



Grow My GRIT Podcast Episode 9: Making Gains with GRIT

What's the hardest part about believing in abundance?

What's the easiest part about believing in scarcity?

With a specific **situation** in mind, what are the costs and benefits of believing in abundance?

With a specific **relationship** in mind, what are the costs and benefits of believing in scarcity?

If you live with a focus on abundance, what suggestions do you have for someone who is trying to move toward abundance?

If you live with a focus on scarcity, what's the hardest part about moving away from scarcity?

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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