



Grow My GRIT Podcast Episode 1: Introduction to the GRIT Compass

What are your thoughts about people having a default setting in the face of obstacles?

How do you define your GRIT? You can use the [GRIT grid](#) on Haze's website or select other words that feel right for you.

If you're reluctant to define your GRIT, what thoughts and feelings are holding you back?

If you're excited about defining your GRIT, what's fueling your enthusiasm?

How can you move from your newly-discovered GRIT this week?

Bonus #1 - Is there a sentence or thought you wish you could unhear because it makes you feel as though you could/should change something about your way of being or your way of doing things in the world?

Bonus #2 – Did a question you've been avoiding come up in this episode? How will you answer the question if you're ready?

[Click here to book a Huddle with Haze](#)

[Click here to order "Know, Grow and Show Your GRIT: Self-Discovery Made Simple"](#)

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