

The Grind Podcast

Episode 1 – So, What Do You Want to Do With Your Life (Part 1)?

Launch Date: 10/12/2017



Episode Description: There are different types of people: planners and non planners. Planners set goals and create maps to get to those goals, whereas non planners tend to “go with the flow”. The Grind will answer should you live in present or should you have a life plan?

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Episode Length: 25 minutes

Activity Length: 35 minutes

On The Grind: How would you describe your life plan? Is it fully mapped out or nonexistent?

- This work book: [Self-Directed Life Plan](#)
- This article: [Planning Your Future is Pointless](#)
 - Which of these resonates more with you? Why?

Reflect: When you envision your life, what are 1-2 things that you have planned for? Why do you have these planned? Does having it planned help you in some way or not?

Connect: Ask questions and post feedback about this episode here: [The Grind Podcast](#)

Resources: Check out these resources to go along with the episode:

- This article: [Do You Have a Life Plan?](#)
 - Are you a builder or discoverer? What are examples of when you have built or discovered?

Featured Voice:



AMINA is a planner. She grew up as the only Somali in her elementary school in Dubai living a life rigidly planned for her by her father. The financial crisis upended that plan and landed her in Seattle in school with boys and white people for the first time.

Now she's a senior at the University of Washington and structures her time to the minute. For the first part of this season, we'll follow Amina as she strives to reach her career goal: medical school.

Amina Sheikh

About the Guest:



NAAS Akuete is CEO and Founder of [Eu'Genia Shea](#), a mother/daughter-run social enterprise dedicated to empowering women through the sale of all natural shea based moisturizers. Naas has over ten years of experience in finance and equity. She considers herself to be a master planner.

Naas Akuete