

# The Blueprint Barriers to Creating Space Impatience or Bias to Action

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Good morning, everyone. Happy Thursday. Thank you so much for being here. If it is your first time to the stream, if you are new to Twitch or if it's been a while, let me introduce myself. My name is Kim Blue. I am an HR strategist and a career coach. Welcome to the Blueprint. This is the space where we... we come on Tuesday and Thursday mornings to chop it up about all things personal and professional development. I fundamentally believe that everybody should be the boss of their own blueprint. And that means having access to the knowledge, skills, capabilities and resources so that you can do three things every day. You can operate at your highest potential. You can add value to whatever work you own or are responsible for. And most importantly, you can show up as your authentic self because when you are authentically you, you can be great in your gifts.

You don't have to shrink back or dim your light. You can be available for whatever the world has to offer, but you can also be ready to receive what the world is going to bring you. So with that, let's jump into some housekeeping and then let's talk about today's topic, which is impatience and having a bias to action. We are gonna continue to hold up these mirror moments to hold up our mirrors and have these mirror moments. If you were with us on Tuesday, whether you saw it live, you watched the replay. I got a couple of whispers about folks who watched the replay. So thank you to those who sent me the whispers. If you were there, we talked about mirror moments on TV on Tuesday and what those means and what that looks like as it relates to creating space. And we just talked about holding our own mirror, doing the work, keeping ourselves accountable.

And it's all in this series around barriers to creating space, but barriers, I see you, but barriers to also intentionally getting to a place where we need to be. And here's why we're talking about barriers, ladies and gentlemen. We need to understand the barriers so that when we get to September, because what are we talking about in September? September is all about having a successful September. We want to make sure that we are not in any way, shape or form, allowing the barriers to get in our way. We want to know what they are so we can recognize them and then do the work to get around them and mitigate them. Okay. So that's what we're talking about in September. Hold on one second, you guys. There we go.

All right. Sorry, there was a little technical difficulty. I had an echo going on in the background. So thank you for bearing with me. So that's what we're talking about today. We're talking about impatience and what happens when we don't trust the process, when we don't trust the journey and we decide to lean into our own understanding and what kind of ripple effects that creates for us. So with that, let's do a little housekeeping, say good morning to folks and then we'll get going on today's conversation before we get out of here. So a reminder, next Tuesday, there is no blueprint. I'll be traveling to Orlando and I'll be gone Tuesday, Wednesday. Blueprint will. Zoom on Thursday, August the 29th, I believe, right, at this time, 11am. So be on the lookout for a reminder of that and IG stories.

If you're not, if you're not following me on socials, please do so. That's where I have been making announcements. I've also been dropping information there. In particular, you can find me on LinkedIn, but I'm doing a better job of compiling content for social. I will be documenting my trip next week to Orlando, the conference that I'm speaking at and getting some behind-the-scenes footage so everybody can do that. And if you're following me on LinkedIn, I'll put all of my Kim Jims and leader lessons and all the learnings that I'm taking away from the conference there. So no comp, no stream next Tuesday. In addition, if you are interested in coaching, I'm going to be looking to start up a coaching group for the fall. So exclamation point coaching, there are the details.

It's \$50 a month from an investment standpoint. I promise you it is well worth it once we get going. Everybody ends up with a quarterly one-on-one with me, plus a monthly cohort conversation where we really hold each other accountable. There's a lot of things that are taking place. Group coaching is different than one-on-one coaching because you really own the work in between all of the sessions and conversations. Thank you, Kay, for the lurk, right? But all of that said, you will have the support that you need and you will ensure, you know, it is always the good affirmations and the good mindset shifts, but also what are the corrective actions? And then in the one-on-ones, we really lay out a roadmap for what the next three months are gonna look like until our next coaching session or until the next group session.

So awesome opportunity. If you're interested, let's go ahead and get you in so that I can build this cohort as well. And we can get you going for Fox. I'd like to kick off this one before the end of this calendar year for sure. So those two things, no stream next Tuesday, coaching spots are open. If there's ever questions about anything, please let me know. I'm really close to having the cable consulting website up and running. And so that will also be a place where people can inquire about coaching with me or hiring me for other things. I get questions about that all the time. Can I bring you into your organization? Yes, is the answer. And there'll be a place and points of contact that will help with those things, all right? So let's see who is in here. Say good morning. And then we will get going on today's discussion when it comes to inpatients, all right?

So 808 Effect came in and said first. Good morning, 808 Effect, good to see you. Thank you for being here. Followed quickly by who said, am I first this morning? And 808 Effect said almost. Platinum Crew was in here on the lurk. Good morning, Platinum Crew. Good to see you. Thank you all for being here early and first, along with DJ classes who came in, dropped the sugar bowls. I know she's here even if she's not saying anything more than two classes. It's a great meditation this morning. Thank you so much for holding space for us as always. Ebony ATL, welcome and good to see you, Keith. Good morning to you. Thank you for being here. My boss extraordinaire, Lacking Key Media. Happy Thursday to you. Thank you for being here while you were even lurking. I know you're also working in real time. And shout out to everybody who is working, lurking, or commuting. You all know how I feel about this space.

I absolutely want it to be in service to everything that you need wherever you are in your day. So thank you for being here. I know I have a massive lurker population. This is a great stream to lurk in. Whether you say something or whether you just listen and take away what is meaningful to you, I appreciate you being here. Miss B. Smitty, happy Thursday to you. Thank you for being here as well. I hope you are having a magnificent day. To anybody who I have not acknowledged, salute to you and happy Thursday, happy Friday Eve, should I say. Happy to acknowledge you if you want to put a little note in there. And I will give you a shout out before we wait out. With that, let's talk about impatience, OK? So Tuesday, we talked about these mirror moments. And hopefully, everybody was here for the mirror moments conversation. If not, you caught it on the replay. And you understand exactly why the mirror moments are so important. And we really dove into why you have to hold yourself accountable to your choices, to your decisions, to that place where you get to where you reflect on yourself.

