



Grow My GRIT Podcast Episode 22: Let Your GRIT Guide You Home!

Where does the phrase “impatiently cultivating patience” describe how you feel about a relationship or situation that you’re in right now? What could be the next 2-3 steps on that journey toward patience?

Looking at the places where you get to teach or influence others, how often do you find yourself asking people to do the work that you need to be doing for yourself? What does the work involve?

What’s stopping you from doing the work for yourself (e.g., lack of time, lack of motivation, lack of clarity, lack of energy, lack of urgency)?

What are the benefits of doing the work versus the costs of not doing the work?

Renata shared that “Integrity meant honouring my own voice and forgetting the stories as well as the voices from childhood”. When you think of the relationships/situations where you feel most vulnerable, how do they reinforce some of the stories that others have assigned to you (e.g., you will always be _____ or you will never be _____)?

How can you follow Renata’s lead and listen to your own voice instead?

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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