

Ignite Unstoppable Momentum

Harness the Power of Adaptability, Resilience and Mindset
in a Rapidly Changing World That NEVER. SLOWS. DOWN.



Lead Yourself First!




There is no new normal.



**There is only What Is Now
and What is next!**

The Year: 1998



The image features the Google logo in its signature multi-colored font (blue, red, yellow, blue, green, red) centered on a white background. The background is decorated with vibrant, multi-colored powder splatters in shades of red, orange, pink, purple, and blue, creating a dynamic and artistic effect.

Google

Kim **BECKING**
Unstoppable Momentum

“I’m
Computer-
Challenged”

“I’m not sure
about this.”



Adapt. Innovate. Evolve.



**Move Forward
with Intention.**



1440

How Are **YOU** Showing Up?

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



Tell me
Something
GOOD!

Momentum Mindset

**Reframe
Change
and
Redefine
Resilience**





UNSTOPPABLE
Momentum

***The power to use any change
or challenge as a **CATALYST**
to
BOUNCE FORWARD,
not just bounce back,
no matter what.***

ADAPTABILITY and RESILIENCE are no longer “Soft Skills”

They are required in this rapidly changing world that NEVER SLOWS DOWN.

The Unstoppable *Momentum*[™] FRAMEWORK



Stop

Give Grace in the Moment



Shift

Grit Up, Don't Give Up[™]



Reframe

Grow Your Unstoppable
Momentum[™]



Stop

Give Grace in the Moment

**YOU ARE
ALLOWED!**





Kim **BECKING**
Unstoppable Momentum

The background features vibrant watercolor splashes in shades of pink, purple, blue, and orange. There are also several circles: a large light orange one in the top left, a smaller purple one in the bottom right, and a small purple one in the top left.

You Are

ALLOWED!

The “So Muchness” in a World That Never Slows Down



You Are



Kim **BECKING**
Unstoppable Momentum



RESIGN
as General Manager of the
UNIVERSE

Control the Controllables.





The **CHOICE**
of
CHANGE
AND
CHALLENGE

Resign and **LET GO**



The 5-Minute Release & Reset



1. Set a timer for 5 minutes.

2. Feel it. Name it. Vent it.

3. Shift it. Breathe. Ask: “What can I control next.”

4. Let go of what you cannot control.

5. Take your next best step.



**Where are you on the
scale of change and
uncertainty?**

You can't control all of
the changes and
challenges around you.
But you can control your
EVOLUTION
within them.



Shift

Grit Up, Don't Give Up™

Stay grounded in your WHY



Overcome *Momentum* Busters



Instead of focusing on what isn't,
SHIFT and focus on what is!

Always
Never
Already
Can't
But

Thoughts
+ Words

= Reality

The Power of Yes
AND and the
Power of YET

The **YET** Effect

“Yet” turns “It can’t be done” into “It hasn’t been done **YET**—and if anyone can find a way, it’s me. It’s **us.**”

Shift To The POSSIBILITY

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



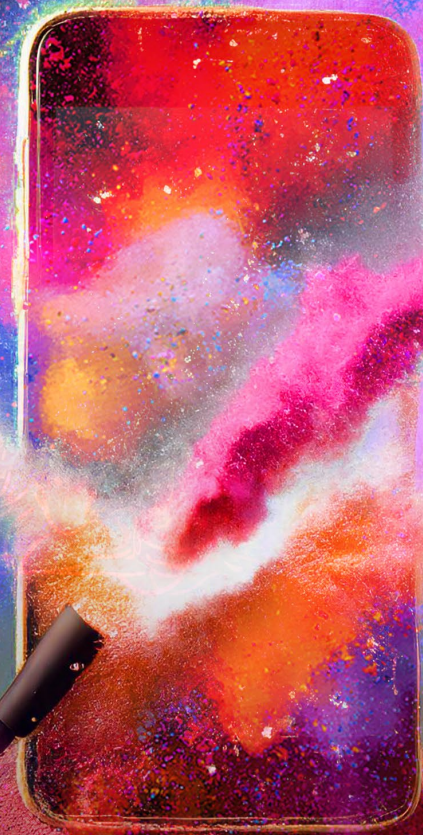
Curiosity and Positive Intent

A woman with a backpack is seen from behind, looking out over a vast mountain landscape at sunset. The sun is low on the horizon, casting a golden glow over the scene. In the background, there are large, rugged mountains with patches of snow. A small lake is visible in the middle ground, reflecting the sky and mountains. The overall atmosphere is serene and inspiring.

What's in your Resilience Operating System?

The engine behind your capacity, energy and momentum

Are you
recharging your
phone more than
you are recharging
YOURSELF?



