



Grow My GRIT Podcast Episode 47: GRIT Gets the Job Done!

Revisit these thoughts from Candice Lee MacAulay and consider the questions:

1 – “When you get someone excited about their creative ideas, the blocks, hesitation and the procrastination go away.” How much do YOU benefit from other people’s enthusiasm and encouragement for your creative ideas? Creative ideas may be a novel solution to a long-standing problem at school or work. Maybe it’s coming up with a new way to get a friend or family member to complete something you’ve been asking them to do for days or weeks.

2 - “If you’re surrounded by people who bring you down, it’s really tough to help yourself get back up.” Where in your life do you feel as though you’re surrounded by people who are bringing you down, slowing you down or holding you down? Next time you’re in that situation, how can you apply each of your GRIT words to shift your focus and help get yourself back up? What kind of visual comes to your mind when you read this quote?

3 - “The first time you record a song doesn’t have to be the last time you record a song. You can do as many takes as you’d like”. Even though an infinite number of takes may not be realistic for you, how can this quote inspire you to put something you made “out there” knowing that you can refine it later (or re-work it)?

What are the stories in your mind that make you reluctant to produce something unless it’s perfect? Whose voice is behind those stories? How can you update each story using your GRIT words as evidence that you can do hard things?

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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