

## The Blueprint Mirror Moments

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Good morning, everyone. Happy Tuesday. Thank you so much for being here. If you are new to the stream, if you're a new Twitch, if it's been a while, let me introduce myself. My name is Kim Blue. I am an HR strategist and a career coach. Welcome to the Blueprint. This is the space where we come on Tuesdays and Thursdays. say mornings to talk about all things personal and professional development. If you've been here before, you know that I always say, I think everybody should be the boss of their own blueprint. And that means having access to the knowledge, skills, capabilities and resources.

So we can do three things every day, operated our highest potential, add value to whatever work we own or are responsible for, most importantly, show up as our authentic selves. Because when we do that, we can be great in our gifts. We don't have to shrink back or dim our light. We can show up as who we are, ready to give our best and receive our best from what the world gives us. So we are going to spend a few minutes doing some housekeeping, of course. And then we will jump right into today's conversations. Today, we're going to talk about mirror moments. And I know you hear me say that in here, but we're really going to talk about what that is, why we have them.

I'm going to give you a little bit of context. And then we're going to dive into some mirror messages, things that may show up for you as we sit still and begin to do the work so that we can hear what comes to us. Sometimes we're moving so fast that we don't give ourselves grace or opportunity to say, what is it that I need to know that's going to help me show up at my best? It's going to make sure that I am better than I was five minutes ago, five days ago, five months ago.

Sometimes you need to have a moment where you see yourself not being at your best or where you are sitting still long enough to hear or take in some of the things that will help you show up in ways where you are proud of yourself, but also so that you can see the impact that you're having on the world. All right. So first things first, I am marvelous this morning. If you are not aware, Kayla is streaming right now on Soul Train, so if you have the opportunity to have a second tab up, please go support him.

I have him up on my TV in my house so that I can have all the Soul Train going on in the background. So I am officially modless though. That never stops us here in the blueprint, but shout out to Lock& Key Media who has been solo modding while my life journey continues to recover and build her energy up. I did speak with her last night. She is doing well. She's at the halfway point of this whole journey that she's on. So to

everybody who's reached out to her, thank you. I pass along your greetings and well wishes to those who give them to me.

She is always, you know, asking about how folks are doing and just appreciative of all of the love and check -in as well. So good morning, Kayla. Good morning, DJ Classic, Sealove702. Good to see both of you. Good morning to the Elevate Her. Happy Tuesday to all of you. Thank you for being here. Everybody who is lurking, working and commuting, if you are in here, let me give you a virtual salute. You all know how I feel about this lurking space. I want this to be whatever it is that you need. for you. So if you are driving and listening, if you catch in the replay, by all means, if you come in and then something disturbs you and you have to go back, right?

Whatever it is, take what you need from this chat and let it be in service to you, okay? And if that means that you are just listening and lurking, salute and thank you. No Name's Almost. Welcome in. Good to see you. Cammy105, good morning. Good morning to both of you. Thank you so much for being here. I appreciate you being in the Blueprint. Hopefully take something away from this space that you can use immediately in your next conversation. That's what I love about this space that I'm in. Whatever I say, I want you to be able to apply it in your life and however that is meaningful. And then next Tuesday, as a reminder, no Blueprint stream.

I will be traveling to Florida. I have a speaking engagement on Wednesday and will be traveling during the time. that I would normally be streaming. So look for that in IG stories over the weekend, OK, to remind you that there is no Blueprint on Tuesday. And then we will resume on Thursday our conversations for next week, OK? So only the Blueprint next Thursday, all right? So to anybody else who is in here, if you are lurking by, I'll at least continue to do that. Otherwise, say something. So I will give you a shout out before we raid out. And we will go from there. All right. Let's talk about mirror moments, all right? So if you are taking notes, let's go ahead and take some notes early, because we're going to dive right into this.

Now let's do some framing. We talked about creating space in July, right? And we had five streams, each one dedicated to a letter in the word space. And we then rolled that right into all of our themes for August related to barriers. If you remember, at the end of that July conversation, we talked about barriers to creating space. And that has rolled into all of our August topics. Last week, we talked about preparation and procrastination. Before that, we talked about a number of things that basically related to how we show up the things that we dive into every day when we're giving ourselves the opportunity to be our best, OK? And I want to piggyback off of this notion of preparation and procrastination. Because oftentimes, we will procrastinate to keep ourselves from having to dive into the barriers and the boundaries. Remember, we talked about barriers and boundaries as well, right? Those things that keep us from showing up as our best self.

Why do we do that? We want to make sure that there's no boundaries that we can't navigate around or that we can't re-shift if we need to. But sometimes those boundaries can get blocked by barriers that we put in place or, circumstantially, we allow others to put in place. Good morning, Hobbs. Good to see you. you? How was your birthday, Hobbs? I hope it was fabulous last week, and that you are still celebrating this whole month of August. Okay. When we think about barriers, and when we think about boundaries, I want to acknowledge this whole notion that we spend the time showing up trying to navigate these barriers.

Good morning, DJ Big Ed Smith. Good to see you. Happy Tuesday. Thank you for being here. Because we are talking about mirror moments, and I'm doing a recap of barriers and boundaries, procrastination and preparation that we talked about leading up to this, which is all kind of hinging off of this notion of creating space that we talked about in July. Because remember, what are we talking about for August? We are setting ourselves up for success in August. That's I mean, excuse me, September. Not August. August is September is all related to success and how we get our arms back around the things we said we wanted to accomplish earlier in this calendar year, right?

Because September will be month nine and then we will be rolling right into the end of this calendar year and what a year it has been okay what a year it has been already so today we're talking about mirror moments all right so if you need to be intentional about taking notes please go ahead and get your pins ready because we're going to define what a mirror moment is we're going to talk about the components of a mirror moment and you're going to have a mirror moment as we talk through what this is are you doing it are you showing up are you clouding your own mirror are you putting your mirror down where you need to be holding up are you creating a space where your mirror is reflecting light and blocking things or are you clearly looking and seeing yourself as not only who you are but who you want to be good morning sight giver good to see you thank you so much for being here happy tuesday and thank you for the re-uptight giver appreciate you happy three months of being a blueprint boss dj biggett if you need help with procrastination definitely check out last thursday stream it was amazing we had a lot of real talk there were a lot of mirror moments in there okay and so if you need me to do that i will send it to you um it should be in the vod i think it's still up but for sure um we talked about procrastination last week and all of the things that make procrastination something that ultimately in and of itself is a barrier all right let's talk about a mirror moment now where do mirror moments actually come from so the phrase mirror moment comes from actually a technique that writers do so this comes from journalistic roots okay and in a mirror moment an author who is writing whether it's the main character writes for those of us who are literary nerds right the protagonist the person who's the hero in the story who's going through the struggle now let's think let's just think about this let's put ourselves in the position of the protagonist the person who is going through the struggle who's enduring who is right in the arena for those who remember me reading you the man in the arena quote right from Theodore Roosevelt right so think about you

you are the person who was in the struggle good morning the one of Baskerville good to see you happy Tuesday thank you so much for being here the one we're talking about mirror moments and I'm starting to define what that is but also where it came from and so a mirror moment is a concept that comes from the literary or journalist world and it's actually a writing technique and you see it right and the definition says that it appears in screenplays and novels and it can be used by people who are in the plot right designing what that is but ultimately and this is where I want you all to pay attention a mirror moment is a moment where a character and in this case you are said character good morning double spirit good to see you happy Tuesday it's the character is forced to reflect on themselves and who they are as if in a mirror Let me say that again.

