

## The Blueprint Creating S.P.A.C.E Commitment

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Good morning, everyone. Happy Tuesday. Thank you so much for being here. I am so happy to be back in the seat with you all this morning. For those who may not know who I am or if it has been a while since you have been to the stream or if you happen to be new to Twitch, let me introduce myself. My name is Kim Blue. I am an HR strategist. I am a coach and I am a business owner. I own my own business called K Blue Consulting and I am most importantly the host of the Blueprint, which is the space where we come on Tuesdays and Thursdays 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 you can do three things every day, operate at your highest potential, add value to whatever work you own or are responsible for, and most importantly, show up as your authentic self. Because when you can be you, we don't have to dim our light. We don't have to shrink down. We can be great in our gifts. And we can experience everything the world has to offer while at the same time giving our best to the world.

So that's why we're here. This is what we do. And we hold ourselves accountable. We show support. We do it all from a place of love. And we are intentional about making sure that this community is really in the best position to surround each other with everything that we need. So that's what we do here. Welcome in if it's your first time or it's your thousandth time, thank you for being here. And thank you for allowing me to be the boss of my own blueprint and do what I do best, which is come and show love to you guys. So normally do some housekeeping, but I am going to reverse that because we have a hype train going on already. So I want to acknowledge everybody that's in the stream already and say, good morning. I missed you guys last week while I was traveling. I was traveling Tuesday through Thursday. It was a great time, but I did miss being here at the blueprint. So thank you all so much for the hype train. Good morning, Ebony ATL who just re -up for the last seven months.

Thank you for being here. Good morning, Kayla, my mind boss who also just re -upped and who has been here for 12 months. Good morning, LV. Thank you so much for being here. 19 months, if I had the drop and that was that savvy, I would play at LV who was responsible for kicking me off the cliff and getting me here. Thank you so much for being my absolute day one. I appreciate all of you all. Good morning, everybody who is in the blueprint. Thank you for being here and thank you for the hype train immediately. Low honor basketball, good morning. Good to see you. Welcome in. Good morning, 713 and your diverse welcome in Queens. Thank you so much for being here.

here. Appreciate both of you and hope your Tuesday is going well. Did I catch everybody?

I think somebody else came in and I may have missed them. Thank you Kayla for the boss bits. Appreciate you and for pushing this hype train right past level one into level two. Thank you for being here. So I am excited because we are cycling back through all things creating space today and this is where we left off not last week but the week before and so we're going to do a quick recap and then we're going to introduce the C in space today and then on Thursday we will round out the whole notion of creating space and get to the E and then that will take us through July and then the very last week of July we will get to a place we start to set up August and we round out our summer series and then we get ready to go into fall and really putting in the work to make sure that our goals and the things that we have set out for ourselves are really, really coming to fruition because we got just a few more months in 2024. And then we're gonna be looking ahead to 2025, which is crazy to say.

Shout out to me, right? Do you all see me wearing my glasses this morning? I just wanna make sure that everybody acknowledges that there will be no squinting because I actually was able to get my glasses repaired. If you've heard this story multiple times, you know that Griffin will get ahold of my glasses and he will chew on them, okay? And so he got ahold of this last pair, so it took a while, but I was able to get them repaired. So no more squinting and no more trying to accommodate my poor vision for being able to see all of the great comments on the screen. So shout out to me for getting my glasses fixed and being committed, which is what the theme is for today. So my glasses are here. Thank you, Kay, right? Right, I've been able to be able to see. Good morning, C -Love 702. Welcome in, good to see you. And thank you so much for being here. The glasses did make an appearance.

And again, thank you guys for the hype train. I never, never required, always appreciated. It all goes back into making sure that the things that I need to bring to you are available to me so that I can have the elements for the stream that are important is that thank you for being here and for supporting this space. All right, so some housekeeping just to make sure we're all on the same page. So this week we're streaming like normal. Next week I will stream on Tuesday. And then next Thursday is August the first. That's the first day of school. And so there will not be any stream that day. I will be doing all things mom in the morning and making sure that the prince gets off to school. He is going to fifth grade and they are the seniors of elementary school. And so there's all types of new fifth grade things that go on, I am told. So I will be present at the school and it will run into the start of the stream, right? And so I am going to not stream on Thursday.

So this week like normal. on the next Tuesday. And then after that, the stream should go on. In August, there are some dates that I'm traveling as well and I'll start to put those out there to you. There will be a stream on Tuesday, August the 6th. There

may not be one on the 8th. I have to see about that because I've got some travel planned potentially. So we'll see. But otherwise everything is going. And I happen to be in one reason stream before this this morning as I was preparing and getting my notes. Get your notepads ready, right? Because this is the page of notes that is gonna go with all of our conversations today. And one reason was giving me my flowers in the stream and he was talking about a particular topic. And so, and I said, no worries. I got you on that. And he said, let me get my boots ready. So if you wonder why in August, we start to talk about dealing with some things, right? Just you can give all the shots to one reason because he gave me the topic specifically.

But, and it's not just that, it's something that applies to all of us. We're gonna talk about procrastination and laziness because this is the time of year where kind of we start to lose momentum and we lose a little steam and it can be hard to stay motivated and stay connected to the things that are important to us. Thank you so much, Big Stove. Good to see you for coming in and gifting a sub to the community. I appreciate you, okay? And for continuing the hype train, certainly appreciate you. Right, Ebony A .T .L. says, oh, Lord, does she already put the running emote in there, but that's what we're gonna talk about because this is the time of year where we can feel like, eh, haven't really done much or eh, haven't had any momentum behind it anyway, but that's not a reason for you to disconnect from the things that you already said you wanted to do and you've committed to.

So, August, we are talking about laziness and procrastination, okay? That is what's going to happen. And we're gonna talk about these cycles through which we move through them. Thank you all so much for the hype train. Again, I appreciate you kicking it off early before I've ever even talked about any Kim Jim or even dropped any knowledge for today. Good morning, Keith. Good to see you. Welcome in. Good morning, Hobbs. Good to see you. Welcome in. Thank you so much for the resubscription for all the subs and for all the bits this morning, okay? I appreciate all of you. So listen, we are going to recap today's conversation around creating space.

No, Keith. Y 'all, let me tell you about Keith. He sent me a text yesterday and said, perp, because he calls me perp because my last name is Blue. He said, what's the topic for tomorrow? So he asked me yesterday what the topic was for today. It's just so you know, he's an asset, or you are. And he said, I just wanted to be prepared. That's what he said. That's what we're talking about the C in space, which is commitment. And now Keith is telling me he's sick. And I hit Keith up over the weekend and said, do you wanna walk and talk? Because sometimes we'll have walking, talking conversations, depending on the day. And he just got back into the gym and he said, he's sick. It's because Keith, right? It's inevitable. And we're gonna talk about commitment today and why you have to stick with going to the gym, even if it is sun raining. And you just started back to the gym and you didn't have a cold, right?