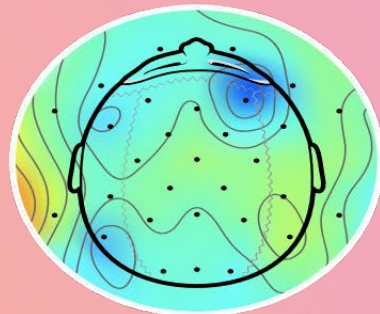


Protect Your Time & **ENERGY**

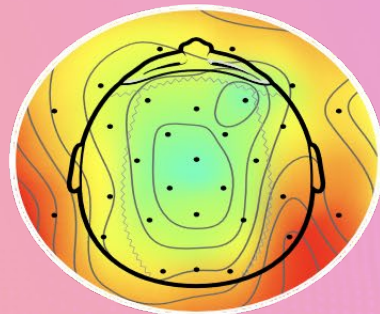
Find what fuels you.
Release what drains you.

Power of the Pause

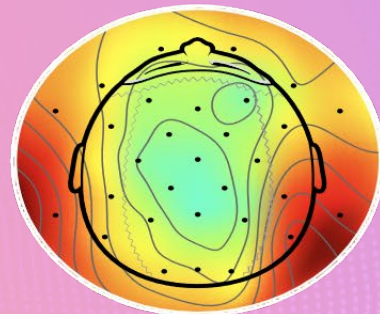
No Break



Meeting 1



Meeting 2

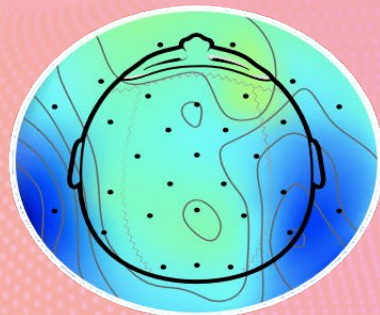


Meeting 3

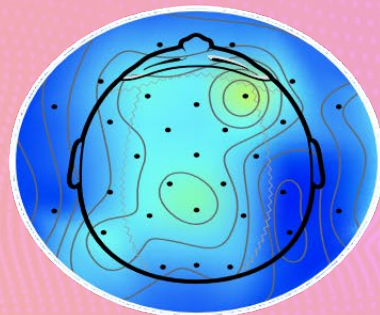


Meeting 4

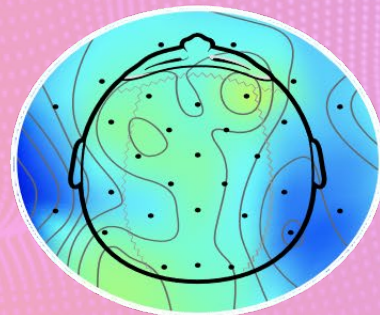
Break



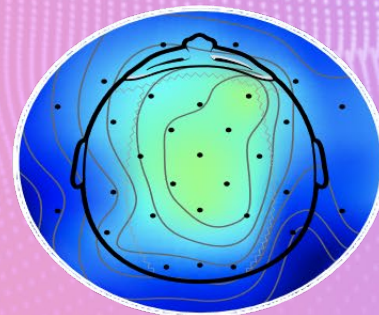
Meeting 1



Meeting 2

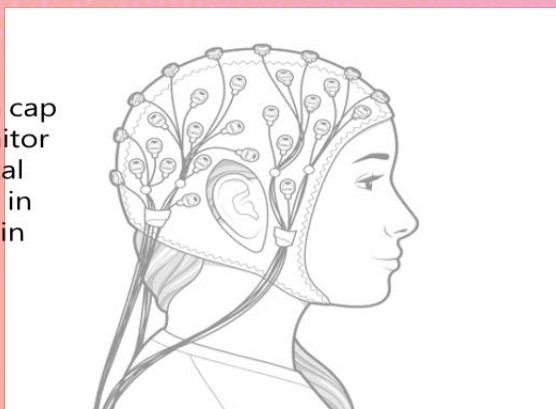


Meeting 3



Meeting 4

An EEG cap to monitor electrical activity in the brain



Average beta activity across research subjects during four meetings



Less stress

More stress

You Are Allowed to Pause.

**One pause
expands your capacity by
26%**



Focus on What Matters **MOST**

Your **MUSTS**

Your **PRIORITIES**

Your **CAPACITY**

3-Minute Anchor

What matters most today?

What can wait?

Your Three Musts

- ✓ Identify what matters.
- ✓ Schedule it first.
- ✓ Protect your energy fiercely.

The **NOT** To-Do List

Do you have a **NOT TO DO** List?

Resilience Operating System

Build Your Momentum Micro-Moves

Sustainable Resilience isn't built in big moments. It's built in small, intentional habits that protect your capacity.



FIND YOUR FIVE!



How can you build in
5-15 minute
Momentum Micro-Moves
during your day?