The mirror moment in writing or in a novel or in a play, you're diverse, welcome in, happy Tuesday. A mirror moment is a moment where the main character is forced to reflect on themselves and who they are as if in a mirror. Now, when you sit still, when you make it so that all you have to do is focus on yourself. When you put that inward energy, that inner oxygen on you, how does it feel for you to check in with yourself? Is it normal? Is it awkward? Are we consistent with our practice? But who in here can truly say, I sit still long enough to put the energy on me and to just deal with myself? To literally just say, all I want to do is hear myself. I want to hear myself think because we get so busy. And sometimes staying busy enough to not hear yourself think is a form of not dealing with yourself. It's a distraction. Let me go and do all these things. Let me create the noise that I'm used to hearing so that I don't have to deal or feel or hear. I know that Elevate Her does because her and I talk about it all the time. We talk about these moments of stillness.

We talk about being present with ourselves. So these mirror moments are where we have to say to ourselves, let me take a moment and recognize certain things. And we're going to get to these mirror moment questions or these mirror messages that I want you to begin to ask yourself, but really ask yourself because we're going to deal with some stuff today. Okay, so I'm sure that you all like I didn't come here for this already, whatever you're saying behind the scenes, but we're here and we're going to do this work and it is going to be okay. And you're going to be better for it. I promise. All right. Now, the rest of the mirror moment definition says this can lead to such questions and the mirror moment can occur at any point, but usually happens at a critical point in the story, okay?

When are our most critical points that happen when we're having challenges, when we are during a struggle? What are those critical points? Is it the beginning? Is it the end? Is it the middle? The truth is in life, it doesn't matter. Critical points, challenges and struggle are not scripted moments, right? Because what I'm reading you is from the understanding that this is how a writer writes it. But when we compare this to real life, these mirror moments or these scripted moments are usually unscripted, which is why it's such a blow and such a blind side to how we are aware of how we're showing up,

what we are doing, what we're not doing where we messed up. Sometimes we make mistakes and don't even realize it is a mistake until we are far down the road with our journey. And then when we go back and don't understand why things are not lining up, why things are right, why things are miscommunicated, how come I started out over here and now I'm this?

It's because somewhere along the way we missed something, but we've not sat long enough to look in the mirror and go, did I create that? Was that my fault? Am I doing something that I don't need to do? Or should I have said the thing that I'd, you know, should I have not said the thing that I said, right? CLO 702 says so unscripted, 100% plot twist. That's what elevate her and I say to each other, right? She says to me in a, in a, in a strange turn of events or I'll say plot twist, this new outcome has been right. And that's how we talk about that because we recognize that where we started may quickly deviate into a completely different direction and we have no control over that.

But the real question that I want you to ask yourself is what is my involvement in said mirror moment? Did I create this mirror moment? And this is where the mirror messaging comes in. This is why it's so hard to see yourself any way other than the way you have yourself pictured in your mind, right? Does everybody know what the term enable means, right? Enable means that I'm going to empower you, whether it's good, bad, or indifferent, to do the things that you should do. In particular, if you're making excuses or covering up or creating an environment where a person can thrive in the least successful settings, okay? So I'm going to enable you, right? I may enable you to continue on to bad habits by giving you money to fund them. I may enable you to keep doing things by turning a blind eye to those things, even though I know that you're doing them, right?

Even though I know that they're not going to be good for you, I'm going to enable that. that by creating an environment where those bad habits, bad choices, negative outcomes can thrive and survive and sustain. Because here's the thing, folks, negative things need nutrients. Negativity needs nutrients to survive, and it will go and find wherever it can get a source. If you are a nutrient source for negativity, it will stick with you. So wherever it can get negative, wherever nutrients, wherever negativity can get nurtured, it will hang out there. And not only will it hang out there, it will permeate. It's like I drink from the cup of negativity and then I say things and then I pass the cup along and somebody else gets it.

So if you are in a space where you enable certain things, right, that enablement, consider that a nutrient rich space for whatever negative thing or thing that's not going to serve us to survive, it will continue to go back to the source, right? It's why any type of addiction, any type of something, will continue to attach itself to whatever source that's going to help it keep thriving, to get bigger. Even if it knows that the end result is detrimental to survival, it's going to keep attaching itself to this source, right?

It's why we can watch people who are addicted to substance or why we can watch people who are addicted to certain things continue to stay connected to that. Thank you for the alert, Pops. OK, now listen to me when we think about these whole notion of mirror moments, I want to use this concept of being an enabler, right? Because we enable ourselves, we enable others, we know that we're doing it. But how many of us sit still long enough to look in the mirror and go, I know that I am the cause, the Morning Platinum crew, good to see you. I know that I am the cause of all of the things that I am doing. I am the reason why this is not thriving, why that is not surviving while this thing is suffering. What am I doing? Am I holding up my mirror at any point to say, I am the reason why? I am why. And I know that I am why. And am I going to lean into what DJ Tranjum says, not me, I'm not doing it, right? Good morning, good to see you. Happy Tuesday to you. I hope you're doing well. Go get DJ Tranjum and all of the folks in here.

Follow DJ Big Good Smith, all of the amazing mods who are in here, right? Everybody go follow them. And you know, all know we talk about support being a verb in the blueprint. So making sure that you're going to support everybody else and making sure that you are going to give them some of your time so you can see what kind of great stuff that they're do it in their streams. So, good morning, Tantrum, good to see you. When we think about holding up our mirror, what I wanna do is challenge you with a set of questions that as we have these mirror moments, right, we can ask ourselves, but we can also be intentional about what that answer is and that that mirror moment then translates into motivation. How am I gonna of course correct? How am I gonna change this? What are the things that I'm going to do? And so here are some questions that get us really clearly aligned with, is this mirror moment about me?

Am I perpetuating this mirror moment? Typically the answer is yes, okay? Music level 21, good morning, good to see you. Thank you so much for being here. All right, so I'm gonna, I'm going to start to pepper the questions out there, but then as I am talking, if there are things that show up to you, for you. I want you to drop your own mirror moment questions in the chat because this is not just about me, right? I can talk to you all day, but when we get off this stream, what is going to show up for you? Are you going to be? LaWanda Baskerville, me too. I am absolutely waiting on that because it's going to happen. Okay. I'm just, I am sure to the best of his ability, he is somewhere around here. Okay.

Inevitably it will happen, but here's, here are our questions. All right. So somebody write this, somebody start to write these down or remember them, or if something stands out to you, use your channel points to highlight them in the chat, right? So others can see them because I don't have a mod today. So Kay cannot. Thank you. Thank you, Tantrum, right? Because Kayla is streaming. All right. So our first mirror moment question is, how am I contributing to this problem?

How am I contributing to this problem? Now here's the thing. Nobody wants to know, Tantrum says, I'm not it, right? I'm not it. But here's the thing. Nobody wants to

know that they are the person contributing to the problem, but more often than not, the more you avoid acknowledging your contributions, right? A mama t -mail says this topic is coming from my head this morning. Well, mama t -mails, first of all, good morning and thank you for lurking. Good to see you. And if it's coming for your head, then that means you are doing the work queen.

