



Grow My GRIT Podcast

Episode 16: What's the Best Time to Sow Your GRIT?

Who or what is stressing out the young people in your life?

Do you feel sorry for younger people these days?

In what ways are the obstacles facing young people in your life different than the ones you faced at their age? In what ways are the obstacles similar?

What are 3-5 thoughts that motivate you to work toward a solution when a problem or situation overwhelms you? How can you use a GRIT lens to share these thoughts with the young people in your life?

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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