



Grow My GRIT Podcast Episode 36: This Iron Man is Fueled by GRIT

Revisit these memorable thoughts from Neil Burness
and consider the following questions.

1 - “People are so focused on certainty that they’re almost giving up on what their growth could be.”

Think about a stressful situation or relationship that is taking up a lot of your thoughts and energy. What would it look like if you put your full focus on finding growth instead of certainty as you navigate this obstacle?

2 - “Sometimes I thought I wanted something but it wasn’t really what I wanted.”

How does your GRIT help you shift gears and move forward when a situation or relationship doesn’t go your way?

3 – “It’s almost dangerous if you don’t have perspective on where you want to grow.”

Looking back at the first question, which of your GRIT words will be most useful when you choose to take actionable steps that make growth a priority over certainty?

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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