Build a Momentum Mindset: How to ROCK Change, Boost Resilience And Bounce FORWARD No Matter What
THE YEAR: 1998
“I’m Computer-Challenged”

“I’m not sure about this.”
The experience foreshadowed how future generations of elected officials and politicians will communicate with their constituents. The politicians of the year 2000 and beyond will have to have this capacity or be left behind.
88%

What percentage of Fortune 500 Companies that existed in 1955 DO NOT exist today.
THERE IS NO NEW NORMAL.

THERE IS ONLY WHAT IS NOW AND WHAT IS NEXT!
1440

CHANGE AND UNCERTAINTY ARE CERTAIN. GROWTH IS OPTIONAL.
Set Your Priorities

R.O.C.K. YOUR CHANGE AND BOOST YOUR RESILIENCE
Life is to be LIVED not controlled.
RESIGN AS GENERAL MANAGER OF THE UNIVERSE

Key #1: Resign as General Manager
Stop. Shift. Reframe.

Focus On The CAN and the NOW
Stop. Shift. Reframe.

**Replace**

I can’t do it
It can’t be done
Why
This is happening
TO me
Judgment and Assumptions

**With**

I’m still learning
Let’s see what’s possible
Why not
This is happening
FOR me
Curiosity and Positive Intent

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THE CHOICE OF CHANGE

Letting Go Changes the Whole Ride
Where are you on the scale of change?
STAY GROUNDED IN YOUR WHY
Key #2: Identify and Overcome Momentum Busters
WHAT IS YOUR "I AM?"

Instead of focusing on what you are not, focus on what YOU ARE!
AWARENESS & ACCEPTANCE

YOU ARE ALLOWED
Which side of the card are you on today?

You are allowed:
- to be sad
- to feel helpless
- to be tired
- to be depressed
- to be lonely
- to be angry
- to cry
- to feel out of control
- to feel overwhelmed
- to feel scared
- to grumble
- to feel like no one can relate
- to wish this never happened to you - or to others
- to feel behind
- to wonder what if?
- to long for simple things, and simple times...
- to wish for more

but on the flip side...

You are allowed:
- to find the good
- to be grateful
- to feel loved
- to be hopeful
- to realize you are not alone
- to find joy
- to realize you are stronger than you ever thought
- to laugh
- to be surrounded by people who care
- to be inspired
- to give yourself grace
- to be motivated
- to be filled with faith
- to do what you can
- to learn to ask for help
- to make a difference
- to be YOU

Kim BECKING
MOMENTUM
motivation
There's no "RIGHT WAY" to do a pandemic. Do it YOUR way.

Give yourself grace.
What is your stress level RIGHT NOW on a scale of 1-10?

HOW STRESSED ARE YOU?
PRIORITIZE WELL-BEING
What’s In Your Self-Care Resilience Tool Kit?

Mental
Physical
Social
Community

STRESS
Work
Pressure
Depression
Migraine
Pain
Anxiety

BOOSTER: RADICAL SELF-CARE – FIND YOUR FIVE
What’s In Your Self-Care Resilience Tool Kit?

1. BREATHE. Take a deep breath.
2. MOVE YOUR BODY. Nature helps!
3. TAKE FIVE. Power in the Pause.
4. THE BIG THREE. Eat, Drink & Sleep.
5. Be present in the NOW.
PRIORITIZE WELL-BEING

Resilience Toolkit

- 5 minutes
- 10-15 minutes
- 30 minutes

FIND YOUR FIVE – MAKE THE TIME
PROTECT YOUR TIME AND ENERGY
FIND ENERGY AND PRODUCTIVITY BOOSTERS

Do you have a NOT To Do List?

BOOSTER: SAY NO, SET BOUNDARIES, SURROUND YOURSELF WITH GOOD
FEAR AND EXCUSES

BOOSTER: Don’t Stop Because of Fear. Move Because of Purpose.
See Failure As a Gift

"Only those who dare to FAIL greatly can ever ACHIEVE greatly."

- Robert F. Kennedy
Grit Destroys Fears and Eliminates Excuses
Your passion and your why is **bigger** than any obstacle put in your way.

**GRIT UP, DON’T GIVE UP!**

#gritup

@kim_becking
SLINGSHOT MOMENTS

Things Out of Your Control
  Negativity
  Worry
  Fear
  Assumptions
Limiting Beliefs (Our Inner Bully)
Allowing the Past to Define the Now
  Little Annoyances
How You Think Things “Should Be”
  Drainers
  Stress
  Perfection
Other Obstacles and Blocks

What You Allow Is What Will Continue
RESIGN AND LET GO

BOOSTER: LET IT GO
Connection is the Heartbeat of Life.

Connection is also the Heartbeat of Leadership.

Key #3: Build Connection, Collaboration and Community
“In order to empathize with someone’s experience, you must be willing to believe them as they see it and not how you imagine their experience to be.”

–Brene Brown
In order to connect, one must \underline{LISTEN} first.
LIFT OTHERS TO R.I.S.E.

Recognize
Invest
Support
Engage and Empower

THE PLATINUM RULE
The Little Things Matter

YOU ARE

Words of Encouragement
Keep Positive, Stay Grounded in Optimism and Build a Momentum Mindset
How Are YOU Showing Up?

✓ Thoughts Matter.
✓ Words Matter.
✓ Actions Matter.
✓ Attitude Matters.

BE THE GOOD. SEE THE GOOD. SHARE THE GOOD.
Stop. Shift. Reframe.

Stop the negative.  Shift to a positive.  Reframe your mindset.

YES. AND...Create a 3:1 Positivity Ratio.
WHAT IS YOUR I AM?

What Would Your Letter Say?
STAY GROUNDED IN LAUGHTER AND JOY EVERY DAY

BOOSTER: GROUNDED IN LAUGHTER AND JOY
STAY GROUNDED IN GRATITUDE DAILY

What went well today?

Spent the day watching Adelaide do what she loves - play volleyball.

Had dinner with my in-laws. They came to watch Adelaide at her volleyball tournament.

Took a beautiful walk outside. Enjoying the spring weather in Missouri. Spring is finally here!
CELEBRATE

BOOSTER: CELEBRATE THE LITTLE THINGS, NOT JUST THE BIG THINGS
“When I think about the last 20 months, the thing I’m proudest of is...”
CELEBRATE YOUR WINS

Make a List of All of the AWESOME things you can celebrate from the last 20 months!
STAY GROUNDED IN HOPE
Hope alone is not a strategy.

It must be followed by ACTION.

Action creates MOMENTUM.

Momentum creates IMPACT and RESULTS.

Motivation gets you started. ACTION get you results.
ONE SHOT.
ONE CHOICE.
ONE TODAY.

ROCK YOUR 1440!

1 THING YOU ARE GOING TO TAKE ACTION ON TODAY?

Imperfect action is better than no action at all.
It’s not adversity and change itself that leads to growth. It’s how YOU respond to it.
PERSPECTIVE SHIFTING: WHAT REALLY MATTERS

STAY GROUNDED IN YOUR WHY

Adelaide,

It is your turn now. This beautiful bracelet of your ancestors has been worn to almost every event in the last 130 years that you and I have been present. I have felt that Sarah was there in spirit as I wore it to the many highlights in your life.

So please enjoy your turn wearing this amazing piece to all the special times in your future.

Love,
Grandma Cindy
YOU ARE
Let’s Stay Connected!
Momentum Mindset Tips

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