

## The Blueprint Creating S P A C E Embrace

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Good morning, everyone, happy Thursday. Thank you so much for being here. If you are new to the stream, if this is your first time on Twitch, if it's been a while, let me introduce myself. My name is Kim Blue. I am an HR strategist, I am a coach, and I am someone who fundamentally believes that everybody should be the boss of their own blueprint. And that means having access to the knowledge, skills, and skills that you need to have capabilities and resources. So you can do three things every day. That includes operating at your highest potential, adding value to whatever work you own or are responsible for, and most importantly showing up as your authentic self. When you can be authentically you, you can be great in your gifts. You don't have to dim your light or shrink back for anyone. You can give your best to the world and you can be intentional about receiving the best the world has to offer.

So that is why we are here. This space, this podcast is all dedicated to doing the work, prioritizing yourself. We do so from a place of love and we make sure that we prioritize the support and community so that we can embrace the work that's ahead, which is what today's theme is about. As we round out our conversation on creating space, the E stands for embrace, and we're going to talk through what that means, the difference between embracing and acceptance. It's the opposite of embracing and really rounding out what this means as we think about creating space and then looking ahead to August, which is really going to be focused around all of the things that get in the way of creating space. So shout out to one reason if he is lurking or behind the scenes because he said this the other day in history to me, he said, you know, I need to really work on my procrastination and some laziness.

I think that's the general sense. And I said, say, Les, I got you. So that's what we're focusing on for August, which is all of the things that get in the way of creating space or that block us from taking up the space that we need or that keep us from making sure that we have the ability to create space when we procrastinate, when we delay in some of the things that we know we need to do. All right. So with that, let's get started with just some housekeeping. A reminder that next Thursday, there is no string. That is the first day of school for the Prince. And so I will be doing all things first day of fifth grade mom esque for sure. So no stream on August the fifth, which is Thursday. Then the following Tuesday, there will be a stream. And then the following Thursday, there will not be a stream. I will be traveling that week. Okay, so there's two Thursdays back to back where there is no stream.

And I'll make sure that I remind you. And then the rest of August should look the same until about the end of the week. And then I'm traveling again to speak at a conference. And so I believe that there is maybe a Tuesday stream and not a Thursday stream that week. So I want to make sure that I will put all those dates out there so that everyone knows. Don't worry, Keith. Don't worry, right? There'll be some opportunities to connect in with me, I'm sure. So I want to make sure that I'm getting that together in addition. So there will be no stream next Thursday or the following Thursday. Okay, so no stream on Thursday, August 1st or Thursday, August the 8th. Keith, that's it. Keep that as your friend. You'll have to tell me about that later, not right now. Okay, for sure. So mark your calendars, August 1st, August 8th, no stream for the blueprint just on those Tuesdays. Okay, in addition to that, a big shout out to Caleb who I know is in here. He has been solo modding for the last few months.

As you know, my life journey is in recovery space and so while you may see her lurking behind the scenes, she is not actively modding as she gets to building back in her life. Hopefully those of you who you caught her pop -up stream last week, she talked a lot about everything that had been happening to her since May and she was really in the position to finally speak about it. And so I don't know when she's going to stream again, but she's really prioritizing her recovery. And so for that, definitely looking for... There it is, Caleb. I'm definitely open to... and putting a call out out there for mods, whether it's something you can consistently do. I'm open to a guest mod model where people can say, I got this Tuesday, I have this Thursday, because we know that my friend and yours, Kayla, definitely is supporting a lot of people, but he also has a full - time job and I want to make sure that I can support him in this space.

I always do, but I want to be able to give some love. So if you're interested in supporting, and again, it doesn't have to be on an ongoing basis unless you want to. I'm committed to saying, if you know you have a Tuesday or a Thursday available, we can get you in and cycle you through. Kayla will tell you I'm very low maintenance. My mod commands are very easy to get into in terms of what I would be looking for and making sure that it's really just sort of monitoring the chat behind the scenes and helping to connect and facilitate the conversation and capturing the Kim gems and being available. I'm also open to suggestions around things that help make me a better streamer. Shout out massively to the mod bosses who are in here, who unofficially mod for this space anyway, without me asking that you just see the need and you feel it.

That's what this community is for. Listen, I tell people all the time, I tell Kayla once I would guess mod for him and he flat out was like, absolutely not. I want you to do other things. So I'm not unwilling to repay the favor. I do mod for my journey when she is on for sure. So I am more than willing to do that. So Kayla is with all of the stuff out there. It is love in exchange for modding, right? So you'll get some one -on -one coaching is what Kayla can say.

So if you're interested, please whisper me, I would love to be able to build up a mod community in here for people who want to do it. Or if you say, Hey, the month of August is great for me. I can mod for you for a month. Absolutely. I am open to that model. as well. So flexible, but want to be able to give KWAC some support for sure. So thank you in advance. Exclamation point coaching, I am opening up a second Blueprint coaching cohort. The first one has been rocking and they are coming in to month eight next month. And I cannot even believe that already, but it's time to open up a second cohort. We're ready for you to come in. The investment is \$50 a month. It gets you access to a core group of folks that you can connect with and hold accountable, but also have a quarterly conversation with me in addition to what you're doing with the streams. If you need more than that, we can talk about what that looks like.

But I tell you, right Hobbs, month eight, we have been together for eight months, right? Time is flying. And so I had my conversation with the ladies a couple of weeks ago. They have all agreed to come on and we're going to have a special stream where I bring in the group and they're going to just openly talk about their experience and share with you how it's been valuable, but mostly like the way they've been the boss of their own blueprint and all of that change that's happening. So the call out is out there. If you're interested in coaching, now's the time. I am forming the next cohort. Thank you in advance to the cohort one that has come through and it's rocking. They are just rocking it right now and I could not be more proud to be their coach and to support them. So if you want to connect with me on socials, exclamation point socials is where you can find me in particular on LinkedIn. I am dropping a lot of stuff on LinkedIn right now and using my socials for recaps of the places and spaces that I am spending time in and the people that I am connecting with professionally.

So that's all the things housekeeping. Let's say good morning to everybody who's in the stream and then we will get going because we are gonna wrap up creating space and we are gonna do a quick recap of all of the acronym and then we're gonna introduce our E today, which is for embrace. So good morning, Kayla. Thank you for being here, appreciate you as always. Good morning, Hobbs. Welcome in, happy Tuesday. Thank you for being here, big stove. Shout out to you who was on a five stream watch street. Thank you for always being here. Even in the town of Lurkington, I know that you're back there. You're diverse, good morning to you, happy Thursday. Welcome in, good morning, Keith. Good to see you as always. Happy Thursday, 713. Happy Thursday to you. I hope you are doing well. Mr. Nate, happy Thursday to you. Good to see you as always. Shout out to all these people, right? These are all streamers and mods in their own regards.

So if you're not following each other, please do so. Amazing stuff always happening in their space, okay? Is it creative, Rodriguez? Welcome in, good to see you. Welcome to the Blueprint first time chatter. I hope you find something that you can take away from this conversation. That is the goal. Every conversation for you to leave here

was something that you can use in your day immediately. So thank you for being here. Good to see you, MusicLova21, always. Happy to have you in the space double spirit. Welcome in. Good to see you. Anybody else who is working, lurking or commuting, shout out to you right now. Thank you for being here, whether it's tabbed up, whether you're commuting or whether you were just lurking full stop.

