

The Blueprint Successful September!

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Good morning, everybody. Happy Tuesday. Thank you so much for being here. Let me take a minute to introduce myself and get us re-grounded because it has been a while since we have connected. For those who are new to the stream, if it's been a while, if you are new to Twitch, let me introduce myself. My name is Kim Blue. I am an HR strategist and a career coach. Welcome to The Blueprint. This is a space where we come on Tuesdays and Thursdays and mornings, Tuesdays at 8 a.m. Eastern Standard Time and Thursdays at 11 a.m. Eastern Standard Time to chop it up about all things personal and professional development. I believe that 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, operate at our highest potential, add value to whatever work we own or are responsible for, and to show up as our most authentic selves. Because when we show up authentically, we don't have to dim our lights. We can be great in our gifts. We can give our best to the world and receive everything the world has to offer back from us.

So that's why we're here. We hold space for each other. We keep each other accountable and we do it from a place of love and support, right? So let's do a little housekeeping and then jump right into the beginning of what will be our successful September. And I am excited about how we are kicking off today. I have a quote from someone that I am coaching right now who said something to me in a coaching session yesterday. Yes, I did work yesterday a little bit on Labor Day. I'm sure you're like, what? Sometimes that's the level of sacrifice or adjustment that is required. It was only one conversation, but I did work yesterday and it was very positive and glad I did so. So with that, thank you for the grace. Last week I traveled coming from Orlando. So shout out to everybody who saw the real and who commented on it or liked it. If you've not seen it, it is on my Instagram, my business Instagram there. I was in Orlando.

I spoke at a conference last week and then came home and needed the time to really just kind of catch up and connect on some things. So I was away on Thursday morning actually working because I lost two days last week because of travel and for the conference. This is a normal week. We'll stream today and Thursday we'll stream next Tuesday and then next Thursday there is no conference, excuse me, there is no stream on Thursday. Next Thursday I will be in Nashville for another conference. This one is for my own professional development and my own attendance, which is fantastic. And I'm really excited about the possibility of having time to develop myself and invest myself. So I am gonna go see Nakesha Hicks who may or may not be lurking in here.

So shout out to the Elevate Her if she's behind the scenes. I will be with her next Thursday and we will be attending a two -day conference for HR leaders and professionals. And it's rare that we ever get to attend and not present or participate. So I am going to develop myself which is really exciting. And I get to do it with my besties. So no stream next Thursday. That is the 12th, I believe, the 12th and the 13th or the 11th and the 12th. I think it's the 12th if I'm not mistaken. Yes, because Friday's the 13th. So September the 12th, no stream. And then it should calm down until October, no more travel, at least for now that I'm aware of until October. And so the rest of September will be normal and we can dive into success, okay? To anybody who's interested in understanding coaching, exclamation point coaching in the chat, that is how you can get linked up with me to join a new coaching group, there is space for a new cohort.

So if you're interested, please let me know. Thank you, Kay, for putting that in the chat. And there are ways to ask questions about what we've been doing, what's been going on. In fact, I think the coaching group is coming up for September in a week or so. And I am looking forward to this one because this one is where we infuse all of the things that they have done these last eight months. And y'all, I am seeing my coaching community just take off. Someone just sent me a note the other day that was like, I'm misaligned on some things. And I know it's coming from things that they have been applying through coaching. And so I've seen someone else take off in another direction and say, I'm getting ready to try something new. Someone else just accepted a board advisory position. So y'all, when I tell you these ladies are doing amazing things, they really, really are. And I'm watching each of them take their own journey and discover it. One just closed a massive kind of personal life chapter that they had going on and are now creating space to open up all of the different things that are happening.

So it's there and available to you if you would like to take advantage of it and could not be more grateful for every single one of these folks. So ask me any questions that you would like, otherwise join via the link that Kayla put in the chat, okay? With that, let's get started. And I wanna say good morning to everybody who's here first, and then we'll jump into today's topic. Kayla, thank you so much for being here. Happy Tuesday to you, to my solo mod right now, who is modding for me. Thank you and good morning. Big stoke, thank you so much for the 20 month resubscription. I appreciate you. Listen folks, to everybody who I'm subscribed to, I had some bank for. and I had to get a new card. So if you are wondering where Kim Blue's subscription is, it's coming. I just have to reestablish my new card across all of the platforms that it is attached to. So it is not that I do not love you. I just have to reattach it to Twitch.

And I have not gotten around to doing that yet among all the things that I am doing. So good morning, Keith. I see you and I see you on getting some rest. All good with that. Take care of yourself. You already know how I feel about that, Auntie Diddy. Good morning. Thank you for the resubscription. Happy 14 months to you as well. And happy belated birthday. I did see that in the chat. I didn't know it was your birthday, but

now I do. And I hope that you celebrate it in a big way. Good morning, La Wanda Baskerville. Happy Tuesday, as always. Good to see you. Sea Love 702. Hobbs, good to see you both. Tawana, happy Tuesday to you. Thank you so much for the resubscriptions to everybody who was lurking, working, and commuting.

Shout out to you and virtual salute. You all know how I feel about the lurker population. I know that this is... great space for you to be in and I welcome lurkers. I need to start putting that in my tagline so that folks who wanna have their morning can have their morning the way that they want. Mr. Nate, welcome in, good to see you and happy Tuesday to you as well. Thank you for being here and for continuing to support this space, okay? Did I miss anybody? I don't think that I did, but if I did, please make sure you shout out before we raid out today, all right? So a successful September is what we are talking about. And listen, there are times when I do my planning for my streams and I have a very good direction of where I wanna go and good morning to the elevator.

I just spoke your name and my housekeeping announcements this morning. Happy Tuesday to you and good to see you. Dibinneh, welcome in on the lurk and drive. Please be safe and thank you for letting me know that you are with us. So enjoy the conversation while you are driving this morning. So I am always planning ahead and thinking about what I wanna talk about. And I'm usually two to three weeks out in my brain already about where I wanna go, especially if I've got a month of travel or if I've got a lot of things going on and I'm limited on some of my streams. Good morning, Amy, good to see you. Thank you so much for the re-up. Happy, happy Tuesday to you. I was just talking. Listen, the elevator, her. I understand about the lurk in the carpool line, right?

Good morning to my niece. You give her a hug from my to Kim this morning, okay? Hope she has an excellent day at school. Amy Key, I was just singing your praises and talking about some of the things that you are doing through some of the coaching stuff. And I was just saying that all of the group is just doing great things. So happy Tuesday. So I'm always in my head a few days or weeks about what it is that I wanna do, even down to where I wanna rate. I try to plan that in advance. because it just gives me peace and it makes sure that I can maximize my time when I'm in here. And so I knew we were gonna talk about success in September because this is the ninth month of the year. And the number nine has so much significance in so many ways. We'll get into that a little bit later. But I wanted to really talk about using September as a very pivotal point because what we know about September is we've just come through Labor Day.

