



Grow My GRIT Podcast Episode 12: Can You Grow Your Confidence by Growing Your GRIT?

How do you define confidence?

How would your life be different if you approached every single obstacle from your GRIT?

How does knowing your GRIT increase your confidence?

How does growing your GRIT increase your confidence?

How does showing your GRIT increase your confidence?

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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