Thank you for being here and contributing to the space. Good morning sight giver and DJ Classics. Classics, excellent, excellent, excellent meditation this morning. Definitely set the tone for my day. If you are not following DJ Classics on YouTube, please go do that. Classic TV, drop the link to the YouTube stream in the chat so folks can connect with you. Okay, Dr. Donna Dundas, good to see you. Dr. Donna Dundas, I emailed you or I sent you a whisper and asked you if tomorrow was good to connect. If it is, please let me know and send me your email address so I can make sure that I schedule time with you because I know you had asked me about that. Okay, Kayla says that while I am not streaming on the next two Thursdays, he will be hosting the Blueprint support group. So go see him if you need some support there. All right, he will take excellent care of you for sure.

Anybody else that I missed behind the scenes, please make sure you say something. Okay, so I can shout you out before we write out. Good morning, Janice BR. Welcome in. Happy to have you with us in the Blueprint for the first time. Okay, anyone else? Indomitable spirit, MG, good to see you. Welcome in. Happy Thursday. And thank you for being here. 713 says she as well. And space is breaking you down. But listen, we're going to get to the embrace today because you do have to embrace this journey. And there's a lot to be said for what it truly means to embrace. And so if you are if you were here Tuesday, y'all told me Tuesday that I was like, you know, I was on one, Mckisha Hicks called me afterwards. I don't know if she's lurking here. She's probably not because today is her very, very busy day. But she called me she was like, friend, I don't know what got into you. She was like, but you, man, you were like, coming out and I said I had I had a week to just sort of download all the things and process.

And so we're going to talk about this today. I will, I can't promise you, I'm not going to step on your toes. But I will always be honest. And I will always bring you exactly to the place where you need to be so that transformation and change can break through. That is really, really important. Okay. All right. Okay, Dr. Nunnodons, I will check the whisper for sure. Thank you so much. So we are going to thank you, Kay, for putting the boss. We're putting the boss gear exclamation point command in the chat. All right. So here we go. Let's go ahead and get the the graphic up here. So you can start to see what this looks like. And I'm going to get this. Here we go. All right. So when we think about this whole notion of creating space.

Here's the recap. It starts with surrender. Okay. And letting go. Disconnecting from the things that are not good for you or to you. That could be people, spaces, places, careers, anything that you have been attached to for comfort because other

people expected you to stay there. Whatever your reason is, you disconnect from it and you let go. Okay. Surrender that. Okay. You have to surrender the struggle. You have to surrender any of the thing, right? The negative thoughts, the low vibrational energy. Let it all go. It's not in service to you. And why are you holding onto it? What good does it do to stay there? And why would you continue to allow something to take up residency in your mind, your body, or your soul that is not going to nurture you in the long run?

I want you to ask yourself that question. Why would you continue to do that? Why would you continue to stay on this hamster wheel that is not in service to you? What reason do you have to continue to advocate for that being a part of your life, your routine? Next, you have to prepare because once you surrender, you have to get ready then for the thing that is coming towards you or that you're going towards. OK, so do I have all my resources? Do I have my mentors in place? Am I really intentional about saying I know that I'm ready and I'm ready no matter what? So what do you need to prepare? Your mind, your energy, right? Physically, you need to prepare your emotions. We talked a little bit about what it means to prepare your emotions, surrendering the labyrinth of limiting beliefs and starting to speak into yourself.

I am ready no matter what. And that is out. That was one of our foundational Kim Jims during our conversation around preparation. Give yourself the time that you need so that you can assess what you're leaving behind and what you're stepping into. Preparation is key because once you prepare yourself, then you can accept everything that's going to happen on your path. Acceptance is big, right? You cannot accept the journey if you're not prepared to understand all of the things that come with it. I know I'm going to take these steps forward and there's going to be some challenge. It's not going to be easy. I am. I know that I'm going to miss a step. I know that I'm not going to have all of the answers and I'm OK with that. Can I truly be OK with knowing that in the darkest moments when I'm in the valleys, when I feel like I'm surrounded and I don't know my way out, I'm going to trust my intuition. I'm going to trust my gut.

I'm going to let spirit guide me. I'm going to know that there are resources out there available to me. I just have to keep putting one foot in front of the other, moving forward because what we don't do in the blueprint is hustle backwards. And then once I accept that I can move through every single part of the journey, I'm going to commit to it. And that's where we left off on Tuesday, right? We had a week in between acceptance and commitment. And Tuesday, we talked about... given our loyalty, our time, or other resources and currency to a person, place, or cause. And listen, that commitment that we talked about was really a commitment to the process, if you remember. We committed to this whole notion of saying, I know for a fact that I have to dedicate myself to the process. I have to be devoted. I have to be faithful, because the thing that we're committing to is not the end goal.

The end goal will happen as long as we commit to the process. But the journey, the process, is the work. And remember, the equation for process is the what plus the

why. I mean, excuse me, the why plus the how. Why am I doing this? And then how am I going to go about it? Because it's those actions, those choices that we make or that we let go of that are ultimately going to get there to us. And when we commit to the process, the end result becomes a no-brainer. It becomes a non-starter. It is the thing that we're going to get to. And then the way. Or along the way, we now create new habits, new paths forward, new ways of living and being. The other thing that we have to do when we have to commit is letting go of this notion of feeling like I'm going to do it when I feel like it. Even if you don't feel like it, you have to do it. Because the minute you stop taking those steps along the journey, the process itself goes away. And that end goal begins to feel further and further like it is accessible to you. And then what happens? The negative mantras show up, and you start to say to yourself, I don't think that I can do this because I had a week where I didn't do anything. That's OK. The hardest part is to start.

Write that down. The hardest part is to start. Even if you are starting over, the hardest part is to start. Parenthetically, you can put over in there. Let's say that you are working out. Let's say that you're eating clean. Let's say that you are getting up early. Let's say that you are trying to create new routines and boundaries. And your honor rhythm and something interrupts that. The hardest part is to start over, whatever that is. It doesn't matter how long you've been away from something. But even if you don't feel like it, you still have to do it in order for the process to be in motion so that you can get to that end goal. We talked about what the opposite of commitment was, which is being not committed or disengaged or disloyal. And we really spoke about this whole notion of what happens when we don't feel like it. Everything goes away. And it gets harder to start over. Anybody who's been away from the gym knows this. Anybody who was eating clean, and then all of a sudden the holidays come, and you give yourself a little leeway, and now you're trying to get back to clean eating, and you've got to reinstate those new habits that you have, that you've created. And it gets to be really difficult in order to do that. Hobbs is on her way to the pew. Keith is in here, which means the couch. Oh, OK. OK, big step. Let's go. Listen, I'm just speaking what I know to be true based on true lived experiences.

This is what happens when your coach studies human behavior for a living. So whether I'm looking in your window or not, I tend to understand the trends of humans because that is going to thing. That's gonna be the thing that happens, okay? And so if you feel as though I'm talking to you, maybe I am, however, I speak the truth. Here's the E, okay, write this down. We are talking about embracing, all right? And now, I see you, Keith, and I see you, Kayla, right? I see both of you, right? Embrace is the E. When you are creating space, you have to embrace. And we're gonna talk about the difference between embracing something and accepting something because they're not the same thing even though they are very closely related, okay? When we talk about embracing, I want you all to look at that definition that's up there and here's where the toe stepping is everybody just get the boots right now. Just go ahead and get the boots in the chat.