It's sort of that unofficial end of summer as we roll into the fall, but we also roll into towards the end of the calendar year. And we start to reflect back, early reflections on where did I start in January and how much progress have I made against the things I said I wanted to do? How much change has taken place? Am I really going in the

direction that I said, have I gotten off track? Am I distracted? Am I held back by decisions that I need to make, that I haven't made? What am I waiting for? What do I need in order to push me forward? What's gonna be that catalyst that's gonna kind of kick me off the cliff? And so I wanna focus in September on success. And I didn't get to finish the slide.

It will be ready for Thursday. But you know me, that doesn't stop me. I have my notes all together anyway. So I always like to sort of bring things together with some type of core foundational quote statement theme, as you all know, right? We've been doing this almost two years and this is the thing that I want to make sure that I am being mindful of, right? Staying connected to that. And so what I want to do is open up with this quote. So I was coaching someone yesterday and I was asking a series of questions around how they got to a certain point in their journey and why their choices and behaviors and actions are the way that they are. And they were responding to my question talking about this journey up. And I said, well, how did you get there? Tell me how you got to a place where you changed your mindset and shifted the way that you approached some of the things because they were talking about failure.

And they were talking about just what it felt like to experience failure, but also navigating around that. Now, this is important because failure or not seeing success in something is inevitable. Anytime we try something, especially if it's new, something we haven't tried before, something that we're not familiar with, all of those things. And so when I asked this question, right? The answer that I received was really powerful and I don't know what I was expecting, but this really stopped me. And when I asked him, he said, well, the thing is Kim, I chose to live in the games and not in the gaps of my life. And I said, wait, what did you say? And he said, yeah, I chose to live in the games and not in the gaps. And I want everybody to write that down because that is what we are focusing on for a successful September.

That is the blueprint for a successful September. We, ladies and gentlemen, blueprint bosses, okay, whether you've been a boss for one day or for the entire 21 months that I've been streaming, we are going to live in the games, G -A -I -N -S, and not the gaps of our lives. That's how we're going to figure out what our blueprint is for successful September, okay? If you're writing that down, let me say that again. We're going to live in the games and not the gaps because oftentimes what happens is the games, listen, the elevate her, okay? I, listen, I, I was, you already know where I was yesterday. And so I was not in the right space to kind of take you through that one with me, but that right there, you already know, okay? we could have a whole thing about that. And so I knew that this was it. And I often wait for that thing to come together, right? Anybody who knows me knows I get these downloads in real time. And so sometimes things are being presented at me very loudly or it's like I hear it super clearly.

And I knew that this yesterday, when this response came in, I was like, oh, that was for me as I frame up my successful September, but also as I think about the type of leader that I want to be and the type of coach that I want to be. So we, ladies and gentlemen, are going to live in the gains and not the gaps of this life. Because here's the thing. Life will give you both sometimes simultaneously. You will gain something only to then step into a gap, only to then encounter a landmine, only to then encounter a roadblock, something that is going to hinder you from continuing to move forward in that very game, OK?

So we'll gain clarity. We will gain resources. We'll gain access. We will gain anything and then immediately get blocked. I want everybody to put their mindset or put their memory into when has there been a time where I have seen myself make progress, right? Weight loss, healthy eating, healing from situations that were not for us or that we needed to detach from making a difficult decision that you may have been pondering over. So now I've gained something. And as you start down the journey of creating that gain or embracing that gain, you then create or you then experience a gap. And a gap can be something that stops you, something that hinders you, something that keeps you from making progress, right? So you know me, we're going to talk about what the definition of the word gain is. And so if you're taking notes, Celo702 says on a post -it note and slapped it on the computer. That's right, Celo. We are living in the gains, which means you have to be intentional about. What are the positive things that are moving forward, no matter how big or how small? Put a pin in that. I wanna tell you what the definition of gain means, and then we'll get to gaps in just a second, and then we'll move forward in our conversation.

So a gain means to acquire or get possession of by merit or craft. To acquire or get possession of by merit or craft, okay? Right, so we hear the phrase, he gains an advantage, an advantage meaning I've now got access to things that I didn't before that are gonna help me move forward. To acquire or get possession of. So when we acquire knowledge, when we get possession of resources, capital, anything that we want that's gonna help us, that's a gain. Right, a gap on the other hand. Let's define what a gap is. So if you're taking notes, let me know if I'm going too quickly because I know folks are in here taking notes. Okay. So a gap, I'm not talking about the store either or the organization, even though we love it. All right, the definition of a gap is this, okay. Listen, the elevate her. Go ahead and get that on a sticky note, sis, okay. We're going to live in the gains and not the gaps. And I know that one probably has some meaning for you in on so many significant levels. And I'm sure that after the stream, I will get a phone call from you. But here's the definition of a gap, okay. A break or space in an object or between two objects. Here's the second definition, an unfulfilled space or interval, a break in continuity.

Let me read those again. If you're writing the definition and gap, here they are. And you need to know both because you need to recognize what is a gain because

sometimes we see gains and we dismiss them. And you need to recognize what's the gap so you understand how to navigate around it. Definition number one, a break or space between two objects. A break or a space between two objects. Definition number two, an unfulfilled space or interval. A break in continuity. An unfulfilled space or interval. If you're taking notes, I want you to underline or highlight an unfulfilled space or interval. A break in continuity. Now, why is it important that we understand gaps and gains?

Because we have both. Sometimes simultaneously we get a gap, we get a gain. Sometimes we gain something and then we hit a roadblock. Both of them are a part of this journey that we're on. It is really about our choice though on where we stay. If we experience a gap... Are we gonna stay there? Are we going to operate in that space in between? Think about it. Sometimes we are here and something else, whatever that something else is, could be here. But ultimately they are not together and they are not close. And so there's that space in between. Think of it as a ravine, think of it as a ditch, think of it as something, but it's a space that lives in between. And either that space has to close and come together or we have to understand what are the things that need to be in place to put around that gap. And when we choose to live in the gains, what we elevate is, let me look at my progress so far.

Write that down next to the gains section of your notes. When we embrace the gains, what have I done so far? What has worked well so far? How am I seeing myself moving forward? What are the things that I can do today that I could not do yesterday or last week or last month? Gains are measured by nominal progress, nominal success. Sometimes gains are not big. We often think that gains need to be these massive things. They don't, ladies and gentlemen. Sometimes a gain is, do I need to buy a new belt because I've lost enough weight and now the belts that I have won't work any longer. Sometimes a gain is, I don't want the dessert after my dinner and so I've gained the self-control to be able to manage my calories. Sometimes the gain is saying no to anything that I would engage in to relieve my stress, to manage my anxiety. What would be those go-to behaviors or choices that I'm now capable of saying no to and replacing with a more positive option? When we can surrender some of the things that we would go to to help us manage stress or any type of negative moment, that in fact is a gain.

