

The Blueprint Procrastination & Preparation

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Good morning, everyone. There we go. Let's try it again. Good morning, everyone. Happy Thursday to you. Thank you so much for being here. If you are new to Twitch, if you are new to the Blueprint, or if it's been a while, let me introduce myself. My name is Kim Blue. I am an HR Strategist and a Career Coach. Welcome to the Blueprint. This is the space where we... on Tuesday and Thursday mornings to chop it up about all things personal and professional development. If you know me, you know that my signature tagline is, I believe everybody should be the boss of their own blueprint. And that means having access to the knowledge, skills, capabilities, and resources so you can do three things every day. You can operate at your highest potential. You can add value to whatever work you own or are responsible for. And you can show up as your most authentic self, because when you are you, you do not have to shrink back.

You can be great in your gifts. You can give your best to the world, but you can also be ready to receive whatever the world has to offer you as well. So that's why we're here. The blueprint is all about support, show and love. We hold up our mirrors here. We are big on accountability. And we do so in a way so that when you leave these conversations, you can immediately take something that we discussed here, something that you saw in the chat, and you can use it.

And that's why... this space is all about right that's why I come here you all allow me to operate at my highest potential and show up as my most authentic self and I love that so thank you for allowing me to be my own blueprint boss thank you for coming to this space I do want to acknowledge that we are already in a hype train so thank you so much to those of you who have re -upped already in this space if I am correct I believe it is Hobbs who who came in on the re -up Ebony ATL who came in good morning to both of you thank you so much for being here thank you Kayla for the bits as well and we just pushed past level one into level two and I haven't even said a word about what we're going to talk about today that is how I know you all are a legit community so let me do a little bit of housekeeping and make sure that we know what's going on I will greet everybody in the chat and then we're going to talk about preparation and procrastination and I have a great video that's going to guide us through our conversation today so if you are ready to take notes get your pens and your pencils together and your notebooks get your friends either pull up to the boardroom table get comfortable on the couch find your weighted blanket or be really intentional about getting comfortable on the pew because we're going to dive into all of this today so first and foremost there will be no stream on Tuesday August the 27th I'll be traveling to Florida to go speak on that

Wednesday the 28th we will resume our streaming like normal on August the 29th so put that in your notes and I'll make sure that I put it out on socials as well so no stream on August the 28th aside from that there will be streams next week just like normal no disruption in that and we will round out our August on the 28th and then get ready to resume again after Labor Day and make sure that we have everything in place right for a successful September okay so hopefully you caught that that's what we're talking about in September right this notion of success because we've now created space we've now understood what barriers and procrastination are notice I'm talking about procrastination and preparation because we are preparing for a successful September.

So let's go ahead and get our minds and hearts and spirits together because September is all about success. That's how we're ending this year on a successful note. So I need everybody to get ready to commit to that right now. We are committing to our success and that is how we're going to end 2024 period. And if that's not what you're interested in, then hopefully you can begin to shift your mind, surrender some of those limiting beliefs. But if you're going to be in here, we're going to be talking about success. Okay. Good talk. Now to everybody who's in here, who's contributed to the hype train. Thank you again very much. Let's say good morning. First of all, shout out to lock and key media studios. If you are wondering where these surroundings are, that is where I am. He is my gracious mod and my host. He is back there in the corner, controlling all things, right? And letting you know that right there he is, so that's how you know he's here. In addition to that, this beautiful space in Atlanta, right? This is where he hosts not only myself, but many of the amazing DJs and streamers that you may see making their way through the chat today.

So thank you, Kayla, for being here and for holding me down as my current solo mod. And shout out to everybody who is not a direct mod for the blueprint, but who regularly mods in this space. I appreciate you. Happy birthday to Hobbs, who it is your birthday today, Hobbs, if you have not ever encountered Hobbs in the chat or in real life. Let me just take a minute into, okay. Let me just take a minute to share with you who she is. So Hobbs is someone who I met through Big Stoves chat. Shout out to Big Stove if he is lurking behind the scenes. She is his mod along with a few others on Twitch. And you gotta connect with her to go find out who those folks are will not steal her thunder. But Hobbs is lighthearted. She does not take herself too seriously. She loves music. She is committed to growing and becoming a better person every single day. I've had the pleasure of getting to know her over last year and this year in particular on a more intimate level, as I've done some coaching with her.

And when I tell you she is grabbing life by the horns right now, and just being intentional about how she's showing up and how she is making sure that she is not only becoming the boss of her own blueprint but owning that blueprint. So if you're gonna rock with Hobbs, you're gonna be marked into the beat of her drum. Not the drums of others that she may have been listening to before. So happy birthday to Hobbs, right? All

of those things are going to be available to you because you are putting in the work to make that happen. So all types of birthday love and cheers, blue hearts, and all types of things in the chat. I'm talking about you Hobbs for sure. Happy birthday. Thank you for being a part of the blueprint. Thank you for coming to this space and bringing yourself here, because that's how I see you Hobbs, which is why you're like, who are you talking about?

I'm talking about you. I'm talking about the woman that I- I've had the pleasure of knowing for a year this October in this capacity and months before that, right? That's all true that I'm speaking Hobbs. So, love to you. This next trip around the sun is gonna be everything that you deserve and everything that you have been working towards, okay? So big, big shout out to you Hobbs and happy, happy birthday. Celebrate because you deserve it. Okay, good morning, one reason, good to see you. Thank you for being here. You okay, best first time streamer in the chat. Thank you, thank you, thank you all so much for the hype train. Before we even dive into today's conversation, I appreciate you. You guys know it is never required and always appreciated. So, good to see you, DeKay Bess. Happy Thursday to you. You're diverse, welcome. And I see you, your diverse came in and said, are we in this thing? That's how she came in. She came in kicking the door down, ready to get her stuff on the table so she could be in center for today's conversations and which I appreciate.

So thank you so much for being here. 713 says security off the rip. Come on in 713. Cause you already know, Kayla is going to put the lock on the doors, even though he himself is likely going to try to escape. And he's at his own house. You ask him how that works. Cause I don't know what that, what that means. See love 702 and Ebony ATL. Good morning to both of you ladies. Good to see you. Happy Thursday. Appreciate you. The elevate her. I see you in here as well. Good morning. Good morning to you. Thank you for being here. Y'all literally mere minutes before I stepped into the studio. I was talking to the elevate her and we were having this great conversation about all of the things that we are doing as we are learning and growing and becoming better people. And as you know, one of the things that I say all the time to people when I coach them or in general, when we talk about perspective, I always say things like six months ago and six months from now. And so as we open up today's conversation about procrastination and preparation, I want everybody to think about where they were six months ago.

