



## Grow My GRIT Podcast Episode 2: COVID Compass

What thoughts come up for you around being of service for others?

What benefits do you experience when you choose to be of service for others?

What costs do you experience when you choose to be of service for others?

How does your GRIT drive your motivation and your willingness to be of service for others?

How motivated and willing are you to be in service for yourself?

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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