Just go ahead and put that emote in the chat right now because everybody's going to need to protect their feet, their neck, get a vest, a hard hat, right, a Kevlar suit, whatever it is that you need, just go ahead and get it because the definition of embrace, excuse me, okay. Hobbs says she rolled in with her Timbs on, there you go Hobbs. When I speak about embracing, notice that that definition says you are supposed to accept or support a belief, a change or a theory, but look at those last two words, willingly and enthusiastically. Birthday twin, good to see you. Happy, happy Thursday to you. You guys give Bronzy a hint for the fashion to follow. She is a gamer and she is a variety streamer. She always, and she loves music and she has a beautiful voice. If you've never heard Bronzy sing, oh my goodness, okay. And she's been kind enough to show videos of her singing with groups that she's been a part of and it is just like glory and it just makes you feel so amazing. So Bronzy, welcome in, good to see you. Okay, 713 says she feels like someone has been in her journal. I'm just saying, right, I'm just saying 713. Look at this, okay. I want everybody to look at this because you have to support the belief, the change of the theory, but you have to do so willingly and enthusiastically.

I want you to write down willingly and enthusiastically because what that describes, okay, what willingly and enthusiastically, and I will put this back up in just a moment, but what willingly and enthusiastically describes is your countenance, your mindset, your attitude, the way in which you embrace the accepted surrender, preparation, journal. If your attitude is poor, right, you could say, you could say, I accept it, you'd be like, well, that's acceptance is this, ladies and gentlemen. Okay, fine. That's acceptance. Acceptance is, I'll go along with it. But the how of this process is the willingness and the enthusiastic nature of it, right? It is any of that open-minded, positive, what is your energy? What is your mindset? What is your tone around it, right? You can go to the gym and say, fine, I know I need to work out. But how is your attitude when you're in the gym? Do you want to be there? Are you like, I don't even want to do this. I hate squats. I don't even like lunges.

This whole thing is stupid. I feel right like, why am I here? And then something happens, right? And you stub your toe or you get hurt. You're like, see, this is why the gym is stupid. I drove all the way here. You're mad because you're in traffic, all of these things, right? Your whole energy around the process. process is just low vibrational. And so there's no enthusiasm in it. There is no willingness to say, I'm going to do this. You willingly and enthusiastically embrace this how and this why. That is embracing. The acceptance is, okay, fine, I'll do it. It's a level of agreement and acknowledgement that this is the process. But the embracing is, but my attitude, my energy, my mindset, my countenance, my spirit, everything is going to be in Big Stove, right? But everything about me is going to show up full throttle from toe to the top of my head.

We're in this thing. We're doing it. It doesn't matter if I don't like it. I'm going to be here and I'm going to present all of these things. No, Big Stove, do not stay home and

eat the donut. Go to the gym and get on the treadmill, right? Or go take the walk or whatever Hobb says. Looks at YMZ, I feel like Ebony ATL is going to emerge somewhere out of here at any point in time. Either that or Double Spirit is going to come in with the side eye at some point in time. But think about it, ladies and gentlemen. When it's time to do these things, are you willing? Are you enthusiastic? Are you finding joy in the journey? Are you happy, right? There she is. There's Double Spirit right there, right? Are you happy? Are you joyful? Are you looking at the positive and saying, you know what? This is going to be okay. You know what? I have the ability to even get up, right? I have the means to pay for the gym membership.

My legs are even able to do something. I'm not hindered in any way from doing the work. So let's start there as opposed to being like, here she goes. I'm about to go to this class. This trainer is going to be yelling me. I'm going to go to the back because I don't want anybody to see me. I don't want anybody to like talk to me. I'm going to just suffer through this workout or I'm going to just eat this salad because I hate salads and I hate vegetables, rabbit food, whatever it is, right? But that energy, that countenance, the way that you put that on it. That's going to tent the way that you feel about something. 713 says is embrace intentionally enjoying the journey. It is 713. There is a level of intentionality in saying I choose to observe and prioritize the good parts of this, right? Vader says I'm out. Good morning. Vader is out before he even announced his arrival. Good morning Vader. LMB to you. I hope you're doing right. Listen, shout out to DJ Vader for those who are in the Cincinnati area this weekend. It is the Cincinnati Music Festival and our guy is going to be on the stage doing his thing. So go give him some love and support if you were in the area this weekend. I know he is going to kill it. Cheering you on big time.

DJ Vader makes you are going to go be great because that's exactly what you do. Okay, so Vader says he's out already before you even got in here, right? Like that's it. But I'm telling you, you have to fix your attitude and your energy and your mindset about all the things that you're going to do, because how you think it is how it will be, period. Okay, and that's on Jesus and his sandals, as these children say, or Mary and all of her lambs. Let's go with that one, right? Mary and all those little lambs. If you think that it's going to be one way, it will. Shout out to Crazy Berry Town who just came in. Good morning, good to see you. Crazy Berry Town, go give her a follow as well and go find yourself in one of her streams, beats, breaths and stretches, day drinking and chit chat. Anything that she's doing, Zumba, is always going to be a good time. Good to see you, Crazy Berry Town. I hope you're doing well. Crazy Berry Town, we're talking about creating space for those who are just making their way in.

Let's put the graphic back up there. All right, here it is. When we talk about creating space, we're focused on the E today and accepting willingly and enthusiastically the journey that is ahead of you. Okay, and not putting this negative tone or tenor behind it. Now, there's three ways that I want everybody to think about what it means to



embrace. Okay, because the acceptance is the recognition and the alignment with whatever it is. Yep, I'm going to do this thing, even if I don't agree with it. LaWanda Baskerville, did I say good morning to you? I cannot remember, but if I didn't, good morning to you, okay? LaWanda is saving you a seat beside her, Vader, she says, because the doors, Kayla has already secured the perimeter.

Okay, so everybody who's in is in. Okay, I do not think Kayla is going to let you out, Vader. I think you're already in, unless he's trying to escape himself, which is a regular occurrence in this space. All right, here we go. We're ready to write this down. Three ways that you have to get your journey to embracing together. First step is to reform your negative thinking or reframe your negative thinking, okay? When you go to embrace something, you have to surrender all of the negative thoughts, okay? All of the things that would float around in your head that would keep you from saying, this is something that is going to keep me from thinking positive about this, keep me from embracing all of the good about this. Because here's the thing, ladies and gentlemen, there is good in everything that we're going to do. Even if there's going to be a little bit of challenge, even if there's going to be a little bit of difficulty, even if you're going to endure some bumps and bruises along the way, they are worthy and they are a part of the journey. Because guess what? Those bumps and bruises are where we learn the lessons and the lessons are going to be the things that help us move forward because guess what? Lessons will be repeated until they are learned.

