
Take the Cape Off

A Permission Slip & Reflection Guide

At six years old, Kenya Rashard put on a cape. She became the one who saves everyone else. Most of us have a version of that cape — the one we put on so young we forgot we were ever wearing it. Kenya's grandfather gave her two sayings she still carries today. Her own framework — grit, grace, and resilience — has carried her through more than most people will ever face. This guide is her wisdom, distilled, so you can carry it too.

HER GRANDFATHER'S WORDS

1 "Eat or be eaten."

Decide what you want in this world. Nobody is coming to hand it to you — and that's not a punishment, it's a permission slip.

2 "It doesn't rain on one man's house."

Whatever storm you're in right now — it is not just yours. Somewhere, someone else is standing in the same rain. You are not alone in it.

HER FRAMEWORK

G Grit

Life is going to do what life does. It is your job to make the right response and follow through, every time.

G Grace

Forgive yourself for not knowing what you didn't know. You were doing your best with what you had at the time.

R Resilience

You are not what happened to you. Let go of the story that says otherwise.

YOUR GOLDEN MOMENT THIS WEEK

What cape have you been wearing — and for how long? What would it feel like to take it off, even for one day this week?

“You are seen first. You are worthy. Dig deep for your self-worth.”

— Kenya Rashard

Founder, On Track Truck Driving School

Name Your Horse

Kenya's horse is named Dignity and Desire — because her dignity is not her past, and her desire for more is something that continually drives her to beat the odds. Kenya rides her out of the country — always exploring, always curious about what else is out there.

What's your horse's name?

My horse's name is: _____

A download of a horse is available at MontgomeryGR.com/podcast - download, name and color your horse to remind you to get on your horse and bet on yourself each day.

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