And where you want to be six months from now. And you may or may not be there six months from now. And that's okay, but you can say it out loud. Six months ago, this is where I was, what I was doing, who I was with, what my thinking was aligned to. And six months from now, you don't know where you're going to be. You might be able to say it out loud and set that manifestation in motion, right? But we were talking about literally the things that we have learned and grown over these last six months. And it has been a miraculous elevation and revelation of the women that we are becoming, right?

So good morning to you, the elevator. Thank you for being here. Good morning, double-spirit. Good to see you. Happy Thursday to you. I see you on the lurkeries and thank you so much for being here. Did I catch everybody? I'm just scrolling through to make sure that I said good morning. If I didn't, please be sure to shout out in the chat before we get ready to write out later so that I can acknowledge you.

Is it creative, Rodriguez? Good morning. Welcome in. Welcome to the Blueprint, happy to have you with us. Please let me know how you got here or how you found this space. I love seeing new folks and I love acknowledging new first-time chatters. So thank you so much for being here and welcome in. I hope you are able to take something away from this space and that you are better for Amy Key. Good to see you, thank you so much for being here. Shout out to all of you who have connected with me on LinkedIn. So many of you have been following my guidance and I'm telling you, if you've not connected with me professionally, please do so. I post a lot on LinkedIn, put a lot of content out there. Some of the Kim Jims that I drop in the Blueprint find their way there from a professional standpoint. So there's all types of ways for you to connect with me. And if you want to know, exclamation point socials, that's how you can find me. And in addition, if you're interested in coaching, I've curated an experience specific to Twitch, exclamation point coaching, you can find details there on how to get connected, on how to sign up all of the information on what that investment is going to look like. It is not a massive investment. In fact, it's probably a very worthy investment when we think about it. Okay. And you're right, Ebony A .T .L., what a difference six months can make.

Okay. All of those things are massive. And in fact, when, when the Elevate Her and I were talking about it, I think I said this to her. Was it yesterday I said this to you, Elevate Her? Did I say to you, what was six months ago? Was it February? And I asked you what we were doing in February, what you were doing in February. You can put it in the chat, but I think I literally said, what were we doing six months ago? What, what, what conversations were we having in February? Because that's when, um, that's when we were, we were, that's when February would have been, right? So, okay. Creative Rodriguez, good to know you're diverse, bringing everybody into this space. I appreciate you evangelizing the blueprint, but I'm mostly happy you feel like there's value in that. Okay. All right, ladies and gentlemen. So those are our housekeeping moments. Here is the framing for today. Um, procrastination and preparation. We have been talking about creating space. Remember, that's what we focused on in July.

And in August, we started introducing some of these barriers to creating space. So we talked about, excuse me, we talked about, um, barriers and boundaries. We opened up and had two really good conversations around that. And now we're going to talk about procrastination and preparation, because the procrastination part is what keeps us from moving forward. It's the space where we find ourselves stuck and disconnected and not aligned. We, I think we did. I think we talked about it this morning

too, the elevator. I think you're right. Okay. And so when we think about procrastinating, I want us to spend some time around why we procrastinate.

Good morning, big stove. Good to see you. I was just talking about you earlier today. If you're not following big stove, you should do so because Hobbs is one of his mods and you will be able to experience her there as well. So, yeah, Kay, I took it down because I'm inside, so we can be safe about that. Kayla always tells me that when I arrive and my hair is in a bun and I have on red lipstick that everybody should be, they should prepare themselves. And when I walked into his house and I had my hair in a bun, I went to give him a hug and he was like, oh Lord. And he just shook his head and I said, it's coming down. It's gonna come down. Once I sit down and he was like, I was nervous already, right, just nervous, that's what he told me. So, hair not in a bun, hair down, but I am no less ready, okay? I did walk in with it in a bun, only because it's really humid outside, okay? You're diverse, you understand that hair up, that means business, I'm not playing around, okay?

I need no distractions, I need no nothing, right? I need to be available to everything to receive and to give, right? So when you do see my hair up, just know, right? That is correct, that was his direct quote when I walked into the house. That's exactly what he said to me. And then he gave me a very cautious hug until I told him I was gonna take my hair down. So those are facts. All right, preparation, procrastination, go right in alignment with, go right in alignment with barriers and boundaries. Why? We know that we put up boundaries sometimes that are masked as barriers, but why do we put up barriers? We put up barriers to protect ourselves. We put up boundaries to protect ourselves. And inside of those barriers, what do we do? We procrastinate or we delay about why we need to do the things that we should do. So bearded baritone, good morning. Good to see you. Happy, happy Thursday. I hope you are doing well. Go get bearded baritone to follow. He's a gamer. He does Monday ASMR and is all cooking and affirmations in there. And you would not think that cooking shows and affirmations could go together, but both of them are extremely satisfying.

And for those of you who are big into managing your nervous system, right? You see a lot that's out there around nervous system management, going where your energy and where your nerves can be calm and regulated, those spaces where it is low vibration. It's just his voice. If you've ever heard his voice, it needs no explanation, right? But the people that he brings into his space who are being intentional about the preparation they're taking to prepare these meals, the presentation of it all. And then we end with affirmations. So we get positive images and then we connect it to positive words. So his space is always lovely on a Monday night. So if you are looking for a place to go hang out, right? You can lurk and work in there. It's not a lot of back and forth in the chat. You can chat or you don't have to chat, right? You can just be present. And so I would tell you to go find him on Monday nights.

It's all Monday ASMR, right? cooking and affirmations and just give it a shot and thank me later for it. All right, so the four of those topics connect. How do they connect? When you think about your life and you think about all of the things that are part of it, there's all the things that we learn, right? We learn from the world, we learn through experience, we learn from other people, we learn from work, we learn from all of the trainings, all of the things that go into making our lived experiences what they are and then there's the things that people tell us and the things that people tell us come from the things that they learn, okay? Their lived experiences, the morals and principles that they were raised on, all of those things come into play when we talk about what we learn. So yesterday someone shared a video with me and I'm going to play this video for you, hopefully it will.