So you will continue to stub your toe, scrape your knee. hit your thumb, bite your cheek, but whatever it is, you'll keep doing it until you learn the lesson. So you have to reframe. And sometimes that lesson that you need to learn is, I need to control my thoughts, because my thoughts control my attitude, right? There's a scripture in the Bible that says, out of the abundance of the heart, the mouth speaks. And so whatever it is that's in here and in here, it's gonna come out here. And what comes out here impacts everything around you, okay? So whatever is in your heart, if it's that negativity, if it's that ill will, if it's all of those things, the minute you speak it out loud, that's doubt, that's discouragement, anything. That's what's going to follow you. So put that out there in the atmosphere if you want to, or think to yourself, you know what? I'm a rock star and I got this. I know that I got people around me who are gonna be able to do this. And I'm not worried about any of these things.

Keith, it kicks in when you decide you're ready. So you need to say to yourself, today is the day. It's kicking in today. But then Keith, for you, what you have to do is say, it's already kicked in, I can't backtrack. I have to know that it's kicked in and I gotta keep saying this. And then I gotta take the steps and move in this way. So you can't say it and then be like, ah, that's rubbish. You gotta be like, I'm saying it. And then this is the thing that confirms for me why this is the good thing, right? So it's good to see you. Thank you so much for being here. I accept that hug. Now hug you back and then go right back to Lurkington, my friend, okay? Number one is reframe negative thoughts. You're diverse.

You gotta let go of all of those things. And Keith, they kick in right now. Like this stream at effective your statement is when they kick in.

Because guess what? The lessons will be repeated until they are learned. So if you say you wanna do it and then tomorrow you're like, I can't do it because then you're gonna have to learn that lesson all over again. I promise you. Number two, here is where we get into. Right circles and squares and understanding who is in your corner. You have to choose your support system Get a Big stove you want to put it in the chat or you want me to say it on your behalf? Okay, get around some people who are going to lift you up Who are going to encourage you who are going to remind you that you are the greatest thing since sliced bread the bomb calm All that in a bag of chips, right? Whatever it is that these children say these days, right? You're him you're her whatever all these things are right, but I have to be able to say that right all of these things Get around some people who are going to be able to pour back into you because these are not one -sided Relationships that we are involving.

We are not building things that are not balanced. Okay, somebody write that down We are not building things that are not balanced That means that as much as I am willing to pour into you You have to be able to pour back into me when you see me because sometimes people see see you struggling and they watch from the side. Is that who you want in your support system? Because you don't have a weak link somewhere. You got to look at your circle. You got to assess your square. You got to know who's in your corner and who needs to be on the outside of the building completely, okay? Get around people who pour into you because you need to build relationships that are balanced. We're not about any level of imbalance. One of my friends that I used to work with at ESPN and he says this even to this day, we've been friends for more than 10 years.

His wife and I say it to each other. I say it to him. He literally has this phrase when we were going through some very tumultuous times in our career and sometimes he would talk to me and sometimes I would talk to him and I would say thank you for listening to me and he would say you today, me tomorrow friend or vice versa, me today, you tomorrow friend. So find your me today, you tomorrow bae and let that be that because sometimes you're the one that's doing the pouring and sometimes you're the one that needs to be poured into and when someone is pouring into you, do not shut them down. Allow them to pour into you, allow people to bless you, allow people to help you, allow people to speak into you, over you from a positive place because guess what? If they've not reframed their negative thoughts, then they should not be a part of your support system. Your support system is there to nurture you, to uplift you, to root, to nurture those roots that you were in here, okay? You today, me tomorrow. If I'm your coach, which should be everybody in here, if I'm coaching you whether it's in this stream, through something that I post, if you're in the blueprint coaching group, whether I'm working with you one -on -one, it is always gonna be a me today, you tomorrow

relationship, right? Because I'm gonna say things out loud. Somebody asked me yesterday how I was doing and I said I just don't feel productive even though I know I'm doing things and they said back to me, you're probably more productive than you realize and I was like, you know what?

Thank you, thank you for reminding me about that. I appreciate that, okay? So find your you today, me tomorrow, or me today, you tomorrow, bae, and let them love on you. And assess what that looks like because they are going to be in the space with you so that you know that your support system is rooted in positivity, it is rooted in abundance, it is rooted in being uplifted, it is rooted in all things that are growth path forward because we're not taking anything that we have let go with us. We let it go for a reason. So number one, reframe your negative thoughts. Number two, choose your support system. And number three, ladies and gentlemen, here you go. You gotta forgive yourself. You have to forgive yourself, okay? Because if you don't forgive yourself from past, okay, I don't think Dr. Dad's in here, but if you need a weighted blanket, if you need to get up to the pew, Okay, if you need to get to the couch, if you need a tissue, if you need a pillow, if you need the usher sheet, okay, get it now before I start talking about forgiving yourself.

Okay. Yes, you're diverse. You have to forgive yourself. Okay. Here it is. Okay. Hob says the P was open. Keith is probably just, Keith, I think Keith probably just left. The couch is available, but I'm sure he's, there you go. There you go. Right. Um, see Kayla who was probably trying to figure out how to break the locks off of the door or reprogram the code so everybody can get out of here. Okay. See him if you need something, but I'm telling you, you have to forgive yourself because when you don't forgive yourself, you hold on to all of the blocks. You hold on to all of the past. You hold on to all of the broken. You hold on to all of the lessons. You hold on to all of the things. D, uh, DJ, Jay Jonah, good to see you. And thank you so much for the lurk, right? You literally hold on to every single thing and you keep replaying over and over again, the mistakes, the mess ups, the mishaps, the miscommunications, anything that is not in alignment with past forward, you hold on to all the mistakes, those mistakes, and then you judge yourself based on the mistakes instead of embracing the lesson.

And so before you can move forward in all of this, you have to forgive yourself. Cool. And now I'm good to see you. I saw you come in earlier, but I didn't acknowledge you. Happy Thursday to you. Welcome it. You must forgive yourself. And this is the hardest one because guess what? If you don't reframe your negative thoughts, the ability to forgive yourself is going to be extremely difficult. Okay. You have to let go. Not only do you have to forgive yourself for the way that you might have handled things, you also have to forgive yourself for the way that you showed up or the way that you continue to do that. You have to say, me, I'm sorry. Sometimes 713 security is to keep you in here, right? But when you think about this, there's this whole notion of knowing that forgiving yourself means that you are creating space for you to show up at your best and to be

filled up anew from the beginning to create new memories, new cycles, new opportunities, new places and spaces for people to pour into you, new reasons to say yes, new reasons to say no.

Dr. Dady Priest, good to see you. Thank you so much for resubscribing for the last 15 months. If you are not following Dr. Dady Priest, go give her a follow -up, okay? Because engagement matters, period. Happy Thursday to you, Dr. Dady. We are talking about creating space, okay? Here is the graphic for today. And Dr. Dady, we are talking about embracing, and we are talking about the willing and enthusiastic nature in which you need to embrace something. And we are talking about the three steps that you need to take in order for the willingness and the enthusiastic to take place as you embrace whatever the path forward is, okay? Step one is to reframe your negative thoughts.

