



Grow My GRIT Podcast

Episode 40: Look Through the Lens of GRIT

Art said, “It’s like I put on a costume when it’s time to step into the discomfort needed to do the people-facing part of my job”. If you could wear your GRIT, what would it look like (e.g., suit, helmet, cape, pair of glasses, special shoes, shield)?

Think of a time in your life when it felt as though failure wasn’t an option. Which 1 or 2 GRIT words are the loudest in the face of these extremes? What has happened when the stakes are really high and you chose to bet on yourself?

Art is a Millennial and he stressed the value of knowing that almost everything we need is available these days thanks to the internet. With a challenging situation or relationship in mind, what are 2 or 3 resources that you know are available but you’re not accessing them? What’s stopping you?

If you’re anything like Art and you’re always trying to figure out your next move, how does this focus on the future impact your ability to make moves in the present? How can a focus on moving in the moment with GRIT help you to avoid that type of analysis paralysis?

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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