I'll be able to get it to work, but what's most important is we're going to stop and start this video along the way. It's four minutes, but it's going to set the tone for why we procrastinate and how we get into a place of preparing and the importance of preparation because you cannot be successful if you do not prepare. You might get circumstances that allow things to work out with minimal disruption, chaos, anything, but success comes through preparation and being intentional. Okay. So I am going to share this. Give me just a second and hopefully we're going to be able to hear this. All right. So we're going to start and stop this. Like when somebody changes their life. Okay. This is you. Childhood trauma, judgment of others, old ideas, old thoughts, perspectives you were raised with, self-doubt, maybe some addiction, maybe an eating disorder, things you don't really want to talk about that happened to you that you've tried to hide, old beliefs and all the people that think you can't do it. Okay. These things are all buried inside you. Let's pause for just a moment. Okay. Did you hear everything that she just said, everything that goes in that jar? Do I need to start it over again? Because sometimes we just may, right?

Let me just recap for you the things that she said. Right. She loves it. Seven 13 says, no, seven 13 does not want me to start it over. Seven 13 says, do not start it over. We are not doing it, but everyone, I want to make sure let's just recap that list. Okay. So she comes with this empty jar that is empty jar is you, all right? And then into that empty jar are all of the things we experience in life, whether they are self-inflicted, whether we take them in from others, whatever it looks like, okay? Good morning, Samas, good to see you. Thank you so much for being here. Happy Thursday to you, Samas. We are talking about preparation and procrastination today. Hey, McKee, all right? But think about what goes into that jar, folks. All right? She said, let's think about these things, right? So there's all your life experiences. There's the stuff that you don't want people to know about you, the stuff that you're not working on, the stuff that you are working on, right?

Let's say you've got some health issues. She said an eating disorder, right? But, and so think about the umbrella of things. Then there's all of the beliefs that you were

raised with, all of the things that you may or may not decide still apply to you. Okay? Because here's the thing, folks, we're raised with a certain set of beliefs. And then as you get older, the world teaches you things and you have your own experiences. And you start to question, does that really align with my value system, with my truths, with the things that I know I want to contribute to this world? And we get into this internal tug of war about surrendering or letting go of those things. Nakesha Hicks and I were just talking about letting go. Yesterday, she was just ministering to me about letting go of things.

In fact, it was in her morning mindset that she did on LinkedIn yesterday. And she was talking about the power of letting go and why it becomes so important. And so we hold on to those things, but yet we stay in these internal battles about what it means to stay connected to beliefs that may not be truly connected to your value system. But those things go in the jar. Okay? And then there's all this stuff that people say about you, that people believe about you, that people expect you to continue to hold on to the expectations of others and all these life experiences. And all of that is there. And that's all a part of our makeup. In addition to everything else that we are living, learning, loving, surrendering, reflecting on, embracing everything, all of that. Okay? All of that is in that jar. And we hold on to that every day. And we go to battle for that every day. And sometimes we lose and sometimes we win for those things, whether or not we believe in them or not, but that's all in us. Okay? Good morning, LaWanda Baskerville. Good to see you. And so when we think about procrastination, you all know me, we got to make meaning. Okay? Because if we don't make meaning, right, we can't be in alignment with our understanding.

And so our understanding has to be clear. Here's the definition of procrastination, Blueprint bosses. It is the act of putting off or delaying tasks until the last minute or past their deadline. It further goes on to say, even though it may lead to negative consequences. It is a common human experience, procrastination that is. It involves everything from chores, appointments, job reports, academic assignments, it doesn't matter. But every single one of us has at some point put off or delayed a task until the last minute or past their deadline, okay? Now, as my friend, the Elevate Her says, catch this, you listen, if we have all of that crap that is in that jar that we just heard about. If all of that's the crap that we're trying to deal with but we don't wanna tell anybody that we're dealing with it and we don't know how to deal with it and we don't know how to say out loud, I need help, I want help, I am struggling. Think about the stuff that you have to do. Where do you have the space at all to try to figure out how to get done the stuff that you have to do if you were internally struggling with all this other crap that lives in this jar that makes up you. Okay. Right. All of those things. Ebony A .T .O. immediately comes in and just says, listen, I didn't do it. Okay. I did not do it. And she just says it out loud. Right. But that's it.

Right. And so we get to this place. And sometimes the reasons why we procrastinate are related to the fact that we have all these other internal things happening in our body. We know they need to be done. Who in here knows that they need to get stuff done right now? And you haven't done it for a variety of reasons. No judgment. This is safe space. Y'all know we come into the blueprint and we hold ourselves accountable. We hold up mirrors. We speak truth. We do so from a place of love. But if you know for a fact that there is something that you need to do and you have not done it. Right. Put the boss boots in the chat. Good morning, Sega. Good to see you as always. Thank you so much for the boss bits. I appreciate you. Double spirit says, queen procrastinator. A. McKee raises her hand. Kayla says, maybe I should just turn the lights off in the stream permanently. Don't do it. Kay. Right. A. McKee puts the boots in the chat. Okay. So does Hobbs. C. Love 702 says, looks at list. All right. LaWanda Baskerville says, no, ma'am. No, ma'am. Kayla, you cannot raid me out.

It's we're just getting started. But here's the thing, ladies and gentlemen, everybody here is acknowledging it. Okay. Procrastination is real. And when we really look at the root of our procrastination, a reason says stop staring at me. Right. When we look at the root of our procrastination and we go back to the things that this nice woman just said, okay. Okay. There's a lot of compound things that take place that motivate our procrastination. And I'm sure you're like. What do you mean, Kim Blue? You mean our procrastination can be motivated? You darn right it can. Our procrastination can be motivated by our desire to not do or deal with other things that require our attention. Energy, time, emotion, whatever that is. But we can motivate our own procrastination, okay? All of those things are present. All of those things are really real. And when we acknowledge that sometimes our procrastination is motivated by not dealing, feeling, or healing, it perpetuates our procrastination. And so then that comes in full circle with all of the things that we have to face when we look in the mirror. I know I should have done this. I know, right? Hello, piles of mail, laundry, shoes, Goodwill donation items.

Oh, this is how we feel, Kayla. Okay, like just turns in the lights right as Vader comes in and says I was born at 11 59 and he was born that way Listen Vader says to me all the time First of all, good morning Vader LMD to you and happy happy Thursday. Always good to see Vader says to me all the time Kim blue I was born at 11 59. That means I'm either perpetually early or always late and I said but Vader I always challenge him Like why can't you just be on time and he's like, eh cuz 11 59 can be taken either way It's like you're you're but are you really early? But are you like right up against like the deadline of being like he and I have this sort of philosophical conversation about this all the time Right, but he will also own his procrastination wholeheartedly Vader never denies that whenever we have our coaching conversation He's always and I'm like, how you doing?