There's no reason to stop, okay? So good to see you. Keith, thank you for being here. And shout out to everybody who is working, lurking and commuting. You all know how I feel about the lurker population. You all are critical to this success of this as is everybody who's in the chat. So do what is in service to you. Virtual salute. Good to see you. Big so thank you on the lurk to elevate her. Good morning. Good to see you all. Shout out my best friend, Nakesha Hicks, okay? Who was in here. and who has been ministering to my spirit behind the scenes for the last few months. And I just can't thank her enough for it. And if y'all only knew exactly how much like her presence has just been fueling a lot of the growth that I have. So good to see the Elevate Her. Welcome in and happy Tuesday to you. Thank you so much for being here. Okay, like I see you. I see you on the on the on the on the adage around that. Good morning sight giver. Good to see you. Thank you so much for being here. Happy Tuesday to you. I hope you were doing well.

Listen, Nakesha Hicks, I feel the same way about you. Cue the windmill emote. Okay, if I had it, I would put it right in this chat. Okay, there's an emote, right? The windmill gift. Nakesha Hicks, the Peggy Hill windmill gift. Just know that that's how I feel about you. And I stand 10 toes down in that. Good morning, Amy Key. Welcome in. Good to see you. Happy Tuesday. Thank you so much for being here. Hobbs, did I say good morning? I think so. Good morning if I didn't. All right, let's do a quick recap and talk about creating space. And then we're going to talk about the C for today, which is really related to commitment. Okay, so here is our slide. Let's go ahead and get that up. Because you already know how this is going to work, ladies and gentlemen. All right, hold on. I'm going to take myself out so we can see this really quickly. So if you're taking notes, here it is.

The opportunity for you to jot down the slide and to recap. So when we talk about creating space, what we know about creating space is that that's what we need in order to move forward or to move to the left or to move up and out of something or a space that we have been in. Especially if we want to move toward something. If you remember last year in the blueprint, I did a whole series on migration or movement. And the definition of migration is to... move towards something or to move away from something. And to move, sometimes if we recognize that we're stuck or our environment is not supportive of where we want to go or where we are, we must create space. And that means changing something that we were doing, changing something that we are doing and that we want to do. All that goes into how we decide for ourselves that we want to get to a certain space. And so we're looking at this notion of creating space and making sure that we have what we need to get where we want to go.

All right. And so we started with... Yes, Ebony. So let's come back to that because Ebony says we start by changing people, right? Changing who has access to us, but not only Ebony who has access to us, but who has access to our gifts. Okay. I'm gonna tell this story really quickly before we get into this because that's a really good

point. When we talk about creating space, because sometimes the space is what we need to be able to understand and check in with ourselves. Do I have what I need and my whole heal and healthy? Especially if we are changing jobs, if we are coming through relationships, if we are changing environments, if we're adding things to, or if we are removing.

Sometimes the removal of things can trigger the way that we show up, positive or negative. Nikisha Hicks and I talk about this all the time. Very similarly, last year, our lives, we were experiencing a lot of the same things. I won't put too much of her story out there. You have to go talk to her about it or I'll have to bring her on the show to be able to talk about it. She just put it in the chat, your gifts will make room for you and people take note of that room. I will say that. Nikisha Hicks and I were having some similar things happen in one of the conversations we had last year where she said to me, she was like, Kim Blue, my circle got very small. I had to create this space and so where I used to maybe lean in or places that I used to go or things that I had access to, just because I had access to them didn't mean I accessed them.

Let me say that again. Just because I had access to them doesn't mean I accessed them. So yes, people were available, spaces were available, distractions were available, things were available, but I didn't lean into those things. I actually created space and so I went from being widely accessible to paring down my community, shrunk down, maybe four people. I might be exaggerating on that four, but it was a strong three easily. That fourth person might, but three key people probably over the last year of her life, and I know this because she told me, I understand that there is this whole notion of being able to look at your life and saying when you create space, sometimes it is the removal of things so you can actually see the environment and be very intentional about it who has access to you, right, because it's three and impossible, right? Three impossible. That's exactly what it is. And so when we think about creating space, I want to ensure that you know, sometimes it is also the removal of things, right?

We're going to get to the piles today, so don't worry that that is coming up. So for those of you who are working through the piles and are navigating through how to create space, we're going to talk about your commitment to seeing things through. Okay, so when we look at creating space, here is our graphic, it starts with surrender, right? You got to let go, you got to detach, you got to disconnect from things that are not good to you or for you. It is as simple as that. And you are the only person who knows what is good for you and what isn't good for you. Sometimes we hold on habits, people, past practices, anything that feels familiar to us because we don't want to deal with this space.

However, When we create the space that we need, we're really intentional about saying, this is how I want to move and this is what I want to be able to do. So sometimes you have to let go to receive. Good morning, Dr. David Preece. Good to see you as always. Happy Tuesday to you. I hope you're doing well. Okay, this person would like to

say hello to everybody. Okay, he's on his last week of school. I mean, last week of summer vacation before school starts. Good morning. He starts school next Thursday. Ladies and gentlemen, he is going to the fifth grade. So there he is. Dr. David Preece. Everybody. Would you like? Thank you. That's on Takesha. Okay. Okay, yep. Okay, Nikki. Okay. Do you want to say anything? No. No, okay. He's out just like that, ladies. Just a second. Oh, it's on me. Okay. All right.

And just like that, ladies and gentlemen, he's out of here. Okay. So there's his fleeting glimpse. I will pass along the rest of your good mornings, but he is out of here just like that. He's off to the basement to go find Legos or whatever is in the basement. Okay. Good morning, Mr. Nate. Welcome in. Good to see you. So we talked about surrendering. And when we revisit this whole notion of surrendering today, when we talk about commitment, you have to let go in order to be able to align your resources and commit to what you need. Preparation, right? Giving yourself the time to get ready and align with your resources, whatever you need in order to get yourself ready, you have to prepare for that. And we talked about preparing what? Preparing your body, preparing your mind, preparing your soul and preparing your energy. Okay. You have to be able to prepare your mind. We talked about letting go of all of the noise and the negative mantras.

We talked about physically preparing your body. So what are you doing? How are you putting the right things into your body? Or how are you surrendering? some of the things that your body doesn't need it gets down to the very basics ladies and gentlemen are you eating are you hydrating are you exercising are you meditating are you journaling are you managing your feelings and your energy what gets into managing the emotional parts of your body what are you doing are you talking to folks are you in therapy are you in some type of community that is going to love on you and get its arms around you when you need it that's all preparation for the journey because if you don't have emotional physical and mental preparation how are you going to sustain the body blows how are you going to sustain the mental hits how are you going to sustain anything that is going to come at you along the journey so you have to prepare acceptance right you absolutely have to embrace anything and everything that is a resource that is an opportunity that is going to help you and support you so that you can thrive in the path forward right if you don't spend time accepting the environment the journey the people, especially the things that you did not anticipate or plan to be there. Keith, I see you Keith, and I realize that you're trying to exercise. So virtual salute to you, just keep you in your ear and you just keep going.

