



Grow My GRIT Podcast Episode 3: Choosing Your GRIT Words

When is the last time you experienced “analysis paralysis” (i.e., overwhelmed to the point of inaction because you have too many options/choices)?

If you’re a card-carrying overthinker like Lesley, how can the strategies revealed in this episode help you avoid “analysis paralysis” in the future?

If you used to be a card-carrying overthinker, what would you suggest to someone who is trying to shift away from those habits?

With your family and friends in mind, who might benefit from hearing these suggestions in the coming days?

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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