



## Grow My GRIT Podcast Episode 5: Good Enough Can Be Great!

Where in your life are you holding onto something (e.g., an idea, a project, a work of art) because you're waiting for it to be perfect before you share it with anyone?

What would a perfect version of this 'something' look like or sound like?

What would a good enough version of this 'something' look like knowing that it won't be the final version and sharing it may give you access to unique insights?

What would it take for you to move from a focus on perfectionism to a focus on progress (i.e., taking action and inviting feedback)?

**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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