So you're in the right place. Thank you for owning that. And when you leave here, let it, let it motivate you in a way that allows you to say, you know what, I'm going to hold up this mirror, but I'm going to erase this cloudiness. There's nothing but clarity for me when it comes to this. Okay. So question number one. Good afternoon. Good to see you. Enjoy your lunch. Thank you for the lurk and listen. Happy Tuesday. I hope you're doing well. Auntie Diddy, good morning. Auntie Diddy says I'm on the floor already, right? Somebody go get, I'm Listen, Hobbs probably left room on the pew. I know she's lurking, but there's probably room on the pew for those who do not want to lay on the floor. And if you are on the floor, get you a blanket from Dr. Dave Preece, okay? She will be able to support you there. So question number one, here it is. How am I contributing to this problem? Nobody wants to know, sorry, you guys for the blurriness.

Nobody wants to know that they are responsible for creating more issues, that they are the catalyst for chaos, okay? Nobody wants to feel like they are the catalyst for chaos. And so what do we do? Instead of owning it, we will go around it and we may point fingers, we may redirect blame. We may say, well, that's not my fault. Or the reason that I'm doing this is because of all these other circumstances which are likely in our control, all right? How am I contributing to the problem? This is most critical when we think about performance feedback, when we get our performance reviews at work, when we can think about how we are hearing from others, how we're showing up, how we are doing something, how we are not doing something.

Okay. How am I contributing to the problem? Question number two, mirror question number two. What is the role that I should be playing that I'm not? Now, let's spend some time here. More often than not, we know what we should be doing. Okay. Big stove. Welcome and good to see you. Thank you so much for being here. Stove says, I'm gonna make a song called The Catalyst of Chaos. Sometimes that's what we are, Stove. We are a catalyst for chaos. We come rolling right in and ready to stir things up and create a bunch of waves and then say, oh, I didn't do that. Right? Question number two, what is the role that I should be playing that I'm not? Meaning, I know I'm supposed to be doing something else. Right? Am I supposed to be the person who is helping to keep clarity, but am I really over here being messy and instigator? Am I stepping back when I need to step forward?

Right? All of these things, am I really being the right person? Am I bringing the right energy? Or do I have time today to do all of the things that are not going to perpetuate what I'm doing? And then I'm not showing up at my best. Am I taking advantage of an opportunity or am I letting that opportunity pass me by? I know I should

be doing this, but I really want to do this. What is the role that I should be playing or that I should be doing that I'm not? Because often, we know what we're not doing. We choose to not do the thing that we should be doing and we cite a variety of reasons. We cite a variety of circumstances. Well, I couldn't do this because of this or we'll just know that we should be doing it and not do it altogether. And then we'll redirect and go behind and we'll hide, okay? We'll hide from ourselves first, which is why looking in the mirror is so hard because you have to face yourself and then you have to be honest with yourself.

And then as if we don't already know what it is that we should be doing, then we'll amplify all of the circumstances that seemingly got in our way that didn't allow us to do these things, okay? What is the role that I should be playing that I'm not? Question number three. What are the things that I need to let go of that are going to keep me, excuse me, that are gonna help me move forward? What are the things that I need to let go of that's going to help me move forward? Here's the thing, ladies and gentlemen, we will surround ourselves, insulate ourselves, protect ourselves with anything that we think that will keep us stuck, because stuck equals safety, okay? Auntie Diddy, Auntie Diddy's company, she's like, I wasn't ready for this, right? What are the things that we need to let go of, all right, to help us move forward? Well, Kim, why do I need to let go of something to help you move forward?

Because all of those things are in our way, and we know that they're in our way. We put them there, we put them down, and then we just let them go. Mr. Nate, good morning, good to see you, okay? Dandruff. Oh, Dandruff, I just love you. No, Mama T - nails, not all the gas. We are all gas, no breaks today, as we talked about, me or Mama Steve and Nate, welcome and good to see you. What are the things that I need to let go of that are gonna help me move forward? Because here's the thing, if we block our path forward and we fill it with the stuff that we think is going to protect us, that we can then use an excuse or as a reason why we don't have to do something, we'll do it. We will do it, right? Let me fill up these corners. Let me pile up these spaces with things that I haven't used. Anybody ever been in a space where you have a closet and there's stuff in there that you haven't looked at in years, but it's in there.

Right? Right, you will just let this stuff stay in there. Good morning, Shelly Thunder, good to see you. Thank you so much, Shelly, for the heads up. I appreciate you, okay? Tell Reason, once he's in, he's in, and there's nobody going out. We're talking about mirror moments, Shelly, okay? And I'm asking all the questions that help us prepare for these mirror moments. Tantrum, holy. That is amazing, right? That's amazing. And at the same time, right? Full bounty. Okay. Ted just says, I've been searching my closet ever since, right? But think about it. We will pack up closets and drawers. And what will we do? We'll just close it and we'll leave everything in there that we don't want to deal with.

Because once we start to open that closet, then we have to figure out, well, where am I going to put this? Why did I keep this? How do I justify this being something



that I'm holding on to? Letitia P. Good to see you. Oh, Shelly, Shelly. I mean, listen, Shelly, I gave you the heads up so that you may lovingly give awareness to others that Kim Blue is Kim Blue Inc. Okay. And then when folks come in, they don't feel the way because I know reason, reason's going to be like, I'm out of here. I'm not going to do it. But tell him once he's in, he's in Shelly. Love you mean it. Okay. Here we go. Because here's the thing, we will fill up drawers, closets, attics, garages, our desk, right, our kitchen, cabinets, we will put stuff there and then leave it and then look at it.

Stuff, classics, full stop, stuff, okay, we'll just put it there and then we will look at the stuff and then we'll say, man, I can't even use this space I have over here because it's full of stuff but we are the people that put the stuff there. So then we take away our power by replacing it with all of the stuff because when we have to deal with the stuff then we have to address our feelings about the stuff and sometimes the stuff that has meaning, that has sentiment, that represents a time in our life, a place or a space in our life that we don't want to acknowledge that was hurtful, that took us through a lot of pain, that took us through a lot of change.

Sometimes in not dealing with the stuff we don't want to then have to feel the feelings that that stuff may draw up for us, right. For those of us who have lost loved ones, for those of us who have transitioned through relationships, divorce or you know loss or any any of those change, right, we come across these things, these sentimental artifacts that represent a time that we cannot go back to or they represent a time where we say this is a place where I dealt with a lot of hurt and anger and frustration and all of these things and so I'm just going to put that down because I don't have the energy or the capacity to pick it up, right, because I don't have what I can take, what it takes right now. So I'm just going to put it down. I'm just going to put it down. We're going to pause there because because I see the raid coming in, okay?

Good morning, Reason. Thank you so much for the raid. Happy Tuesday to you. Come on in, Gospel Takeover family. Find yourself a seat at the boardroom table. Pull up on the K couch. Get yourself a seat on the pew or lay on the floor next to Auntie Diddy who was already there, okay? And get comfortable because we are talking about mirror moments this morning in the blueprint. Good morning, DJ TNT. Good to see you. Happy Tuesday. Thank you so much for being here. One Reason How was your string. Thank you for bringing the Gospel Takeover family over. Okay, always good to see all of you. You all are welcome in the blueprint. Anytime. Okay. Thank you for being here. Miss VIP one team. No pants. Welcome in team. No pants. How are you? Good to see you. It's been a while. Jazzy made me happy Tuesday tap yogurt. Always good to see you. Thank you for being here. Blue Majesty. Good morning. Good to see you.