Okay. So when we get to this place of acceptance, right, you have to be okay knowing that the things that you were prepared for or were not prepared for are going to greet you and meet you along this journey. Okay. Half the battle is us right dismissing that which we didn't anticipate. Who in here has ever started anything and then you get along a journey and you're like, well, I wasn't expecting that. And then you allow that to

throw your whole journey off. That's not what we're about in the blueprint. We are about embracing these things and about leaning in and leaning forward. You can call yourself in to a journey and say, Hey girl, or what's up bro? Like, yes, this was something I was not expecting or I didn't anticipate, but that doesn't mean that I don't got this.

I absolutely do. So you have to be in a place of acceptance. Okay. And sometimes acceptance means I accept that I have to surrender. I accept that I have to prepare. Right. Because if we can't accept what we need to let go and we can't accept what we need to do in order to get ready for whatever, then it's going to be very difficult for us to go along this journey because the opposite of acceptance is rejection. If you reject everything, whether it is good for you, especially if you know that it's good for you or not, how can you at all be in a position to be a willing vessel, to receive help, to receive courtesy, to receive grace, to receive blessings. All of those things are real, right? Right. CLO 702, the plot twists are all in here. First Gen Xers, good morning to you. Happy Tuesday. Thank you so much for being here, for being a part of the blueprint this morning. We are talking about creating space. First Gen Xers. So here is our graphic for today, and we are working our way through this acronym of space. And now we are on the C. Here is where the toe stepping is going to start.

So if you brought your notebook or your pens, get them out because we want to really understand this whole notion of what it means to commit. And I am gonna take commitment in a different level for you today, because I really want you to wrap your mind around. If you are gonna create space, you have to commit. And we're gonna talk about what you need to commit to. We're gonna define what commitment is. We're gonna talk about what the opposite of commitment is. And then we're gonna walk away from this having committed to ourselves something. And then we're gonna touch on the homework. Don't think I forgot about the homework last week, right? What the homework was, where are you surrendering? What are you preparing for and what did you accept? And so that's gonna come into this space of commitment. So I didn't forget, okay. The Elevate Her will tell you I've been on these vitamins and it's helping my memory get a little bit better.

All right. Here you go. This is where we're gonna start. I see you, Hobbs. All right, so here is what's gonna go on. So let's talk about what it means to commit. So if you look at our definition, it means to give your loyalty or your time or resources to a particular person or cause or plan of action. I want everybody to take notes on what it means to commit. This is a bit of an adapted definition, but it's the important one because when we talk about giving loyalty, time, which is currency or other resources, other resources can be money, it can be energy, it can be your mindset, it can be your presence, it can be your voice, your intellectual property, information that you have, but essentially you, you the vessel, whatever that is, you are committing that to the process or the journey of creating space. Okay. Now, when we think about commitment, what we say to ourselves or what we say out loud is, yep, I can do that.

I can commit to that. But we sometimes do so without thinking through all of the pieces or components that that commitment requires. Big Stove just said it, right? He got ahead of me. This is how I know y'all are listening to me in the blueprint. Cause you come forward with these Kim Jims before I even say it. Cause what do we know about yes, ladies and gentlemen, yes is expensive, but we discount yeses real hard, but we don't discount those noes. We keep those noes at full price and then we're afraid to go spend the noes as currency. But yes is expensive. So when you say yes to anything, you say no to something else. Usually that's something else is you.

That's your time, your energy. It's the reason why you can't get to the gym. It's the reason why you cannot get water during the day. It's the reason why you cannot get up from your desk, that you don't eat lunch, that you don't have time with your friends, that you can't go on that girls trip, that you can't commit to something else because you have said yes so severely. And listen, I'm not saying all yeses are bad. I am saying sometimes we do not exercise flexibility in our yes, somebody write that down. You need to be able to exercise flexibility in your yes. Keith, okay. Some of us get into these yeses and then it is a commitment that is so stern, does not have any wiggle room that we put ourselves in these spaces and we don't know how to navigate inside of our yes. So then our yes becomes really sticky and really uncomfortable and we don't know how to move through it. Keith. Okay, so we get committed to these yeses, and then these yeses overwhelm us, all right? I want you to write down or hear me when I say a few other words that are adjacent to commitment, right?

Or a synonym to commitment. Sometimes we refer to commitment as dedication, to devotion, to faithful. Can somebody get C. Loaf 702 to the pew? I know Hobbs is already there, and Dr. Dady Priest is in here. I think Dr. Dady can get you a blanket. C. Loaf's got weighted blankets, okay, on her site. Dady, you can drop the link to your influencer site in here because I think folks need blankets. Or we can get you some ball skier, right? If K-Lok is not in a meeting already, all of those things will be available to you, okay? In fact, I will drop, there it is for everybody if you need it, okay? Because when we think about this notion of being devoted, being faithful to a person, being loyal to a process or to any of the things, right? The question that I want everyone to ask themselves is, what do we commit to? Because we say, yes, Keith, Keith is on the, there's space on the couch, there you go. But you might wanna go sit on the opposite side from where Keith is, because Keith has told y'all he's under the weather.

So y'all go sit on the other side of the couch. So Keith does not share his, share his germs, okay? So the question is, ladies and gentlemen, what are we committing to? I wanna talk to you about what we're committing to, and then I want to bring your attention to one other thing as we talk about that. And then we're gonna talk about the opposite of commitment today. I'm sorry, you guys, my camera is all types of spotty, so bear with me, all right? So what are we committing to? We're committing to the process, okay?



And I want to talk about what it means to, be the processor, understand what the process is, okay? So the question is, what are we committing to? committing to? The answer is we're committing to the process. Now, why is the process more important? Here's why. Because the process itself are the things, the actions or the choices that will get us to our end result. The end result is the thing that we have committed to. Weight loss, healthy eating, being on time for those of you who tend to run the little late, right? Whatever it is that you're committing to, you have to commit to the process or the journey that's going to get us to this end result. Now, let me blow your mind with something that, right, okay, weight loss, all of that. Okay, but let me blow your mind with something. Here is the twisted, right? What did you say, CELO 702, the plot twist. The plot twist is that you actually need to commit to the process more so than you do the end result. we get so caught up in trying to commit to the end result and saying, I wanna lose weight, I wanna lose weight, I wanna lose weight.