He's like well Right, and then there's all these things and I'm like, well, so how does this get done or how does that get done? Or some days he's like yo Kim Bloom

attacking these piles and other days. He's like You know, it just depends right? So all of those things right but hello piles and donation anybody listen anybody notorious with writing or Stuff around in the back of their car that they need to do or in the front seat of their car that they need to do Right. I need to drop this off by the post office I need to make sure that I go to the UPS store and return this right I need to go to Amazon and drop this off I said I was gonna bring this by somebody's house, right? You got Goodwill donations from Christmas and it's the 4th of July and it no double -spirit is not time to go Okay But really what we're saying ladies and gentlemen and really what I want to present.

Yes, Ebony ATO Listen those Christmas or holiday returns That you're just turning the corner around into maybe around st. Patrick's Day. MC 2j man. What up? Good to see you Happy Thursday. Thank you so much for being here, right? But here's the thing the procrastination Means that we have to deal with it And if we will deal with something as small as a return What then keeps us from dealing with the other things that we have in our life? Hello, Kayla. I see you, Hobbs, with your birthday way to blanket. I see you. Okay, good morning, Diz, welcome in, good to see you. The way that procrastination is an equal opportunist, ladies and gentlemen, does not discriminate, okay? All of it comes across the board. Double spirit. Salma says, did one pile of papers on Saturday and ignored the other six. But here's the thing, Salma, you're able to say that out loud, right? Procrastination is an equal opportunist.

It does not discriminate. And when we don't deal with the other things that are filling us up, it perpetuates the procrastination of the very simplest of tasks, all right? Let's go back to the video, all right? And let's keep going. So rock with me on this. Here we go. You're like, I want to make more money. I want to be a better dad. I want to be a better mom. I want to change my life. I'm ready to start a business. So you go out and you get yourself some education, some good ideas, some good, clean thinking. You want to manifest. You want to connect to your higher power and you start to pour that in. And the first thing you notice is, oh my God, I'm putting all this good stuff in. Why is all this other stuff coming up to the top? Why am I feeling so crazy and so awful? OK. Notice the questions, ladies and gentlemen. So you decide for yourself, I'm ready, right? I'm ready to stop procrastinating. I am ready. And you get to a place where you say to yourself, oh, thank you for putting that in there. Shout out to Vader, ladies and gentlemen, who, if you were not watching yesterday, among all the other DJs, I know LV had his time in the sun last Friday as well, but Vader made it to the front page of Twitch yesterday.

I happened to be in there. He had almost 2 ,000 people in his stream. So shout out to you, Vader, for representing not only all the things that you do well, but representing Twitch and representing this community. I think at one point, Vader, you had, what, 1 ,900 people in there? Massive. So salute to you, sir, for doing what you do best. You are literally a superstar. All of us tell you that all the time. Absolutely, Samus.

Can you please tell him that he is famous, famous? He is far from regular. He's a literal superstar. And it is massive congrats. You're doing great things. So you decide for yourself that you are going to get yourself together. Get it from me, too, OK? I want to make sure I get his autograph as well, because Vader's out here doing big things. OK. So you decide you're going to do the work, and you decide you're going to stop procrastinating, OK? And what did the lady in the video say? So you start doing the good work. You start journaling. You start telling people, no, you start enforcing your boundaries. And what happens? The crap comes to the top.

Double spirit, double spirit has the best. Double spirit has the best. Kim Blue, don't do me side eyes. Like double spirit talks to me without talking to me all the time. And it is the greatest thing. Do y'all ever notice her emotes? Like I think nobody does it like her. Like she just comes in hot with an emote and then she doesn't say anything. And it's what I love about her the most. It is what I love about her so much. Should I have to say they just puts it in there. Okay, right? Puts there. See what I'm saying? And so when you think about this whole notion of you do the work and then the, And then you feel like, but the more I'm doing this work, the more crap is coming up, right? I'm still feeling confused. I'm still feeling overwhelmed. I'm still trying to deal with the fact that I told you no and somebody doesn't like it. And now I got to deal with the fact that they don't like it, but I'm happy.

I'm happy in my process of moving forward. And you want me to continue to procrastinate because that means that whoever you are, whatever that thing is, you get to keep me here stuck, unproductive, unresponsive, overwhelmed, feeling low, not committing to my path forward. But let me tell you something, LaWanda Baskerville, you don't want to do it? LaWanda Baskerville just puts Eve on in there. Nope. That's the thing, right? When you start to do the work, when you start to put the good stuff in, all of the crap comes up. So it feels like it, 713, they want to prosper. And here's what they do. They make a real solid attempt at trying to wield themselves and make themselves available while you are pouring that good stuff in, right? All of those things become that battle, that struggle. The minute you start to do good, more of the crap starts to show up. And you're like, but I'm doing good. Absolutely Utica best because they are, not only are they ready to be released, it's past time for them to have been released, right?

It is past time. And this is the part, and I don't know if the Elevate Her is still in here, but this is the part that her and I were talking about this morning, right? This timing of, right? She said something to me this morning. And I said, friend, I've been praying for that for you for about a few months now. You're just now saying it out loud to me. And it wasn't the time for me to tell you that I was praying for this for you, but I'm telling you. That was what I said to her. And she was like, friend, X, Y, Z, one, two, three, E of G. And I said, I have been wanting that for you and then manifesting and praying that for you. And now, you're here and so you're ready to be able to do it.

It was time for them to be released. Sometimes the timing for them to be released and us coming into awareness are not the same which is why you have to do the work of pouring into yourself so that all of the crap can start to bubble up because the thing is you then start to get to a space where you're like I like how this feels. I like knowing the satisfaction or feeling the peace or dealing with the release all of those things. One reason thank you so much for the re-up sorry I was in the midst of all of my chemisms that I missed that among all of these things so thank you so much for the re-up I did not say it and I will go back in and acknowledge a message momentarily I'm certain that it was one reason -esque and only the way that you can say it. Mr. Nate good morning good to see you thank you so much for being here. Okay when we think about that balance between the crap coming out but us pouring things in Sometimes we can get discouraged, right?

