't forget it.

Once you set that new boundary, you then have to say out loud, this is how I'm working, moving, or what it is that is important to me. I've made the change in the shift. And so if you don't tell people that you're visible in that way, if they don't see you, or that you're no longer available in the ways that you used to be, because here's the thing. There is pre-boundary you, and then there is post-boundary you. Everything that people know about you pre-boundary, that's how they'll come for you, or that's the place that they'll meet you. If you don't tell them that you are no longer available to them or available period in that way, they'll meet you at a place and then not understand why they don't have access to you.

It's because you put up a boundary, but you've not vocalized that. And so then people grieve, then they go through their emotions about having that access to you right with you. And then that's how you get drawn back in. So you have to be visible and available in your new boundary. Good morning, Ebony A .T .L. Good to see you, Eb. We're talking about barriers and boundaries. Oh, okay, Keith, you're gonna leave immediately. Okay, I'm just saying, right? But that's it. Because here's the thing. If you don't tell, so here's what happens, folks. You decide for yourself that you are now this new thing. You set this new boundary, but then you don't communicate the boundary out loud for whatever reason.

Then people meet you where they know you to be, okay? And then they feel some kind of way that they don't have access to you. And now you're in your feelings because you think that you've disappointed someone, you've let them down. But you're like, well, no, this is just what it is. But you've also not been vulnerable enough to tell people, I'm no longer available to you the way that you knew me. Here is how I am available to you, and I will... be available to the world for the foreseeable future, which is forever. Now you can make a decision on whether or not I, the way that I am, with this healthy boundary, are going to be a part of the world that you have. Because if I don't fit the way that I am, I'm not going to go on the basketballs as my whole row is empty. There it is, right? Then I am no longer gonna be probably someone that you want to be around, or that's gonna be in service to where you are, right?

You can meet me where I am but understand that where I am may does not meet you where you are. And so now we've reached this space where we have to make a decision, but really not me, just you has to make a decision around whether or not you're gonna be able to embrace me in this new boundary. So, you have to be visible and available in the new boundary that you set. Because if you don't, people will meet you as



they knew you. Right? One of the, so I have a really good friend who had gastric sleeve surgery or gastric bypass surgery. And one of the things that she told me, and she just revealed this to me a few months ago, Ms. KB, good morning. Thank you so much for being here. Glad you're feeling super seen in a good way. And hopefully, it motivates you to assess your boundaries and your and your and your barriers, my friend, because this is real, right?

These are real things. This determines how we show up in professional settings in our, in our work relationships, in our personal relationships, in our faith communities and other social communities, right? We let people push past our boundaries all the time and then weaponize them. We're not doing that. I have a friend who she had gastric sleeve or bypass surgery. And then just recently, we were out for her birthday in March. And we were just catching up on life. And she told me that a friend she had had for a long time is not her friend anymore. And I said, Huh? And she said, you know, one of the things that they tell you, when you have the surgeries that you need to be prepared for people to respond to you differently. And I said, well, what did I have any idea? I said, I'll rewatch in a month in a year, never, but listen, listen, I promise you, these boundaries and barriers, right? It's part of this. She said boundaries, it said rules, boundaries, expectations, and one other word.

So, I'm just going to bring Keisha Hicks back to round out the rest of this conversation, because y'all, I'm telling you, this is real stuff, right? And everybody I know in here would give of themselves, their energy, their time, and whatever way that looks like, I don't have to be beside you every day to know that, right? Game recognizes game, and like attracts like and so all of us are moving through these spaces and you wouldn't be in the blueprint if you weren't doing your own work at your own pace, at your own clip for your own reasons. Okay. So watch, watch the replay, Ebony and thank me later. Love you mean it. Now she said that when she was going through like the psychological parts of preparing for the surgery that the doctor said, um, this seven 13, right? The doctor said you may lose friends or people will react differently to you. And I said, well, I understand that to a degree, but like explained it to me because I've not had the surgery. So I don't want to tell you I get it and I don't, that's not fair.

And she said, you know, when I was, you know, at a different weight, when I was, you know, I didn't have some of the things that I now have, or I've been able to do, you know, what I recognize is that that person may have seen me differently or may have felt superior or may have thought, you know, a certain way about me because they had already compartmentalized me in their mind based on my weight, based on where I was. But now I've lost this weight. I bought a new house. I've gone outside. I've gotten more opportunities. I have moved forward and they knew me pre -surgery. And so they had decided, right?

And so they can't meet me where I am now post -surgery because I'm a different person. I'm different mentally, right? And if you've never lived in that type of body, then

it's difficult to understand what it means for someone. It's the exact same thing, folks. Everything, every place that you are now is where people are used to meeting you. It's why, it's why folks get on your nerves so bad when you start to make changes and they just talk a bunch of crap because number one, they can't do it. But number two, they don't have access to the new you and they don't like it, which is why boundaries are so important. So you have to decide, are people going to have access to the new you? So you have to be visible in that boundary and you have to be available in that boundary, period. Because if you're not, what happens is that you miss out on the opportunity to show up as you are, not as you were. You're not that anymore. And so we're going to do the work of setting the new boundaries, but you have to be visible and available.