Step two is to choose your support system wisely. And step three is to forgive yourself, which means that you have to surrender all of the past hurt that you have self - induced. You have to let go of the thinking that has held you hostage. It's not easy to do that because here's the thing, you don't know who you are when you forgive yourself. You don't know how to navigate that space. When all of the blockers and the hurdles and the negativity is around, you get used to that, right? You understand how to block and tackle, but when you have space and you don't have to block and tackle anything, any one, any person, you have no reason to do that. When you can spread out, when you have the ability to make a mistake and then get back up without anyone holding you down, including you holding yourself down, you look around like, what am I supposed to do here? This is foreign territory. How do I get started? What does this mean? You just do it. You say, it's okay for me to forgive myself. It's okay that I made that mistake because guess what I learned from it?

I learned X, Y, Z, A, B, C, E, F, G, one, two, three. Now I can move forward, okay? Now I can move forward. Forgiving yourself is harder than it seems. You may say out loud, I can forgive myself, but when it comes to the actual act of saying, I forgive myself and I'm no longer gonna hold myself hostage to past mistakes or the expectations of others or disappointing others because I am about my forward movement, it means that when someone spins the block on you and brings that back up, instead of saying you're right, you say to them, you know what? You're right and guess what? I've taken steps to move forward and I'm going to ask that you move forward as well because you continuing to bring that up tells me that you still feel some things about it and so what is the work that I can help you do or what is the work that I can guide you towards that's going to help you surrender that struggle because I've actually let that go and I don't have any space to hold on to that anymore and if you're going to continue to hold on to it then I think we need to decide together whether or not this is space that I can stay in with you.

Hello choose your support system. Hello reframe your negative thinking because if you can't forgive yourself those first two steps are going to continue to hold you down.

If you can't reframe your negative thinking and find the strength to bolster yourself to say I can't do this with you anymore I can't stay in this environment this is not healthy for me and when you bring it up that tells me you're still attached in some way so what's the work that you need to do or I would encourage you to do the work to figure out why this is still lingering for you and if I have a role in that let's have a conversation but if I don't have a role in that then I'm telling you right now there's no space for that here and so because there's no space for it here if we're going to continue to have this conversation then I think what you and I need to do is create a separate space or a time to do that because what I'm doing here there is no space for that to take root I'm moving forward do you want to move forward with me can we agree that we can move forward together okay be safe big self okay have a great time and sensei this weekend can we agree to move forward together and if we can't agree to move forward together that's okay just know that I'm going to move forward and I will work with you in this space but I'm not going to take you with me anywhere I need to go because it's clear to me that this is some healing this is some dealing this is some feeling that you need to work through or let me know when you've done your work and then we can move forward together but I'm going to go ahead and stay because I've already done my work to get out of here it's not easy to be able to say that but if you don't get to a place where you forgive yourself those things will hold me back there you go Dr. Dady folks will project things on you okay and then you have to decide for yourself do I want to stay in this space right one of the things that Big Stove always says is he says you have to abide with people right and I recently read that in the description so what does that mean what does that look like how do I abide with someone right Big Stove says if people are in mourning you mourn with them when people are celebrating you celebrate with them you can do that and still also say I've done my celebrating I've done my part of the mourning with you and now I'm going to move forward I may ask you what you need but I don't have to stay there in a prolonged space with you because there's things that I need to do there's places that I need to be there's things that I need to occupy and I can't occupy this space with you forever so I've got to forgive myself and sometimes Sometimes forgiving yourself is the step you have to take before you have the conversation to surrender this person, their journey, the things that they are projecting on you. That's how you get prepared to embrace whatever's ahead of you. Because if you cannot embrace those three things, then that willingness and that enthusiastic acceptance of what is to come is not even going to be there.

And your countenance and your attitude is going to be that same tone that we talked about at the beginning. Here we go. I've got to do this, right? And now you are peppering and projecting that negativity, that toxicity, that low vibrational energy, anything that is not supportive. You're putting that into the atmosphere. And guess what? Our friend, Dr. Dady. your energy goes ahead of you. So when people come in contact with you, when people speak about you, when they step into the space that you're in, they're gonna get a sense for your energy before they've ever encountered you. And do you want your energy to speak for you or do you want you to speak for yourself? Okay, I

want my energy to be in alignment with the things that are coming out of my mouth. What did I just say? Out of the abundance of the heart, the mouth speaks. So if the energy is in your heart, is all types of swirly, you better get that together because that's what is gonna come out of your mouth and you are gonna have a hard time managing that if you don't reframe your negative thinking and if you're not clear on who's in your support system.

Good morning, Tantrum, good to see you, okay? Happy Thursday, Tantrum, I hope you are doing well. Thank you for being here as always, right? Go give DJ Tantrum a follow. Always an amazing time in his streams, always, always, always. Let me tell you about Tantrum who is like, probably alongside Big Stove, right? Is the epitome of shouting people out and telling you why they are fantastic. Like it's always a commercial with Tantrum. He's gonna tell you who they are, what they specialize in, why their stream is amazing and he's gonna do it all while he is DJing and playing some dope stuff in the background and everybody's in there, right? And it is just like Tantrum is always gonna put you out there in a big way, right? Always, thank you Tantrum for being here and supporting this space, right? Listen, Tantrum, you do, there's no try, do or do not, Master Yoda, okay? And Tantrum is always gonna beat you up when you come into his stream. He is for real about that life, so thank you. Kayla, excuse me, Keith says, I need my energy to be aligned with what I am projecting.

How to get there is a different story. That's right, Keith, that's the work. So if your energy is good, you have to be clear on what it is, Tantrum, you have to be clear on what it is that you are projecting, right? So what's your energy? And are you projecting the same thing? Because your energy might be what's in your brain. Your projection might be what you're actually feeling and working through. Are you projecting nervousness, hesitancy, right? Anything in that space? Or are you projecting right positivity? And is your energy in alignment with that project? And if it is not right, absolutely dating, right? Masterful. Okay, masterful. Every time you go in his stream, that is exactly what he does, right? Even if it's been a while, and you haven't been in there, right? And that's what happens to me in case by case basis, right? I'm in there, sometimes I'm busy, sometimes I'm in there, but I get in there when I can, and it does not matter. He is always going to be like, the blueprint is in the building, put the commercial out there, right? And support and love, right? Right, Janice. Okay, he does that big stove will come in and he will put you out there and he will talk about why he'll talk about the good things that you can experience, right?

And that's one of the things that I love about this community. is that many of the folks do that, right? They'll say, drop your links in the chat, tell us the next time you're gonna stream all of those things, right? Dr. Dady Priest says, the energy you project and send forth will prepare the way, good or bad. I'm ready no matter what. When you behave in ways that don't align with what's in your heart, you start acting, right. So listen to that, okay? That is a Dady diamond. When you behave in ways that don't align with

what's in your heart, there's a disconnect there. There you go, Keith, to part of your question. So you have to make sure that even if your head says one thing, you gotta work through the how of making sure that you align yourself in that same way. So speak what you want to experience. If you want a dope vibe, then you gotta speak the dope vibe out there. If you wanna speak, if you want a good stream, if you want a good experience, you gotta speak that.

