



Grow My GRIT Podcast Episode 7: How Can Building Your Boundaries Help with Growing Your GRIT?

Where does the word passive apply to you (e.g., home, school, work, rest and/or play)?

Where does the word aggressive apply to you (e.g., home, school, work, rest and/or play)?

Where does the word assertive apply to you (e.g., home, school, work, rest and/or play)?

If you could push past any reservations about asserting yourself in a specific situation, what might you discover about yourself, the other person or the circumstances?

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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