Thank you so much for the re-up. Happy Tuesday to you Blue Majesty. We're talking about mirror moments. Okay. Come on in. Good morning Rebel. Good to see you Rebel. I was lurking in your stream yesterday and it was hilarious. Okay. All of the songs. Straight nostalgia. Thank you for that space. It is perfect lurking workspace. Good

to see you Rebel. Happy Tuesday. Lovely T69. Welcome in. Welcome to the blueprint. First time chatter. Good morning LV. LV says recap and it's gonna hurt. Fair warning. Thank you LV. Okay. I appreciate you for being here. Happy Tuesday to everybody who came in on the raid and for those who have been lurking.

Let me introduce myself. Reason said it hopefully you covered yourself and others because when we talk about these mirror moments and we go back in and we recap these questions. These questions are very real but they're the questions we need to answer ourselves. Listen Rebel just said yesterday in her stream she was like listen y'all if y'all want to go get y'all life together please go see Kim Blue because the last time I was in there she was talking about how avoidance was not a strategy but that's the thing that I was doing. I was avoiding until she told me not to and so then I got myself together. Right. So we are in here to do the work. So for those who are in here for the first time my name is Kim Blue. I am an HR strategist.

I am a career coach. I am a leader. This space the blueprint is where we come on Tuesdays and Thursdays and we talk about all things personal and professional development. So everything from career guidance to personal guidance. How we show up in the world. That's what we do here and I make it easily digestible so that you can leave this space and say something or take something with you that's going to help you apply into your life into your day, into your next conversation, right? We do it from a place of support and love. People will tell you that I step on toes, I'm very honest, but I want you to be your best possible self. And so I use that honesty to help motivate and encourage you to push through the discomfort, right?

Our friend, Dr. Dady would say pivot pass whatever discord you have, so we can be our best self. That's what it means to be the boss of your own blueprint. And that's why we're here, so welcome in. KB Browns, good to see you. Thank you so much for being here. And South IRB 83, welcome in first time chatter, coming in on the raid, happy Tuesday. Welcome to the blueprint. Settle in everybody. We are talking about mirror moments, okay? We are defining what a mirror moment is. I will do a recap of the origins of where that comes from, and then I am proposing questions for everybody to have their own mirror moments in here. I am modless today, so shout out to everybody who is modding for the Blueprint who is not actually a mod. My official mod, Lock and Key Media, is on Soul Train right now. So if you have the ability to put a tab up, please do and go support him while you are also listening and participating in the Blueprint, OK?

So thank you to everybody who is modding on my behalf, who is not an official sword holder in the Blueprint. Thank you for that. All right. What is a mirror moment? If you are taking notes, a mirror moment, it actually comes from the literary world, so those who are writers, who wrote screenplays, or novelists in particular. And it's where the novelist would create a moment where the main character of the protagonist, the person who's going through the stress, and the person who's enduring the struggle, right, has

this point where they reflect to themselves about who they are, about the choices that they're making, everything that's going on. And it's as if they are looking in the mirror and seeing themselves truly for the first time, potentially realizing all of the things that they have control over or the things that they don't, where they need to make some shifts.

And ultimately, that mirror moment leads to transformation. That's the word. We're talking about transformation. But in order to transform, you have to ask yourself the difficult questions so that mentally and emotionally, and sometimes physically, you can go through the changes that need to be made so that you yourself can stop doing certain things, start doing certain things, maybe continue doing certain things, but whatever that journey is, you have to first start with you, okay? 713. 713, it may or may not be safe. We are talking about mirror moments and what it means to look in the mirror and acknowledge your role in some of the things that are taking place in your life. One of the questions that I said earlier was are you a catalyst for chaos? To which Big Stove said he was gonna write a song called Catalyst for Chaos, okay?

Since you were here 713, come on in, good morning, good to see you. I think since you're here now, you have to stay. I believe that LaWanda Baskerville, who might be the second lieutenant in command, have secured the doors to the room, we're all in here, okay? So let's go back and address these questions because I had started asking questions or presenting questions to all of us. So what we need to do is think about these questions as we understand our own mirror moments. And then if something comes up, please put your own mirror moment message in the chat. So let's recap. Question number one, how we check in with ourselves when we're having a mirror moment. The first question says, how am I contributing to the problem?

Okay, off the rip. We're just gonna go in. What am I doing that is making this worse and not better? What am I doing that's creating chaos instead of clarity? What am I saying? How am I being? What is my countenance? My mindset, my attitude. How am I contributing to make this thing what it is? How am I contributing to this problem? Did I not do something that I should have done? Am I avoiding something that I know I should do because I don't want to do it I got my own reasons am I being petty just because I woke up today and my petty t-shirt size was medium when I really Needed a large and I'm feeling some kind of way about that.

But whatever it is How am I making this worse instead of better? Mirror moment question number two is what is the role that I should be playing that I'm not should I be playing peacemaker? But instead I am ruffling feathers I'm stirring the pot, right? Sometimes we stir the pot for our own entertainment only to understand that we stirred the pot too much And now we've created a whole monster that we cannot unwind ourselves out of okay all of that becomes real when we Sit still and see ourselves in the mirror when we recognize the way that we are showing up I use the word enabler for those who just came in on the raid I was talking about being an enabler where we enable where we Right create a space for bad behaviors or choices or anything to exist

because we set the environment to do so Right, we make it so that all of these things are easily accessible for us Okay, me Brown says my petty t -shirt size is extra small. Sometimes listen, okay All of those things are real sometimes we put on our petty t - shirt, right?

We know we wear a large but we are in a medium heavy on the smut Okay far from a large but it's real small and that's how we show up What is the role that I'm supposed to be playing? That I'm not mere a moment question number three. What are the things that I need? to let go of that are gonna help me move forward. And that's where we were when the raid came in. What do you mean by that, Kim Blue? I'm super happy that you asked. We will put stuff in our way, stuff, right? If you're scrolling through the chat, you can see classics wrote the word stuff in all caps. We will put stuff in our own way and then cite that as reasons why we can't move forward. But it's the stuff that we put down because we haven't taken the time to feel, deal or heal and you all know that that's something that I say in the blueprint all the time. So we put the stuff down, right? What are we not letting go of that's gonna help us move forward? Is it choices? Is it people? Is it bad habits? Is it situations? Whatever that is, okay? But it's all the stuff.

And here's the thing, sometimes We will put stuff in cabinets, okay? And this is where I was saying we hide it. We will put it in cabinets. We'll put it on the table. We'll put it in a pile. We'll put it in our garage, in our attic. We'll put it in the trunk of our car. We'll put it anywhere where we don't have to deal with it, but then we'll look at it and be like, man, look at all that stuff. It's filling up these corners of my house, i .e. my life. It's taking up all this space in my closet, i .e. in my brain and in my heart. Man, I don't have any room to park my car in my garage. I don't have space to be present in the very places that I need to be right now, okay?

All of that is a metaphor for how we're showing up. And so if we don't have space, it's because we are taking up space with stuff that does not need to be there. And so this is how we get to a place where we now say, how, what do I need to let go of in order to move forward? You cannot move forward if you are locked in, ladies and gentlemen. It's not going to happen at all, okay? You cannot move forward if all the space around you is cluttered and you can't even navigate a path out because now you're standing here looking around trying to figure out how am I gonna get there from here. A mirror moment is realizing that you have gotten in your own way on purpose. Is it a boundary or is it a barrier? Am I keeping myself here because I don't want to do the things that I need to do? Reason, I see you, reasons like I'm out of here, okay?