However, what we need to do is commit to the process of weight loss, the process of whatever the change is going to be, right? Because when we commit to the process, those are the actual steps that will get us to the end result. And then the end result becomes a byproduct of committing to the process. LaWanda Baskerville, I see you, thank you so much. I'm gonna hold on my thoughts because LaWanda has already told me that the raid is coming. And this gives everybody time to readjust their blankets, shake their pens for a little bit of ink, make room on the pew or at the boardroom table, wherever you are taking notes because our friends from the gospel takeover family are gonna make their way in here momentarily. And I wanna make sure that they don't miss this, okay? So be able to make sure, be able to make some space for folks who are coming in, okay? When we think about this whole notion of committing, right? Sister Sirius, good morning, welcome in, okay? Okay, like I'm only speaking the truth because here's the thing, right? It is a whole moment of, we get so caught up, right? And I'm gonna use the word distraction and I'm gonna use it in just a minute because I see the raid coming in, reason, thank you so much for the raid.

Happy Tuesday to you, gospel takeover family. Come on in and make yourselves comfortable. Welcome to the blueprint. It is always good to have you with us. If you are not following one reason for whatever reason, please do so. I was in his stream this morning, getting my praise and worship on as I was aligning my notes and getting my mind right for today's conversation I was preparing. So thank you, reason for the raid and for always bringing the gospel takeover family here on Tuesdays. We have already made room for you, reason, we've already made room for everybody who was coming in. So everybody who was saying good morning in the chat. Let me acknowledge you. Thank you so much for being here. Diana Dubiex. Good morning. Good to see you. DJ C -sharp. Welcome in. Good to see you. Happy Tuesday. First time chatter. If you're not following C -sharp, please do so. Always a good time in the basement when I am able to make it there. Greg Murray Entertainment. Welcome in. Good to see you. First time

chatter to the blueprint. Happy Tuesday to your platinum crew. Good morning. Thank you so much for being here. Recap is coming, LB. I got you for sure.

Thank you for being here. Everybody who came in on the raid, happy Tuesday to you. We are talking about all things creating space. If it is your first time in the blueprint, let me introduce myself. Greg Murray, thank you so much for the comment. I appreciate you for the compliment. I appreciate you. My name is Kim Blue. I am an HR strategist. I am a coach and I am the host of the blueprint, which is on Tuesday mornings at 8 a .m. and Eastern Standard Time. The blueprint is where we chop it up about all things. personal and professional development, you have to develop you so that you can be your best self and be the boss of your own blueprint, which is basically what the tagline is in this space. All right. KB Brown, thank you so much for the re -up. Appreciate you and good to see you. Happy Tuesday. Thank you for being here. Rebel, welcome and good to see you. If you are not giving the Rebel Inc a follow, please do so. Always a good time in her streams, no matter what, whether you are lurking or whether you're actively laughing, both things are going to be true at the same time in her space. All right. So Rebel, thank you for being here.

Reason, thank you so much for the re -up. Appreciate you. Happy nine months and being a blueprint boss for sure. So we are talking about creating space because space is the thing that we need in order to thrive, not just survive. And I did a quick recap. Let's put the graphic back up for anybody who's coming in for the first time. This is our acronym around space, ladies and gentlemen. And we are talking about what it means to do that. And we have been covering over the course of July, the S, the P and the A. And today we are talking about the C, which stands for commitment. The first step in creating space is to surrender. And that means to let go of all the things that you may not need or that are not in support of what you are working towards, okay? And we have to surrender choices, actions, people, spaces, whatever it is, but you have to say, I'm gonna let go and I'm gonna be better for it, right? You have to know what you need to surrender in order to surrender it. It is as simple as that. Once you surrender, you then have to prepare, right? What are you preparing for? You're preparing for this journey. You're preparing for the work that is gonna come with creating space.

You are gonna get yourself ready and surround yourself with all the things that you need. So you're gathering your resources you are assessing. Do I have what I need to go forward on this journey? Because when we talk about commitment, right? We're talking about the process. And that's where I left. often. So you want to be prepared for the process. That's definitely something someone should write down being prepared for the process for sure. Then acceptance is the is the next one or a we have to embrace all the things that are going to help you thrive in your path forward, whether you know it or not. Okay, one of the Kim Jims that I laid out the month of July I said you are ready.

Even if you don't know it, even if you don't feel it right, you have what it takes. Even if you don't know that you have what it takes. It's there already. You have to trust

that right. No matter what exactly CLO 702. You are ready. No matter what. I posted that last week or the week before last in my notes, but I think that that's going to be the Kim Jim that gets posted today. Right. You are ready. No matter what. And I know so many of you are working on goals, working on things have, you know. Passion projects or things coming up that you are looking to pursue Because you reach out to me and you tell me about them You're ready. No matter what an acceptance is accepting that truth It's also accepting that you've got to surrender and that you have to prepare Oftentimes we don't want to do the preparation work for the journey, which is what makes the journey that much difficult.

Okay? All of those things are really intentional when we set ourselves up for success When we are intentional about saying this is what I want to do and where I want to go. Thank you Kay, I appreciate you and all the things that are intentional about that. So commitment for those who are taking notes Diana the BX I see you. Okay, we're talking about commitment today And this is the definition to give your loyalty time or resources to a particular action person calls Whatever that looks like now, here's the question that I posed before the raid came in. What are we committing to? The answer to that question is we're committing to the process But let me blow your mind a little bit about commitment because what we usually think is I'm committing to this end goal That I have Brown seagull 1987 welcome and good to see you. Thank you so much for being here. Happy Tuesday Welcome to the blueprint We are talking about commitment and we are specifically talking about commitment in the spirit of creating space All right. So if you're taking notes, here is where you want to make sure you're capturing things.

What are we committing to the process? But the but the plot twist is is that we often think we're committing to the end goal Right. So the process of what the process of weight loss the process of eating better the process of being on time Whatever that is, we're committing to it But what I want to encourage you to do is actually commit to the process and not to the end goal. Okay Because here's the thing, we get so stuck in committing to the process. Not only do we get stuck in committing to the process, we will verbally say, I am committing to weight loss. I am committing to healthier eating. And then we'll not invest in the process of getting there. I am committed to showing up to meetings on time. I am committed to giving myself my personal performance review every Friday. I'm committed to asking for feedback so I know how I'm showing up at work so that I can get to this goal.

We will commit to that, but we will not commit to the work of what that end goal is. I .E., if the goal is weight loss, are we committing to the process of exercising, of eating right, of drinking more water, of sitting down with our doctor and having a conversation? Are we committed to the process of saying no to stress eating? Are we committed to the process of making sure that we get up every day and say yes to something that would keep us from being successful and seeing weight loss, right? Are we committed to the process of journaling if we know that we need emotional and mental

stability, right? Are we committed to saying, you know what, that's not gonna serve me today? So I'm gonna say no to that.

