



Grow My GRIT Podcast Episode 23: Filter It with GRIT!

Flip through some of your go-to books for insights in the face of challenging situations and look to see when your G is revealed in the author's words.

When you revisit some of your favourite books for inspiration in tough times, how is your R reflected in the author's words?

Pull out some of your most-trusted books for advice on doing hard things and identify instances where your I is captured in the author's words.

When you dig into some of your reliable books for perspective while navigating obstacles, how is your T documented in the author's words?

Using Steven Pressfield's definition of Resistance (e.g., self-sabotage, procrastination, fear, arrogance, self-doubt), can you identify an example of each one in your life? How will your GRIT get you to the other side of each obstacle?

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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