



Grow My GRIT Podcast Episode 18: Does GRIT Evolve?

After listening to Tony's experience, what would you say you've created with your GRIT? It might be something tangible like Tony's Noësis Project or it might be something intangible like a new perspective in the face of an obstacle.

When you consider the evolution of your GRIT, which of your words is the most deeply rooted? Which of your words could you be persuaded to change because it isn't as deeply rooted as the others?

Which of your GRIT words did you inherit? Who passed them onto you?

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?

[Click here to book a Huddle with Haze](#)

[Click here to order "Know, Grow and Show Your GRIT: Self-Discovery Made Simple"](#)

KNOW YOUR GRIT, GROW YOUR GRIT AND SHOW YOUR GRIT™

Gritty Guru Company
hello@growmygrit.com