



Grow My GRIT Podcast Episode 44: Get Visibelle with GRIT

Based on Danielle's work, the ABCs of invisibility are appearance, blunders and confidence. Which one has had the biggest impact on your willingness to put yourself out there and be seen?

Which of your GRIT words could be your first line of defense when facing this barrier?

As soon as she put her trust in herself, Danielle said so many people appeared asking **"How can I help?"**. When has this happened to you? If it hasn't happened to you, where can you start trusting yourself a little more and make space for these supporters to show up for you?

In addition to your GRIT, who or what in your life inspires your ability to take courageous action? Danielle defines it as that moment when your belief in your ability to do "the thing" is greater than your fear of failing so action happens.

When you chose your GRIT words, did you make the logical choices or the intuitive choices to create your compass?

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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