But you're not reason you're in here because all of these things are really the things that we need to make sure we are saying to ourself. Mirror moment question number, but Elvie says, let me out, let me out, okay? Let me out of here. You're in Elvie, you're in and stuck with me pretty much forever. So there's that, good talk, all right. Mirror moment question number four, ladies and gentlemen, thank you LaWanda for putting these in the chat and for those who are highlighting them, I do see it as I'm

scrolling. Okay, thank you all so much for operating as the community mod family. L .B. Oh yeah, you're in L .B. Like this is it, right? You're in, okay. Mirror moment question number four. What's the truth that I need to say out loud?

Mm, what is the truth that I need to say out loud? Okay, because sometimes we will not say the words out loud that we need to hear because then it makes it real. And then when we know better, we have to do better because if we know about it and we don't do something about it, Big Stone says, damn it. Everybody's like, well, listen to me. We're in here y 'all, LaWanda Baskery will put the code on the door. Everybody is in. Okay, Kayla will be very proud, but we're in. What is the truth that I need to say out loud? Period. Dscants, welcome in. Good to see you. Happy Tuesday. Dscants, we are talking about mirror moments. So good to see you. Dscants, I tried to catch you, I think, last week and you had just raided out. It had been so long since I'd seen you in the morning. Okay, so I am so happy to see you. I hope you are doing well. Thank you for being here and for popping in. Good to see you. For sure. Okay. Listen, what is the truth that we need to say out loud?

Because when we don't say it out loud, ladies and gentlemen, then we don't have to do anything about it. We don't have to acknowledge it. We don't have to like deal with it. But once it's said out loud, you can't unhear it. You can't know it. You can avoid it. But what do we know about avoidance, ladies and gentlemen, somebody put it in the chat because you all know, we can avoid it. But we cannot unknow that that's the thing that we need to address. The truth is, and so we will excuse around it, we will, you know, we'll write talk about all that. Yes, you're diverse. Number four, okay, we will do everything except say out loud what that truth is, because then once we have heard it, then we are convicted, absolutely reason, okay, then we are convicted, and we're like, okay, so if I say I know it, and then I don't do anything about it, what does that look like?

Come on, see, love, say it. Come on, Shelly. Y 'all, right. It is not avoidance is not a strategy, ladies and gentlemen, I give it as I'm out of here. This is not what I came here for at all, but it is. Okay. When we choose to not say the truth out loud, hot one, good morning. How is it? She got a toe on the coffee table. Good to see you. Somebody get a hot one, some boss gear so she can repair her toe because we still have a few minutes left in the blueprint. Okay, we are not done yet. Well, good to see you. Hot one. Happy Tuesday. I hope you are doing well. Okay, thank you all for being here, for coming out alert this morning. 713 says absolutely not, absolutely not.

Okay, well what a sight giver says she's hiding in the corner. Come on out. Okay, come on out. This is where it is. When we think about the truth that we are not saying out loud, ladies and gentlemen, it can be liberating, but let's acknowledge that another mirror moment associated with saying not saying the truth is that it's hard, because then you have to deal with the feelings associated with that truth. This is why going to therapy or saying out loud the things that pain us are so difficult. It's why we feel feels for the

simplest of things. Right? It's why we know for a fact that the work may not be worth the weight.

Right? We will avoid the work. to inevitably not wait for the healing. Because healing is heavy. Reason said I'm cutting the alarm to the emergency exit, right? Healing is heavy. I want somebody to write that down. Okay, healing is heavy. And this is really what I'm talking about. When we talk about these mirror moments, and we talk about transformation, ultimately, what I'm saying to you is to transform into ultimately who we want to be. You have to shed that heaviness. But in order to shed the heaviness, you have to know what that heavy is. Whether it's grief, whether it is shame, whether it is disappointment, whether it's disruption, whether it's anything, right? But all of that is the heaviness of healing, right? Is it DJM craze? Welcome in to the Blueprint. Happy Tuesday to you. Thank you so much for being here. First time chatter, we are talking about mirror moments.

And we are talking about the reason why mirror moments are so important. And for those who are lurking and coming in, we are answering I am proposing questions for how we need to move through our mirror moments, what we need to say to ourselves, you're right, you're diverse. This is the work. Everybody who shows it to the blueprint, you know, you're going to do the work because I don't do anything less than the work period. Right? I do nothing less than the work. Right? I was having a conversation with someone yesterday. And part of that conversation was related to them making a choice. And I said to them, well, have you made the choice? Or what are you what are you seeking? Well, I'm seeking an answer. So well, don't you know what the answer? The answer is there already. Now this ancillary stuff that's around the answer, right? So do you do this thing? Yes, I can do this thing. Okay, but yes, then when I do this thing, then what are all of these other things out here?

That's what you're looking for. Or do I do this thing? No. Okay, no, I'm not going to do this thing. But then if I don't do this thing, then what? That's it, but the answer is right there in front of you. Now, you may not like the answer. You may not be comfortable with the answer, right? Or you may feel like, nah, that's not the answer that gives me peace. But ultimately, the answer is what it is. You choose it. But everything that you want to get to is on the other side of your choice. And that's the mirror moment. Am I avoiding the answer because I don't wanna deal with the uncertainty that is all out there? Yes, Stowe, because I don't know any other way to do it. Because I don't know any other way to do it. Vader says, no mirrors. Yes, Vader, while you might be a vampire. you might be an exception to the rules because you got that Vader mask on, which means you can look at your mirror.

There he is, LaWanda. Okay. There he is. He came in. Listen, Vader, LaWanda Baskerville said earlier, she was like, Kim, I'm just waiting on Vader to come in with his, with his comment. And I was like, I am certain that at some point, and in our conversation, Vader will make his presence known. So good morning, Vader. Good to

see you. Thank you for being here. Okay. Happy Tuesday. Good to see you and LMD to you as always. When we think about these truths, ladies and gentlemen, right? You have to say them out loud to yourself. Because once you say them out loud, then how do they feel? They like hit you like a ton of bricks, right? It's like, ah, no, so that I now have to do something about it. Good morning, Ebb. Good to see you.

Happy Tuesday. Y'all Ebb was killing it and back to back yesterday. I had to lurk the entire time. So I got in there early just to say hello to her. Well, man, she was jamming. So if you miss her on back to back, you missed a treat. I was in there the whole time. Even after I said, hello, I had to go back to the workspace, but I was with you and it was a great stream. So when we think about saying the truth out loud, be ready to know that it's going to bring you places. It's going to present additional questions. It might even ground you on the floor next to that mirror that you're looking in. And you might feel like I need to just be here for a moment so that I can see myself, deal with myself, be present with myself, because sometimes the heaviness of the truth is what you have to work through. Anybody ever been in here? Let's go back to the work side of this for a minute. Anybody been in here, you got feedback in a performance review and you were just like, oh, this makes me feel some kind of way.

All of these things, blah, blah, blah, blah, blah, blah. But when you really sit down and think about it, you know, for a fact that, yeah, you hadn't been. Showing up to these meetings or yeah, you've not been your best or yeah, you haven't been delivering at the level that you know you're capable of. For a variety of reasons, whether your petty shirt is on medium or whether you've just been like, I'm not confident in my capability to deliver. Either way, at some point you have to decide for yourself, mm -hmm, that's me, mm -hmm. I'm getting in my own way, mm -hmm. All of that and then some plus. At some point, the truth becomes the thing that you have to work through, which leads to mirror moment question number five. I almost said number six, sorry guys. Mirror moment question number five, okay? Thank you, LaWanda. So there are all the mirror moment questions for those who are coming into the chat or for those who are trying to take notes. LaWanda has just dropped them in there. How am I contributing to the problem? What is the role that I should be playing that I'm not? What are the things that I need to let go of that are going to help me move forward? What is the truth that I need to say out loud? Those four questions will help you start to reflect on you and how you are showing up because the only two things that you can control are how you respond and your ability to change. That's it. You can control those things.

