



MOMENTUM  
MINDSET

The logo for Momentum Mindset, featuring the words "MOMENTUM" and "MINDSET" in white, uppercase, sans-serif font. The text is centered within a large, orange, circular graphic that has a slight gradient and a white swoosh above the word "MOMENTUM".

**Build a Momentum Mindset:  
How to ROCK  
Change, Boost Resilience  
And Bounce  
FORWARD  
No Matter What**

*Kim*  
BECKING

The logo for Kim Becking, featuring the name "Kim" in a blue, cursive script font and "BECKING" in a blue, uppercase, sans-serif font below it.



*Kim*  
BECKING

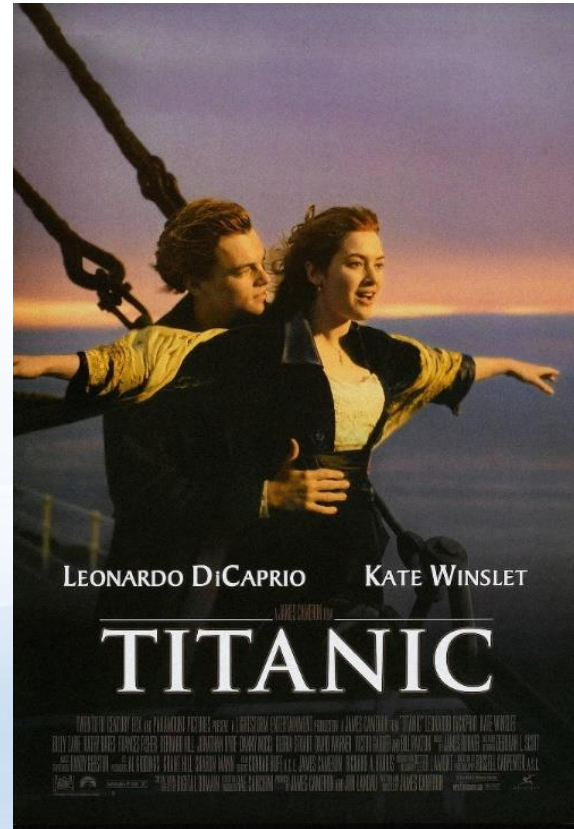
**Lead Yourself First**

YOU  
ARE



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# THE YEAR: 1998



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Google

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“I’m  
Computer-  
Challenged”

“I’m not sure  
about this.”

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# Adapt, Innovate or BE LEFT BEHIND

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.



Resilient and Adaptive



**THERE IS NO NEW NORMAL.**

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

*Kim*  
**BECKING**



# 1440



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



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**R.O.C.K. YOUR CHANGE AND BOOST YOUR RESILIENCE**



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**Life is to be LIVED not controlled.**



***RESIGN AS  
GENERAL MANAGER  
OF THE UNIVERSE***



**Key #1: Resign as General Manager**



## Stop. Shift. Reframe.



Stop



Shift



Reframe your  
mindset.