And you're like, I am the person who is in control of everything that I'm doing. And when I don't look in the mirror and I avoid, then what happens? But when I do look in the mirror and I don't avoid and I start to lean in, what do I make myself available to? What finds me? What are the things that give me energy that I may not have been leaning into before? That's why mirror moments are important. KB Browns, good to see you. Happy Thursday. KB Browns, today we are talking about barriers to creating space, specifically impatience, and how sometimes people will mistake impatience and activate their bias to action, sense of urgency. I want to do it my way, whatever it is, right? But you start to do that instead of just letting the process play out. And we're going to talk about all of that today, OK? Keats says I'm leaning all the way in today. I'm ready for that. Low on the basketball, happy Thursday to you. Thank you for being here. So we're talking about impatience. Now, you all know me. We're going to start out by making meaning. So if you're taking notes, let's start with the definition of impatience.

What is it? How does it show up for us? Why does it show up for us? And what are the things that are really intentional about impatience creeping into our world and our space and all of that really disrupting the process, the work that we are doing, OK? So

the definition of impatience for those who are taking notes says that impatience is having or showing a tendency to be quickly irritated or provoked. Let me read that again for the people who were taking notes okay but who may not have been writing fast enough I want to make sure that you get this together and then we'll get to then we'll get to the second definition okay right.

Impatience is having or showing a tendency to be quickly irritated or provoked. I want everybody to input put emphasis if you're writing this down right on the words irritated and the words provoked because that is how we show up in our impatience. Definition number two says relentlessly eager. Hobb says we need full -body armor already. Listen the big stove said it to me I had a conversation with him the other day big stove said there's Kim Blue's just straight note like you're just going right for the juggler and I just feel like if we're gonna get the most out of these conversations then we don't need to lollygag or we don't need to tally, like let's just go for what we know, okay? The opening part of this is having or showing, which means it either already exists, right? Or you just show up like that, right? Anybody who comes in on 10, you already know I'm impatient.

If I have to wait in a line, if I've got all of my stuff together and everybody else behind me is disorganized, they do not have their things together. They are not ready. And I am impatient, right? I am irritated or provoked in some way, typically negatively by the fact that my situation is what it is and something is not. I'm ready and you're not. I'm on time and you're late. I answered all of these questions and you didn't and so now I have to wait on you. I got ready and the person that I am married to, that I love, my partner, whomever it is, you are 15 minutes behind and we now need to leave, which means we're gonna be in traffic, which means we're not gonna get to our seats, which means I may need to prepare, to have to bristle up at whoever is trying to sit in. Does everybody see, right? Having or showing a tendency to be irritated or provoked. I wanna get to the word provoked in just a minute, okay? K .B. Brown says, 10 is me. Platinum Crew says, we got free burgers and fries for my Burger King. Platinum Crew, right? But when we think about this whole notion of this tendency to be quickly irritated, quickly denotes the speed with which something moves, right?

How fast we get there. Anybody ever been fine and then all of a sudden you're not fine, right? Like I, everything is all right until it's not all right. Sometimes we don't know how quickly, quickly is until it's quick or until it's already happened and someone looking at you says, wow, that escalated quickly or man, they got there quickly or whoa, they got fired up quick or whoa. Oh, they sure did get angry quickly. All of those things, right? Think about how quickly we can get to be provoked, how fast, the rate at which something happens, right? Tendency to be quickly irritated or provoked. So I want to now get you to the definition of provoked because I want to help us even more so understand how we show up, okay? So the tendency to be quickly irritated or provoked,

the definition of provoked says to give rise to, and that means a reaction or emotion that is strong or unwelcome.

That's how you show up. Your reaction is strong and it's unwelcome, which means the general public probably doesn't want that from you, right? In someone. To stimulate or give rise, rise meaning reaction or emotion, which is unwelcome in someone. Utica, Beth, good morning, good to see you. Happy Thursday, thank you so much for being here. So now what we're saying is that in our impatience, we show up in an emotional way that is unwelcome by others, by the environment, right? Our energy, our mindset, our attitude is all unwelcomed. We actually don't have space for that here. It doesn't do anything, it's not in service to us. And yet, when we are quickly provoked or irritated, that provoking brings forward this negative emotion that is actually not what people want at all. They don't wanna deal with it, they don't want to experience it. Now, let's go back to the definition of impatient, okay? And I want us to think through this whole notion of why we show up as impatient, okay?

It says relentlessly eager is the second definition, okay? Relentless, I'm not letting up, I'm gonna stay on it. I'm gonna consistently go back to it, address it, remind you, right? I am consistently, whether it is wanted or unwanted, but I'm going to continue to pursue this thing, right? Eager, eager showing a bias, eager showing, and relentlessly eager, Keith says, this is me, Kim Blue, right? This is who I am, right? But it is relentless. So now, you can be, here's the thing, folks, you can be relentlessly impatient. You can be relentlessly impatient. So now we're amplifying this level of being provoked and bringing forward unwanted emotion or an unwanted action consistently, whether it is asked for, invited, created space for or not. That is just how you show up. Good morning, Amy Key, good to see you. Amy Key, we were talking about impatience and how that is a barrier to creating space. So now, Now that we've done some framing, let's talk about some real -life scenarios that we as individuals may find ourselves in that trigger our impatience, okay?

So when we're waiting on someone or something to happen, meaning there are circumstances that are out of our control, and yet as a result of those circumstances, despite our level of preparation and our lack of procrastination, we still have to align to whatever those circumstances are, i .e., I am impatient, I now have to wait in line because somebody is late, because somebody took too long, because there is a computer issue, right? Technology is a big trigger for impatience, right? Sometimes that impatience comes as a result of a past experience, whether it was traumatic or otherwise, all right? Okay, B. Browns, I see you with the impatient look. There's a million reasons why impatience shows up. Mostly, it is because we are trying to deal with the feelings, anxious, positive, negative, whatever, of going to or going through whatever the situation is, the activity is, the conversation is.