You can either not change, or you can change, right? And your response. And sometimes no response is a response. Hot one says showing up but not performing at full potential. Come on. That's what listen. Hot one. You go to work and the emails are there and you send the email and you give people the very basics of what it is that they need, but you don't go above and beyond when really your above and beyond is actually your status quo. You see what I'm saying? There are so many people who will come in

here. Let me tell you something, ladies and gentlemen, before I go to question number five, thank you for this because I feel the download coming.

Do y'all not realize that your six is someone else's 10? And so people will gravitate to your six. Your six is like work. Your six is eyes closed, hand tied behind my back. But then let you give a 10 and then people are like, where did this come from? But here's the thing, the truth of the matter is that a 10 is like work for you too. You just don't want to do it because then people are going to expect you to do that all the time and you feel however you feel about showing up. These hands I got you. I got you on the download for sure. The thing is, right, we know for a fact that if we could operate out of six, we'll just operate out of six. Okay. But why would you operate out a six when you know a 10 is absolutely what you're capable of and then sub. To know Kim Blue is to know that I'm gonna operate no less than a 20. Whatever that is, you're gonna get a 20 because I'm passionate, because I mean what I say, because I believe in what I do, because I'm absolutely crazy comfort, because I'm comfortable, right?

My shirt fits, my shoes fit, right? I got my feet propped up, so I can absolutely operate a six because not only that, nobody is holding my mirror yet and telling me that operating at a six is not good enough. Reason says, let me alone, but I'm telling you reason, what I'm not gonna let you do is operate out of six when you know that you got an eight or a 10 or beyond available to you, Shelly. It's okay, Shelly, right? Same as Shelly. Listen, Shelly said it's in a stream a couple of weeks ago, she was like, you are a consultant or you do the type of work that Shelly does, right? Where you may not work directly for one person, but you work for multiple people, right? And you travel based on what those needs are. If you give a six, right? Oh, stove, come on, so stove. Let's just talk about that for just a minute because this is really, so what you just said goes back to question number one.

How am I getting in my own way? So you're gonna operate at a six and then watch a five get a promotion, okay? For those of us who want to relate it to relationship things, so you're gonna operate at a six when you try to pursue somebody, but then get mad when somebody who was a four goes and gets your girl or your guy who was a eight or a 10. So you gonna let this six come and get you? Absolutely not, right? Listen, Kim Blue was a whole prize, period. I come in at 10. So you either gonna have to come in at 10 or above in order to rock with me because if you're gonna be on my arm and my light beside me, right? Evangelizing the things that I do, you gotta be a 10 to be able to do that, right? Unicorns find other unicorns and we are lonely until we do. You understand? So that's it. So I'm not gonna let somebody who's a six come in and be like, but I, but I, it's 10 or bust. So what you, come on, the 713, that math has got a math ebony. What you just said is so real. Some people are only equipped to accept the five because they haven't held up their mirror to recognize that they are actually operating above a five are capable of doing that.



But you gotta let go of what other people have told you about yourself. What do I need to let go so that I can move forward to be able to accept that all of these things are available to me? That's why these mirror moments are so important, y'all. Come on, Red Robinson. Good morning to see you. Come on and check your math, ladies and gentlemen, because if you got to carry on, than one carry it so that everything equals out no remainders ladies and gentlemen this is clean division okay no remainders we don't have anything left over we divide until it is even period come on hot one be a 20 right whatever it is be that but we're not settling for anything else and that's why this mirror moment question these mirror moment questions are so real you have to be able to come in and acknowledge all of this okay rebel said bye i just called you rebel in the chat rebel was like i'm out of here okay a hundred percent lewander basket bill do not let them steal your joy so when we think about this whole notion let's go back to what big stove said okay big stove said what's infuriating is operating out of six and watching a five get a promotion why does a five get a promotion ladies and gentlemen tell me why the five gets the promotion and here you are operating at a six knowing what you're capable of.

You could be operating out of 10. Here's the thing. If you are at a six, at least at a six, your numbers divide down cleanly. Nothing breaks, nothing divides evenly into a five. That's it. It is difficult to divide, period, okay? So understand that when we talk about these mirror moments, you are in charge of all of the things that come through these reflections. You may not wanna deal, but understand me, once you deal with yourself, you're gonna show up brighter. When your mirror is shiny, it's gonna reflect all of your light and nobody's gonna be able to see you. All of that. Good morning, Ms. Ice to you. Good to see you. Absolutely, DJ, right, increase. That's what I'm saying. Your five may be somebody else's 10. And when they see that, they will hold on to that. They will be intentional about saying that. But listen to me, come on, Stove, show your work. Please show your work. Listen to me, folks. You cannot be, if you are a 10 and you attract somebody that's a five or you find yourselves among five, a community, you cannot be their source. You cannot be their source. Otherwise, your 10 will start to diminish.

Oh, KB Browns, you're right, okay, you are correct on that. You have to be okay knowing that 10 is the minimum. I'm not going any less than 10. I am available, right? You have to know that you are too dope to not operate any less than what it is. I am where I need to be. I know that I deserve this. I'm not coming in any, right? Someone said this to me recently in coaching conversations I had, right? I'm too dope to fly solo and you are. I'm too dope to be dealing with these things and you absolutely are. You are, period, right? Understand ladies and gentlemen that these mirror moment questions are be, come on, pot one and is, right? Whatever it is that you are, come on, your diverse hair flip, okay? Adjusts glasses, sips coffee, drinks water, whatever it is, okay?

But all of that, because you're too dope for all of those things, believe that because it is absolutely the truth. And when you, come on, see love pops call and when

you start to look in the mirror and this is where the transformation comes in, ladies and gentlemen, and then we're gonna get to number five before we get out of here, right? Cause I'm watching the time and I know we got to get out of here soon. I also have a 945 coffee meeting this morning that I got to change. and commute to. So I want to make sure that I'm mindful of that. But that's where the transformation comes in. When you realize that you're too dope, when you pop your collar, when you flip your hair, when you weep it yourself, when you look in the mirror, you say yes.

When you put your lipstick on and you understand that this is it. I am not playing any games. Absolutely 713. When you subtly link, when you look at yourself and you're like, oh, okay. When you look at yourself and you say, look at me about to step in these streets trying to get chose because you are, because you need to be because you're absolutely worthy of being chosen. Believe all of that. That's transformation. That's surrendering the struggle. That's letting go of all the things that you need to in order to move forward. That's choosing not to participate in the problem. Yes, puts on your nice sunglasses and steps out. Where's your fancy dress? What are you waiting for to wear the, what's the special occasion? The special occasion is today. Okay. Come on, Ms. I see you. Put that note in the chat. Note to self. You are a 10 and you are too dope and is to quote hot one. Okay. Come on, sister serious. Good morning to you who comes out alert. Come on. Listen, you are the occasion chosen season 713.

