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

88%
THERE IS NO NEW NORMAL.

THERE IS ONLY WHAT IS NOW AND WHAT IS NEXT!
Meh
Exhausted
Stress
Overwhelmed
Busy
Tired
Anxious

Ready
Excited
Joyful
Steady
Content
Worried
Grateful
Overworked
Rushed
Disconnected
Good
Bothered
Flustered
Burned-Out

Change
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
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

Stop. Shift. Reframe.
THE CHOICE OF CHANGE

Letting Go Changes the Whole Ride
Where are you on the scale of change?
YOUR WHY
STAY GROUNDED IN YOUR WHY

WHAT IS YOUR WHY?
Overcome Momentum Busters

Key #2: Identify and Overcome Momentum Busters
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
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 grive
• 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 find your gift
• 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!
There’s no "RIGHT WAY" to do a pandemic. Do it YOUR way.

Give yourself grace.
PRIORITIZE WELL-BEING

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

Mental

Physical

Social

Community

STRESS

BOOSTER: RADICAL SELF-CARE – FIND YOUR FIVE
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
CONNECT AND COLLABORATE

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.
LIFT OTHERS TO R.I.S.E.

Recognize
Invest
Support
Engage and Empower

THE PLATINUM RULE
Keep Positive and Stay Grounded in Optimism

Key #4: Keep Positive and Stay Grounded in Optimism
How Are YOU Showing Up?

- Thoughts Matter.
- Words Matter.
- Actions Matter.
- Attitude Matters.
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

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!

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.
YOU ARE
Let’s Stay Connected!
Momentum Mindset Tips

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