Yo, I'm gonna have amazing coaching conversations today because even if the people that I'm coaching come in with their energy, that does not have any impact on me. I'm gonna stay in my coach zone and I'm gonna bring you with me no matter what, okay? Always, you will get to where your coach is, whether you want to or whether you don't, but we're gonna be in this space together because I'm not gonna bring that negativity into my energy, right? I am regularly the victim of energy drive -bys where people deposit their negative energy on me and then I'm feeling all down and low. That has happened to me so many times and I've tried to figure it out and I've had this conversation with my life journey, right? I had to reframe my negative thinking to be like, oh man, well now I'm feeling all this and that and nope. Where was I? I need to disconnect from that negative energy and I need to reframe my thinking so that I can be in a place of acceptance. Absolutely, Dr. Dady, dumping versus venting is a... real thing, okay? Tantrum. It happens sometimes. Haline is now good to see you. Thank you so much for being here. Happy Thursday to you. So you have to really be clear on those three steps. Now, once you take those three steps, the ability to embrace and be willing and enthusiastically accepting of whatever it is makes it easier for you to surrender.

Absolutely, Tantrum, right? Absolutely. There it is, ladies and gentlemen. Work hard and be nice to people. Part of the work hard is the work you do for yourself. Because listen to me, I said it a few weeks ago, right? There's a difference between doing the work and laboring. Laboring is like, oh, I'm trudging through the mud and this is so heavy and I don't want to do it. Doing the work is, I'm going to step into this knowing that once I get through it, every step gets me closer to the things that I need to be doing, the things that I want to be doing. And so I know I'm gonna have to endure and that's okay. I know I'm gonna have to embrace and that's okay. I know I'm gonna be met with challenge, but guess what? I'm gonna learn the lessons from it and I'm gonna be better, faster, stronger, and more dope for it, period. Look for me in positivity. Look for me in perpetual happiness. Look for me bringing the joy.

Look for me projecting all of the things that I know I'm gonna do. Look for me on the side that has everything to do with my happiness, my greater, my better, whatever is next, my higher calling. Don't look for me in these negative low swampy spaces where it's dark. I'm not saying that we don't all cycle through our dark times. I'm just saying don't continue to look for me there because I'm not gonna stay there. You hear the phrase people say, I don't look like what I've been through. That's because you're doing the work. You're not laboring. Does everybody understand that, right? You have to

embrace the work. You don't have to embrace the labor, but you can embrace the work, okay? All of these things are there. If you choose to accept, meaning I recognize and acknowledge that this is something that I do, then once you take those steps to embrace, it makes it much easier to create space because when you don't, what happens is the opposite of all of these things that are on our graphic, right? So the opposite of surrender, D 'Andra, right? The opposite of surrender is submission and I don't mean submission in a good way. I mean, I'm gonna submit to this space that I've always been in and I'm gonna stay here.

And you know what I say to you guys, we can choose to evolve or you can choose to remain. So if we submit, that means we're remaining where we are. We're not evolving and surrendering, right? The opposite of preparation is procrastination. And no, I need to do it, but I'm not gonna do it, right? I don't feel like doing it. So I'm just gonna delay. I'm gonna delay my success. I'm gonna delay my design. I'm gonna delay my end result. I'm gonna delay my gratitude. I'm gonna delay my greatness, my growth. I'm gonna delay my upward mobility. I'm gonna delay all of that because I don't feel like preparing, right? The opposite of acceptance is rejection. Ah, that's not true. I still have time knowing that you don't have time. I'm gonna reject truth, theory, anything that does lead itself, Dr. Davey Priest, right? But I'm gonna reject all the things that lead to me getting to a better place.

I'm going to reject the positive thoughts. I'm going to reject that I need to get away from some of these people who would rather crab in the barrel me than lift me up and help me out of the barrel. I'm not going to commit to anything. I'm not going to be loyal to a process. I'm not going to give up my time. The opposite of all the reasons as I roll in, only to roll out. Well, one reason you better roll in, because next month we're talking about procrastination and laziness because you said it to me. Good morning, Mama Barnes. Good to see you. Happy, happy Thursday to you. It is not too early out there where you are. I hope your morning has been going well so far. Good to see you in here. We know that this is the path. And when we think about the opposite of commitment, it's not committing. It's not engaging. It's not connecting. All of those things. For those who don't know who Dogwex is, that is the mother of the one and only, I know, DJLV.

Good to see you. Sage with a C. Good morning. Good to see you. Sage said I'm rolling in and holding you here a reason so you're not going anywhere. Reason is in here. You're in here a reason. Just park it. Park it because you're not going anywhere. Look at that. LaWanda Baskerville said you're having a seat beside her and Vader reason. So good to see you get comfortable. It's no need to go anywhere. And so now, because we can't take these four steps, the opposite of embracing is also rejecting or disconnecting. It's not accepting that these are the things. DJJ, Jay Joma says there's a parking space right across from him. So there's space. There's space on the couch. There's space on the pew. There's space at the boardroom table. There is space for all



of us to sit at this table. Because when you step away from the table and when you back up from these things, you say to yourself, I'm not ready to create. space. But here's the thing. The truth of the matter is, is that you are ready to create space. What you are not ready for is the work. You're not ready for the feelings. You're not ready for the change. You're not ready for being exposed or vulnerable.

You're not ready to say, listen, come on site giver. Okay. Come on and say that. Because sometimes that's where we need to be. Okay. Come on and say that site giver said there's space at the altar. There sure is. Okay. And here's the thing. When we are not ready to create the space, sometimes what we're saying is I'm not ready to say the words out loud. I'm not really, I'm not ready to do the work I know needs to be done. Because more often than not, we know what it is that we need to do. Platinum crew, welcome in. Good to see you. We know what we need to say. We know what we need to let go, what we need to change, what we need to stop doing, what we need to start doing. Okay. Absolutely. Dr. Dady says it because all those things require transformation of the mind and shifting your behaviors. And when we're so comfortable navigating the crazy, we can't embrace the peace.

But we know what we need to say, right? We know what it is that we need to do. We might be trying to think of a master plan, but here's the thing. Sometimes the first step for the plan to get in motion is for you putting it in motion through your words, through your thoughts, okay? Through your actions. So the kickoff or the catalyst to this reaction is going to start by saying, I think it's time for this to change. I think I'm ready for this. I believe that I deserve this. Do I deserve abundance, happiness, to glow, to shine? Yes. Right? All of those things. I deserve all of those things. I was just talking to Nikisha Hicks about this this morning, right? We have early morning chats before we get off and going with our day. And she said that to me. She said, I was looking at some of my prayers and I had to ask myself, do I deserve this? And I said, you absolutely deserve these things. That's why they're on the sticky notes. You would not have written them down if you didn't deserve them. Right? And I'm saying that to you. Sometimes it starts by us starting it, right? The hard part is to start. I said that at the top of the stream and I'm going to repeat it now.

The hard part is to start. You have to start by owning your truth. The truth is, and then you go from there. What is the truth? The truth is I'm not happy here. The truth is, is I've outgrown this job. The truth is I've outgrown this relationship. The truth is I've outgrown this manager, this industry, this career. The truth is, is that my passion is no longer my purpose. The truth is my purpose is no longer the thing that I think I want to do anymore. The truth is, is that I am changing and that the people that I came here with are not the people that I want to carry forward. You have to be able to speak out loud this, to embrace it. And then sometimes once you have spoken it out loud, watch the universe fall into place and start to set everything in motion for you. Because the longer you stay where you are and you avoid speaking your truth, the universe is like, I'm not

going to move in anything until you do, right? The good book says, Faith Without Works is dead.