Who in here starts doing it? And then you say to yourself, I don't want to do this anymore. I'm not here for this. This is not what I write. I say all the time. I didn't come here for this. I didn't come here to do good only to feel bad. Right? I am not trying to do this any longer. I don't want to feel this. And so you get to a place where you might border on giving up. Psalmist says she finds it's better to not share when she's praying for her friends until they mentioned what they're manifesting. It allows you to be confirmation in the moment, 100% Psalmist. That is how she elevates her and I rock with each other. That's our jam, right? And I, I so find peace in that practice because then I don't have to disturb anything that might be there or that may need time to perpetuate in whatever way. Okay. Let's go back and, and, and catch the next sort of minute of this. Okay. So the things that she is, she is saying really help us start to make meaning and see ourselves in this. And I want you to begin to recognize that there is something to be said for truly letting all of these things go and continuing to do the work, even if you want to stop building a solid foundation, you are uprooting all your old traumas, your old thoughts, your old ideas, and you are putting something else at the bottom for you to build on 50% of people opt out right here because bringing any of these ideas, any closer to the surface is so uncomfortable.

And the pain of healing is so great that at this point in their life, they go back to their nine to five. They give up the side hustle. They go back to the toxic X and they go back into old behavior and they start subscribing to the idea that it's all a scam. Okay. We're here. You're not going to quit yet. You're going to keep going. Cause you know, you believe you have this burning and desire. Inside of you that tells you that you're meant for more. So you reach back out again. Maybe you get a mentor. Maybe you get a life coach. Now you're in therapy. Now shit's getting real. Woo. Okay. Okay. Ready? Who heard what she said? Who heard what she said? Now you, right? Shit is getting real. So we get a mentor, we get a life coach. We decide that the desire that we have overpowers our need to stay. Let me tell you something, ladies and gentlemen, you can stay where you are. Okay. But the discomfort of remaining far outweighs the risk it takes for you to jump off the cliff, for you to evolve, to be better.

Every single thing you want to do is on the other side of the hardest decision you know you have to make or need to make. I'm just going to let that hang there for a minute. Yeah, Vader says he's going back to Burger King to work. Kayla, I see you, Kay says he's going to man the fries and Vader's going to be on Burger Assembly. You two do not need to be together, right? Because what I'm saying to you is this, every single person in here has gotten to that place where you're like, but I see the benefit. And if I stop now, is it going to be worth it? And you decide for yourself that it is not worth it for you to stop. And so you keep doing the work. You keep saying, you know what, but I can go get a mentor. I don't have to tell everybody. I can go get a life coach. Shout out to the coaches out there, the life coaches, the performance coaches, the career coaches, shout out to my mindset coach, the elevate her who is lurking in here.

Absolutely. Sega 99 and a half won't do. It has to be the full 100. Okay. All of those things, you cannot leave it for chance. You cannot leave it. You start putting the energy back into you, who you are, why you want it, why it matters, what it means, what you want your impact to be on this world. And little by little, the procrastination starts to go away and you start to slowly prepare. Even if you don't recognize that you're preparing, that's what you're doing. And this is why procrastination and preparation are side by side, right? Because we, we straddle this line. We vacillate between, do I stay where I am or do I keep moving forward? The minute you start to understand that forward is the only direction to go, you stop looking back. You stop deciding that anything that is behind you is worth going back to. Everything that you want is forward. Any Luke Cage fans out there, for those who are aware of who Luke Cage is, right? So Luke Cage is a black superhero, right?

Cage is clapping in the back because he knows who Luke Cage is, right? Luke Cage, when it was on TV, right, he used to have this saying, and he would say, always forward, right? Forward always. That's it. Good morning to have you, but good to see you. Happy Thursday, right? We are only forward thinking. We are moving forward. We are walking forward. We are progressing forward. We are advancing, right? The word advance is to move forward or to move towards, right? All of that. Whatever is behind us, whatever we have left, here's the thing, folks, nine times out of 10, the thing that you are thinking about leaving, exiting, surrendering, letting go of, disconnecting from, detaching from, you've already done it.

You just physically haven't taken the steps. You haven't signed the papers. You haven't set out of your mouth. This is no longer serving me. I do not want to stay here. This is not making me happy. How do we work through this collectively? How do we make sure that this doesn't create any waves for us? But you've probably already done it. You just don't want to own it in a minute because the minute that you own it, it makes it real. And you have to stop procrastinating in that choice and start preparing for your future. And the minute you stop procrastinating in your choice, the only thing you can do is move forward and prepare for your future. Keith, you are not late. There is still time.

But Kayla could probably tell you, get your gear, OK? Because you can watch the replay, Keith. It'll be here. I'm sure you're going to be sick of me when you watch this replay and then it'll be in my text messages later, I'm sure. Because that is Keith.

Keith will watch it. And he'll send me a text and he'll say, first of all, and he won't even say hello. He won't ask me how I'm doing. He'll just say, first of all, and then he'll proceed. He'll proceed to tell me his feelings about what I said, right? All of these things, OK? So Keith, I'm actually going to send you this video, all right? I'm going to send you this video outside of here because we're getting ready to move forward with it. So let's share the screen and I want to finish hearing what she says. OK, so go with me on this. We're going to finish it. And then we're going to roll through the end of procrastination and go right to preparation because we're right on the cusp. Because here's the thing, y'all have already been preparing whether you know it or not.

You're just procrastinating on your preparation, OK? Tab, it's because I love you. That's why. OK, let's finish this up. This stuff bubbling up to the surface and you feel like you are never going to make it. And one by one, you start to cycle through all of your old beliefs, all of your old actions, all of your old ideas, and you adopt new, healthy lifestyles. But all of your style... is coming to the top this much of you is now replaced with who you're meant to be the person that is actually wanting to come out wanting to thrive and wanting to shine another 30% of people are gonna quit right here but you can't they're so close but they're gonna quit right here because the burden and the weight of going through all these things is so uncomfortable that it's gonna set them back all the way to the beginning so you're gonna keep going you're gonna keep believing you're gonna keep knowing that everything that is meant for you is gonna be meant for you and eventually you're gonna end up here another 5% of people are gonna quit here they will do all this work they will put in all this effort they will get all these blessings and receive all these miracles and still decide to quit right here because of the pain they've gone through so my challenge to you my friends is to understand that if you've gone through all the pain you've gone through all the hardship you all your stuff from childhoods coming up, you're adopting new belief systems, you're adopting new ideas. Don't quit when you're almost there. Keep reaching for the good stuff. Keep pouring the good stuff in and eventually you're going to end up being who you're meant to be.