Are we committed to not disappointing someone else? Or are we committed to disappointing ourselves so that we can please someone else, right? Sometimes we cannot accept that we have to disappoint someone else in order to be able to amplify ourself. Here we go, folks, because why? You have to be the villain in somebody else's story to be the hero in your own, all right? When we acknowledge the process, okay, you have to be okay saying, every day I have to do this one thing, these two things, these three things, whatever that looks like, okay, in order to successfully get to the end goal. Because if you commit to the process, the end goal becomes a byproduct of the process. And then guess what? You've created new habits. You have done transformation. You have invested in and created your own change management journey, okay? So instead of saying low key, I need to commit to the process, the answer is high key, you need to commit to the process. And by the process, I mean the steps to success, the steps that are gonna help you achieve the end goal, okay?

The process is all the things that are gonna help you get there. When we don't commit to the process, we set ourselves up for failure. And failure is not necessarily an option. Learning lessons is always an option, but we don't wanna intentionally create a path towards failure, okay? Every ATL says. I need some support, right, for this knot that I have on the side of my head, okay? All of these things. Now, in the spirit of committing to the process, because everybody here is saying, like, if you are listening to this conversation, right, and virtual salute to everybody who is lurking or commuting, all right, this means that in some way you are accepting that you are ready to amplify your commitment to the process, not necessarily to the end goal. You identify what the end goal is. You commit to the process of getting to the end goal. There's a difference, right? Identification, commitment. I know where I'm going and what I want, how to get there is the thing that I have to spend my time in every single day, no matter what that is.

Now, I want to call attention to this whole emotional relationship that we have with commitment. right? You're gonna be like, Kim, what do you mean by this emotional relationship? All of us have it. We all do it. It looks different, right? Yes, Keith, commit to the process, not to the end goal, right? Committing to the process means that I got to get up every day, put on these workout clothes, drive to the gym. That's the process. In the end goal, Keith is getting to the gym. Once you're at the gym, you're going to do the workout, aren't you? Even if you feel some way about it, you're going to do it, but the process is up, get dressed, drive, grumble, grumble, grumble on the way to the gym, say bad things about Kim Blue because she made me do it, but you're going to get to the gym, and then you're going to do it because the goal that day is to do the workout.

The process is getting there. Good morning, Bashi K .D. Good to see you. Thank you so much for being here. That's like Kim said, I don't like it. She said, I do not like it at all, but listen, that is the process, right? Let's really spend some time looking at this

process, okay? If the end goal is weight loss, then the process is I need to say no to sweets. I need to say yes to fruits and vegetables. I need to say yes to grains. I need to say no to sitting down all day. I need to say yes to wearing my Apple watch because I need those nudges. I need to say yes to going on a walk, yes to parking farther away and taking the stairs, all of the things, okay? Kayla says, what if I want to keep my shirts from thinning on me like winning the boot? Then K, that means you have to say yes to the process. All of that is here. Dr. Dady Priest has given me the side out, right?

Because here are the things. Dr. Donna Dundas, welcome in. Happy Tuesday. We are talking about committing to the process, Dr. Dady, which is something that I know I don't have to say to you because here's the thing. Dr. Dady Priest understands that the process is more powerful. than the end goal. The end goal will be the result of committing to the process. I promise you, okay. Platinum Crew, absolutely. You got to say bad things about Kim Blue because I guarantee you when you go through the process, you're going to be like, I am only doing this because Kim Blue said I have to do it. But guess what? By the time you get to the gym, by the time you get that salad, by the time you do the thing that you need to do, you will feel better. And then you're going to take that feel good feeling and you're going to bring that back because the next time you get to a place where you're like, Oh my gosh, I got to get up early.

I got to change my clothes. I got to drink this water. My muscles are going to be sore. I hate life. Kim Blue, Kim Blue, Kim Blue, Kim Blue, stomp on her toes. But when you put on those pants and they fit, but when you look in the mirror and you realize how much stronger you are, when saying no becomes easier, when your emotional health is in alignment, you're going to be like, Oh man, Kim Blue. And that is being the boss of your own blueprint. The Bishop one, welcome in. Good to see you. Thank you so much for being here says a few months back. He turned in, tuned in at the end of a stream and I said, what do I have available to me that I'm not utilizing? And that was a huge one. Absolutely. What are we not taking advantage of that is available to us? So thank you for tuning in. Thank you for coming back, but also thank you for bringing that back because there's so much that is available to us that we are not tapping into. And that's really, really, important, okay? We have to be intentional about knowing that if we want to get to our yes, we have to commit to a process, not the end game. It's the everyday small steps that have to happen, okay?

What is that? What does that look like? You actually have to ask yourself those questions. Everything, okay? Now let's talk about this whole emotional commitment to the process. And here is where everybody is probably gonna be like Kim Blue and they're gonna shake their fist at me, but I love you back for it, okay? This is where I feel like Big Stove is gonna come out of lurk and have something to say to me. But here's the thing, in committing to, right, okay, I was waiting for that, right? So here's the thing, in committing to the process, we talked about surrendering, right? Surrendering is the first step in creating space, but guess what, ladies and gentlemen, in this whole notion of

commitment, you have to let go or surrender the need to feel like committing, right? How many times do we say I don't feel like it?

We'll do something until we feel like it. I will commit to this weight loss journey as long as I feel like it. I will commit to quitting smoking as long as I feel like it. I will commit to being on time as long as I feel like it. If I feel like doing it, I'ma do it. But when I don't... feel like doing it. What happens? I don't do it, right? Kayla said, I don't want to say, like, give her said it earlier. I don't like it. Right? As long as I feel like it. But guess what? The commitment to the process isn't contingent on you feeling like it. Because if you don't feel like it, now the double spirit, here she comes right out of the word. Good morning, scribble, mate. Look at folks coming out alert. Okay, listen to me. I said it. I gave everybody the heads up. I said, this next thing that I'm going to say is likely going to bring folks out of lurk. Double spirit, good to see you. I am happy to see your side as well. Thank you so much for being here. I appreciate you. Okay. Listen, folks, the work that we one reason says rude. Right? But here's the thing, folks. Right. And if the elevate her is listening, I know she's probably got something to say about this. So drop your thoughts in the chat. Because here's the thing, the things that we commit to this process is not contingent on whether we feel like it.

The end result is not gonna happen if we don't commit to the process, right? The process does not care about how we feel. Let me be very clear about that. The process is in place for us to follow it, to get to the end game, right? It does not care about your feelings at all, okay? The process doesn't, double spirits that I'm out of here. Okay, Ebony ATL was like, wait a minute. It's not what I came here for today. Okay, here it is, right? Here it is though, ladies and gentlemen, because when we don't feel like it, what happens? We don't do it. Ebony ATL says I'm out of here, okay? All of that, right? Big stove says the trigger got snow hard, right? The process, right? Absolutely, C -Love. Is this the F your feelings type situation, right? Absolutely, get out of your feelings and get into this strategy because let me tell you something. When you don't feel like it, you won't do it. And when you don't do it, you don't feel good about yourself. And then you grumble, grumble, grumble about how you are not seeing results. But guess what, ladies and gentlemen, you're not seeing results because you did not commit to the process. Here's the thing, your end game, ladies and gentlemen, that goal does not go anywhere. It doesn't change. The desire to get there is not any less, but you, faithful friend, beloved blueprint boss, have not created or committed to the process.