There are so many ways to look at gains and I want everybody who's in the chat listening to think about where have I had some gains that I maybe either have not thoughtfully acknowledged, I haven't given enough air time to, or I haven't been in a space where I've said, yo, I did that, right? Sometimes people will say, hey, Kim, today I didn't do X, Y, Z, that's a gain, okay? I'm here today, friend, and I'm glad you're here so you're getting this message, all right? So I want you to look at the gains. I want you to be intentional about knowing where you are seeing progress, where you are seeing advancement. Okay, Keith, let me get back to that question. Okay, what if we let the gap get too big? Because the question that I wanna ask is what is too big?

Okay, come on, K, I see you. I see you on that, right? Keith, that's a great question. What if we let the gap get too big? And so that is tied to some emotional things, Keith, that I wanna make sure we have some time to get to. So thank you for your question, right? But what I wanna encourage us to look at is where am I making progress? Sometimes saying no is a game. Somebody write that down. Saying no is a game. What do I gain by saying no? Maybe I gain control. Maybe I gain faith back in my ability to do things. Maybe I gain peace. Maybe I gain a little bit of joy. Maybe I gain a little bit of self-awareness of what my abilities are. But those are all gains, okay? That's all fruit that needs to be in your bowl, ladies and gentlemen. whatever that is. So you have to start acknowledging what those different things are, because progress is progress, no matter how big or small.

Sometimes people will say to me, C Love says, I definitely said no a few times yesterday. Good, C Love. Great. I said no, I put myself in the red yesterday because I needed to. I needed to put myself in the red. And I could feel some of the things that were happening. And I was like, I need to just pause and stop. And my body was giving me indicators that I needed to just relax. And so I did, I took the cue to just be still. And I'm glad that I did, because it helped me in a lot of ways. We think that gains should be like, yes, today, I'm going to do all of these things. Good morning, site giver. Good to see you. Happy Tuesday. Gains don't have to be big, right? They don't have to be these big indicators, because here's the thing. Small steps lead up to big results. Somebody write that down. Small steps lead to big results.

So if you, you're diverse, welcome in. Happy Tuesday. If you continue to make small steps for everybody who's on their way in or everybody who's coming in. Okay. I want just to reframe, right? We're talking about successful September, and we're talking about the foundational quote that we're going to be going back to, which is living the gains, not the gaps of your life. And so how do we make sure that we don't get stuck and we don't stay somewhere too long? And Keith just asked a question. What if the gaps get too big? What happens when they get too big? And we're going to address that in just a moment. Yes, you're diverse, moving micro movements, right? I tell people all the time, anybody who knows me, I tell people all the time, bad girls move in silence. So you may not see me making moves, but the big thing that I post about when you see that real, when you see me fancy and shiny, know that I've taken 10, 15, 17 steps, meetings, conversations, emails.

I've said no. I've said yes. I have arranged my calendar. I've made plans. I have set things in motion. I have put all things in place so that that reel that you see when it all comes together, all of the micro movements, all of the gains behind the scenes in order to be able to do that. Absolutely. In place. You may see the end result and you may see what it looks like when I'm on the stage, when I'm, you know, face is slayed and I am dropping these Kim Jims and delivering these things that I'm doing, but the prep, the work, the time, every single gain, right?

It's why I have to say yes to so many things and say no to so many things because I'm not going to be able to acquire the gains if I don't put myself in a position to succeed. It also means that I have to be ready to embrace the gaps. Okay. What do I mean by embrace the gaps? It means that I know at some point I'm going to run up on something that I didn't anticipate, something that I did anticipate, something that came circumstantially that I don't have any control over because I'm not supposed to. Please somebody write down, I may not have control because I'm not supposed to. Shout out to everybody who likes to control, to own it, to touch it, to know that the remote control, that the steps are in their hands. You may not have control because you are not supposed to and that's the lesson that you will learn. And what do we know about lessons, ladies and gentlemen? Lessons will be repeated until they are learned.

So unless you are ready to learn and surrender, you will not move past this very point wherever you are until you learn that lesson. And not only learn it, learn everything about it. And the lesson will know if you've learned it because if you haven't, you will stay still. It will keep you there, period. I may not have control because I'm not supposed to. I see folks putting that in the chat. Thank you, LaWanda. I see folks putting that in the chat. Let me be very clear. If you are trying to discover why something is not moving forward and you are putting your, the elevator, right? And you're trying to put your hands around it. You're trying to manipulate it and move it according to what you think. And it's not working, it's because it's not supposed to. You're not supposed to have control over that. None of those things are there. Let me pause here because I see the raid coming in. So let's acknowledge everybody who's coming in on the raid.

Good morning. One reason and everybody from the Gospel Takeover family, happy Tuesday to you. It is always good to see you come on into the blueprint board room, find your boss bestie, pull on up to them, share your notes, grab a pen, get your weighted blanket, make room on the couch, find Hobbs on the pew, whatever it is that you need, but get comfortable, okay? For those who need to refresh their coffee, go ahead and do so. There's fresh snacks. I think somebody asked me for scones last time, right? There's scones back there. CK Lock, if you need boss gear, it's been a little light today, so you may only need a hard hat and a reflective vest, but it's still early in the stream. Reason, thank you so much for bringing the family over here. Happy Tuesday to you. How was the morning? If you're not following on Reason, please do so. Gospel music every Monday through Friday, 7 a .m. to 9 a .m. Eastern Standard Time. And he's also doing power thoughts and devotional readings in the mornings. They are wonderful. I look forward to them in the mornings that I am able to get in there and spend my time with him.

So go check him out, always good things in there. So good morning, everybody who came in. Big SFC salute to all of you. Good morning, 713 Cook Faith and Flirt 1912 Flirt. Welcome in, good to see you. LaShawn, Ms. Purplish, thank you so much for being here, Ms. Purplish. Thank you so much for the re -up. Good to see you. Shelly Thunder,

always good to see you. Happy, happy Tuesday. Jazzy Mimi, the one and only Keisha Key. Good to see all of you as well. Thank you for being here. How's everybody doing? I hope you all had a lovely holiday weekend. I saw so many of you yesterday for Re - bomb. If you were not in and out of Re -bomb yesterday, holy moly, it was an excellent day of music and was a very, very positive place to be, at least for me.

I was doing a lot of lurking yesterday and just kind of had it on in the background. 713, C. Keith, he will make some room for you on the couch if you need it. Okay. Good morning, Dr. David Priest. Good morning, Tab Gilbert. Good to see both of you. Happy, happy Tuesday. Thank you for being here. For those who just came in, if you are new, my name is Kim Blue. I am an HR strategist and a career coach. The blueprint is my space that I host here on Twitch Tuesdays and Thursday mornings, Tuesdays at 8 a .m. and 11 a .m. on Thursday mornings. And this is a space where we talk about all things personal and professional development. You have to do both, folks, because one influences the other. All right. Good morning, LaShawn. Good to see you. And so you have to do both. So we talk about both. We talk about one and ultimately know that it's going to influence the way you show up on the other side. Good morning, Latisha P. Happy Tuesday to you.