All right. Who in here is so close to who they meant to be? Or who in here is already who they are meant to be, but they're still holding on to all of the crap that they have let go of. More often than not, we're still holding on to stuff because we think we should. We're grieving the obligation. We're grieving the disappointment. Okay. Says raid anywhere, but here because we're done for the day. What did I tell y'all? Here's Keith with the first of all. Okay. I'm telling you, this is what it is. Right. Sega. Love you for that. Among other reasons. I'm telling you more. I would probably be willing to bet that more of you are already who you are meant to be, but you're holding on to things from the past that you have not felt dealt with your feelings on. You've not healed from you've

not. Vader just comes in with the raid message. Okay. Vader's like, I'm out. There it is. Vader with the raid message immediately. Okay. See love says I'm feeling fake. Keith is like, we, we, we boxing.

Okay. Keith is ready. Kayla with the shout to give it to anywhere, but here I am. I am cracking up at you guys. Right. But you all know, right. What I'm talking about. Think about those of you who know who you are already. Okay. But you still have a foot, a hand, a mindset, part of your heart, some emotional toxic root attachment into what it was. that you have already left mentally and emotionally. Some of you all have made the emotional disconnection. Some of you have made the mental disconnection. Some of you have started to make the physical disconnection, but there's an obligation and expectation, something that's keeping you rooted in this who you are, who you were supposed to be or who you are expected to be. But let me tell you something, folks. Your peace is not contingent upon somebody else's choices, actions, or expectations. It's your peace, okay? Keith said there isn't enough air for you to fight at this moment.

Your peace, your happiness, every single thing that you want is on the other side of the very thing that you are afraid of. But are you willing to risk detaching from who you were to be who you are? It's all right there. And this is where the preparation starts, ladies and gentlemen. This is how we journey from procrastination to preparation. Because once you start doing the work, once you start pouring that good stuff in, right? Once you start understanding that, okay, I'm going to be very direct. And for those of you who feel like I'm talking to you, I might be. Even if I don't know what I'm talking to you about, okay? If it is time for you to let the job go, if it's time for you to start the business, it's time for you to walk away from your person or people, communities, circles, relationships, spaces that are not nurturing you. If you know you aren't supposed to be there and you are still there, if you know that that's not serving you, if it is draining you more than it is developing you, somebody write that down. If it's draining you more than it is developing you, you need to understand that the preparation that it is going to take for you is going to be far easier than the will to continue to procrastinate because procrastination is painful.

Procrastination is also purposeful, but procrastination is the thing that covers up you having to deal with yourself. Nine times out of ten, you know you aren't supposed to be there. Nine times out of ten, you know you should have exited. Nine times out of ten, you know that the things that you're doing are because you are comfortable because no one has challenged you and you don't really have to challenge yourself, right? But you are also complacent in understanding that I know how to navigate this crazy, but what's going to happen to me when I'm outside and I have to stand on my own two feet? When the world is expecting me to show up and I fall? When I know that I have to deliver and I can't? Everything that's supposed to come to you will come to you. You know why? Because you've stopped procrastinating, you've gotten rid of the crap so that you now have space to receive, okay? All of those things, okay? All of those are things that we

have to consider when it comes time to prepare. So what are we preparing for, okay? You are preparing for yourself.

You are recognizing your readiness. Somebody write that down. You need to recognize your readiness because when you don't recognize that you're already ready, you don't see yourself the way that the world sees you as who you are meant to be. You need to recognize your readiness. The minute that you recognize your readiness and you start to operate in that, those steps to preparation start to feel more comfortable than the work it stays to procrastinate. Okay? One of my favorite quotes by this author, her name is Anais Nin, and she said, and the day came where the risk to stay in a tight bud became more painful than the risk it took to blossom. Blossom loves, it's time, okay? Because once you blossom, you know that you are prepared for anything. But here's the thing, in this tight bud, right? I want everybody to squeeze their eyes and close their fists and drop their shoulders and just squeeze everything. It hurts after a while to hold that together. Good morning, Disco Daring, good to see you, okay? When you squeeze your eyes together, when you clench up, so after a while, that hurts. That pain that you are inflicting, that's what it feels like.

It feels like I'm just gonna stay there all the time in the most uncomfortable space ever. That's it, that's what you are choosing to do. That's what procrastination is. It is the choice to stay in that tight bud. I'm gonna remain here because if I open my eyes, I have to see myself, I have to deal, I have to feel, I have to heal, but deal, feel, and heal because guess what, when you get to the place of where you're supposed to be, you're ready, okay? And not only that, it's very likely that that place is ready for you, that that place has been waiting for you, that that person has been waiting for you, that career shift, that job, everything. The hard part is stepping into SM13, says deal, feel, and heal. Yes, but that's what it is, right? That's what it is, and that's what you are meant to do. Now, how do you prepare to deal, feel, and heal? You prepare to feel by literally feeling. You have to say yes to the hard thing. What is the hard thing? The hard thing is anything that's gonna require you to surrender, or disconnect from, or potentially inflict disappointment, or any type. of negative, what I will refer to as negative emotion on a space.

Okay. Nobody wants to be the source of disappointment or negative emotion. However, if you know that it's going to disappoint someone else and it's going to leave you feeling lighter and brighter, that's how you know, it's the right thing. Your emotions are yours. You are not responsible for anybody else's feelings except yours. And as long as you stay attached to obligations or as long as you stay attached to the expectations of others and you live out those expectations, your life will always be lived on somebody's terms other than yours. And then the guilt, the grief, the shame, the disappointment, whatever it is will weigh you down. And now you're weighed down by things that don't have anything to do with you. All of those things, absolutely. 713, you do have to get comfortable with whatever that release looks like. Another word for that is surrender.

Okay. You have to be able to have that release. It's very real. And when you start to recognize your readiness, the release becomes so much easier. Okay. It becomes so much easier. So you have to get ready to feel, or you have to prepare to feel by feeling. Okay. Who wants to put it in the chat? What is, what is my favorite Kim Jim? What's the one that everybody loves to say, but also at the same time does not like to say, okay.