Sometimes we're impatient because we want things to hurry up and be done, okay. We want to hurry up and get through them because our emotional state does not

want to absorb or deal or have to process any of the negative things that in our mind we have made up. So if we can just hurry up. So instead of us being patient, we hurry ourselves up, we hurry everyone else up because we don't want to deal with the circumstances that we have to face. So now we're projecting our impatience on other folks and other people who may not have anything to do about it.

That is that provoking, right. That unwanted emotion comes through the projection, my fear, my anxiety, my discomfort, my lack of awareness, my vulnerability, the fact that I'm going to be exposed in some way that could leave me open. I'm now going to be impatient to get through the process and I'm going to rush everybody around me, hence the quickly, right. The quick escalation of emotion, the quick reaction, right. The quick presence of being provoked. So when we think about this whole notion of impatience and right masking it as, oh, I'm going to just act quickly because if we can just get it over with, that's going to be better. But how often is acting quickly the best option? Right. When someone says to you, let's just get this over with, does that make you think that they really and truly want to be there? If they're behind the scenes saying, oh my God, I couldn't wait to get that over with.

I was so ready. I was so over trying to have, you know, to do all of these things, right. You get this as only in speed chess, only in speed chess. us. Okay, so when we think about this whole notion of moving quickly, sometimes we move quickly because we want to get around having to deal with the feelings, having to speak life into I'm nervous. I'm anxious. I don't know what to expect. I think this outcome is going to be painful. Nobody's really answered all of my questions. I'm unclear about my feelings. I don't have an understanding of the process. Sometimes our impatience comes because of other things, but it masks itself with impatience for all the situations and problems and challenges around us. And so then we get impatient with ourselves. We get impatient with other people, other people who may be trying to help us. You're diverse. Happy Thursday. Good to see you. Right. We get impatient for no reason. We ramp up quickly to that impatience. And then we take that impatience out on other people. Now let's talk about When we get impatient, because things are not moving quickly enough. So we have goals, we have ideas, we have opportunities, and we are excited.

We are ready. We are in a place to say, yes, that's the thing that I want. Here's where I want to go. This is why it's important to me. And everything around it is moving slow. Decisions are taking time. Resources are taking time. Time is taking time. And you are like, I want to hurry up and get here. I want to hurry up and be in the space that I'm in. I don't want to wait. I want to move these things forward. And so in our impatience, what do we do? We take matters into our own hands. We decide that we are going to lean into our own understanding. Because we know best. Because we can get things done faster. Because our way is the only way, the right way, the most effective way. Right, classics, right? Our way is the best, right, and most effective way to move it forward. OK? Oh, Vader. I will take your word for it.

Good morning, Vader. Good to see you. Happy Thursday. And LMD to you, as always. Right, you all know there's amazing folks in the chat. So go give them a follow. Everybody who's a mod, a DJ, or a streamer, such as the infamous DJ, Vader Mix, who just made his presence known, right? Happy Thursday to you all. Oh, man, but here's the thing. Impatience is also mirrored. Sometimes we see impatience and we mirror impatience because we think that that is what is going to activate or motivate someone to get things done quickly. But when you are watching somebody being patient, does that make you want to move any faster? No? Let's park that for just a minute because I want to go back to this whole notion. of being impatient and deciding that we ourselves are going to lean into our own understanding. We decide. We say, you know what? I can do this better. I can do it by myself. I'm not going to ask for help because I don't want to wait. I don't want to have to be at the mercy of somebody else.

I want to ensure that I can control the situation. And so in my impatience, I'm going to regain control through making choices informed or otherwise. So everybody see what I'm bringing into the conversation, right? I can't control the outcome. I can't control the pace. I can't control all of the people or ways that it has to be navigated. I can't control the process. So I'm going to jump in and try to do things my way, whether they're right or wrong, and I'll just figure it out as I go along. Now, some people will mask this underneath a bias to action. I have a high sense of urgency. I wanna make sure that I can get things done. I know what needs to be done. I've done this before, I've seen it done before. And I know what to look out for. I know where the landmines, the pitfalls, all those things are. So we go full steam ahead thinking we know exactly what it is that we are supposed to do. And what happens? We get into this cycle of moving forward. And we discover that we may not have all the answers. That we didn't consider some of the things that needed to be considered. That some of the parts of this we've never experienced before.

And so now our impatience turns into frustration, right? Our impatience now turns into dissatisfaction. Our impatience turns into anger. Our impatience turns into our shadow, right? Shout out to anybody. If you wanna know what your shadow is, it's been a while since we've done this, okay? But exclamation point shadow in the chat, it will take you to this free survey and it will help you understand what your leadership style is. And there you go, you're diverse. And it will help you understand if you are an affirmer, an achiever, or an assertor. And when you know which one you are, your shadow may actually help you understand if impatience is one of those shadow behaviors that is triggered or amplified when we try to hide behind a bias to action, but we're really impatient as a result of things just absolutely not going our way, not being in control. I'm gonna do it myself, because I don't have help and I don't wanna wait, right? I don't wanna ask this person because then they're gonna expect something in return. I don't wanna have to hear what someone has to say about all of these things.

And so what we do is that in our impatience, we try to make moves. and the Muse are futile. They don't support anything that we are doing. And so we then operate from a mindset that tells us if I can get control around what it is that I'm doing. I'm sorry, you guys, my camera is all over the place. But if I can get control over what I'm doing, then I can control the pace, which means that I'll be more patient because I've got control of the pace. Rarely is that the case. More often than not, you will meet roadblocks along the way. Now, here is the real thing, and I'm going to pull this up because I want to read it to you as I came across it this morning, when I was reading. So this morning, as early morning, I was doing my prayer, meditation, devotional. This is before I even get out of the bed and put my feet on the ground. This is how I start my day. I say, if you know me, you know I'm a guy, girl.