And so today we're introducing our successful September. And what does that mean and how we're going to navigate that? And I gave everybody the foundational quote that we're going to refer to all month. All right. I was in a coaching session yesterday. I did work on Labor Day only for one hour, right? Sometimes it happens like that. And I was in coaching a client and I asked him how he navigated through kind of changing his mindset around some failures he had experienced in his career. And he said this. And this is what I want you to write down. So for those from the SSC fam who have just come in, here's where your notes start. The call is 06. Welcome in. So good to see you. Happy Tuesday.

Thank you for being here. I hope you are doing well. Here's our foundational quote. Everybody, in order to have a successful September, you are going to live in the... gains not in the gaps of your life okay let me say that again you're gonna live in the gains and not the gaps of your life write that down that is how we're going to have a successful september blue majesty good to see you thank you so much for the re -up all the hugs to you happy six months of being here and thank you for continuing to support and kicking off this hype train i appreciate all of you okay live in the gains and not the gaps blue majesty i am going to be that way in october let's talk okay let me make sure that i get to see your face when i am in when i am in that in that space all right i think i told champ already i want to make sure that i say that to you as well i will be in the district for those who are in the dmv area i will be in the district proper um in october all right so i'm going to try to carve out time so if anybody's willing to sneak into to the district let me know i will not have the ability to get out because of the work that i'm doing but if folks want to come in. I'm absolutely happy to make time. So I will be in the district

in October. I'll make sure I get those dates out there soon so that people can make plans. No pressure, right? I always love to see faces when I'm in the vicinity, if possible.

So okay, the cause of six. Okay, that sounds good. Thank you all again for the hype train. I appreciate the bits, the subs, the reups, all of the things that you're doing to help support this space. So here's what we're doing, right? We're living in the gap. We're living in the gains. I will. Okay, Blue Majesty, for sure. We are living in the gains and not the gaps of our lives. And so you know me, we have to make meaning. And so if you're taking notes, let's talk about, I just define, I just define what it is. Okay, for sure. I just define what it means to have a gap. So let me go back and define the definition of gains really quickly on the recap, and then we will move our conversation forward. So the get the definition of gain, if you're writing it down, means to obtain or secure. Okay. And then for gaps, I'm going to do it really quickly because I want to make sure that I keep us moving. Okay. Right. It is a break or a space between objects or an unfulfilled space or interval.

There you go. Thank you, Kayla. The second definition says a break in continuity. Now for anybody who's taking notes, this is critical because when we talk about living in the gains, what we mean is looking at the progress, acknowledging the small wins, really looking at what are the things that we're doing every day? Because what did I say? Small steps lead to big results. Just right. And I was telling people, you may see the real that I post about the things that I'm doing. but what you don't know is all the things that I'm doing behind the scenes that have helped get me there. All of the meetings, all of the conversations, the emails, the practice, right? The structure, all of those things that have taken place, right? All the hours of planning, strategy, reworking presentations, travel, right?

All of those things go into it. So you see the real, you see me walking into the hotel, you see my presentation on the big screen, you see me delivering my knowledge, but I've had to gain a lot along the way. I've had to make sure that I've put things in place. And sometimes the gains are saying no so that I have space for my yeses, the yes for me, the yes for my commitments, the yes for the time and the other energy or resources or currency that it's going to take for me to get there. When we look at our gains, we have to know that that is something that's coming to us. That's something that we are receiving, right? We gain something back. we bring it into our lives and make it available to us.

However, sometimes we meet a gap alongside of a gain, okay? And we get to a place where we know that as much as we are seeing successes, we're going to see some level of roadblock, some level of challenge, disruption, disturbance that calls us six. Thank you for the boss bits. I appreciate you. And it's going to happen, right? It's bound to happen. In fact, every once in a while, what will happen is we'll be on a streak of gains, a streak of gains, right? Anybody who experiences this, I want you to put the

boss gear boots in the chat. You will be on the up and up. You will be just gaining. I mean, nobody can stop you. You will be on a streak. You will be seeing success.

You'll have resources. You'll have access. You'll get opportunity. It's all the top of the mountain. And then what happens, right? And this streak could go on for a month. It could go on for a year. It could go on for a week. It could be whatever it is. Thank you all so much for the hype train. I appreciate it. And then what happens? You hit a gap and that gap slams you. And it, man, it feels like you've been slammed into a wall or it feels like it just came out of nowhere and you just cannot recover, right? It's like you get up and you stumble again and then you get up and you get your feet underneath you. And then you step on a landmine and then the blowback is so significant. And you spend around, you spend your time trying to figure out how, how did I get here? Why am I struggling? I was doing so well. Anybody ever heard that phrase? I was doing so well until, man, I was really on top of my game until I really had a steady streak going until, until what? Until you hit that gap.

And in that gap, what presents itself, a set of circumstances that you were not prepared for, that you had not done your work, that you did not think that we're going to be that big a deal when they presented themselves to you. What did you say? I got this. And so you may have cut the corner on your preparation. You may have said, and I can skip this day of meditation and I'll need to write in my journal today. No, I don't need to continue to do that. I'm going to be all right. If I eat this one doughnut, it'll be okay. If I don't go to the gym that day, I'm okay. If I skip therapy this month, I got to go to the blueprint. I'm a miss the blueprint, but you know what? I'll catch the replay when I catch the replay. I should have probably gone to this thing that really gives me peace and all this stuff, but I'm okay. I didn't get to the gym. That's all right. I will make sure that I do.

I miss my gym window. I didn't do it. I didn't sleep great last night. I'm going to whatever it is, but there is something that creates a gap. Yes, Keith, I do. Right? Okay. There is something that creates a gap. And when you, big step, right, whatever it is, I spent that money, but I'm going to make it up. Fill in the blank, ladies and gentlemen. All right. But whatever the gap is. But here's the thing about gaps. And now let's address your question, Keith. Okay. Because what happens is, Dr. Dainty said, I didn't come here for all of this. Here you go. Okay. So I listened. 713 says security. Okay. The people are needing you, right? Here's the thing. Listen, folks. All right. Because here's the question. So the question that Keith says, what happens when the gap gets too big? I'm going to answer it. Because all that stuff that I just talked about, all those reasons why the gap gets big. But then here's what happens. We continue to fill it. We fill the gap with our crap. Somebody write that down. Okay. We fill the gap with our crap. What's the crap? Oh, Cook Faith says I'm running out of here. I'm out of here. Okay. Cook Faith says I am out of here. I didn't come here for this. She's already out the door. But what do we fill it with? We fill it with our crap. LaWanda Baskerville can't get one reason because I know he's about to try to get out because he's too quiet.