When you don't commit to the process, that is the thing that will keep you from getting to this end goal. Good morning, Tabby Gilbert. Good to see you, beautiful. Happy Tuesday. Thank you so much for being here, okay? I'm telling you, right? The process does not connect to your feelings. So it's not contingent upon how you feel. Right? Remember when we talked last year about the mantras on your meds? mixtape and I told you to do it afraid, right? Fear does not stop you from still doing something or moving forward. You can do the thing that you wanna do afraid. This is the exact same

thing. The process still has to happen in order for you to get to that end result. Why would we set a goal and not want to do the work, right? This microwave society, this instant gratification mindset, this I gotta have access to it right now. I wanna quick fix an easy solution without the work, right?

But listen, the statement is faith without works, right? Faith or faithful is another word for commitment. So you cannot commit to anything without doing the work behind it. Diz, good morning, good to see you, welcome in. Be sure to give DJ Diz a follow. Listen, so many amazing folks in the stream, go give all of them a follow, okay? mods, streamers, DJs, everybody, go give them a follow because that's how we continue to support this community. And that's how we continue to invest in the work because now you've got accountability partners all over the place, okay? Faith is the bird, come on and say it to elevate her. Miss KV, good morning, good to see you. Thank you so much for being here. Happy Tuesday to you, okay? Hobbs says, because work is hard. Well, the work is hard, Hobbs, but no one said the work was going to be easy. Listen, Keshakes and I were just talking about this, right? If you knew the plan to get to the end goal, would you do it? No, that's why you set the goal and then you go along the journey and you have to take the steps and then you do the work, you embrace the process, you prepare, you surrender and you accept because if you knew you were going to have to work hard, you would say no, but guess what?

There are some lessons that need to be learned along the journey. There's some release that needs to happen along the path. There is some surrender that needs to happen. You have to submit to the process. You have to prepare your mind, body and heart to receive and release and you have to accept all of these things because if you knew that every step was going to have some challenge, you would say no and you'd still have this desire. So you can either embrace and accept the work and the journey or you can step back and have this longing of trying to get to a place that you know you want to but you don't wanna do the work because the work is hard. But guess what? We can do hard things and we do hard things every single day. I promise you, we do hard things every single day. All of those things happen. Even if we don't necessarily know it's hard until after we look back on it and reflect and oftentimes if we're really keeping it a buck, we don't really know that it is hard until we've done it.

And then we go back and we say, man, that was hard. It sure was, but look at you on the other side. Look at you, you did it. Look at you, conquered that thing. Look at you, climbed that mountain, went around it, over it, told it to move whatever it is but you did it not stuck in that place. So remember that this process is not contingent upon how you feel. Your feelings have no place in the process. You can celebrate your feelings about having gone through the process once you go through it. But you have to let go of this need to feel like it. It's not that. I don't feel like exercising. Well then baby you want your shirts to fit like we need the flu and I don't know what else to tell you.

OK. That's just what's going to happen. I don't feel like eating right or I feel like eating comfort foods. Well as long as you feel like eating comfort foods then you're going to have issues. You're going to be on right. DJ class that says it all the time meditation over medication you can choose the Medicaid, or you can choose to meditate. The choice is yours. Wherever you put that energy wherever you are loyal to that is the process that you will follow. So if you want to see results, commit to the process, commit to the actions, choices, right, right, the elevator, right. I'm just saying, you have to commit to the actions, the choices, anything that is going to help you get to the end goal. Because by the time you start doing that, it now becomes a way of life. And so saying no to things or saying yes to things becomes so much easier, right, we can be grounded in distractions, anything that is going to keep our mind off of the work being hard, right. Sometimes we call it right when I used to be a personal trainer, we would call this this notion of dissociation, right? It's like, who in here can go in and exercise without music, right? If you go to the gym or whatever, can you exercise without music?

You're like, doesn't matter to me, I can be in my head and I can push myself, not I said the cat, I have to have music. And I mean like a severe playlist, because the energy from the music, the beats, the words of the song, right, the harmony, whatever it is, that's the thing that's going to push me. When I used to teach kickboxing, man, y'all listen, y'all think I'm a beast in this stream and in HR. I was just as much a beast when I was a personal trainer. And when I was a fitness instructor, when I was writing exercise programs for people, okay, I used to teach kickboxing, and people would come into my kickboxing classes. And in at lunchtime, they would only have 30 minutes with me, and they really have 27 minutes, because then I would change from kickboxing to like strength training, and I had to get them out so that they could shower and be where they needed to be. If they had a one o'clock meeting, and it was on the other side of ESPN's campus, I had to do all of that, right? But I used to wear folks out for 27 minutes, because that's all the time that I had.

But my music would be really, really loud. Because when they would walk in, Right? And my music was so loud that I didn't need, I would talk over my music. I didn't use a microphone when I taught kickboxing because I needed to draw from within because I had to push myself. Because not only was I teaching, I was also exercising. So I had to motivate other people while exercising myself and still doing the movements. Okay? I used to teach kickboxing in the mornings. I hate morning, listen to me folks. I am not a morning person. I'd rather play in traffic than get up early. Okay? Now I can stay up late with you all night. Okay? But getting up in the morning, not only that, I have to get up at 5 .30 to be at the gym to open it by six. And then to teach a 7 a .m kickboxing class, I used to wear folks out for 45 minutes. Okay? But mostly that was me pushing through my own disdain to be like, will you hear it girl? You hear it. Right?

So if you're going to do it, you're going to put this music on, you're going to put on, right? I used to have this, It's my most favorite CDs, African vibes, right? It's this



whole African vibe CD. I would teach, if I could put that on now, I would teach kickboxing to it right now and wear everybody out. And I hadn't taught kickboxing easily in 10 years. That's okay, right? Muscle memory is a beautiful thing, okay? But I'm telling you, listen, Ms. KB, I'm so serious. I would rather play in traffic than get up in the mornings. I am not a morning person. But Keith will tell you, Keith was at ESPN with me when I used to teach these classes. He will tell you that I never used a microphone. He would tell you that he would be in the gym if he wasn't in one of my classes. And my colleagues would come and close the door because that's how loud my voice was over the music. And people could hear my voice over the music in the main gym and in the fitness instructor room, right? But that's what I needed to do because I had to get people to commit to the process. I don't care how you feel when you come in here. We are gonna kick and punch and hook and uppercut. And we are gonna do pushups and we are going to move through this workout no matter what.