And I say, Lord, send me the people that you need me to help today. That's my first prayer. Send me whomever needs my help. that I can bless, that I can give my time or expertise to. And then I go into holding up my own mirror, which is how am I not showing up at my best or how do I need to be grounded today? And so today's devotion that I read was all about positive belief. And it talked about the story of Abraham. Now, if you understand anything about this story, Abraham was 75 when God said, I'm gonna give you a son. But then God didn't give Abraham a son right away. He made him wait 25 more years. And so Abraham was a hundred before he became somebody's daddy. Mr. Nate, welcome in, good to see you. Who in here, Mama T Nails, there you go. Good morning, good to see you, right? Here's my question. Who in here, if you had to wait 25 years for your blessing, could wait? Okay. Who could wait in expectation for 25 years? Your diverse is like, what?

Like, think about that. If you knew something was coming to you, but you had to wait 20 and Nate was like, yep, you're going to get it. But it took 25 years. You had to wait 25 years. And God, Libra, welcome in, good to see you. Happy Thursday, how have you been? And God, he says, not sure I could wait. The struggle between anxiety and faith is real. Come on, y'all. Yudike says, I've been waiting 16 years. Sis, I want you to say more about that to the degree that you're comfortable in the stream, okay? Mama T Nails said, right, you're lurking. Keene says, I feel like that that's where you've been anyways. Okay, Hobb says, she is still waiting. Here's the thing, folks, and I'm using this, and this is not me getting all preachy on you, but I wanted to pull this example because this is real, right? All right, classic says, the next... meditation series is on anxiety. Go ahead and drop the YouTube link for that into the chat classic so we can all be there to deal with this. Because here's the thing, think about what kind of anxiety Abraham might have had as a man.

Okay, Laura, so you tell me you're gonna give me a son. I sure do appreciate it because I need to carry this legacy forward. All right. And Vader, right? Vader says I'm patiently waiting on the mega millions. But let's think about everything that we're waiting for. Okay. Keith said, who said something about the struggle between anxiety and faith?



Keith, that was incognibro, who is a serial lurker in the street. He's behind the scenes. Okay. Dibane, good to see you. Welcome in. Absolutely classics. says we gotta turn our anxiety into positive anticipation of the good. Here's the thing, ladies and gentlemen, let's go back to Abraham, because there's multiple parts to this that I want to tie into impatience and how we show up in that.

And it's already 11 .35, and we gotta get out of here at 12 .15, okay? So we can go see Champ because she's on Rebaam, and this might be my only time to write her. So I can tell you now, that's where we're going. We're gonna go see Champ lifestyle today. So listen, God says to Abraham, Mike, my dude, keep rocking with me. I'm gonna give you a son. Abraham says, big G, absolutely, absolutely. I hear you. You have blessed me up to this point. You've given me no reason to doubt you, okay? At 75, let me activate my patience. And then 25 years, how much of that time between the day that God told Abraham this and the day that this baby, baby number one comes, right? Not only that, Abraham's got this lovely wife named Sarah, okay? Now, Sarah was a little younger than Abraham, not by much, but she also was up there. Let's just say she was out of childbearing age by today's standards, far out of childbearing age by today's standards, okay? So who do you think is gonna give birth to this baby? Sarah, who is also creeping up there, okay? Keith, right? Keith is coming in like, first of all, what you're not gonna do is talk about me. And so here's the thing though.

So this woman has got to deliver this baby, okay? She is not 47. She's not even 57. She's not even 77, okay? She like 99, 97 when this baby is born, okay? 25 years. Do you understand what I'm saying to you? 25 years, who in here has the ability to wait that long? Or will your impatience activate? We are gonna pause there because there is a raid. coming in. Happy Thursday to everybody who got kicked out of Uncle Diddy's stream. Good morning to everybody. Come on in, Raiders. Make yourself comfortable. Happy to have all of you with us. Uncle Diddy coming in with the raid. Thank you so much, Uncle Diddy. Good to see you. Happy Thursday to everybody. Blueprint bosses. Listen, this is the perfect time to readjust your weighted blanket, to scoot over from the boardroom table and make room. If you have room on the pew or Keith, go ahead and offer up the couch because we want to make our Raiders nice and comfortable.

Uncle Diddy, thank you so much for the raid. If you are not following Uncle Diddy, please do so. I believe today was thankful Thursday. If I am not mistaken, Uncle Diddy is a streamer. He is a gamer. I was in the game. He was in the game. He was. if it wasn't terrifying Tuesday. It was something, anyway, he was playing a game and it was all types of craziness. It was one I had never seen before. So I was interested and I lurked in there pretty heavy because I'm wanting to see it because I have a kid who's a gamer. So go give Uncle Diddy a follow. Thank you so much for the raid. Thank you for adjusting your schedule, Uncle Diddy. I appreciate you for bringing the folks over for those who are first time chatters.

And I am gonna acknowledge everybody who came in on the raid, but let me introduce myself for those who are first time chatters here. My name is Kim Blue. I am an HR strategist. I am a career coach. Welcome to the blueprint. This is the space where we come on Tuesdays and Thursdays to chop it up about all things personal and professional development. I take all the stuff that I learned on the inside as an HR leader, and I make it really simple and easy for you to think about and apply to your life outside. I believe leadership happens at any level. So the stuff that I talk about, you're gonna be able to use whether you're inside your work, whether you're in a personal relationship, if you're a business owner, wherever you are in your life, these Kim gems, these life nuggets, the things that I say are gonna be applicable.

So the goal is for you to take away something that you can use in your next conversation. Now, right, be warned. People will tell you, I step on toes. If you need some boss gear, there's an exclamation, but there's a command in there for that. Or you can get some boss gear, but otherwise, scoot up to the couch, make your way to the board room. There's snacks and late morning coffee in the back and find your blueprint boss buddy. They will get you acquainted, but I am happy to have every single one of you here. And uncle Diddy, thank you again so much for the raid. Good morning, Greg Murray, entertainment. Welcome in. Shale bail, happy Thursday. Good to see you. Hope you are doing well. Is it sooner fan for life?

