Build a Momentum Mindset: How to Bounce FORWARD, Boost Resilience and Remerge Stronger and Better Than Before

Lead Yourself First

YOU ARE
CHANGE AND UNCERTAINTY ARE CERTAIN. GROWTH IS OPTIONAL.

THE YEAR: 1998

Google
"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.

Adapt, Innovate or BE LEFT BEHIND

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88% What percentage of Fortune 500 Companies that existed in 1955 DO NOT exist today.

Resilient and Adaptive = Your Competitive Advantage
THERE IS NO NEW NORMAL.

THERE IS ONLY WHAT IS NOW
AND WHAT IS NEXT!

R.O.C.K. YOUR CHANGE AND BOOST YOUR RESILIENCE
Life is to be LIVED not controlled.

Key #1: Resign as General Manager

Stop. Shift. Reframe.

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

THE CHOICE OF CHANGE

Letting Go Changes the Whole Ride

Where are you on the scale of change?
Instead of focusing on what you are not, focus on what YOU ARE!

BOOSTER: SLAY YOUR INNER BULLY

AWARENESS & ACCEPTANCE

YOU ARE ALLOWED

BOOSTER: FEEL WHAT YOU NEED TO FEEL AND ALLOW OTHERS TO DO THE SAME

MY GIFT TO YOU

Which side of the card are you on today?
Set Your Priorities

BOOSTER: GIVE GRACE TO YOU AND OTHERS

PRIORITIZE WELL-BEING

What’s In Your Self-Care Resilience Tool Kit?

FIND YOUR FIVE – MAKE THE TIME

Resilience Toolkit

- 5 minutes
- 10-15 minutes
- 30 minutes
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

@kimbecking

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 connect, one must LISTEN first.

MEET THEM WHERE THEY ARE
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 GRATITUDE AND CELEBRATE

BOOSTER: CELEBRATE THE LITTLE THINGS, NOT JUST THE BIG THINGS
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.

It's not adversity and change itself that leads to growth. It's how YOU respond to it.
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.