And I'm sure he's trying to figure out how to escape out of here. But here's what happens. That gap. We fill the gap with our crap. So we miss one day at the gym. We skip one day on our diet. We have one day where we don't put that money aside and save it for the thing we've been saving for. We have the one day where we say, you know what? I'm not going to write whatever it is on that consistent journey that we're on. Okay. And so in that gap is the crap. But guess what happens, Keith? When we do that, that gap is where we create space for the piles to form hello mail that does not get opened hello recycling hello Amazon boxes that are still piled up okay hello laundry that is looking at us that we are not looking that we walk past every day hello dishes in the sink refrigerator that is full of stuff that we probably know we need to clean out hello piles of things that we look at is that i really should do something about this magazines and i haven't recycled books the goodwill stuff that we're driving around we just fill the we fill the gap with our crap because what we're really doing is not dealing with our emotions and then we just keep moving ourselves in and out of these spaces so then we go to work and because we've not dealt with our emotions at work when someone sends us an email now we are ready to pop off an email and and get back to them y'all see all these little memes that are back there when it says you know the email clap back per my request right or first of all right all the things that we don't say right, or as previously mentioned, or in my last email, please see the highlighted text for reference, right? Whatever the clapback is that you wanna put in there, right, that's where all of that stuff that we haven't dealt with comes out.

It's in the text message that we don't respond to. It's the way we respond to our spouse, our children, any other loved ones who don't deserve it because we're not dealing with our crap. And that gap just keeps getting bigger and bigger and bigger, okay? I'm catching up on the chat just a little bit, okay? Kay says the blueprint support group was empty last week. He says he's hosting it, okay? He's ready for y'all to come in, but that's what happens, okay? We fill the gap with our crap. I see Kay on the GDJP, all right? This is what it is, right? But this is what it is. I see you on the heavy side. LaWanda Baskerville is going to get one reason, okay? Celo says I tried to get up. I'm just gonna stay down right here, okay? The elevator here says got me over here super inspired, but I do my thing today. Listen friend, put it on the sticky note, okay? Put it on the sticky note. You already know where it goes. 713 says one reason you brought us here. Keith says, first of all, get out of my garage. All right, Celo says, get out of my house. Kim Blue, 713 says I'm ready to go home. You're likely already home, 713. Kaylach says that all the time. I'm ready to get out of here and I'm already home. He regularly says that. Please don't raid me out. Kaylach, okay, we got stuff that we need to talk about. I got about 22 more minutes, okay?

So hang in there with me. This is the answer to the question that Keith asks, okay? That gap gets bigger and we fill it up with crap. And what do we do with the crap? We leave it there. And we... Kaylach, and we leave it there. And not only do we leave it there, we look at it and we just... We have to decide consciously that we're not going to

do anything about it and so then what do we do, we have to then live in that gap, because that gap is what is keeping us from gaining anything. Okay, we cannot gain that space back that time back anything until we deal with whatever's in the gap. You cannot live in the game. There is no space for you to gain anything because it's full of the crap that you have put there.

Whatever that crap is right for me it's the section in my garage that I keep saying, I am going to write like old paint cans from everybody who's lived in this house before I moved in. Okay. And 713 says, we know what the bun means. What does the pony tell me? You know what, 713, I don't know. Let me get back to you on that. But you're right, Dr. Daity Priest, we are going to get to that, okay? We are going to get to that. Dr. Daity says, imagine a child looking away as if what's being said doesn't apply to them. I am that person right now. Listen, okay? It's been a week. Y'all know what happens when I've been gone for a little while. I have a lot of time to process, and so y'all are getting in that, okay? Here's what I want to tell you all. When we think about these gaps and how they fill up, the gain will not occur until the gap has been closed. It's just like in professional development. When you go to work, when you have a skill that you have not fully developed, what do they say in your feedback?

You will not move forward in promotion advancement leadership until you have absolutely demonstrated beyond a shadow of a doubt that you can do this without direction, without instruction, without motivation. You have to be able to handle this on your own without anybody being able to do that. So until you're ready to handle that gap on your own, you're not going to gain anything. You're not going to gain advancement. You're not going to gain promotion. You're not going to gain more money. You're not going to gain notoriety, awareness, presence. Lessons will be repeated until they are learned. So until we address these gaps, and sometimes gaps, ladies and gentlemen, are making a decision. How many of us know something that we're supposed to do? We just haven't done it. We are waiting for something. I'm waiting for the right time today. I am waiting for this to happen. Now, I am waiting until, unless it is in somebody else's control and it has to be released, it's now, today.

Not yesterday, not last week. I'm waiting because right now, what do we know about today? This is our. present tomorrow is not promised if that if this pandemic has not taught us anything it is that everything tab it is that everything everything we do right now is the greatest opportunity for us to do everything we want to do right now you may not get the opportunity tomorrow in 20 minutes in five minutes in five hours so you have to do it right now even down to the little things eating breakfast if you've not eaten breakfast when you get done with this stream right go eat breakfast or if you can put me on lurk go put me on lurk so you can still hear my voice and go make your breakfast because that breakfast is going to fuel your brain and your body so that you can make smart decisions and then you just may have the energy to attack a gap somebody write

that down you have to attack your gaps because when you fill it with crap you still are going to have to do something about it good morning Thank you.

Tawana says, I gotta do it right now, okay? You have to do it right now. So those of you, if you've not had breakfast, please put me somewhere on alert. Take me off your laptop, put me on the phone. If you have a TV, put that Twitch app on your TV and put me somewhere where you can hear me and go eat because food is fuel and we need fuel for these bodies, these brains and these beautiful things that we are supposed to do, okay? All of that, all of that is there. I'm going back and looking at a big stove. I see you. Hov says, the ponytail means I'm going to nicely but lethally slice you with each, with each, I love it. So there you go. 713, that is what the ponytail means, okay? The bun has one meeting. The ponytail has another meeting. That that's it, right? That is, that is what it is. But I'm, I'm saying it to you folks. We got the elevator says, let me go get my smoothie. There you go, okay? So you have to attack your gaps. How can we do anything? Because sometimes we get to these gaps and we feel empty. We feel drained.

We know for a fact, we're like, I don't have the energy to deal with this, okay? He says, I'm too tired and haven't worked out, right? Put whatever it is that you need to take, to do to take care of yourself. I want you to go do it right now because you cannot gain anything if you don't have energy to deal with your gaps. And what do we need to do by dealing with these gaps, okay? You have to be intentional about dealing with the gaps because the gap is where all the crap that we haven't dealt with is. If you, okay, let me tell you something. I don't know if she's lurking because I don't ever look behind my stream when I'm in it. But right now, everybody, Classics is doing, and if you're here, Classics, shout out to you, but Classics is doing a whole meditation theme this month and it's all on grief and loss and forgiveness, okay? Let me explain something to you, ladies and gentlemen, grief is a gap, loss is a gap, forgiveness is a gap, okay? And we will stay there, we will stay stuck there because we don't want to feel to heal, but you've got to deal with those things, right?