Good morning, good morning. Just me, Krista, welcome in. Dr. Octavius, is it Dr. Octavius? Yes, sorry, your name is in red and so it was hard for me to see with the glare. Good to see you. Auntie Diddy is always happy Thursday. Welcome in. Is it Mayor Mayor 4? I wanna make sure I'm saying that. Natty Nat, happy Tuesday, Thursday, good to see you. I'm watching you people welcome in the Amethyst Lin. Welcome to the Blueprint. Heaven Soap, happy Thursday to you. Store me, happy Thursday, good to see you. Thank you so much for being here. Kwanzaa's happy Thursday. Everybody who got kicked out, come on in and make yourself comfortable. The Latin Don 89, welcome in, good to see you. Is it D891, good to see you, welcome in. Happy Thursday, North Hill, is it North Hill Live? Yes. Is it Lisa Lashful? I think I said it correctly. I wanna make sure everybody who came in on the raid, whether you were still lurking or whether you have said good morning in the chat, thank you so much for being here and for finding your Blueprint boss buddy, just me, Crystal, welcome in, good to see you. Happy Thursday. Is it TigerProm75, good to see you. Welcome to the Blueprint. Everybody who's a first time chatter, all the new follows that I have received.

Thank you, thank you. Appreciate you being here. Okay, okay. Lisa Lashley, thank you for letting me know. To everybody who's coming in today, we are soon to pan for life. Happy Thursday. We are talking about barriers to creating space and we're talking about impatience and do we mask it as a bias to action? And just before the raid, I was talking about, I was giving everybody the example of what happens when we operate in our impatience and I defined what impatience is and I also defined the word

provoked because provoked describes our impatience and impatient is this ability to quickly become provoked or irritated and we all have shown up that way, okay?

Everybody has shown up that way. Being provoked, being irritated, typically by circumstances that we cannot control, all right? And I was giving everybody this example and I was using the story in the Bible, I was telling you guys that when I wake up in the morning, before my feet hit the floor, I always do a little prayer meditation just to get myself together and this morning the meditation was about Abraham, okay? And at 75, God said to Abraham, I'm gonna give you a son. Is it Susan Narcissus 55? Good morning. At 75, okay. 75, that is no spring chicken. We are up in life, okay? We are up in life. And he says, I'm gonna give you a son and then he made Abraham wait 25 more years, okay? 25 more years, Jackie, yes, good morning. There's cappuccino in the break room, darling. Go get yourself comfortable and make yourself a cup and come on back, right? Good to see you. 25 years before he even gave, okay, sunshine, that works.

Thank you so much. Before he even gave him this son and not only that, his wife. also had to give birth to the son and Sarah was no spring chicken either she was well past birth and age and the question that I posed to everybody was could you wait 25 years if you knew something was for you if you knew it was for you if you knew it was coming would you wait patiently or would you impatiently wait because they are not the same thing would you wait patiently or would you impatiently wait knowing that it was for you it was your destiny you don't have any control over when this thing is coming to you would you try to get in your own way and take steps would you ask the questions to be like hey big guy you said you're gonna give me this kid um what's up with that is that happening today do you need me to get ready right uh what should I be doing do Sarah and I need to be doing like exercising do we need to be sleeping now because when this baby comes right like what's happening okay all of those things but the question is could you wait patiently, if you knew that what was for you is for you. Let's put this in the professional sense, okay? Pete says, I'm not gonna lie, I'm an impatient waiter, okay? Utica says, I call it patiently persevering.

I like that a lot. Patiently persevering. Because here's the thing, we are persevering, right? I did a stream on perseverance sometime last year or sometime during my first year of streaming. And I talked about this whole notion of persevering, which means you are moving through the work, even if it is difficult, you are staying the course and staying focused. Vashy K .D., welcome and good to see you, doc. I hope you are doing well. Happy Thursday to you. Y 'all, if y 'all have not caught Vashy K .D., her streams lately, right? And she's back and she's like giving us all of her good energy. But man, they have been amazing. She has been rocking in her streams for everything, music -wise, all of that. So thank you, Vashy, for being here and for holding great space for us. So when we think about this whole notion of patiently waiting, impatiently waiting, whatever it is, right?

We know that it is for us. And so sometimes we get in our own way because we decide we're going to step in and start to take the steps necessary to move things along, to quicken up the pace. We don't trust the process and we get in our own way. Now, what happens when we get in our own way? We create those barriers and start to fill up all that space around us that's available so that we can receive our blessings, right? So we become blockers to the blessings that we need to receive, which are all part of the process. Call us at six. Welcome and good to see you. Happy Thursday. Welcome back. How is the recovery? Right. I've been letting, I've been allowing you to recover, but you were on my radar just because I'm quiet doesn't mean that you're not on my radar. Anybody who has been through any coaching with me would know that, right? I might be quiet. but I tell people all the time, bad girls move in silence. So you're always on my brain, okay? Absolutely, KB Browns, we stumble unnecessarily, okay?

Here's the thing that I want to read to you, okay? Here's what it says. It says, in our impatience, and this is from Joyce Meyer, for those of you who have followed her work, right? But this is what she writes, all right? And then I'm going to tell you, okay, the call is a six. That is great that you are back to work. That is excellent news. So this is what I want to read to you, and then this is how I want to draw us deeper into our impatience, because impatience is a mere moment that we have to recognize. Because in our impatience, we may move too quickly, or we may not move at all, or we may move in the wrong direction, and that can set us on the wrong course, and we are not setting ourselves up for a successful September because of our impatience.

Listen to what this says. In our impatience, we often take matters into our own hands. Joyce Meyer says, we get these bright ideas, plans of our own, and these plans open the door for confusion and chaos. So now, instead of having this bias to action, it's not a bias to action. It's I wanna have control over the outcome, over the process, and amidst that, because I don't have all the information because I've not allowed things to naturally occur, settle, align. We get to a place where we are like, you know what? I'm just gonna do this, and I create more confusion, delay, disruption, anything that's not a part of the journey. Christian Levin, good to see you. Thank you so much for the tab up. Happy Thursday. So now, what it then says is, when we make these plans for confusion and chaos, we still have to deal with the results of those plans. We have to deal with all the adversity, all of the disruption, all of those things come into play when we do this.