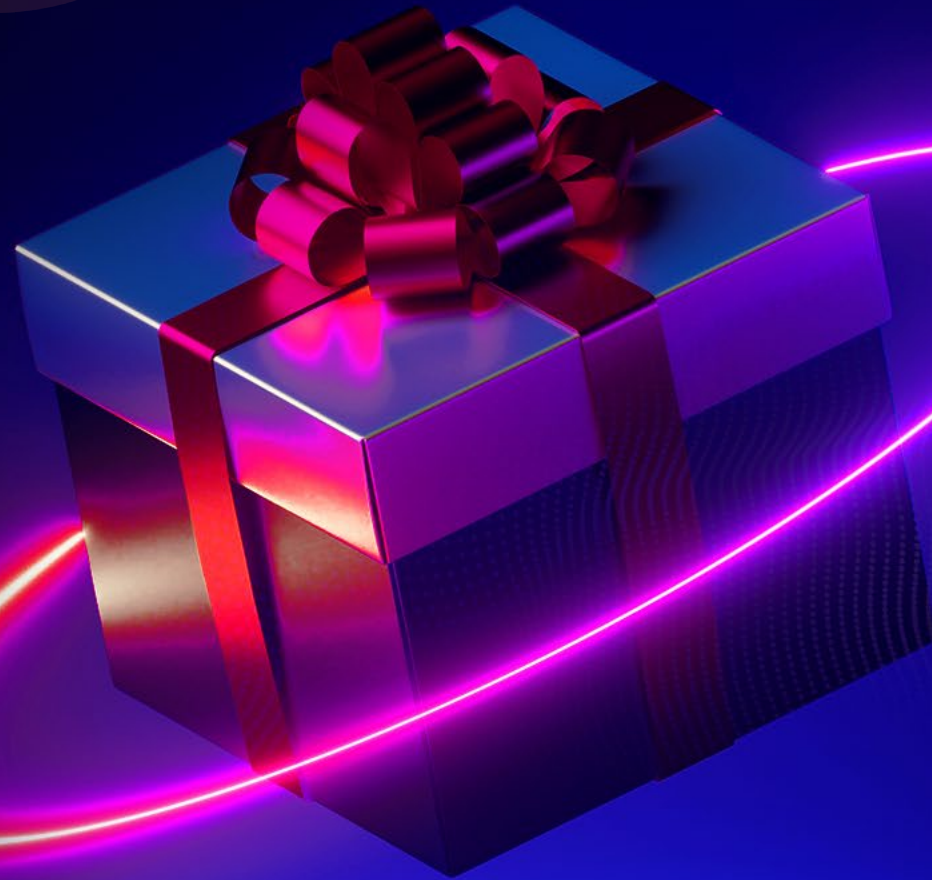
Fear and **EXCUSES**

**Don't Stop
Because of Fear.
Move Because of
Purpose.**

See Failure as a Gift

*Failure fuels
growth.*

*Growth fuels
momentum.*





**Celebrate
the
Attempt**

*Kim*BECKING
Unstoppable Momentum



Grit up
Don't Give up

Kim **BECKING**
Unstoppable Momentum



Grit without
Grace
isn't sustainable



I am

Allowed.



Reframe

Grow Your Unstoppable
Momentum™

Connection Collaboration Community

Connection is the Heartbeat of Life.

Connection is the Heartbeat of Leadership.

**In order to connect,
one must first**

LISTEN!

Meet others where they are.



On average,
we often retain
only **25%** of
what we hear.





Use The Power Of Questions

**Dig deeper.
Get curious.
Get to the heart of the
matter.**



R.I.S.E.

Recognize
Invest
Support
Empower

The PLATINUM Rule

You Are A
ROCKSTAR



**STAY
GROUNDED**
in Optimism,
Laughter and Joy



Joy Hunting

Notice it.

Create it.

Celebrate it.

Carry it with you.



Stay Grounded in GRATITUDE and CELEBRATE



Stay Grounded in
HOPE

**What's bringing you
HOPE right now?**



Free Access to Kim's Momentum-Boosting Vault



Kim **BECKING**
Unstoppable Momentum

Scan this QR Code

The Unstoppable *Momentum*[™] FRAMEWORK



Stop

Give Grace in the Moment



Shift

Grit Up, Don't Give Up[™]



Reframe

Grow Your Unstoppable
Momentum[™]



Kim -

You are allowed ...
to be sad, to feel helpless,
to be tired, to be depressed
to be lonely,
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 feel lucky,
to feel blessed,
to feel loved,
to be surrounded
by people who care,
to feel nurtured,
to be inspired,
to feel "chosen,"
to be motivated,
to be filled with faith,
to do what you can,
to learn to ask for help,
TO make a DIFFERENCE!
which side of the card are
you on today... ^{you're} allowed! ^{so}



UNSTOPPABLE
Momentum
STARTS
When YOU do!

Your
Unstoppable
Momentum[™]
PLAN

**Remember,
You Are Allowed.**

1. **I AM ALLOWED Permission**
What permission do you need to give yourself to Elevate, Ascend, and Transform?

I Am Allowed to ...

2. **MOMENTUM MICRO-MOVE**
What is *the next best step* you will take in the next 24 hours?

We Are





UNSTOPPABLE
Momentum
STARTS
When YOU do!