



Grow My GRIT Podcast Episode 39: WOW Them with GRIT

Ben declared himself to be one of the most impatient people in the world and this personality trait fuels his entire GRIT compass. What are some personality traits that capture the shadow side of your GRIT compass?

After hearing Ben talk about how much he values time and how intentional he is with how he spends his time, what thoughts came up for you? How much of your time and energy do you give away?

What do you gain and what do you lose from giving away your time and energy?

While we were digging into his experience navigating obstacles, Ben said “I felt a lot of pressure that I thought people were putting on me but I was putting it on myself”. Which of your GRIT words is most important for you in the face of pressure from other people (perceived or real)?

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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