What it also says is this, and this is the part that I want to relate to everybody as we turn the corner and start to understand how we break down our impatience and hold ourselves accountable to the process. This is a statement. Everybody write this down, highlight it something, but here's what it says. Getting what we want immediately may not be best for us. Sometimes waiting is the best things because it helps develop our character. Who in here really wants to have character development while we're waiting? Nobody. That's not what we're thinking about. We are not thinking about the waiting being the process of forging us in the fire. We are not thinking about the waiting being

the journey where we ourselves are developing, growing, figuring some things out. How do you know that where you're going, you have everything that you need?

For those of you who have, let's take this to the professional arena. For those of you who have, who are waiting on a promotion, if you're waiting for the next opportunity to lead. For those of you who are waiting for a chance to step in and get to a place where you own the complexity, you are leading this team, you are the North Star for the direction of whatever it is, okay? But you have to wait your turn. For those of you who may operate or who come from companies that operate sort of on a 10-year model, meaning I can't get promoted until somebody else gets promoted, okay? I know. Twitch is definitely twitching, I'm so sorry, which happens all the time, right? I see you, KB Browns. Here's the thing, right? So now we are waiting on this promotion, but in the wait, we have to do the work.

And we say to ourselves, why am I not being promoted? Let me tell you something, ladies and gentlemen, you will stay exactly where you are until you are ready to move forward. Until you have learned everything that you need to know until you have acquired the knowledge until you have built the relationships until you've understood What the business landscape is until you people are ready to confidently advocate for your work because nobody is going to say to you Nobody's gonna put their word on your work and jeopardize their reputation for you If they don't 100% know beyond a shadow of a doubt that you're ready because that's now their reputation That's their work.

Everything that they say has to be demonstrated And so if you are not demonstrating it people are not going to be ready to say. Oh, yeah, Kim Blue is it they're gonna say mmm, I see some opportunity for Kim to continue to grow and to get more chances to You know reps in the seat more opportunities to You know understand and show herself worthy. I'm not quite ready yet to sign on the dotted line Right. Absolutely. Keith. So what do you have to do in the way the work? What kind of work do you have to do you have to do your work? What is your work music? Love it. Good to see you Happy Thursday, the replay will be up as soon as the stream is over you give it just a few minutes Okay, but I hope you're doing well. Thank you for being here So what is the work that you have to do in the weight and not only that you have to do the work?

Patience if you impatiently do the work, it's not going to get yield anything positive your Mindset your energy your Perspective in the weight will determine how you show up on the other side of the way big stove Good to see you. Thank you so much for being here and from waving your hand outside of workington I hope you're doing well Big so we're talking about impatience Versus bias to action and how sometimes a bias to action masks our impatience because we want to own the control we want to control the narrative the outcome and the pace at which things come to us and And we are now talking about what happens when we get in our own way, but also how to turn around in patients. And so what we have to do is the work in our patients. Cause here's the thing,

ladies and gentlemen, doing the work was never not an option. It's the how we do the work while we're waiting.

So what is the work? The work of self, the work of understanding that you have to talk to yourself the way I was talking to y'all on Tuesday. What did I tell you guys on Tuesday? You have to know beyond a shadow of a doubt that you are a unicorn, you are a 10, you are ready, right? It's a tenor bust. I'm not accepting anything. This is my bar, my standard. Anything beneath that standard, I'm not inviting in, I'm not engaging in, I'm not dealing with. The work is also understanding that you've got to deal with your feelings, you've got to deal with yourself and you've got to spend the time healing. The work is understanding that healing is heavy. And so if you are trying to get to a place where things are ready for you and you are not healed, you cannot take toxicity into clear space. it will muddy it up and nothing that you try to do will work.

So you have to do the work while you're waiting, the work of healing, the work of self, the work of intentionally saying I've got to let go of people, relationships, places, things, and spaces that no longer serve me, right? We'll get a bias to action and get frustrated with those things, but we don't want to do the work of dealing, disconnecting, disrupting anything else, right? We will allow our peace to be disturbed, but we will not disturb anybody else's peace. We'll be impatient with others when our peace is disturbed, but we will not do the work of disturbing anything else. It is bananas to me sometimes how we will build up our own barriers to avoid disturbing the peace of others, but they will bother us or we'll allow space for ourselves to be bothered.

We'll say yes when we really want to stay. We will stay when we really want to go, right? We will do the very opposite of the thing that is the work that we need to be doing, and then we'll get impatient with them not wondering why they don't see us, why they don't value us, why we are not prioritized, why the communication is not effective, and this goes for work relationships, whether it's employee manager, this goes for personal relationships, familial, whatever social relationships, but I'm telling you sometimes our impatience comes up and impatience is an indicator, ladies and gentlemen, impatience is an indicator that something else is wrong or something else needs to be corrected or that we need to take a closer look at all of the circumstances leading up to the space that we are in right now.

Mama Danielle says that was my biggest problem. You had to learn to let that go and speak up for yourself. I'm telling you folks, you ever get impatient with someone else because of a decision that you're not making? I know I need to do this thing, but I'm afraid. And I haven't taken the time to really deal with it. But then you were impatient with the way somebody else is dealing with you or showing up, even though they're just being themselves, but it really has nothing to do with them. It's you not taking the steps to move forward. So our impatience is projected. And now we hold other people accountable for our choices that they don't even know are our choices. They don't even know why we're impatient with them.

Well, we're really not impatient with them. We're impatient and frustrated with ourselves because we've now gotten in our own way to create chaos and confusion because we don't want to do the work in the way to develop our character so that we have everything we need to be ready to break the impatience apart. so that patients can come forward because we do have to be patient in doing the work. It's not a bias to action. It's understanding that every single step has to happen the way it's supposed to. And if you try to go around a step, that step might even move you back or it may push you back further.