And at the end of this, you are gonna feel better. You may hate me and you may not be able to sit down on the toilet and when you go to put your shirt on, when you go to get something out of the cabinet, you might be like, ah, I can blow, I hate you, but that's okay. You're gonna know that you did the work. I don't, site giver, I do not, okay? Because I want y'all to know that understanding this whole notion of letting go, it didn't matter if I felt like teaching. I had one job and that was to take people through this workout. And so I will wear them out for 45 minutes. And then they would say for 15 minutes of ab work after that, out of control. Here's the thing, ladies and gentlemen, commit to the process, okay? Because when we talk about commitment, all of these things come together. If you're gonna say I surrender, if you're gonna prepare your mind, body, and emotions, and then if you're gonna accept the journey, then you have to commit to everything because that end goal is gonna be there whether you feel like it or not. So just say yes. Say yes to you. Say yes to the process. Say yes to the choices. Say yes to, I wanna look good in these jeans. Say yes to, I wanna put on this jumpsuit, this wedding dress, whatever it is.

I had a bride that I used to train and I took her through this regiment of workout for six months and it was so good that she took every single workout that I put together for her and she published it in a book and she said, so that the next time you have a bride to train, I want you to tell them that this book of workouts is gonna have their arms, their shoulders, their legs, everything ready, is a bride worthy workout. I have this book right now on my shelf, right? All of that, all of that, right? Keith is telling y'all the truth, right? He will tell you, I used to wear people, I was no joke in the gym and I'm still no joke in the gym, even if I don't get there as often as I want because I'm balancing life and living. But I promise you, those workouts are there because I committed to the process and I brought everybody into that commitment. They would come in the gym grumbling. People come into my coaching sessions grumbling.

Here we go. Here we go. Oh, yeah, Keith will tell you. I can look out the window of the gym and see the building that Keith worked in. So I could see him walking out and coming to the gym. And I would always know when he was there or when he was coming so I could see him. There was no hiding. It's the same way with coaching. My coaching group will tell you when they come in. They know that I'm gonna say things to them. They know that I'm gonna hold them accountable. But guess what? Every single one of them two weeks ago had a positive testimony in our coaching circle. Every single one of them said, I'm doing this. This is the thing that I'm celebrating. Here is where I am. And we talked about how we're holding each other accountable. They didn't even know that they've been committing to the process this whole time, but that's what they've been doing. Every single one of them, and they're in here, right? They are in here right now and they will tell you.

Every single one of them did that. Now I'd say things to them and they're always like, but that's okay. That is okay. Nakesha Hicks says things to me and she's in here, right? And she says things to me and she always says that damn Kim Blue. Or I'm always like, Nakesha Hicks screaming at me even though she's not talking to me in real time. I hear her screaming in my head because I'm committed to the process. I'm committed to making sure that you all are the boss of your own blueprint. Keith just said it to me the other day. He said to me, I said, do you want to walk and talk? He said, I'm at the gym. And I said, yes, that's it. And what did you say to me, Keith? When I said you were at the gym, I said, he said, I am doing what I was told, which is what, right? He's going to put it in the chat, okay? He is going to put it in the chat because he wrote this to me in an actual text message. He said, I am doing what I was told and I am scheduling my priorities.

Thank you. Spirit fingers, right? That's a commitment to the process, ladies and gentlemen, and that's not contingent on how you feel. So don't worry about if you don't feel like it, do it anyway, because that commitment to the process, to the journey, everything is gonna be so worth it. Here are the opposite of commitment. I want you to write these down because I want you to understand, if this is you, mirror moment, here we go. What is the opposite of commitment? Uncommitted, unengaged or disengaged, right? Disloyal, I am not loyal to that process, this person, this space, but really those are things that you are not to yourself. I'm not loyal to myself. I'm not committed to myself. I'm not committed to this process of bettering myself, being better, saying yes, accepting all of these thing right? The opposite of commitment is all of those words. But really what you're saying is, is that I don't value myself enough to follow this process. I can say out loud the end goal, because that's what I can tell people my story all day.

But if I'm not going to do the work, if I'm not going to be faithful to my journey, if I'm not going to prepare, surrender and accept, none of it matters because my commitment is flatlined. Okay. Oh, wait a minute. Are we getting out of here? What happened? I didn't realize we were getting out. So I give her immediately put the right

message up. I'm sorry, y'all, but I'm telling you the truth, right? Maybe this is what happens when I've been gone for a week. Okay. I literally looked up and was like, wait, are we going? I didn't realize that we're going. I'm saying to you folks, because you have to accept for yourself that ultimately you are devaluing yourself by saying, I'm not committed to me. I'm not engaged with myself. I'm not loyal to myself. And I'm prioritizing other things over me, but you are your most valuable resource period all day, 10 toes down. Okay. Absolutely. Where's, where's the sorry, not sorry, emote, LV, if you're still in here, cause that's what needs to go in the chat right here.

Sorry, not sorry at all. When we talk about commitment in creating space, okay. Dr. Donna Donis, thank you so much for the boss bits. There it is. See love 702. Thank you. Right. Sorry, not sorry. When we talk about creating space and when we talk about this whole notion of commitment, if you are not willing to acknowledge the process and surrendering the things that you know are not going to help you get to that end goal, accepting the work that comes as a part of the process and preparing for this. then you are saying, I don't value myself enough. And that is not what we are about here in the blueprint. Right? You are the boss of this journey. You are responsible for you, your feelings, your emotions and getting around some folks who are gonna help make sure that all this is gonna be possible. Wisp perfect. Absolutely. Welcome and good to see you. KB Browns, thank you so much for the boss bits. I appreciate you. Okay. All of this is really intentional, right? And when we look at those words that are the opposite of commitment, what we don't want is this opportunity to say, I was not loyal to my own needs.

I put my wants aside for what, for who and why. The other thing that I wanna tell you, I want you to write this down, Wisp perfect. Thank you so much for the boss bits. Here is the algorithm. When we talk about what we commit to, okay. Here is the equation for the process. The process is the what, excuse me, the process is the why and the how, right? Why plus how equals process. Somebody write that down. It is not just about the why I wanna do it. I am losing weight because I don't want my shirts to feel like Winnie the Pooh. I don't wanna have to shimmy into my pants. I don't wanna keep doing all of these things. I, but the how. How am I going to do it? The how is I'm gonna say no. I'm gonna say yes. I'm gonna get up and move. I'm going to buy a new pair of tennis shoes instead of right, no shade to the DJs out there. But if you buy records and you could be buying sneakers. Okay. I'm just saying the why and the how. I love you too, Kay. I'm just saying it. This is just one example, but fill in the blank with everything else, right? If you could be investing in one thing, if you are investing in one thing and you could be investing in something else that could help you commit to the process, right?