Avoidance is not a strategy. You all know that even though we employ it as a strategy, it is not a strategy. And as long as we know that avoidance is our strategy, the procrastination will prevail, but that's not what we're here for. We are not going to let procrastination prevail. We are going to be intentional about letting preparation move us forward. All right. So when we avoid exactly Hobbes avoidance is not a strategy with the face, right? But avoidance is not a strategy. We don't want to get to that place. We're not there. We're not going to do any of those things. We're going to move forward and we're going to get to a place where we're moving it. So how do we get prepared to deal, to deal with our feelings, to deal with our choices, to deal with anything, right? The space of dealing when we look at what are the outcomes, okay. What are the outcomes? I made choice X. I said, yes to this. It's now no longer working. I have to accept that it's not working first. Two, I have to understand what it is that I now ultimately wanted to achieve. Okay. And three, I have to then make a choice or make a change.

What did I talk about on Tuesday, right? On Tuesday, I talked about changing direction, remember? And I said, direction over speed any day of the week is always going to benefit, right? Everybody thinks they got to get there fast. You don't. Ladies and gentlemen, good morning, Twomp. Good to see you. Please give Twomp the DJ a follow. Good to see you. Happy Thursday, Twomp. Twomp, I think you probably are going to end up joining Vader, who said he was going back to work at Burger King, and then Calak said that he was going to be on fries and Vader was going to be on burgers. So you can't say she don't want to deal with the procrastination and preparing, right? That's what's happening, but good to see you. Thank you so much for being here, Twomp. We are focused, we are focused, Twomp, on the preparation, okay, and all of these things.

Twomp says he's working the drive -through Vader and Calak, so there you go. You got another member of your squad. You got another member of your squad, okay, but if you're here, Twomp, that means you're ready to be prepared. Because everything before that twomp was the letting go of all of those things. And all of that. Meech, good to see you. Happy Thursday to you. Thank you so much for being here. And thank you so much for the 10 month re -up, greetings and salutations to you. Listen, folks, the preparation to deal means we have to look at what our choice was, accept that it did not work or that we didn't get the outcome and then acknowledge the direction that we want it to go in, okay? And then change. That's how we deal. It is a three step process. It's a three step process. Accept, acknowledge, change direction. And we can't get spun up in the emotional, the mental parts of this, okay?

All of those things are legit. Now listen to me. I want to tell you, Michelley, good morning or good afternoon now. Good to see you. Thank you so much for being here. Happy Thursday. All right, let me tell you something. Michelley, we're talking about procrastination and preparation and I'm describing how we work through preparing to feel, deal and heal. So we just talked about preparing to feel, which is you got to feel in order to do that and preparing to deal, which is you got to accept your choice. You got to acknowledge that it didn't work and then you have to change direction, okay? All of those things take place because then once you have changed direction, you can move towards your healing, okay? The healing is the hardest part. You heard the woman say it in the video. She said, people don't want to deal with the pain of healing. And honestly, ladies and gentlemen, it's the pain that keeps us down.

It's the pain that keeps us way down because what we have to then do is acknowledge that the pain, acknowledge that we are hurt. We have to be vulnerable in that space and vulnerability is hard, right? I was just having a conversation earlier this week and someone said to me, vulnerability is a superpower. And I said, you have to embrace it and activate it. it, but you do. And so when you get vulnerable enough to say that hurt, vulnerable enough to say, I was wrong, vulnerable enough to say, I need to leave this space, this relationship, this situation, vulnerable enough to say, I don't know, that's actually empowering. What is the opportunity and vulnerability? Everybody should ask themselves that question. When I decide to be vulnerable, what is my opportunity? Just go, Darren says dealing with some unprepared and procrastinating assembly line workers, a hundred percent.

Listen, it happens in every single space. Darren work, family, professional circles, other social circles, faith communities, you name it, but it's all going to be there, but it's all how we deal with it and decide for ourselves that it's no longer in service to us to stay where we are. Right. And so how are we, how are we moving forward? in the ability to deal, to deal with, excuse me, in the ability, yes, in the ability to deal, to deal with the pain, to deal with whatever it is, right? All of those are the things that come with saying, I'm ready, I'm prepared to receive and acknowledge that this doesn't feel good, but just because it doesn't feel good doesn't mean that I can't do it. Just because your feelings are hurt doesn't mean that I cannot do it. Just because you are disappointed doesn't mean that I can't move forward. Yes, Twomp. This is her down dog, right? I did come in with it in a button. Kayla said that at the top of the stream, right? Okay, Kim and all the KAC Warms, good afternoon, good to see you. Thank you so much for being here. Happy Thursday, C Warms. I hope you have had a great day so far.

Thank you for being here. C Warms, we were talking about procrastination and preparation, and I am taking everybody through just the end of this. Everybody's gotten quiet, because I think I probably have stepped on the toes of folks enough, okay? However, I want to tell you one more thing, and I want to read to you about procrastination. Oh, excuse me, preparation. So bear with me just one minute, okay?

When we think about preparation, I want to tell you the thing that I read, and I was like, oh, that's really good. Let me get back to it. So preparation, okay? This is what it says, right? Preparation says, it's the action or process of making ready or being ready, okay? What's the phrase folks say? If you stay ready, you don't have to get ready.

The action or process of making or being ready, okay? Disco Darren, I will, C .K. Locke, Disco Darren, he'll be able to get you the appropriate materials to un -scuff your gear, to un -scuff your deals, okay? Right? If we are always preparing to navigate this path forward, whatever that is, it will be less daunting, especially if we know two things. Sometimes part of this path forward means you'll have to walk it alone. Let me tell you something. Yesterday, I was talking to the prince. He got a great opportunity at school to join his school's news team, which means that he would lead the pledge of allegiance. He would give school announcements. He would be alongside like a school administrator, the principal, the assistant principal, and he would become the face for his grade to be able to talk about school events. And then the videos go on YouTube. Okay, so everybody can see this. So if you miss school or whatever, you can see it, they're on YouTube every day, right? Second full week of school, the librarian slash technologist invited him to this journey and he was stressed yesterday.

I mean stressed. He was like, mom, everybody's gonna see me. What if I mess up? What if I make a mistake? What if I do all these things? And I said, is the opportunity, baby, greater than the risk? I said, if a month from now you see the Bolton News Team interviewing Principal Mincey, are you gonna wish that you did that? And he said, yes. So then what do you have to do? And he was like, I have to say yes. And I said, what do we do when we get nervous? And he was like, we say our prayers. And I said, well, you think about it. So mom's gonna support you, whether you say yes or whether you say no, but you have to be okay knowing that you can sleep at night with your choice. Can every single one of you sleep at night knowing that you did not feel, deal or heal? Are you sleeping at night because you're procrastinating, right? Are you sleeping well at night because you're like, there are these 800 things that I need to do and I'm choosing to not do any of them, right?

