



## Grow My GRIT Podcast Episode 17: What's the Source of Your GRIT?

Where in your body do you experience the feeling/sensation of grounding?

How often do you focus on the negative outcomes of “What if...?” questions instead of the positive outcomes? What's the toll on your thoughts, your time and your energy? Are there any benefits?

Looking back at the last week, which of your actions/behaviours could be considered self-induced suffering or self-sabotage? Where have you brought suffering on yourself?

Come up with 5-10 peaceful and loving thoughts that are rooted in your GRIT words. With these thoughts in mind, how can you move from your GRIT and choose actions/behaviours that steer you away from suffering?

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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