For those who don't know, today is a seven year anniversary of my dad passing away, passed away the Tuesday after Labor Day. Now, the official date was the seventh, and so sometimes it's the seventh some years, and sometimes it's not the seventh this year is what, Thursday, Friday, whatever it is, okay? But it's always the Tuesday after Labor Day. So for me, the thing, my crap today is being like, you know what, I got to deal with the feelings, and I got to be able to say that out loud. So I put my post up and I feel better, it's on Instagram, right? And it's out there, it's the last picture that I have of him and Avery before he got really sick, right? He literally went to the hospital one day and never came home to the house, the apartment that he was living in again. And that was that. And so he missed a good bit of my adult life. For those who don't know, I see my parents were divorced and he didn't live far from me, but I did not grow up in the home with him. I went to visit him and as I got older and could drive, I

could see him more, but my dad really made a lot of his own choices and kind of lived his life out loud.

And by the time he was ready to settle and do things, I had been well into adulthood and had been doing things. And then he got really sick and unfortunately missed a lot of that. He had some time to kind of watch me evolve into some of what this is, but this was seven years ago. Well, before I knew anything about Twitch, I was still in grad school. I hadn't even started working for Microsoft yet, but my life took off after he passed away. And so he wasn't here to see any of that. And I really wish he was because a lot of the things that I'm doing are things that he would encourage me to do, right? He used to say to me all the time, go to business school and take a finance class. And I was like, why do I need to do that? But then I did it and I'm like, I get it. Now I understand why, right? That needed to happen and I am better for it. But that's a gap for me, right? Yesterday I was all in my fields around a bunch of things. I mean, I'm in my fields about a bunch of things right now, personally and professionally, but it was steep stemming from a lot of that. And I had to acknowledge that yesterday. I had to be in a place where it was okay to do that.

And so at some point I just stopped. I just stopped. I was like, you know what? These are the things that I need to do. I'm gonna get these things done and I'm gonna be okay. Just being okay is enough sometimes because you don't have to do more than that. And what I'm saying to everybody is that gap of grief was something that I had to acknowledge. So if you are not in classic YouTube channel, please go spend some time there. It's every morning, Monday through Friday from 6 .30 to 7 .00, it is 30 minutes. If you are not able to get there live, please go check out the replay, right? It's up as soon as she is done, right? moments in meditation. You can catch her on YouTube, but it is amazing what that breathing and what that grounding will do. And for me, that's the way that I gain. What do I gain? I gain clarity. I gain stability. I gain time. I gain the ability to say today, I got this. I have on my phenomenal woman t -shirt today because that's how I'm feeling, right?

I am in this space of being phenomenal because I am phenomenal, and I know that. And that's what I'm thinking about as I think about now, what is it that I'm going to do for my own successful September? What are my gains? Where are the ways that I want to be able to process and move forward? And so as we think about this whole notion of living in the gaps, right? You have to deal with your crap, ladies and gentlemen, you can't just look at it and keep walking past it, right? You cannot look at the pile of shoes by your door and go, huh, I should put those away. You cannot look at the laundry, the towels, anything that's piled up. The pile represents other things because what happens when we start to organize, right?

We get inspired. We get clarity. We find ourselves being able to move and say that wasn't so bad. I got this. I can do this. Today is gonna be the day where. So what are you waiting for? That's the question that I want you to write down. What are you

waiting for? Do you wanna stay stuck in the gap? Or do you wanna advance and make gains possible? Because you have to create the space no matter what, right? Gains are right alongside of positive boundaries, right? We talked about boundaries and barriers last month and really moving, or excuse me, in July and moving away from all of that so that in August we could make sure that we are crossing the lines in the sand and that we're not blocking ourselves in any way, shape, or form, all right?

I want you to think about how you are moving forward with your gains. What are the things in the gap that you can do? And we saw Dr. Dady put in the chat, okay? And I'm sorry, you guys, I think, and I'm having some technical issues this morning, some stream issues, so bear with me. If you're catching up, I think I am a little bit ahead of you, okay? When we think about this whole notion of our gaps, right? We think about piles. We think about anything that we are not addressing that is not allowing us to move forward. Sometimes it's in the gap where the growth happens and that's what Dr. Dady said, we grow in those gaps. And so if our gap is full of crap, how do we then start to unearth all of that to be able to do it? Dr. Dona Dundas, good to see you, happy Tuesday. Thank you so much for being here. Keith says, so theoretically, what if the pile is career? related emotional crap from years past asking for a friend.

Yeah, okay, probably some geek squad time would be beneficial for sure. Keith, that's a great question. So for those who are dealing with career -related emotional crap, I'm gonna answer at high level. And then for Tantrum, we are on time today. Tantrum, we are talking about having a successful September. Good to see you as always. Happy Tuesday, I hope you're doing well. Listen, folks, there's amazing people in the chat. Go give them a follow if you are not. Tantrum is one of them. Always a good time in this chat. I said it before, I'm gonna say it again. When you go on Tantrum's chat, he is gonna shout you out super big and put all of your good stuff out there and make sure that people know why they need to follow you, why they need to support, and why they will be better from interacting with you. Tantrum does that consistently, as do others, right? He just happens to be the person who came in the chat and I wanted to make sure that I acknowledged that. So good to see you again from happy Tuesday.

Yeah, as Kay said, you're always right on time. Okay, thank you for being here. So if you are doing career related crap, right? And this is a little bit different. Here's where the coaching comes in first and foremost. But the other thing is understanding that here's the truth that every single role that you have, if you carry the stuff from the last role into a new role and you've not gotten to a place where you're like, this particular thing does not define me. It does not stop me from being great. And you've not amplified the here are the things that I learned from this role. And you see those moments as lessons, right? I learned from that terrible moment that I had or this terrible leader that I had or this less than great experience.

What I learned was this, and now I'm gonna take that and that's gonna empower me in this new role. So it's almost like, how do I take the crap, right? And turn it into

something really great, right? Listen, folks, you gotta turn shit into fertilizer. Like it is as simple as that. How do I take the shit and turn it into fertilizer? What do I do to make sure it is purposeful and meaningful and that I can put this into a place where something can blossom out of that. When you deal with all that, listen, folks, how do you feel when you clean out your closet? You look at this and you go, man, how much space? Tantrum says that some people flip crap into greatness all the time.

They do, they absolutely do. You can take a crappy situation, even a very hard decision and go, you know what? For this temporary time, it's gonna be uncomfortable. I know that. For this temporary time, it's going to feel like a lot of things are painful. I don't like them. I'm not gonna wanna feel like I'm intentionally hurting, but guess what? It is a short lived experience to get to some massive gains. I promise you folks, everything that you want and are waiting for and are working for are on the other side of the decisions you are hesitating to make. What are you, sometimes we hold out hope. What are we holding out hope for? Sometimes we have to let things go and see if they come back to us. Let the crap go. And if the crap comes back in a better form that you can trust, then it's meant to come back to you. But mostly it's just crap. You can let it go. Absolutely, Kayla. Are you willing to go to the shit, through the shit to get to your greatness? It is not something that is going to feel good. As we are working through the closets, the piles, the garages, the attics, the drawers, anybody got utility drawers around here that should be organized, right?

