



Grow My GRIT Podcast Episode 30: Making the Case for GRIT

What are some pivotal moments and crazy journeys on the horizon for you? How can your G, R, I and T words guide you through the biggest obstacles you'll need to navigate along the way?

Vahn shared how grateful he is for the Aunt and Uncle who said it's his duty to enjoy life. Is 'duty' a strong word? Why or why not?

What do you enjoy? What would you do differently if finding time for fun was a priority each day?

Using Vahn's process, where in your life can you start to re-silence when you're in a challenging situation or relationship? Maybe your mind? Maybe your body?

"If you're not happy, make a change." Think about an area in your life where you're unhappy or unfulfilled. What's one change you can make this week? Here are some areas where you may be able to make a change: perspective, mindset, schedule, habits, activities, routines, finances, relationships, intensity, behaviours.

Which of your GRIT words would you call on first to initiate this small change?

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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