I love that. Always chosen season. You have to speak life because if you don't, all of these things will weigh you down. And that's why the heaviness is so heavy. You have to be able to balance it. Okay. You absolutely have to be able to balance it. You have to believe and know beyond a shadow of a doubt that you are worth everything that you are saying. The opposite of all the things that people will try to tell you to keep you stuck, to keep you from letting go of those things. Because if people can keep you buried and burdened, they will. Well, baby, you are destined to rise above everything that you want is on the other side of everything that you're not doing, that you're afraid of, that you don't want to say, that you are fearful about, that you don't know what's going to happen.

Make the choice. Commit to the yes. Prioritize you, whatever it is. but choose that because these mirror moments will either make you or break you and nobody has time to break a mirror but we do have time to look in the mirror and like what we see love what we see anticipate seeing greatness embracing greatness thank you sister serious for the boss fits appreciate you and for the hype train that you have kicked off okay I appreciate that good morning guzzle thank you so much for the re-up thank you Kayla good morning to you Kay I'm still here okay like ask the people what you missed okay I can't I can't do it because we're gonna be on our way out of here soon so you have to get it from the people but they will catch you up for sure guzzle says people may keep you down because they can't get to where you are that part guzzle people will cloud your mirror they will fog it up they will keep you from seeing yourself Because when you see

yourself and you recognize and realize exactly how amazing you are, then there's no stopping you. There is nothing that can stop you. Thank you so much for the Re -Upsi Love 702. Okay, I appreciate you. All of those things, all of those things become true. This is why those Mirror Moment questions are so important.

Okay, let's get to Mirror Moment question number five to round this out. And then we are going to do a quick summary. Okay, thank you for the boss bits. I appreciate you. Happy, happy Tuesday daytime. Thank you for being here. Welcome in. Okay, everybody's coming in. I see folks coming out alert and say good morning. Thanks to everybody who has come in. I know Kay is rated out into, Kay is rated into LV for sure. So thank you for those who have multiple tabs up or who have had multiple tabs up supporting all of that is what we're doing. Mirror Moment question number five. What is my greatest opportunity that I am not taking advantage of? What's available to me that I'm not using? And why am I not using it? Am I not using it because I'm afraid? Am I not using it because I'm not confident? But what could I be doing? What's my greatest opportunity? Listen to me, ladies and gentlemen, your voice is your greatest currency, but we don't use it the way that we need to, right? We'll cut somebody out, but we won't speak life. And that's what this is about, right?

What is my greatest opportunity that I am not taking advantage of? What could I be doing that I'm not stated differently? Thank you so much for the hype train for everybody who was subbed, for everybody who was given bits. Vader coming in hot with the five pack of subs. Thank you so much, Vader. I appreciate you for supporting this space and for expanding the Blueprint community. Thank you. Thank you. Thank you to everybody who is here.

Listen, 713 says everything is available to me and is. That's it. That is it. Okay. Period. everything is available to you always everything you have to understand that the minute you start to look in the mirror sorry you guys my mirror my camera is a little blurry every time you look in the mirror and used to Vader you are so far from regular so far from regular on any day that you breathe my friend you are far from regular and that's that on that all right when we think about the opportunities that we are not taking advantage of once you start to ask yourself these questions ladies and gentlemen it becomes so clear that you are more than what you settle for somebody please write that down you are more than what you settle for and the minute you look yourself in the mirror and start to understand yeah yes Kayla that's probably what's happening right the mirror is like I'm done I'm done okay I am done with all of this you are more than what you settle for ladies and gentlemen So don't settle for less, my pleasure, TNT. Thank you for being here, okay? You are always more than what you settle for, period. Okay, period. Thank you all so much for the hype train. It's continuing to go on. Is it Di -Virdell 100?

Thank you so much for being here. Happy Tuesday to you. I'm glad you are finding this valuable. Hot one, listen. Whatever confirmation you are taking away from

this, that means that you are on the right track. So keep moving in that direction and don't let anything slow you down, okay? Don't let anything slow you down. You keep moving forward, look in the mirror and be intentional about where you are going, all right? And don't let anybody try to disrupt your progress. These questions that I have posed to you are really clear when it comes to this notion of mirror moments. We all have to look in the mirror. Thank you, LaJuana Baskerville, for the re-up.

Happy 10 months to you, okay? We all have to look in the mirror. We can choose to like what we see or we can choose to avoid what we know is there. But because we know that avoidance is not a strategy, you have to be okay doing the work. You have to be okay saying, I know that I need to be present. I know that I need to step into this space. Not only that, ladies and gentlemen, let's just talk about some of the hard stuff. You know that it's gonna be hard. You know that it's going to be uncomfortable. Guzzle just said it, rise above and be great. But here's the thing, would you rather rise above in the discomfort or would you rather stay buried and not able to breathe? DeScant says, you have a lot going on in your life, or excuse me, in your head, right? So you can just, it's not sure. Absolutely, absolutely. Sometimes, the stuff that is in your head is so over. Overpowering for those of us who were over thinkers self-proclaimed overthinker right here right to the point where I will say things and then say Maybe I shouldn't have said that but I'm overthinking.

I'm doubting Even in my greatest Moments where I am proclaiming things I may still doubt and be like hi But did that land did that make sense all of those things, right? So you're talking about human stuff Scans right Human stuff right when you have a lot going on in your life and in your head and you're trying to balance how to get these Things done, but the statement that you may think not sure of the outcome Not being sure of the outcome is what truly keeps us from committing to the choice To say yes, if you could guarantee that it wasn't going to hurt anybody hurt yourself feel bad You would say yes in a minute, but you don't know that And so because you don't know that You choose to kind of waver, you choose to kind of vacillate. But here's the thing, say yes and let the universe line things up for you. Because what is for you is for you. And it's not gonna be able to be broken down. It's not gonna be able to be dissipated. It's not gonna be able to be discarded or put to the side. Now, are you gonna feel a little discomfort? Yes, but everybody feels discomfort. All butterflies feel discomfort when they are coming out of their cocoon. You can't fly, ladies and gentlemen, until you come out of that cocoon.

So you wanna stay stuck in there or you wanna spread your wings? Think about all of that, okay? Think about all of that. Mama t-ness, I see you with the emote, okay? Kayla, thank you so much for the gift of the Katie Browns. I appreciate you and Scants. Thank you for the comment, right? Like what you're saying is very real. That ability to not be sure of the outcome is the thing that keeps us stuck. And it also keeps us from avoiding the mirror. Miss, I see you says it's gonna be hard, but it's gonna be worth it in

the end. You're absolutely right. So we can do the work together or we can let the chaos build up and then we can step into this not having the armor that we need, right?

Because our armor will break down even in the midst of all these things. Thank you so much, Kayla, for the gift of the classics and to Katie Browns for the boss bits. I appreciate you. Katie Brown says we are what we think, full stop, everything. You absolutely are what you think, all of those things. Every single time we get to a space where we know for a fact that we can face ourselves in the mirror. It's not as bad as the story we have told ourselves in our head, ladies and gentlemen, what we think it's going to be. We create the grandest scenario. We always lean to the worst case scenario. But here's the question that I will ask you on the back end of all these mirror moment questions. So we've spent... time thinking about what's the worst that could happen.

