



## Grow My GRIT Podcast Episode 21: Go the Distance with GRIT!

Hunter shared that he's lost more races than he's won in his career and he's intentional about learning from every competition regardless of where he's placed! Where in your life are you striving to be first? What can you learn from being last?

When do you prefer to work alone? If you look at the relationships associated with this situation, when might "better together" apply? We can save ourselves a lot of time and fast-track our growth by learning from people in our community (e.g., their mistakes, successes, thoughts, choices, experiences).

Hunter talked about his initial misconception that feeling tired, heavy, exhausted and drained were the signs of a good workout. Then he realized that the best workouts leave you energized and not empty! Where in your life are you trying hard instead of trying easy?

Hunter spoke quite highly of Greg Everett's four Cs (Character, Capability, Capacity, Commitment). Which one is most closely aligned with your GRIT?

**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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