Because it's not contingent upon how you feel, right? If you can play the records all day, but your body is exhausted when you're done standing up, then what do we need to do? It's like, this is my permanent location. It's just right in the corner, okay? But do you understand what I'm saying? So when we look at this whole equation for the

process, the process is not just the why, it is the how. And that's what is going to get you there. And it's not contingent upon how you feel. You do it whether you feel like it or not. I don't feel like going to the grocery store, but you gotta eat. Okay? I don't feel like going to work, but you gotta pay these bills, right? All of these things are not content. And so we do it, whether we feel like it or not, this is no different. So what are you saying yes to? What are you committing to? When you are looking at creating space, what are you committing to? Let's talk about these piles, because here's what happens, right? When we say, I don't feel like it, we bury all of the things that we don't feel like it in these piles, piles of shoes, piles of laundry, piles of dishes, piles of mail, piles of boxes.

We push it into a closet, a drawer, a storage unit, an attic, a basement, whatever it is, right? But that's where it all goes. And then guess what? We still have to commit through working through the piles and it is in, the decluttering or the deconstructing of these piles that we find that we always had the energy to go through the process. Because the process of breaking down a pile is the same thing as the process of being faithfully devoted to what it is that we are doing. Tab here, but when I see you again, my beautiful sis, I promise you I will hug you, okay? I will hug you. I promise. Is Twomp in here? Because I feel like Twomp would have a lot to say. It's very early, so he might not be in here at 6 a .m. where he is, okay? I am telling you, all right? This is what it means when we talk about committing. So if you want to take copious notes and recap, here's what it is. It pays six. Welcome in. Good to see you. Thank you so much for being here. Here is the recap summary before we get ready to get out of here, okay? Hops. We can talk about the hobs outside of here, but here it is, okay? The question for today is, what do we commit to? If you're wanting to summarize, okay? The answer is you're committing to the process, okay?

Here is the equation for the process. The process is the why plus the how, right? The real flex is committing to the process and not the end goal. Because if you commit to the process, the end goal is going to happen no matter what, okay? That end result is not going to go anywhere. And guess what? The process is not contingent upon your feelings, so you need to let go of this, if I feel like it, I'll do it. Because whether you feel like it or not, the end goal is still going to be there. So, if you don't commit to the process, then it will not be in there, right? He commits to coffee every single day. No comment, you should commit to coffee every single day. Good to see you, Vader. Welcome in. Happy Tuesday to you. Big LMD, and I hope you're doing well. Go follow all these. folks in the chat, including DJ Vader, who has just made his appearance probably coming out alert, okay? When we are not committed to that, we are not loyal, we are not engaged, and we are not faithful to any of those things, all right? And we need to make sure that we're doing so because regardless of how we feel, we still need to do it. Your feelings have no space in saying yes to the process. All right? No space. So we do it afraid.

We do it whether we feel like it or not, and we are intentional about knowing that if we do it, when we do it, because we've said yes to the journey, that that end goal, that

end result, whatever it is that we're trying to achieve is going to be there, all right? So here's what this looks like. As we get to our graphic on Thursday, we're gonna talk about the E, okay? So let's make sure that we are ready to round out this whole notion of creating space and why the commitment part of creating space is probably the most critical. All right. So surrender, prepare, accept, and commit, okay? So I give her, so she's gonna cry in the car, okay? Y'all, I don't know if it's because I've been away for a week, but clearly you all see I had time to think, and I was really intentional about rounding this out. And so I was looking at this and I was like, I want to be able to do this. And commitment came so clearly to me as I was looking at building out this acronym, okay? I want to remind you all that committing to the process is really the flex, okay?

Crystal Method, good morning, welcome in, good to see you. Happy Tuesday, it has been a while. I hope you are doing well. Always good to see you in the blueprint. Salute to you and thank you so much for being here, okay? All right. Now, ladies and gentlemen, good talk emotes in the chat, okay? Thank you so much for being here. I missed you guys last week in case you can't tell. Here is the question, right? What are you committing to? You need to know the answer to that and it is the process. And so if you've decided for yourself that you want to do something, let's get clear on what the process is. If you don't know what the process is, get you a buddy, a blueprint, bestie, a boss, boo, babe, whatever you want to call it, so you can get clear on the process. And if you decide you want to huddle up, okay? Then huddle up and let's figure out how we can make sure that we can do this together. If you want to have a conversation, right? If you want to do that, coaching group is available. I just told you all I'm getting ready to start up a second blueprint, coaching cohort. anybody who is interested. Okay, there's the information. Otherwise, good talking most in the chat. Thank you all for being here.

Listen, Ebony commitment. Okay, Kayla is the head of the blueprint support group for those who may need it. He heads all of that up and can tell you about all the things and how to get what you need outside of being a blueprint boss. Okay. Listen, folks. Excellent, excellent talk today. Thank you so much for being here. Ebony, congratulations to you. Okay, that is massive and I don't want you to diminish that at all. 11 pounds. Listen, one pound is an accomplishment. So 11 pounds is even more of an accomplishment. So you, my friend, continue to commit to the process. Alright, and you're going to see that end result but know that the end result is not the focus. It's the process every day. It's the what am I doing every day so that that eleven becomes twelve and thirteen or whatever it is that you want to and even if you get off of. Track, you go right back on the next day, right? Right back on the next day. Keith just said to me, I've been away from the gym and then I said, do you wanna walk and talk? He said, I'm at the gym. Okay, so we're on it, right? We are on it. All of those things, all right? So with that, we're gonna get out of here.

Okay, hold on, let's make sure that we can get this into the chat the right way. All right, go ahead and copy the raid message. We are gonna go see Beach United

because it has been a while for us since we've been over there and we're gonna go support Soul Train this morning. All right, listen folks, be the boss of your own blueprint. You are gonna commit to a process every day. Know that you are worth it and know that you deserve it. If you don't hear that from anybody else, let me make sure that I tell you and I wanna challenge you to make sure that you are telling each other. This journey that you are on is worth it. You are worth the commitment. You are worth every single step you are gonna take. You're worth every no, you're worth every yes, you are worth every moment that you put into whatever journey you have, Scrivenly.

Thank you so much, okay? It is all worth it and don't let anybody tell you it's different and if they do, you send them and say, well, my coach said and you send them to me and I'll have a conversation with them because as many of you know, I shy away from none of those types of things, okay? You must believe every day that if I'm gonna eat this, it's gonna benefit me. If I'm gonna do this work, it's gonna benefit me. If I'm gonna commit to whatever it is, it's going to benefit me. I am okay knowing that the things that I do today are gonna be in support of what I have going on tomorrow and I'm gonna end up being a better person for it, okay? All of that is true and if you don't believe me, try it for yourself. If you want more information, let's figure out how to do it together, all right? Sending you into your Tuesday with all of the good energy and light you need to guide you, take exceptional care of yourselves. I will see you on Thursday morning at 11 a .m. for another episode of The Blueprint. Take good care, folks. Thank you.