



Grow My GRIT Podcast Episode 34: GRIT Unleashed and Unabashed!

Does the thought of “unleashing your best self” excite you or exhaust you?

What are three things you would do differently at home or at work if you were operating from your maximum potential? Which of your GRIT word(s) would offer the most support for rising to the challenge?

How can you incorporate Joseph’s Multiplier Effect into one of your routines this week?

Where are you getting in your own way by not setting yourself up for success? Why are you holding yourself back?

Do you have any personal or professional goals on-the-go that may take longer than you’ve given yourself to achieve them? Is there value in adjusting your timeline? Joseph shared a bit about a career goal that took him over a decade to reach but he did it!

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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