



## Grow My GRIT Podcast Episode 32: Heal Thyself with GRIT

Looking at the obstacles on your path for the next few weeks, where can a focus on your GRIT help you to **grow through** the challenges instead of **go through** the challenges?

When is the last time you went against conventional wisdom in order to pursue a passion? What happened? If you can't think of an example when you look back, look ahead to opportunities in the coming months where some part of you wants to go against others' advice and follow your own intuition/instincts.

Patricia talked about turning a blind eye to her suffering because she thought it was normal. Where in your life have you normalized suffering?

What are the emotional, physical and/or energetic costs when you normalize suffering?

What was your initial reaction when Patricia said that many people ignore the signs their bodies give them for years?

Does this sound like you? Which of your GRIT words will be most important if you decide to acknowledge the signs from your body?

**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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