



Grow My GRIT Podcast

Episode 31: Can a Mirror Help Students Hear Their Own Voices?

Kim talked a lot about relying on her intuition when she didn't have lived experiences to guide her. When are you most likely to rely on your intuition?

Which one of your GRIT words is the most connected to your intuition?

Kim shared several examples of times when she was scared to take a step in a new direction but she acknowledged her fear and stepped forward anyway. Which of your GRIT words kick-in when it's time to face a fear?

What was your initial reaction to the idea that stories can offer either a window into others' experiences or a mirror reflecting your own experiences?

Think of a place where you enjoy spending a lot of time and the people in that community. Who are the windows? Who are the mirrors?

Do you have a favourite story? Would you say it's serving as a window or a mirror for 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?

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