



## Grow My GRIT Podcast Episode 42: GRIT Takes Two to Tango!

Early in the episode, Deb said ***“It wasn’t just the obstacles; it was me and my perceptions”***. How much accountability do you typically take when you’re faced with a challenging situation or relationship? Which one of your GRIT words is most closely tied to accountability?

How would you describe your relationship with time over the last month? What does it look like (e.g., it’s a Tango for Deb)?

Do you feel as though time has been working with you or do you feel as though it’s been working against you lately? What’s your GRIT got to do with it?

***“Be here now”*** is a mantra many people use as a reminder to bring their attention to the present moment. Deb shared that she uses ***“Just this right now”***. In five words or less, come up with a mantra to bring you back to the present moment.

Deb is passionate about shining a light on best practices for healthy, more energized living. What’s your lived experience with the relationship between your physical and your mental health? How can your GRIT get you closer to your desired relationship between these two realms of well-being?

Late in the episode, Deb said ***“We can only be comfortable with something if we practice it.”*** On a scale of 0-100% of the time, how often do you bring your GRIT words to your awareness when navigating obstacles? What would inspire you to get more comfortable calling on your GRIT more often?

**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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