



## Grow My GRIT Podcast

### Episode 33: Leila Lives, Learns and Leads from GRIT!

When you look at the week ahead of you, how can each of these memorable thoughts from Leila help you navigate a challenging situation or relationship on the horizon?

1 – I’m putting all my trust in myself.

2 – I chose this path for a reason.

3 – You can only really be of service to others authentically if you’re doing things that serve you.

4 – Inner peace is a lifetime goal.

5 – We don’t always get to choose where we end up but we do get to choose how we show up.

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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