



Grow My GRIT Podcast Episode 4: Working with GRIT

Thinking about your current job or your most recent job, how much of your identity is tied to that line of work? Use a scale of 1 (not at all) – 10 (totally).

Is that attachment (or lack of attachment) a blessing or a curse?

How do you know when you've spread yourself too thin between work responsibilities/opportunities and real-life responsibilities/opportunities?

How does your GRIT help you prioritize real-life commitments over work-related commitments? What are the costs and benefits of this choice?

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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