Everybody writes that down. I have to be visible and available in my boundaries. I have to be visible and available as I am, not as I was. I have to be visible and available in who I want to be, not who I have let go. Absolutely Hobbs, 100%. Because if you don't start to... If you don't start to be visible to yourself and who you are, then you'll never move forward, right? And that's where we get into some of those, you know, other issues or other challenges, right, around, you know, what I would just refer to as a dysmorphia and not like related specifically to physical, but just a dysmorphia of I can't disconnect from the image that I had of myself or the mental way that I see myself. So I'm just gonna stay connected to this other thing over here. It's very real and very challenging, okay? Very challenging. So you have to be visible and available in your boundaries. And that means telling your story.

It means letting people know because then people have to make a choice for themselves. Can I rock with you the way that you are or can't I? And the choice is theirs. That does not stop you though, because here's what you're not gonna do is draw a line in the sand and put a barrier down for anybody other than you.

You're not gonna carry somebody else's boulder. to your line in the sand and then do the work to get around their boundary absolutely not you draw your own lines in the sand and you work to break down your own barriers and then they do the adjustments not you you adjust for you not them we're not about that that's not being the boss of your own blueprint okay okay uh keith apparently i don't i just i see things in the chat i see things in the chat double spirit there she is good morning jubbles i wait for double spirit to come in with the side eye with the with the face right the questionable face right whatever emote is coming i expect her at any point in time to come in to be like hmm i don't like any double spirit shelly thunder i expect shelly to run out of the door anytime or come out with the emotes at any point in time but listen i'm telling you guys this whole notion on barriers and boundaries is really real i'm gonna invite nikisha hicks to come back so we can do a part two because she put in there this whole notion about expectations and i forgot what the other piece um was but i'll invite her back i don't know she's still in here because tuesdays are her very long days and so she starts her day early i see everybody trying i see trying to get out of here and making these faces okay

but i'm telling you folks this whole notion about barriers and boundaries we don't talk about it enough we don't get enough encouragement under there it is shelly right there it is behind it so we have to be we have to hold ourselves accountable to recognizing when we are putting our own barriers in front of our boundaries and what it means to break down the barriers and redefine what our boundaries are i promise you it is so worth the work okay i promise you it's worth the work and you're going to be the best version of you when you do this okay and that is your blueprint for today ladies and gentlemen i want you all to know beyond a shadow of a doubt that I think every single one of you are fantastic.

I love you for being here. Psychgiver says that's where at the end of the show. Okay. I appreciate all of you. Okay. We are going to put the, we're going to put the raid message in the chat, a reminder that we are not here on Thursday. Okay. We'll be back next Tuesday. Hopefully I can see if the Elevate Her is available and she can come on and we can do part two of the boundaries and barriers conversation. Okay. We're going to go see Fro please, if that's okay with you or if you haven't already set it up, I'm looking at it. I got to get on my phone because I can't see myself. There we go. Miss KB, absolutely. So good talkin' moats in the chat for everybody who was here, okay? 713 says, "'Cause I need time to digest." All right, thank you all for bein', double spirits says, we need a week to recover. Okay, listen, I want to encourage every single one of you to think about these boundaries and these barriers and how you are showing up, but more importantly, how you are talking about where you are, because when you don't do that, people don't know.

And it's important that they know. So thank you to everybody who, there it is. Kay just put the Blueprint Support Group meeting is on Thursday, okay? All of this is up, Beach United. Thank you so much for being here. Always good to see you, okay? Listen, folks, as we make our way over to Club Pro, we are going to really hold ourselves accountable. You've got the rest of the week, because I'm not here on Thursday, to be able to do the work, okay? And I want to encourage you to be intentional. Is, 713 says, is there an 800 number? See, Kaylok about the 800 number. He might be able to give that out to you in the Support Group, of which I'm not invited to. So he's gonna be able to have all of those behind the scenes. He'll be able to have all of those behind the scenes details where you, Kaylok, everybody's asking about the number and the talk and where's the line, so lock and comedian.

We'll be able to keep that to you, Kaylok. Oh my goodness, hilarious, hilarious. Okay, so listen, folks, my pleasure. It's CeeLo702, my absolute pleasure. So Kay, you'll have to keep me honest about the rate. I can't see it in this mode that I'm in on my phone and the announcement is up there. Thank you so much. Okay, the announcement was up there and it was covering up, so I could not see it. All right, folks.

Listen, thank you so much, Kay. You know the exit mantra always. stands right I am sending all of you into your Tuesday and into the rest of your week okay with the

good energy and light you need to guide you and if you're new here what that means the good energy is whatever it is that you take from this stream let that invigorate you let that revive you let that heal you or nurture places that you need to mentally emotionally physically whatever that is but draw from this if you need to debrief with somebody if you want to talk about if you want to be like that damn Kim Blue whatever it is but like say it okay and embrace that that's what this means okay and so use that good energy and then let that be the light that guides you the light for yourself to help other people whether you're sharing a word it doesn't matter but that's the light okay take very very very good care of yourselves as always all right I will see you all next Tuesday morning at 8 a .m. Eastern Standard Time, and we will continue to pick up our conversation. Thank you, Kay. We'll continue to pick up our conversation around barriers and boundaries for the month of August. Thank you all. Have a fantastic, fantastic, fantastic day and rest of your week. Okay, I'll see you all soon. Thank you.