



Grow My GRIT Podcast Episode 37: Grow Your GRIT, Then Commit!

Hina shared that she always brings her 'G, R and T' words to the office but she tries to leave her 'I' word at home whenever possible. Where in your life are you choosing to bring only some of yourself to the situation or relationship?

What are the benefits for you and for the others involved?

What are the costs to you and to the others involved?

What are your thoughts on Hina's distinction between re-learning versus unlearning previous experiences? Do you lean more toward one than the other?

Hina mentioned that learning to do headstands was a critical opportunity for her to challenge her thoughts and ultimately prove that there are times when it's more important to trust her body than her mind. When is the last time you talked yourself out of doing a physical or mental activity you really wanted to try?

What would happen if you broke that activity down into at least ten small steps, shared that list with someone you trust and got started on Step 1?

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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