Focus On The CAN and the NOW

*Replace*

*With*

I can't do it



I'm still learning

It can't be done



Let's see what's possible

Why



Why not

This is happening  
TO me



This is happening  
FOR me

Judgment and  
Assumptions



Curiosity and  
Positive Intent



# THE CHOICE OF CHANGE

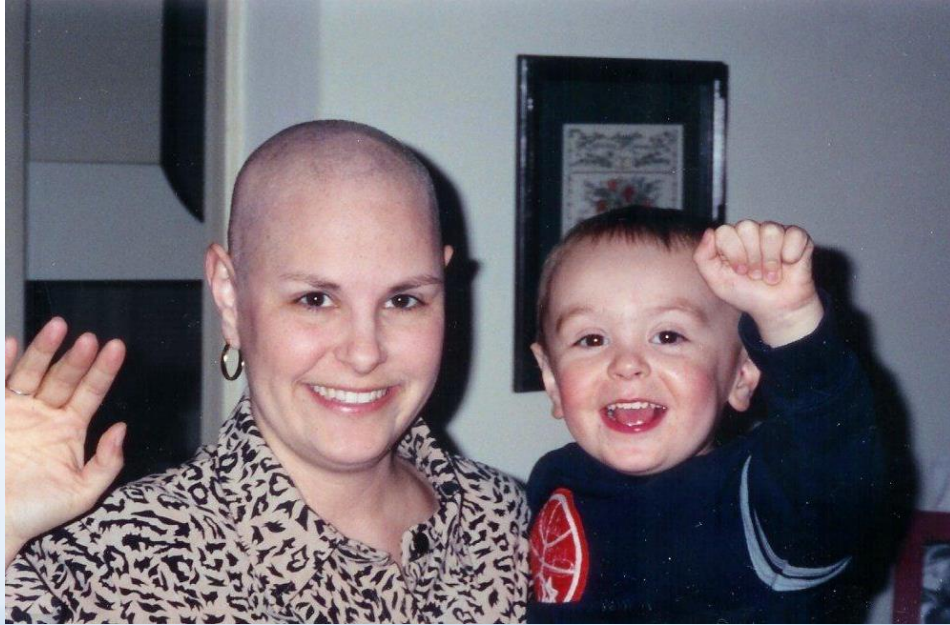


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Letting Go Changes the Whole Ride

Where are  
you on the  
scale of  
change?

# STAY GROUNDED IN YOUR WHY





# Overcome Momentum Busters



**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



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# MY GIFT TO YOU

## Which side of the card are you on today?

**BOOST YOUR RESILIENCE**

**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 grieve
- 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

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**MOMENTUM MOTIVATION**

but on the flip side...

**BOOST YOUR RESILIENCE**

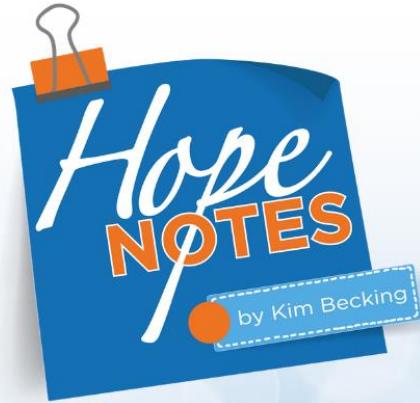
**You are allowed:**

- 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 grit
- 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!**

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**MOMENTUM MOTIVATION**

WHICH SIDE OF THE CARD ARE YOU ON TODAY?



There's no  
**"RIGHT WAY"**  
to do a pandemic.  
Do it **YOUR** way.  
Give yourself grace.

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MOMENTUM  
MINDSET

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**GIVE GRACE TO YOURSELF AND OTHERS**



