

You are allowed:

- to be sad
- to feel helpless
- to be tired
- to feel anxious
- to be frustrated
- 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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but on the flip side...

FOLD HERE

You are allowed:

- to find the good
- to be grateful
- to be excited
- to be happy
- 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 find the opportunity
- to do what you can
- to learn to ask for help
- to make a difference
- **to be YOU!**

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WHICH SIDE OF THE CARD ARE YOU ON TODAY?