So now you still have to do the same work you were going to do before. Listen to me folks, lessons will be repeated until they are learned. If you are impatient in your learning, the lesson will be repeated. I kid you not. If you need to say yes to you and no to somebody else, as long as you keep saying yes to somebody else and no to you, that is a lesson you will continue to learn. And then you'll be impatient with yourself instead of learning lesson. We don't want to learn hard lessons. We don't want to go through the struggle. We don't want to go through the discomfort. We don't want to create discomfort for anybody else. But in not creating discomfort in other places, we keep ourself bound. And then we get impatient with ourselves when we don't see the results, when we're not moving forward, when things are not taking shape. We'll go along to get along and be frustrated and stubborn and stuck the entire time and impatient with everything and everyone around us because we are fearful of making the decision.

You heard classics talk about anxiety earlier. And so that anxiousness that shows up when we try to course correct. And then we move into spaces where we try to control what we can. And when we can't control those variables, when we can't control those circumstances, we get very, very agitated or provoked. And then we display that unwanted emotion that nobody has invited in, that there's not truly space for at all. Okay. I want you to understand that impatience is a mere moment. And that impatience can truly be a blocker to creating space, space to move forward, space to listen, space to be still. Sometimes folks, we need space to just be still. We don't like to be still, right? We do not like to be still. And sometimes in being still, we get impatient, right? I'm ready for things to move forward. I really want things to kind of get there. I just want to be there already. But are you ready to be there? Are you prepared to just be there? Or do you need to be still and let some things come to you, right?

That needs to come to you. Your diverse says, I do not like to be still. A lot of people don't like to be still. A lot of people are like, I need to be doing something. Well, what is it that you need to be doing? Because don't you think that if you needed to be doing it, you would be doing it, that the circumstances would allow you to be doing it, but instead we feel like we need to move forward. But where are you going and with what and why and what are you going to do when you get there do you know what you're doing when you get there or can you sit still long enough to be able to hear the whispers of the world giving you the answers can you sit still long enough so that your eyes can

observe and that your brain can absorb everything all of the information that it needs in order to be at your best can you sit on your hands long enough to watch everything come together patiently and then express gratitude for the stillness can we express gratitude for the stillness or are we always going to be amplifying our impatience through our voice in some way through our displeasure all of that is why we have to be able to hold up the mirror of impatience and saying if i move forward and take these steps am i getting in my own way because through getting in my own way what am i going to create that's not necessary that's not wanted will i further slow up the process or will i be in a better position to move things forward i read something yesterday on linkedin it was talking about leaders and it said that when you are too involved you become the bottleneck and i thought to myself well that's some of the realest stuff that i'm going to read today when you get too involved you then become the bottleneck so let me insert my hands my feet my brain let me start telling people what to do let me start redirecting energy and opportunity and all of these things let me just get messy and get all in the way and now i'm going to create a bigger mess which now means that i have to undo this work and now i'm impatient with myself because i muddied the waters further when had i just been able to be still?

Absolutely, Keith. When had I just been able to be still? When had I just acknowledged that these are the things that I can be patient in? And in so being patient with those things, I now have time to work smartly from an informed place. And with intention, I'll receive the outcome and the results that I want. And while I'm being patient in these things over here, other things around me are moving more quickly. Other things around me are moving with intention. I might be so intentional about being patient over here that I'm not even realizing how quickly things are moving in other spaces so that by the time I come and check in, I'm like, oh, I'm closer than I thought. Oh, I'm really more ready than I thought. I've gained some knowledge. I've had some time. I've gotten notches under the belt, reps in the seat. I'm ready to be available to whatever it is, right? All of those things show up when we are impatient, we get to a place where we decide we can do it best.

And then we look into this mirror of impatience and we place the blame everywhere except acknowledging that had I just sat still, had I just been more patient, had I just taken the time to listen, had I just shown that I could wait a little bit longer or man, if I'd have waited just 15 more minutes, man, if I would have just listened to this person and when they gave me the advice, if I would have just whatever insert you should have would have could have, right? I could have done this, if I'd have just done this, right? All of those things show up when we amplify our impatience, when we are still, when we are still, we can be intentional about knowing that we have nothing but time.

And when you have nothing but time, even though time is the most non - renewable resource, we can't get it back. It's how we use that time that absolutely



benefits us more than not, okay? So I want you to understand that when we take the time to recognize our impatience, okay? It allows us to then redirect and put positive belief into action. I am impatient because I think these things are the case. And this is where we ask ourselves two questions. What is really true? And what's the story that I'm telling myself? Usually they are not the same. When you start to acknowledge the story that you're telling yourself, it becomes easier for you to accept the truth, the space, the pace. Well, this is the pocket that I'm sitting in.

This is where we are. I'm not going anywhere. God told me he was gonna bless me with the sun, then I gotta wait on it. I don't know what's gonna happen. And I'm actually not in control of any of this time. And good morning, Tank, good to see you. Happy Thursday. But I do know it's going to happen. So can you wait on that promotion? Can you be intentional about doing the work while you wait? Can you get the coaching? Can you find the mentoring? Can you exit this relationship? Can you start over? Can you build from the ground up? Can you rebuild after change or transformation? Can you start over yet again? Or can you just be patient in the circumstances and let everything around you do what it's supposed to do while you be still? Okay. All of that. Sometimes you're the thing that's moving so fast that everything around you doesn't even have the time to adjust because it's trying to adjust to you. But if you're always moving, how can anything adjust to you?

It can't. It absolutely can't. How can you appreciate opportunity? How can you appreciate those who appreciate you if you are impatiently trying to move forward? and not let anybody see you. Do you want people to see you when you're in patients, or do you want people to see you at your best? I think as an affirmer, and I have to check this, but I think as an affirmer, impatience is in my shadow. And so I amplify patience. So even when I feel the beginnings of impatience showing up, I say to myself, I'm supposed to be here for a reason. I'm not going to move forward. And I know for a fact that this will be what it's going to be until I've done everything that I need to do in this space, until I have learned until I've gotten comfortable, until I can adequately describe what my next level dream is. I'm not moving out of this space until I start to charge clients what I'm worth. I will not get clients who are willing to pay what I'm worth. It is as simple as that to everybody who's out there thinking, I'm undervaluing myself until you value yourself until you prioritize yourself.

