



Grow My GRIT Podcast
Episode 46: Never Say Never When You've Got GRIT

“The word ‘No’... Hmmmm... I’m a people pleaser.”

Using a scale of 1 (not at all) to 10 (completely), how closely do you identify with Mario’s vulnerable share about putting others before himself?

If you scored higher than 4, how can you harness your GRIT words in the next week to help make your needs more of a priority and speak up about them? Pick one specific situation and bring all your GRIT words to the conversation.

When have you been a firm “No” for something and then totally surprised yourself by doing the thing you swore you wouldn’t do and enjoying it? How did you use your GRIT to accept going back on your own words?

“I’m an information hoarder; I love to hear about everything!”

What came up for you when Mario said these words?

Does having a lot of information hold you back or propel you forward when it’s time to act in a challenging situation/relationship? Which of your GRIT words is your best defense against information overload?

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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