



## Grow My GRIT Podcast

### Episode 45: Channel Your GRIT and Nail It!

Would you rather stand on a board full of nails for 1 minute or sit in an ice bath for 1 minute? Lena and Haze agreed to disagree on this one!

How does this episode shed light on the importance of choosing to push boundaries and step outside of our comfort zones to achieve personal growth and mastery?

Which of your GRIT words are you most likely to call on **first** when you're preparing to push boundaries in your life? The boundaries may be with other people or within yourself!

Think about the mental and physical discipline required to achieve mastery in standing on a board full of nails. Which extreme activity appeals to you as a way to channel your GRIT through a "challenge by choice"?

Did the podcast episode introduce any new concepts or perspectives about mental and physical preparation that you hadn't considered before?

How does Lena's journey of mastering such an uncommon skill challenge your perceptions of human capabilities and resilience?

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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