And then in that the impatience is what then becomes the vehicle to all of these other things that you're feeling. Can you get out of your own way? Or can you choose to wait patiently? Will you bring unprovoked or unwanted emotion into a space? Or will you sit quietly and allow everything to move as it's supposed to? Will you be relentlessly eager? Or will you surrender the struggle? Those are all your choices, ladies and gentlemen. The minute you hold up your mirror and you recognize yourself as impatient, can you put your mirror down, take a step back, take a deep breath, and say come what may, I'm ready no matter what.

All of that is what you have the greatest amount of control over. That, your response, and your attitude to the entire situation. If you were to walk away from any type of relationship whether it's a professional relationship work-wise whether it's a personal relationship can you be okay knowing that every single thing that happens from the minute you say this is no longer for me and i'm going to say no to you and to this and i'm going to find my path forward can you embrace the weight of knowing that everything that happens after that you may not have any insight to you may not be able to control at all kaby browns right or are you open to saying you know what i'm ready i'm ready to be patient and truly activate my action not out of a space of bias right and bias to action is fancy talk for i move quickly and at my pace when i want and i don't wait for anything else both of them can be positive right you can have positive bias to action you can have positive action but the how you get there, the impatience, the being relentlessly eager with unprovoked emotion that will determine how you show up in the work. Show up in the work well, ladies and gentlemen, choose the stillness, take the opportunity to understand that this is my safe space to learn and grow, just gonna move that over there, and be okay knowing that you are exactly where you're supposed to be, okay?

Sometimes in the stillness, you will realize that everything you were doing or wanting to do was happening all along, and you weren't even aware of it, right? Sometimes we get to a place where we recognize that, man, these are the things that I said I wanted, or these were the things that I didn't even know I wanted, and yet these things were happening all the time. When you get that level of transparency and awareness, it is mind-blowing, mind-blowing to discover that where you started, the journey that you were on, the steps that you were taking, what you were pouring in, were actually yielding the results that you wanted from day one, and it helps you put down that impatience and go, okay, I recognize that right now the circumstances look nothing like what I want, because I really would love for it to be something else, but I can trust the process, I can produce in the pause, I can do the work in the way, because I see around me so many things that are set in motion, and I see a lot of the good that I maybe couldn't recognize behind the cloudiness of impatience.

So once you start to acknowledge that even in your impatience, there are lots of things happening, and that maybe things were taking place as they should have been, it is so much easier for you to release the relentless, surrender the struggle, embrace I the stillness. Find your patience. Because impatience is a barrier to success. And we are going to have a successful September. And what we are not going to do is be able to leverage any of these barriers as excuses. Ladies and gentlemen, I want everybody to acknowledge that we will not leverage our barriers as excuses. We will embrace the road ahead of us. And we will know that the successful September is going to lead us right into our opportunities in October. Okay. There's zero excuses. Okay. Come on, okay. And tell the people because you already know. Let me tell you about Kenneth skirlock who speaks pretty fluent Kim blue on occasions because he's been listening to me do this.

Okay, we'll tell you he gets it whether he asks for it or not. Okay. So We are going to continue this successful September so that the opportunities in October that come our way we're ready to say yes to. Period. So keep bringing your mirrors, keep holding them up, keep understanding what those barriers are because we need to recognize them so that we can reduce them. No barriers, no bias, no blockers. We're moving forward towards a successful September and all the opportunities that await us in October. Okay. That ladies and gentlemen is your blueprint for today. I want you to embrace patience and I want you to understand that in your patience you will be rewarded because guess what Abraham got his son didn't he? For those who know the story Abraham did get his son. That's not even me right that's in the good book go find it for yourself. K .B. Brown says excuses are the tools of incompetence which builds monuments of nothingness and those who specialize in them will sell them amount to anything.

Okay. Again it's girl life okay. At 11 11 Hobbes it was meant for you. Okay I'm just saying I do what I can in real time. So with that ladies and gentlemen I am going to encourage you to gather up all your belongings and notes. Good talking most in the chat. Okay I want to Vayta says I'm a vampire. I think Ebony A .T .L. also said she was a vampire too Vayta earlier when she came into the stream right. Listen folks patience is available to you it is a virtue but you have to embrace it. You cannot run away from it okay. Follow K .B. Brown's if you need to go soak your toes good talk emotes in the chat. UDK best my pleasure. All right it's available to you yes please K we're gonna go see champ okay.

All of those things are available to you, if you will surrender your impatience and begin to recognize when you are demonstrating that. Can you take that step back? Can you pause? Take a deep breath and go, I am being impatient. Why? And for what? What is this serving? Classics, thank you so much. All right. All right, good talkin' most in the chat. Kayla, it's gonna put the raid up. We are on our way to go see Champ Lifestyle, who is on Re -bomb, and to support our fellow Re -bomb DJ. So if you're available to stay for the raid, please do so. Champ is always a good time, right? Always a good time in her stream. And Re -bomb started off so strong today. If you were in there, I peeked into one reason stream this morning. I came in before I had to start my work, but he was in there gettin' it in. Happy, happy, happy, happy to see one reason on there, followed by CODIS, and I think D -Man was next right before we got into.

Whomever is I actually don't know who's on now. I just know who was on before champ. I just know it is champ So thank you everybody for being here. Okay That's awesome. Okay. I didn't know he was from page news good for him, right? So listen folks I am sending you into your Thursday and into your week next week because I will not see you for one full week We won't meet again until 11 a .m. Eastern Standard Time next Thursday. Okay, so I want you to Take all of the good energy and light that you receive from this stream. Okay, and Let it guide you. All right, please please please let it

guide you what I mean by that is take the information Apply it to yourself Apply it to the world be okay knowing that these things are gonna show up for you in whatever way Alright, if it's the worst thing you do is hear Kim Boo's voice in your head over the next week Then maybe that's the best thing you do because it means that you are paying attention that you're tuning in All right So with that I am sending you into your Thursday and into your week next week with all of the good energy and light You need to guide you take exceptional care of yourselves I will speak to you next Thursday and I will see everybody on the other side. We're on our way to go see temp lifestyle.