You have to have faith and you have to do the work. Faith, that once you do the work, everything starts to move in the direction that you want it to. So you absolutely have to speak it into existence. Wherever it is that you want to go, whatever it is that you want to do, where you want to be, where you want to disconnect from, if you want to detach from something, if you say, this is no longer the space that I need to be moving in, then you have to say that out loud. And then you have to take a step. And then you have to believe that that first step is the first step to many. And then the next thing that you have to do is take the next step. Whatever that next step is. It is one foot in front of the other because guess what? You are ready no matter what. The minute you start to believe that, things will fall into place. Even if you don't know what those things are, you do not have to have every single step. You don't have to have all the answers. You don't even have to have a fully baked plan, right? Sometimes in my coaching, I will say to someone, okay, there's a lot going on. What are the next three steps that you know you need to take?

If you know the next three steps, now you're clear. I can take these three steps and sometimes those three steps are what inform the next 10. But you gotta be able to speak out loud what those next three steps are. First, and then once you take those three steps, it will set you in the direction of what those next 10 steps are. Because you may not know all 10 steps. But can you start with the three that are in front of you? Can you control the part of the environment that you can? Can you see clearly ahead of you? It may be foggy further down the road, but do you have visibility of what is right in front of you? Alwanda basketball said, don't think that you are wrong if people leave you or don't align with what you want. That part. Because here's the thing, people will put up an argument for why they don't agree with you or people will try to project their things on you because they are afraid that if you leave, that if you change, that if you grow, who then will be their source? But you're not meant to be everybody's source. Diz, good to see you. Welcome in, go give Diz a follow. Diz is streaming tonight, ladies and gentlemen. Make sure your notifications are on. I think it's eight o'clock tonight, Diz, that you said.

Put that in the chat so we know where to find you. Jonah says it's not easy. 100%, listen to me. You have to know for a fact that people will try to project their reasons and their fears on you to keep you from growing, glowing, or showing any signs of disconnecting from them because you have been their source, you have been their safe space, you have been their haven of comfort. And now here you are detaching from them and they will kick and scream and fuss and put up every single reason why you should stay, okay? You don't have to. It is okay for you to walk away. Somebody write that down. The hard part is to start, it is okay for you to walk away. Once you start to disconnect the space that you create from not being in toxic, not feeling an obligation. And sometimes

we're obligated to commitment, sometimes we're obligated to things. And what we're really afraid of is, am I gonna disappoint this person that I made this commitment to? In the time that you made that commitment, that may have been the active environment that was live, but things also change and evolve.

So if you say to yourself, I commit to this now. And then the environment change, the situation changes, the circumstances changes. You do not have to hold yourself connected to that commitment. You can evolve just as that evolves, right? You do not have to continue to hold on to obligations, expectations, or anything if it means that you are gonna be the thing that has the greatest sacrifice, okay? Absolutely, J. Jonah, it can apply to family. It can apply to work, right? I see a lot of people who say I'm committed to my job because I don't wanna leave them in a bad space. Okay, so what I say to them is, so if you don't voluntarily leave, let's say involuntarily something happens. What do you think is gonna happen if involuntarily you can't do this work anymore? If you can't perform this job anymore? Guess what they're gonna do? They're gonna find someone to fill it. The work will get dispersed. They will figure out how to survive. All in the name of you're not here. Indominable spirit, MG. Thank you so much for the boss bits, right? Absolutely, you're diverse. They will replace you. And so you can choose voluntarily to move forward on your own terms, or you can stay committed to this fact that there's some level of loyalty there that you need to stay with because they're not gonna be able to do it without you.

They will. This person will be able to survive without you. Sometimes, honey, you are blocking somebody else's blessing by staying in the same place. If you don't get out of the way so they can grow, if you don't get out of the way so you can grow, y'all both might be better for it. I gotta go so I can grow. And then because you gotta go so you can grow, they may be forced to grow. And that may be the very thing that is needed. You just never know. So it is okay to walk away. Absolutely, you're diverse. Saying yes to something else is a no right somewhere else. Typically, if you say yes to something else, it's a no to you, okay? Thank you so much, DJJ Jonah, for the bits. Appreciate you, DJ Jonah says I'm a bit broke now. Right? All of those things are really true. And you have to be okay knowing that, right? Dr. Dede Pree says, the evolution piece that causes angst for others, they don't have a place to put your growth and development.

That's because they have not taken the time to invest in their own growth and development. You were their growth and development. So the minute you grow and develop, and they cannot connect to you as their source of growth and development, where does it then come from? Where are they going to get that from? Well, baby, that's their journey. They've got to go in and reframe their thinking. They've got to go in and make sure their support system is solid. They have to forgive themselves for staying still, for not doing the work. And that's okay. They have to learn how to create space, because when you choose to create space, right? They need to go through all these

steps, right? And if they don't know what these steps for, when you say, I've chosen to create space, and they say, what is that?

You say, well, let me introduce you to my coach, Kim Blue. She will get you together and coach you through what it means to create space. DJ Steve Nice, good to see you. Welcome in and happy Thursday. Welcome to the blueprint. Okay. This is a space where we come, Steve Nice, to do the work. And today we are talking about this notion of creating space. And we are talking about the E in create space, excuse me, in the acronym space, what it means to surrender and prepare, accept and commit, and now embrace, but doing so willingly and enthusiastically. Because you have to willingly embrace this work, and you have to enthusiastically embrace this work. Otherwise, your tone and tenor will taint the process that you're going on, right? I hear you keep on the forgive yourself thing. Okay. Forgiveness is a marathon, not a sprint, ladies and gentlemen, let me be very clear about that. It is not like you wake up tomorrow and say, I forgive myself. Every day it is I forgive myself, and I'm not going back to those places.

And if something takes me back there, then I say to myself, or I acknowledge I have forgiven myself for that. And I no longer have to go back to that. I actually let it go. That's right. Classic says that forgiveness is filled with stages and phases. That's right. And sometimes we find ourselves in these places where we say, you know what, I'm struggling, and I'm finding that I'm connecting back to places that I've moved away from. Then you've got to reframe the thoughts around why you moved away and what you moved away from. Then you've got to look among your support system and say, who can help remind me why I didn't do that any longer? Why I got away from that? Where I need to go? how I need to be present. All of those things go into that. That is why the power of embracing is probably one of the most critical steps to creating space. And so as we look back over this whole month of July and we talk about creating space, right? Coming off of everything that we've learned this year.

And as we go into the barriers to creating space, mindset, procrastination, laziness, right? Lack of motivation, whatever those things are, distractions, any of those things, we have to then go back and say, well, now what am I surrendering, right? How do I surrender to procrastination? Not submit to procrastination. How do I surrender to procrastination, right? How do I prepare so that I can get myself together and know what the work is, right? How do I accept? How do I commit? Right? All of those things are very, very real. R .L. Breezy, good to see you. Happy Thursday and thank you so much for being here. I heard it was a good time in Chicago a few weeks ago as you hosted. I hope it all went well. LaWanda Baskerville says give yourself grace every day, LaWanda, every day and not just in that moment, every day, sometimes multiple times a day. Right? For those who know me know that I have the word grace tattooed on my finger because it is one of the things that I struggle to give myself.

