



## Grow My GRIT Podcast Episode 28: Who's Got GRrrrrrrrrIT?

Which of your GRIT words are most important when you need to navigate your inner critic's negative self-talk?

When it's time to face your outer critics, which **one** of your GRIT words gets activated first? Does the word that gets activated first depend on the person providing the criticism? Maybe some people always trigger your G and other people always trigger your T.

Which thoughts and actions would show **you** that you're comfortable in your own skin? Which thoughts and actions would show **others** that you're comfortable in your own skin?

How can your GRIT help you rise to the challenge of being comfortable in your own skin regardless of what's happening around you?

Carm said "Wanting to do the right thing may not always be the easy thing." Do you agree or disagree? Why?

**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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