



Grow My GRIT Podcast

Episode 27: Who Goes from Math Major to Music Maker?

Revisit these memorable thoughts from Jim Spirou and consider the questions that follow each one.

1 - “We’d like to think that we’ll rise to the level of our own ideals but many times we fall to the level of our training when it comes to high anxiety and stress.”

How would you describe your automatic thoughts/reactions to high-anxiety situations? Who has influenced your level of training for better or worse?

Think of a recent experience in a stressful situation. If you could have pressed a pause button and given yourself 5 minutes to step away from the stressor, what would your ideal reaction have been?

2 - “Emotions are fuel for moving forward whether you’re chasing a dream or running away from a bad nightmare. Either way, you’re moving forward.”

Do you spend more time chasing dreams or running away from nightmares? Which one is more energizing for you? How does your GRIT help you stay on the path that you’ve chosen?

3 - “Extreme emotions tend to distort personal perceptions.”

Are you more likely to experience extreme positive, negative or neutral emotions? Which one of your GRIT words gets triggered when you realize you’re at an extreme or when someone points it out to you?

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?

[Click here to book a Huddle with Haze](#)

[Click here to order “Know, Grow and Show Your GRIT: Self-Discovery Made Simple”](#)