But are just full of all the stuff that we don't write ink pens and rubber bands and peppermints from 1999 and, you know, old business cards and paperclips and matches and ink pens that don't write anymore and medicine, right? All that stuff is all in this drawer, right? Glasses that we know we are not gonna wear anymore that are in this drawer, right? We probably got coupons, right? Notes, stamps, all of those things are in this, right? It's this one drawer that has everything in it. Mine is right there. I did take the time to organize it the other day, right? It's got tape in it. Mine has, you know, Legos, all types of stuff that everybody just, you know, stuff. I see it, right? I see everybody coming into the chat, okay? Right, all of those things. Hobbs, hang in there, okay? The elevator says, what am I missing out on? Because I am so committed to avoiding the pain and discomfort. Write that question down, okay? Write that question down. What am I missing out on? Because I'm so committed to avoiding pain and discomfort. But guess what, ladies and gentlemen? What is avoidance? Good morning, Crystal Method.

Crystal Method said, I came in on, are you willing to go through this shit? I'm going to need some boots and a hazmat suit. Go ahead and see Kayla Crystal Method. He will get you taken care of. Look at that just in time, okay? Here it is. I'm telling you, site giver coming back in. Thank you, sea love. Avoidance is not a strategy. And so when we avoid the gaps, we fill them with crap and we don't allow ourselves to gain anything. We can't gain love. We can't gain clarity. We can't gain understanding. We can't gain permission. We can't... We can't gain grace. We cannot gain anything that's

gonna help us show up as our best selves. Good morning, Psalmist. Good to see you, okay? All of those things are on the other side of the crap. And so here's the thing, ladies and gentlemen, you have to decide today, am I going to live in my gains?

Because when you consistently live in the gains, you look at the gaps and go, oh, no, no, no. That's not gonna get in my way. I'm not gonna let this pile of laundry stop me. I'm not gonna let this dirty sink of dishes stop me. I am not going to let this Amazon box pile that I've been looking at that I need to recycle stop me. If I get in my car and I look at these Goodwill bags one more time and I drive past the Goodwill, I'm not gonna let it stop me. Because then you were adding to the pile of crap. And that's not what we are doing. So are you choosing to live in the gains or are you choosing to live in the gaps? The other question that I want to ask you is, does anybody know how to live in the gains, right?

Does anybody know how to live in the game? When things are good, are you like, man, I'm scary. I don't want to mess anything up. Things are going so well. I don't want to mess stuff up. Live in the game. Live in the game. Good morning, Ebony A .T .O. Good to see you. Ebony, we are talking about a successful September. Here is our mantra for today. You're choosing to live in the gains and not the gaps of your life. Live in the gains. What are you doing good and not the gaps? Where are you stuck in the crap? Because we took the gap and we fill it with crap. Sometimes, right, Keith asked the question, what happens when the gap gets too big? We cannot navigate around it and that starts to be our reality. And then the gaps become where we decide we want to live until we put the energy in there to dissipate all of that. Jai Robster, good morning.

Welcome, and good to see you. Welcome to the blueprint. Happy Tuesday. I hope you are doing well. So nice to see you in here this morning. Thank you for coming. And I hope you decide that you take something away from this conversation. You are welcome back. Anytime if you're not following Jai Robster, please do so. Always a good time over there. I have lurked in your stream a time or two, right? And it's always a good time in there. Psalmist says, took days off this week to start clearing in preparation for the next season. Looks at pile of clothes for giveaway. Absolutely. And it will be handled by Friday. So here it is, right? We're putting our accountabilities out there. Okay. We are putting our accountabilities out there. Good morning. Guzzle, good to see you as always, y'all. DJ Guzzle was killing it yesterday on Revom as was blocking key media. Shout out to everybody who was on there yesterday. Revom was excellent. I don't know. I think Guzzle ate Wheaties before his set or, um, Skittles whatever it was because it was out of control. I told him I couldn't even process what he was doing yesterday It's right.

I said it was so good. I couldn't even process. Okay, it was that we all know Kayla cuz disrespectful So that goes without saying so all of these things Are on the table the question you're asking yourself are we living in the gains or are we choosing the gaps? If we choose the gap that means we're accepting the crap if we choose the gains it means that we're working on our crap one moment at a time and that we are going to

acknowledge each of the small wins that we have No matter what? Okay One of the things that I want to acknowledge dr Daddy says that's been the source of your angst seeing this journey moving forward. You have to remind yourself that you deserve to be great Absolutely. Everybody deserves to be great into experience abundance Okay Everybody, it's the beginning of the month. There's no better time for us to experience abundance than now, to embrace abundance than now.

Because if you fill your space with all these things that we are not doing, okay, we don't have any space for the abundance to fill our lives. We don't have any space for the good things to come in. Ms. P. Smitty, good to see you. Welcome in. Thank you so much for being here. Happy Tuesday to you, all right? When we embrace the gains, we have to be okay. Celebrating ourselves and receiving the flowers that come with them, all right? Let me say that again. When we embrace the gains, we have to be okay. Celebrating ourselves and embracing the flowers that we receive that come with that, okay? People are gonna say, I see you. Look at you putting in the work. Look at you doing this thing over here, right? Okay, right, listen, you know us. We will call you out in a minute. You put on something and you look good in it, okay. Dress, yes, hair, come on, red lip, whatever it is, but we will acknowledge that those are all flowers and we have to be okay knowing that because we've taken the time to invest in our gains, we need to be able to accept the flowers that are given to us.

Dr. Dadepre says, because we're comfortable living in struggle. Why are we comfortable living in struggle, ladies and gentlemen? Why are we comfortable living in struggle? All of that is right. This is so real. We are comfortable living in struggle. Here's the thing, ladies and gentlemen, one of the Kim Jims that I say regularly is that you have to surrender. Come on, G class. Ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha. Good to see you, G class. Thank you so much for being here. Ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha. Oh, just like that, right? Yes, G class. right but like that's it right we are comfortable living in struggle okay I'm telling you and not only that the second half of Dr. Dainty's sentence talks about right and somebody said in here I think it was Crystal Method said because it's easy and because we're scared on for the other side we don't know we're not comfortable in the growth we're not comfortable in the gains we're not comfortable receiving our flowers right all of those things but you have to be okay if you choose to live in these gains and you have to let people celebrate you you absolutely have to celebrate yourself because if other people aren't celebrating you you may feel like why aren't people seeing me they are seeing you they just don't know how to celebrate you so celebrate yourself okay it's okay to be like you know what I am the dopest thing right my name is Mike Stovall and I am the dopest thing walking around on this planet you better say it and know it and believe it okay All of that, you have to say it to yourself. 100%, Cook Faith says, because we're scared, 100%. Dr. Dady Priest, yes, this is where self -talk becomes important. If you don't say it to yourself, but first, it starts with you, Eb, on the seven stream watch street.

