



Grow My GRIT Podcast

Episode 10: Let Your Gut Be Your Guide to Your GRIT

Whose voice do you hear in your mind when it's time to navigate a challenging situation? If you hear more than one person's voice, take some time to come up with an answer for each person.

Is the voice you hear encouraging or discouraging? Create separate answers for separate people.

If you wrote a children's book about your GRIT (e.g., your ability to navigate obstacles), what would be the moral of your story?

If you had the chance to share your GRIT with the people who raised you, what would they think or say about it?

If you had the chance to share your GRIT with childhood friends, what would they think or say about it?

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?

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