**What is your stress level  
RIGHT NOW on a  
scale of 1-10?**

*HOW STRESSED ARE YOU?*

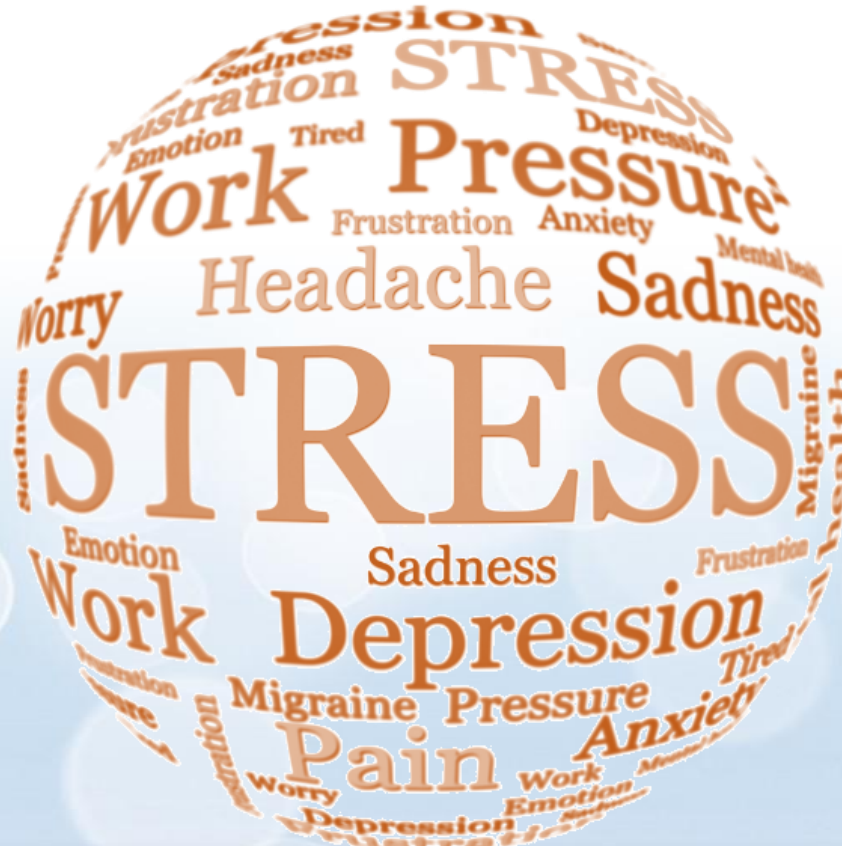


# PRIORITIZE WELL-BEING

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

Mental

Physical



Social

Community

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BOOSTER: RADICAL SELF-CARE – FIND YOUR FIVE

# What's In Your Self-Care Resilience Tool Kit?



# 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



# X

- ✓ 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

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# 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



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**BOOSTER: LET IT GO**

# CONNECT



Connection is the Heartbeat of Life.

Connection is also the  
Heartbeat of Leadership.



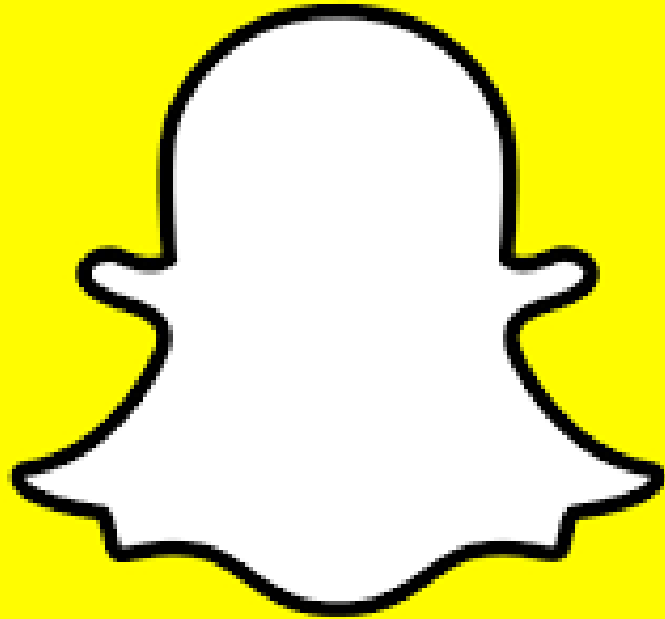
**Key #3: Build Connection, Collaboration and Community**

# COMPASSION



**“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  
LISTEN first.



MEET THEM WHERE THEY ARE

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



Recognize

Invest

Support

Engage and Empower

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THE PLATINUM RULE

The Little Things Matter

YOU  
ARE



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Words of Encouragement





Keep  
Positive, Stay  
Grounded in  
Optimism and  
Build a  
Momentum  
Mindset



**Key #4: Keep Positive and Stay Grounded in Optimism**



## MOMENTUM MINDSET

### How Are YOU Showing Up?

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

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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?



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What Would Your Letter Say?

# STAY GROUNDED IN LAUGHTER AND JOY EVERY DAY



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**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!



**BOOSTER: GROUNDED IN GRATITUDE**

# CELEBRATE



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

# Acknowledge, Reflect and Celebrate

**“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!

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# STAY GROUNDED IN HOPE



**BOOSTER: STAY GROUNDED IN HOPE**

**Motivation gets you started.**  
**ACTION get you results.**

Hope alone is  
not a strategy.



It must be  
followed by  
**ACTION.**



Action creates  
**MOMENTUM.**



Momentum  
creates **IMPACT**  
and **RESULTS.**

ONE SHOT.  
ONE CHOICE.  
ONE TODAY.

ROCK YOUR 1440!

1 THING YOU ARE  
GOING TO TAKE ACTION  
ON TODAY?



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Imperfect action is better than no action at all.

# KEEP MOVING FORWARD

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



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**BOOSTER: DIG DEEP AND GRIT UP**

# PERSPECTIVE SHIFTING: WHAT REALLY MATTERS



May 2021

Adelaide,

It is your turn now. This beautiful bracelet of your mother's has been worn to almost every event in the last 13 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



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STAY GROUNDED IN YOUR WHY

YOU  
ARE



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# Let's Stay Connected!

## Momentum Mindset Tips



[www.kimbecking.com](http://www.kimbecking.com)



Momentum Motivation



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