

# THE JORDAN HARBINGER SHOW

## Worksheet for Simon Sinek | What's Your "Why" and Where Do You Find It? (Episode 6)

Too many of us define our lives by what we do for a living rather than accepting what we do for a living as just a part of an overall purpose that guides our lives — or, as Simon Sinek would call it, a *why*.

Simon is the author of [Find Your Why: A Practical Guide for Discovering Purpose for You and Your Team](#) and [Start with Why: How Great Leaders Inspire Everyone to Take Action](#).

He joined us for [episode 6](#) to clarify what this elusive *why* is and where it can be found.

# THE JORDAN HARBINGER SHOW

---

## Don't Get Obsessed with Daily Metrics

Simon points out that many say why is particularly important during moments of uncertainty, but the reality is that things are always uncertain.

Unless you begin with the end in mind by starting with *why*, you will get obsessed with daily metrics. The daily gets us sidetracked from the long game.

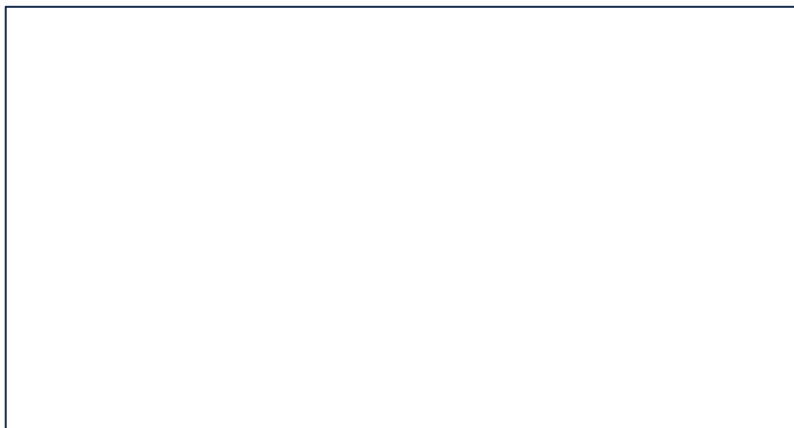
**Am I obsessed with particular daily or weekly metrics personally or professionally?**

**If so, do I have a firm answer to the follow up why question that Simon would ask?**

# THE JORDAN HARBINGER SHOW

---

**(Keep in mind it's not just the "why are you obsessed with those?" question, it's also the "why does this matter long term?" one.)**



## Your Work Is Not Your Why

As Jordan shares his excitement for sharing actionable intelligence with his listeners, Simon reminds him (and us) that we shouldn't confuse what we do with what our *why* is.

Simon writes books, Jordan hosts a podcast.

# THE JORDAN HARBINGER SHOW

---

But one day they could each stop doing those activities. That wouldn't stop their why. A why should proliferate throughout many things that you do so it's not limited to just one or two activities.

**As an exercise in examining this point — think about something you're truly passionate about and examine a scenario in which you no longer do it. Don't focus on how/why that would happen. Focus on where your mind goes when a particular road is closed off to you. Write down your reflections (and action plan) here.**

# THE JORDAN HARBINGER SHOW

---

## Achievement to Die For

Simon shares Goldman's dilemma, which was a study done with elite athletes which asked them if they were given a drug to help them achieve what they wanted (top performance, a gold medal, etc.) but had to die within five years, would they take it? While the findings of this study have been disputed in later years, at the time it was first conducted, nearly half of the respondents said they would take this life-ending drug.

**Do you have anything in your life you would "die" to achieve? If not, why not? If so, why? (Hey, did you not expect a bunch of why questions in the Simon Sinek episode?)**

# THE JORDAN HARBINGER SHOW

---

## Winning Life

Simon points out there is no “winning life.” You can have all the money you want but when you die you leave it all behind. Use this as an opportunity to be grateful rather than look to “win.”

**Am I guilty of the “if I only get this promotion...” or “if I only made X more per year...” fallacy? Are you waiting to tick a box so you can consider that you are winning rather than taking a moment to be grateful for what you have? If yes, why do you think that is, if no, share one thing you are grateful for right here.**

# THE JORDAN HARBINGER SHOW

---

## Practice Asking for Help from Others

Jordan shared that he recently struggled with asking for help as he rebooted the podcast. Simon pointed out that it's important to practice asking for help. It's an important part of our social skills.

**When was the last time I asked for help and what was it for? If you can't remember when, why is that? Do you not feel comfortable asking for help? Why?**

Full show notes and resources for this episode can [be found here](#).

# THE JORDAN HARBINGER SHOW

---

## About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.



# THE JORDAN HARBINGER SHOW

[support@jordanharbinger.com](mailto:support@jordanharbinger.com)

# THE JORDAN HARBINGER SHOW



Share This With  
Your Friends!



[Share This](#)