Now, the baby told me this morning that he was gonna tell the teacher, yes, he was gonna accept the position to join the Bolton news team. And so once he gets a little video out there, you know, I'll show it, right? So that we can all do these things, right? It'll be out there. But I had to ask him that question. Are you gonna be okay with your choice? I see you Vader, right? And I know for a fact that sleep is one of those things for many of you, if you are not dealing with yourself or dealing with your feelings or dealing with your healings, it reflects in our physical manifestations, headaches, weight loss, muscle spasms, not sleeping or lack of quality sleep, should I say. Hobbs, I'm speaking about that. Red Robinson says, I think I got here. Always right on time, okay? Here we be, here we be. Here we become aware of this whole notion, right?

Those of you who are connecting to this piece about not sleeping, okay? I'm telling you, when we don't sleep, it is a manifestation of all the things that are happening inside of. Our body double spirit says she's the first one out the door today. Okay, you might have to get behind Kayla Double spirit because he might actually be the first one out the door today Okay, right ebb says a choice like that from age six that still haunting see this is what I'm talking about. Okay When we know for a fact that we need to do our work sleep is the first thing to be disturbed Because let's think about what happens when we sleep all of our body systems calm. It is when our nervous system regulates It's when our breathing Late eases up. It's when it steadies out our heartbeat goes down our muscles relax Right. Our nerves are supposed to be able to be able to Calm down because so many of our body systems are not processing okay But if your sleep is disturbed guess what that means your brain your heartbeat your lungs.

Everything is still operating at a level in which you are still fully engaged in all those things because we've not done the work to feel, to deal, or to heal. Choose preparation over procrastination any day of the week, ladies and gentlemen, you will discover that the benefits far outweigh the ability to choose staying where you are, okay? Because eventually, if you stay where you are, it becomes so risky. And we don't get to any place that we need to be in real time, right? We spend most of our time understanding that I'm not sleeping. You know what, I'm so anxious, and I'm overwhelmed. Well, are you doing the things that you know you need to do? Or are you allowing the expectations of others? Are you allowing fear? Right? Where are you reason? I was talking about reason was talking about me talking about fear in history this morning. And that was what the scriptures were related to. But are you allowing fear? Are you allowing disappointment?

Are you allowing the emotional expectations of others to dictate the direction of your life? Don't procrastinate about what you know is necessary for you. Recognize your readiness, feel, deal, and heal, okay? And that is the blueprint for today, ladies and gentlemen, okay? While my hair was not in the butt, Keith, okay, that is reason, says he's hiding in the back. I'm just saying, right? Keith says, yes, now leave me alone. Okay, here comes double spirit with the side eye. I have nothing to say to you, Kim Blue, except give you the Dr. Daddy side eye. I'm just telling you, okay? It was giving bun energy. Y'all, if y'all could have seen Kayla, there it is.

If y'all could have seen Kayla when I walked in the door, okay, I came into his house with the bun and he just, I said, I smiled at him and he just looked at me like, ah, okay, this is what we're doing today. And I was like, what? I said, it's hot outside. And he was like, Oh, man. Okay. He got ready, right? He was ready. It wasn't a bun, right? It was very much in a bun. I won't lie to you all and tell you it wasn't. It was very bun -tastic. And I took it down because I'm inside, but it was really bun, bun -ish. Okay. Ms. KB, good to see you. Thank you so much for being here. Good talking moats in the chat. All right. Thank you for listening, for embracing, for also understanding that, listen, the

longer you procrastinate, the longer, the more you perpetuate the inevitable. And do you want to create the massive crash and chaos, or do you want to be able to move through this thing and be like, man, I can get out of here and it's not as bad as I thought.

You can make it bad or right. The choice is yours, right? We can do this the easy way or the not so easy way, right? All of those things. Okay. Um, yes, Michelle, he definitely watched the video on demand. It will be in here momentarily. Okay. Um, shout out to the Burger Kings who were in here. Apparently that is the new crew that has created that all started by Vader, right with Kayla immediately saying, let's go ahead and get this together. And, and to walk who was like, I didn't, I didn't, I didn't come here for this. You might as well have kept the button in, but good talk to you guys. Thank you so much for being here. Absolutely. Seven 13. Thank you for being here. Okay. I think we're going to go see, um, let's go. Oh, did he write out Johnny low is out just like that. Just like that. I was trying to catch him. Uh, see warps. Listen, see warps.

I think that that was them. I don't know if it was Kay or Vader, but one of them made up the phrase, the burger case and Twomp came on. So that that's, that's the three of them. They immediately said it. Um, see, you know, what? We went to D man on Tuesday, man. I just missed him. I just missed him. Um, let's go see. You know what? Let's go see uncle Diddy. I don't get to go to him often. All right. So let's go. Is he in there? Okay. Let's go see uncle Diddy. I don't get to see him as often. Um, and so let's go give uncle Diddy a little bit of love, right? I'm going to have to rate and run until I can get in on my phone because I got to roll, I got to roll back to my house. I will see you all in there momentarily, but let's go give uncle Diddy a few minutes of love. Um, if you've not been aware, uncle Diddy has been out for some health issues and he has been, um, recovering.

And so I want to make sure that we go give him a little bit of support. So let's go, um, take some love over to uncle Diddy. Listen, you all know how I feel about you. Thank you so much for this opportunity. MCTJ, ma 'am, my pleasure. Thank you for being here. Okay, copy the raid message. We are gonna go over and spend some time in Uncle Diddy's stream. I will get in there as soon as possible. Listen, I am sending you into your Thursday and into your weekend with all of the good energy and light you need to guide you. Take whatever you need from this stream and let it guide you. Even if that's some encouragement to just start having the conversation with yourself about what's next, where you wanna go, the work that needs to be done, why? Reason says he's headed to the medical tip, right? What that looks like, okay? Find your light and let it guide you intentionally because that's what we are here to do, okay? Take exceptional care of yourselves as always, all right?

Bashi K .D., good to see you. Thank you so much for being here. Great stream yesterday, Bashi. All right, I will see you all on Tuesday morning at 8 a .m. Eastern Standard Time, right here in the blueprint. Take very, very good care of yourselves. Cheers.

