

**Kristin Beck**

**Presentation to**

**Colorado Defense**  
**Lawyers Association**

**August 5, 2022**



# Who am I ? Who are you ?

Retired Navy SEAL  
Human Rights Activist  
Teacher  
Student  
Inventor  
Writer  
Poet  
Engineer  
Farmer  
Father  
Philosopher  
Ordained Minister

Biker(Harley)  
Builder  
Welder  
Mud-bog racer  
Dog Trainer  
Surfer  
Parachutist  
Rock Climber  
Cliff Diver  
Friend  
Triathlete  
Disabled







Building Bridges between other cultures is a way to build PEACE.

I have never been able to just be “me” ...until



AC360 and then  
film Lady Valor



My current work is visibility and showing the next generation they can be themselves and be happy. WE all deserve to live our own lives.



## **Kristin Beck, US Navy SEAL(ret)**



Worthy of Life, Liberty and Happiness...

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# Happiness:

**Gratitude: Yourself and Others**

**Relationships: Friends and Family**

**Discipline: Schedule and boundaries**

**Forgiveness: Having no regrets**

**Mission: Something beyond yourself**



# Questions?

