



Grow My GRIT Podcast Episode 41: GRIT Gets You in Gear!

Piers shared that meeting a challenge **in his mind** significantly increases the odds of success when it's time for him to **do** hard things. If you're already using this technique, which one of your GRIT words fuels your ability to see yourself on the other side of an obstacle? If you haven't tried visualization, which one of your GRIT words could get you started?

Use the analogy of shifting through gears to arrange your GRIT words based on the energy/power that each one provides when you're navigating obstacles. You can relate them to 1st, 2nd, 3rd and 4th gears or use Park, Reverse, Neutral and Drive as your options.

"I don't think you can ever pick up where you left off. You have to bounce back and come forward." What are your thoughts on this quote? Do you have people coming in and out of your life who try to pick up where they left off? How does that feel? Are you someone who tries to pick up where you left off with others?

Which of your GRIT words favour a growth mindset and which of your GRIT words favour a fixed mindset? How does this arrangement serve you? How does this combination lead to you getting in your own way?

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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