



Grow My GRIT Podcast

Episode 25: Get Out of Your Own Way Today!

When it's time to do hard things, do you change your thoughts as a prompt to change your behaviours or do you change your behaviours as a prompt to change your thoughts?

Using Johnny's definition, how much of an Active Thinker are you on a scale of 1 (not at all) to 10 (completely)? Which one of your GRIT words offers the best defense against the anxiety that drives active thinking? Is there a second-best GRIT word?

Looking at the week ahead, when and how can you implement Johnny's 3-step process for thought management?

1. Identify where my thoughts are coming from
2. Identify the ones that I need to push away because they are not serving me
3. Identify other thoughts that I need to spend a little more time on

What is your initial reaction to this quote from Johnny?

"I live in the 'Why not me?' mode. You look out into the world and so many awful things are happening to good people all the time, every day. Why would any of us be exempt from any of that?"

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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