



Grow My GRIT Podcast

Episode 11: Define Your GRIT and Redefine Your Identity!

If you tend to put others' needs before your own, why are you willing to work so hard for others? Why aren't you willing to work so hard for yourself (and take care of your own needs)?

If you tend to put your needs before others' needs, why are you willing to work so hard for yourself? Why aren't you willing to work so hard for others (and take care of others' needs)?

What costs do you associate with showing up for others?

What benefits do you associate with showing up for others?

What limits do you have to consider when choosing to show up for others (e.g., time, money, energy, body, spirit, mind)?

How is your ability to stay healthy impacted by your sacrifices for others?

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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