



Grow My GRIT Podcast

Episode 29: Growing through Grief with GRIT

One of Katty's favourite quotes is "Dwell in possibility" by Emily Dickinson. How can you change your thoughts in the next 24 hours to dwell in possibility?

How can you change your actions in the next week to dwell in possibility?

Which of your GRIT words makes it easiest to dwell in possibility? Which one makes it hardest?

Katty embraces the opportunity to be sad as she grieves because it reflects the deep feelings she can no longer show to the loved ones she's lost. In your experience, how do love, grief and sadness relate to each other? A picture may be worth a thousand words for this answer!

Do you think hope is a destination or a path to another experience? Looking back or looking ahead, what examples can you find?

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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