



EMPOWERING

Black Kings

10 Week Program

Define who your are.

Who is a professional athlete after they retire?

Chris Carter an ex football player said “I’ve made a lot of good of investments and I’m doing well but there’s nothing like putting on my helmet.”

Once he lost what he did he lost total fulfillment.

On the contrary, Russell Westbrook said “I use my platform to be able to help people all across the world...Like I said before, a championship doesn't change my life. I know many people who've won championships and they're miserable. They've done nothing for the people in our world... I'm not gonna play basketball my whole life. My legacy is what I do off the floor. How many people I'm able to impact and inspire along my journey.”

What you do is not who you are. Why you do what you do brings you closer to the answer.

The driving force behind why you do the things you don't have to do is who you are.

HOMEWORK QUESTIONS

What is your personality type?

Take the Myers-Briggs test. It's not 100% but it will get you close to what your personality type is.

What is your emotional type?

Are you an Intellectual, Empath, Rock or Gusher?

When you understand your personality and emotional type you can begin to understand why you do things and what the things are you should do to feel fulfilled.

Often times I'm saying something and people say "Here you go being Malcolm X."

My action is seen as me BEING and the reason I'm BEING is because I am.

What am I?



I am someone who feels the pain and voids of others and is compelled to try to stop their pain and fill their voids.

HOMWORK QUESTIONS

What dilemmas have you found yourself in? Something you were taught but now you feel another way.

For me it was going to school, getting a good job and making good money. But because of who I was, this didn't feel good to me.

HOMework QUESTION

What means a lot to you but doesn't seem to mean a lot for everyone else?

For me it's being committed to helping Black men and boys.

The last two questions were about your internal feelings about the world.

It's what you personally see as important regardless of social norms. Particularly with the negative norms we have today.

Free yourself of what is deemed important by the world: i.e. Wealth, Fame, Prestige and Possessions.

You'll never find who you are or your purpose until you detach it from money.

You could have a dilemma that playing music is more important to you than being a doctor. Key Word TO YOU.

Building and fixing things with your hands can mean a lot to you while most people want jobs where they don't have to do anything physical.

You may always feel a desire to lead others, to show compassion, to exhort, to teach, to show love, to bring joy, to support etc. Who would you be and what would you do in a world without money?

When you remove money, you can find what you truly love.

HOMEWORK QUESTION

What are you passionate about doing?

For me it's bringing people together for a common goal.

HOMEWORK QUESTION

What is the simplest thing you need to be happy?

Being with friends and family. The common goal is to have a good time.

HOMEWORK QUESTION

What can you do for hours and be content?

For me its speaking.

HOMEWORK QUESTION

What are you naturally good at?

For me its speaking, commanding attention, understanding things, finding the deeper reasons why things happen, math.

You may think, “Cool we know what we love but how are we going to eat? We need money”

A leader can be a CEO, showing compassion you can be a doctor, if you exhort you can be a motivational speaker, you love to teach a teacher, showing love you can work in non profits, to bring joy a comedian, to support a counselor.

Now is time to understand who you are so everything you do flows through you and not to you. Meaning what you do is because of who you are and not because you thought you had to.