



Grow My GRIT Podcast Episode 43: Forged by Fire and GRIT

Monica described her GRIT as a shooting star that illuminates her journey and sometimes lights the path for others around her. If you imagine your GRIT as a source of light, what would it be? Maybe a beacon, an oil lamp, a lighthouse, a blazing fire, a flashlight, a pile of smoldering embers, a lantern, a laser? So many options!

“Self-care is giving the world the best of you instead of what’s left of you” - Katie Reed. What comes up for you when you read this quote? Which of your GRIT words is your go-to when it’s time to run on empty?

Monica said, “I’ve been given a healthy mind and a healthy body so it’s my duty to look after them.” On a scale of 0 (not at all) to 10 (completely), how much effort do you put into taking care of your mind? How about your body? Why didn’t you pick a lower number for each one?

What are some things you can do this week to move up a number or two when it comes to taking care of your mental health and your physical health?

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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Gritty Guru Company
hello@growmygrit.com