Thanks, Eb. Big Stove says, if you're not being recognized, you better recognize yourself. Hello. And if for whatever reason, you have issues with it, right? Let me tell you what my friend M 'Keeja Hicks says, who's also better known as Ella Rayher. She says, if you don't, right, when we talk about people not liking things, right, or not feeling comfortable about things, she will often say to me, if you don't like it, you don't like yourself. And the first time I heard her say that, I said, what? And she said, if you don't like it, if somebody doesn't like it, then they don't like themselves. And I had to sit with that. If you don't like it, there is something about yourself that is not settled within you that will not allow you to embrace that thing, that good thing, that gain, that greatness, that next. You don't like it, if they don't like it, they don't like themselves. That's what she would say to me. If they don't like it, Kim Blue, they don't like themselves. And so I'm asking you to think about it. If there's a reason that you're uncomfortable, what in yourself makes you feel that way? Because it has to start there. Okay? 713, absolutely, okay? Psalmist says, you'll be ashy waiting for someone to...

Psalmist, you are correct. You are absolutely correct, okay? There it is. There she is, ladies and gentlemen. If you don't like it, then you don't like yourself. She's been saying it to me for the better part of two years. If you don't like it, you don't like yourself, Kim Blue. And I'll say, I don't know. Well, they don't like themselves, Kim Blue. I don't know what to tell you, but that doesn't stop you. That doesn't keep you from doing the thing that you're doing that does not keep you from being great. It doesn't keep you from being the boss of your blueprint. That's because they don't like themselves. That doesn't... me, Mitch, you stop. Psychgiver says I'm going to go sit in the corner and, right? Crystal Method says the process is not fun, but it is necessary 100% in these games. When we talk about games on Thursday, we're going to talk about what it means to dive deep into the games, both on the emotional side, the mental side, but really be open to saying, I know for a fact that what it is that I'm doing and why I'm doing it is the thing that I'm supposed to be. And so I am here for every good and great thing that someone is here to offer me. Period. Period. If you are here for some, for all of the good things that are coming to you that are offered to you, whether you work for them or whether by circumstance, they found you and put the good talking most in the chat.

Cause that's what we're about. That's what the success, the successful September is all about. Okay. That is what the successful September is all about. and I want to make sure that we know that. I want to make sure that we are intentional about all of the things that we are doing, right? All of those things, okay? Be here for all the good that is coming for you. Gains, live in them. Choose for them to be there. Understand we're going to navigate how to work through the gaps, but on Thursday and the following Tuesday we're going to talk in depth about what it means to make gains, to make progress, to see advancement, to embrace and start to define success on your terms, not on the terms of everybody else. I have a guest that I want to bring in if she's available. She's got this amazing definition of success that I love. Dr. Donna Dundas, thank you so much for the boss bits. I appreciate you. Okay, and if she's going to come

in and talk about her definition of success, I have to see that, but that's what this whole month is about, and she's got this mantra, and I want her to talk through what it is, and thank you, Kayla, for the boss bits. She works in the media industry. She's a former colleague of mine from ESPN. She's now doing massively big things. She works for Madison Square Garden. She's killing it in the game, and I'm going to invite her to come in and have a conversation with us about, Ms. Kay, be good to see you, about her definition of success, because you need to hear it from the world and take from it, right? Let that be the good energy and light that we need, that you need to guide you, because we are here for the games, no matter what I am.

Keith, I know you know who I'm talking about. I'm going to ask her if she's available this month to come in and come spend some time with us. So, but she's got an amazing, she is the best, right? When we're going to bring in, we're going to bring her in and see if she will talk us through the definition of success. I'm going to try to get her on at 11 o'clock, just because her schedule is a little dicey and she commutes in in the morning. So, if I can get her in on a Thursday, ladies and gentlemen, it'll be on a Thursday, okay? She's going to come and spend some time with us. All right, we So I think we went to see for a last time, okay, can we go see Johnny Lowe? If it's in your spirit to route us there, everybody gather up your belongings, right? Get all your notes in your pens, fold up your blankets, straighten up the pillows on the couch, okay? Push your chairs underneath the boardroom table, go ahead and get the pews all ready for Thursday because we're gonna need to reconvene then. Let's get the blueprint boardroom all straightened up because we are on our way. Thank you so much, Shelby, I'll get to see you. LB coming in with the 21 months. The LB says, looking at the laundry, but I ate breakfast.

I will take it, LB. Thank you so much for being here and for the re-up you already know about how I feel about you. I am here 21 months later because you kicked me off that cliff. Love you mean it from day one, appreciate you. Thank you so much for being here. Okay, GB Transit, welcome in. We are on our way to go see Johnny Lowe. Ladies and gentlemen, thank you so much for being here. Oh, is he not? What? Okay, let's go see Fro. Okay, that's fine. I was just gonna move us around a little bit. Miss KB says I've been hiding under the blanket, but you were in here learning. I love it. Dr. Data, your blankets are getting a lot of use as is the K couch and the pew and the boardroom table. So all of that. So listen, folks, you already know how I feel about this exit mantra. It is extremely important, as I give a sense, I'm kicking the chair on the way out. Okay, okay, let's go see Johnny Lowe.

Well, if he just got on, let's go see that. Someone go show him some love for sure. All right, so listen, folks, you all know how I feel about the exit mantra. All right, when I say to you, I'm sending you into your Tuesday with all of the good energy and light that I need to guide you. Whatever it is that is in this stream, that makes you feel good, that motivates you, that inspires you, that is good energy that starts to shift your

mind away from however you were when you woke up. Even if you didn't wake up until two minutes before the stream started, if you're in a better place, that's that good energy, right? And I want you to let that feel your mind, feel your soul, feel your muscles, all of those things, right, let it permeate through you because that's what's gonna come out in your tone.

That's what's gonna come out in the way people experience you, right? That's that good energy, okay? And let that be the light that guides you. So as you go through your day today, look for the gains. Acknowledge the gaps. Recognize when some things are easier or harder, when some things are gonna feel like I got this and other things are gonna be like, hmm, I don't know about it. And if you recognize it as a gap, sometimes it's just like, that's the gap. And I may not have what I need right now, but that's okay. I'm gonna be ready to address that soon. Be okay when people give you flowers today for the great things that you're doing, okay? If you are not following Believe It Basketball, speaking of flowers, go do so because he is getting all of his flowers right now and they are well -deserved, all right? So I'm sending you into your Tuesday with all of the good energy and light that you need to guide you. Take exceptional care of yourselves and each other, okay? I will see you on Thursday at 11 a .m. We are on our way to go see Beach United Radio. Have a fantastic day, everyone.