But how are we ever going to say, or when do we ever say, all right, so I know what's the worst that could happen. What's the best possible outcome? These scans, thank you for the subscription. I appreciate you, right? What's the best possible outcome? What's the best thing that could happen? What is the best thing that could happen? Hot one, entrepreneurial life is uncomfortable. People ask me all the time, what's it like to own my own business? Here's my response to them. I say, you know what? Being an entrepreneur is on a spectrum. It's everything from am I going to eat tomorrow to everything is fine. That's my spectrum. And that's precisely how I describe it, okay? Am I going to eat tomorrow? Everything's great, right? Everything is fantastic. And all of those things are what they are. And on any given day, You find yourself on that spectrum. Amy Key, thank you so much for the gifts of the lovely T.

Appreciate you and good morning. I know you've been back there lurking and working. Shout out to all of my Blueprint coaching group who I know is lurking behind the scenes. All of those things. So when we think about this, the classics, thank you so much for the boss bits. I appreciate you. When we think about the best possible scenarios, what's the best thing that could happen? We are still in this hype train. Thank you guys so much. This is totally unexpected, but I'm sorry. The downloads are coming, and so I have to be obedient to what it is that I'm here to do. And so we're going to roll with this and get through this next level of the hype train. And then we're going to go CLV, because I know he's on, for sure.

But think about this. What's the best possible outcome? When you answer all of those mirror moment questions, and you have come to accept your truth, when you have come to embrace this truth that you have finally gotten the strength to say out loud. Here we go. What are examples of the truths that I need to say out loud? Good talk. We've got time to write your friend Kim who has time today to be able to answer these questions. And so let's address some of these questions. Here we go. The truth that I need to say out loud. Why am I still with this person when they don't deserve me or show me that they care? Why do I still participate in these activities when they are not in service to me?

Why am I still at this job that is not nurturing me? That when I wake up in the morning, I have more angst about than excitement? Why can't I let go of insert this? this thing that you can't let go of. Lovely T, thank you so much for the gifted sub. Appreciate you. All right, why can't I let go of these thoughts? Why do I always find myself feeling negative when I get around this person? Keith, the replay will be here, okay? Thank you all for the hype train. I appreciate all the gift subs, all of the bits, all of the reups, everything today, okay? When we think about these questions, right? Why do I allow the business of others to become my business? When do I decide that enough is enough? Thank you. Who is in control of my life, me or someone else? At what point do I say no and mean it? When do I choose me? 808 Effect, good morning. Good to see you.

Thank you so much for being here. Right? Oh, come on, 713 says, why does my anxiety act up in this environment? Come on. Why am I so triggered when I get around this person? Why does my temper flare? Why can't I hold my tongue? Why do I always want to hulk out? Why do I always feel so energy? Why do I listen? What did I say last week? I said this last week when I was at Kayla's house, if it drains you more than it develops you, you need to dismiss it. That is a whole mirror moment that we don't have time to embrace. We don't have time to talk to you today. Listen to me, ladies and gentlemen, if it drains you more than it develops you. And now I'm not talking about development in the sense of I mean, if it drains you more than it enhances you, then it makes you better than it expands you.

If you're having conversations and you are drained and tired, not energized and empowered after them, why are you still having conversations with those folks? Surrender that struggle, create space, and go to places where you are celebrated, not tolerated. Period. Okay. Hot one says exit stage left. Music level says you're hitting nerves, hitting nerves, but this is why we're here. We're here because if I don't hit these nerves, y'all won't move your feet. I want the heat to be under your feet so you don't have no reason to not dance. Dance your way right into your necks. Dance your way right out of the thing that's there. Okay. Kay says the blueprint support meeting will be extended. Listen to me. Okay. All of these things are so true and they are needed and necessary when we think about everything that we are doing. doing. If it drains you more than it develops you, you need to dismiss it, right?

We are not about anything else. You need to look in that mirror and know for a fact that what you are bringing to this world, this impact, all of these things, it's because you're supposed to do it, not because you are being weighed down by the feelings of others. You can in fact, detach yourself from everything. And guess what? That thing will be okay. That space will be okay. If you leave your, if you leave your job, your job will hire someone else. It happens all the time. Okay. Sweet petite. Good morning. Good to see you. Okay. If you leave your job, it's okay. They will hire someone else. Backfills are inevitable. Right? Restructures are inevitable. It happens. If you leave that relationship, that person is going to be okay.

That's the base is going to be okay. The transition might be uncomfortable, but the dust will settle. And guess what? The things that you gain as a result of detaching or losing something. Come on, Jazzy Mimi, because the truth is. 713 says, where's the support line? Thank you all for the hype train. I appreciate you guys. Thank you for the bits. Thank you for all of the subs. Come on, big stove. They will hire someone else. That is not your chair. Your name is not on it. You didn't bring it in. You just sat in it. It was available to you when you got there, and it will be available to someone else when you leave. Now, what you have to deal with is knowing that someone else is going to sit in your chair. But if that's the thing that you are so connected to, then perhaps your mirror moments need to be amplified more quickly. And that set of questions that we talked about need to be reviewed. Double spirit says, please open the door.

Okay, double spirit. Yes, 713. See, that sounds like I got a busy signal. All right. Okay, listen, because I have a 945 coffee meeting and I have to get dressed, we're going to get out of here. We're on our way to go CLV. But listen to me, folks. Embrace these mirror moments. You understand? They're so important. I want you to see yourselves as the stars that you are. Every single person in here has gifts. Operate them, amplify them, right? Be sure to know for a fact that if you are not around people who are going to help you make those gifts come to life, then you need to assess the people that you are around. You got to get real honest with yourself and know who you are. And you got to get real honest with yourself and say, do I deserve to be here? Do I deserve to endure this? And if the answer is no, it's okay to separate. It's okay to step away. It's okay to not be involved with that build up. the environment and build up the community that you need to help you transition through whatever might feel difficult, it's going to be there, okay? Your people will be there, your tribe will find you.

Remember your gifts make room for you and that that truth that you are avoiding doesn't make it any less the truth, okay? All right, with that, that is your blueprint for today. We are gonna go ahead and get out of here. We're gonna go CLB. I'm gonna get to him before he gets off of Soul Train this morning. All right, Lock and Keep Media has put the code in so that we are gonna get out of the door, okay? Hot one says, I'm walking out limping. Go ahead and get your boss here on the way out if you need it to support you in wherever you are going next. But I really want you to be intentional about how you hold your moan mirror, okay? It is so important, ladies and gentlemen. It is so important, all right? Now, you all know how I feel. about good talk emotes in the chat. Thank you so much for the good talk for everybody contributing for all of the hype train. Thank you Reason again for the raid, for being present. For those who are on the rewatch game, it'll be up momentarily so you can go back in and catch it. Thank you all for all the thank yous and for being here and supporting this space. I hope you are inspired and motivated to go do your work.

Don't be afraid of the mirror, okay? Do not be afraid of the mirror. I see you, Kate, right? Don't be afraid of the mirror, all right? I love you guys. Listen, I will see you all on

Thursday, okay? We are going to round out our August. Remember, there's no stream next Tuesday, okay? And we will pick up where we left off from Thursday, the following Thursday. Auntie Diddy says, free to get up. You're welcome. Yes, Auntie Diddy, you are free to get up, okay? So listen, folks, I am sending you into your Tuesday. Keith, listen, the VOD is gonna be there. Keith, go watch it, all right? I am sending you into your Tuesday and Wednesday with all of the good energy and light that you will need to guide you. Take excellent care of yourselves. And I will see you on Thursday morning at 11 and I will see you on the other side as we make our way to go see, I know, DJLV. Thank you.