



Grow My GRIT Podcast

Episode 38: A Firm Foundation Needs GRIT

“The work can be divided if you have the right people in the proper places.” Apply Dani’s quote to a challenging situation on the horizon and describe how you can divide the work among your GRIT words.

When you feel as though you’re **not** on the right track, which one of your GRIT words kicks-in first to get you back on track? If you said “It depends”, what makes the difference in the word that comes first?

Mastery is Dani’s top value and it’s defined as “to be competent in my everyday activities”. Where in your life can you increase your focus on mastery? Where can you decrease your focus on mastery?

Do you think of mastery as an opportunity or an obstacle? What are the benefits of each mindset?

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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