



Grow My GRIT Podcast  
Episode 13: Gauging the Good,  
the Bad and the Ugly with GRIT

In your experience, what makes the internet good, bad and ugly?

How is time on the internet affecting the **hopes** of children/youth in your life?

How is time on the internet affecting the **habits** of children/youth in your life?

How is time on the internet affecting the **hearts** of children/youth in your life?

Thinking of the young people in your life, how can you use the internet to nurture their hopes, habits and hearts?

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”](#)

KNOW YOUR GRIT, GROW YOUR GRIT AND SHOW YOUR GRIT™

Gritty Guru Company  
[hello@growmygrit.com](mailto:hello@growmygrit.com)