Right? And I have a friend who also has the same word tattooed on her finger. We got them done at the same time and so sometimes when she hears me not giving

myself grace, she'll say stop and rub your finger. Take a minute. Right? And just recalibrate. Right? How are you giving yourself grace in this moment? Okay? All of those things. Dr. Dady says when you forgive yourself, you also learn to release others. Come on, y'all. Okay? They can't and shouldn't travel with you because it's your journey. That is really real. Right? It's your journey. That's why choosing your support system is so critical because if the people around you can't give you grace or not encouraging you to give yourself grace, I'm telling you, they're not meant to go with you at all. It is as simple as that. Okay? So look at what it means to create space and it is, it is, listen, these five steps, I'm not saying that you have to be so intentional about all of them, but you do have to be as intentional as you want to be about seeing success and knowing that you can have what you want. My shirt says choose happy today for a reason. Right? So I'm surrendering to anything that is not in alignment with my happiness. I am preparing myself to be in spaces where I'm saying I'm around good music.

I have my windows open. I have my curtains open. Right? Because happiness for me is sunlight. It's being able to see the outside. I'm accepting early that I'm not going to get everything done on my calendar, that I'm going to miss something that I'm probably going to, that's okay. I will have the ability to do that. Okay? I'm committing to my work. I'm committing to my journey. And I know, let me tell you something. I know that my commitment to the path that I've been on is working because I'm seeing it. And I am embracing and enthusiastically stepping into things, right? And I know that it's working yesterday. I had a call with someone who I started working with earlier in the year, okay? It is key, you're right about that, it is. I opened the curtains on certain sides of my house. When the sun is on one side, those curtains stay closed. When the sun is on the other side, right? Then I can open it so I can manage the heat, for sure. But I know that the things that I'm committing to are working because yesterday I had a coaching call with someone like a discovery call who I started having conversations with around March or April of this year.

And yesterday he said to me, talked to me about this coaching. He kind of came to me with some career things. And he said, okay, are you taking on new clients? And I said, I am. He said, I've been seeing you. I've been seeing you on LinkedIn. I've been seeing you on social. And he said, let's do it. I'm ready to do coaching. And so I booked a coaching engagement with him. Six sessions for the next three months, new client. He was like, when can we start? I said, next week. He said, when can I get the agreement? I said, tomorrow, you'll have it. And I sent it to him this morning before the stream. That's the work that I was doing. So I'm investing in myself in that way, knowingly, willingly to be able to do that, to be able to put tools in place, but proactively planning as I'm doing my discovery saying, these are the things that I know I need to make happen. So if this person wants this, then I need to start putting these tools and resources together. I need to start looking at my network to see, have you done this? And is it something that I can adapt into what this person wants when it comes time for me to do it?

The answer is absolutely yes. So I'm not waiting at all. I am embracing the things that I know I need to do. And because I'm putting these Kim Jims out there, because I'm staying consistent to posting on LinkedIn, because I'm being intentional about showing myself, right? People are investing in me. So I know that my commitment to this part of my path is working. And I have let go of all the things that haven't worked. I've let go of frustration. Hey, I didn't work. What did I learn from that that I liked? Great, we're gonna put that into what I'm gonna do next. And that's where I am. It's what I'm committed to, okay? Champ, good to see you. Happy Thursday to you. Champ, can I put you on blast? Is that okay? You can say no, if you would prefer me to not put you on blast. But listen, you already know how I feel about you, okay? I told Champ to her face when she was here in April. I was like, listen, you need to know that I think very highly of you. And I feel all the ways about you because you are amazing. So listen, folks, before we get out of here, all types of love and blue hearts and your favorite celebratory emotes in the chat, because Champ Lifestyle just made partner this week, like two days ago. Congratulations to you. Sis, you are an amazing DJ, your spirit and your energy. is out of this world and you deserve all of the good that is coming to you and every single time that we are in your stream, we know that your love for music, your passion for this industry and the way that your mind just, it radiates from your whole soul and I have only met you once but that you don't need anything else.

If you are an energy person, you know energy recognizes energy just like game recognizes game and that woman right there is legit. So congratulations to you champ on making partner for showing up, for giving them yourself every single stream, you deserve it, okay? So big love and big celebration in the chat for you champ. Let us know if there's gonna be some opportunity for us to support you or if this is going to be in a way where we can make sure that we are there and present and enjoying you doing your things sis, congratulations. And thank you for letting me give you your well -earned and well -deserved flowers, right? Okay, congratulations again. All right, ladies and gentlemen, that is your blueprint for today. So creating space, okay. Here it is one last time before we get ready to get out of here because we, before we get ready to get out of here, we want to make sure that we have all of the things that are available to us. So here is the stream.

Sorry you guys. Here's the stream. Where did it go? There it is. Okay. Here we go. So good talking most in the chat. While I am wrapping this up, all right, here's what it means to create space, okay. We want to make sure that for all of the things that we are learning about creating space, we know for a fact that there's five steps, right, not to eternity, okay, but for creating space. Shout out to all my Drew Hill fans who are in there in the chat today and caught that. All right. So here are the things that we need to do when we talk about creating space. This is what it looks like, okay. If anybody's interested in this graphic, I will send it to you as a reminder or I can post it on, in the socials if you're interested and do a little, and do a little recap, rich gifted hands.

Good to see you. Thank you so much for being here. Site giver, listen, okay, you got it. All of that. So when we think about creating space, this is what it looks like and why we have to do it the way that we do it, Jan, it's my pleasure, okay. My absolute pleasure, right. Good to see everybody who's made it in here. Thank you for everybody who was lurking behind the scenes. If you want me to acknowledge you, please say something so that we can get ready to get out of here, okay. So copy the raid message. We are on our way to rebomb, all right, to go support our good friend and the head of the kick Kim Blue off the cliff committee, I know DJLV and his raid train, okay. So we are on our way over there. All right, 713, my pleasure. Thank you so much for being here. I appreciate you. Listen, folks, you all know how I feel about our exit mantra. I really want to include that here because next Tuesday, we're gonna kick off the August stream. Yep, there you go, Diz, 8 p .m. tonight, okay? So all of that is gonna be available to us and available for us. When we talk about barriers to creating space and we're gonna prioritize procrastination and this sort of mere, you know, this notion of being lazy or lack of motivation or feeling like I can't do that.

And if you feel like your toes are stepped on, blame one reason because he said it. And I told him we're gonna do it. So this is where we're going. Next Tuesday, we have a stream. Next Thursday, there is no stream. Then the following Tuesday, there is a stream. Then the following Thursday, there is no stream, okay? Because I will be traveling. For everybody who is in here, okay? I am sending you into your Thursday and into your weekend with all of the good energy and light you need to guide you. The good energy is anything you take away from this space. And that's the light that guides you in your thinking, in your energy, in your countenance. Find your blueprint bestie. Find your boss bae, whatever it is you want to call it. And let them love on you. And let them pour back into you so that they can hold you accountable for the things that are most important to you.

So I am sending you into your Thursday and into your weekend with all of the good energy and light that you need to guide you. I want you to take exceptional care of yourselves because you deserve that. And I will see you next Tuesday bright and early at 8 AM where we kick off our early August series around block barriers to creating space, starting with procrastination. Love you guys. I'll see you on the other side.