

THE JORDAN HARBINGER SHOW

Worksheet for George Raveling | Coaching to Win the Championship of Life (Episode 43)

When you build your [social capital](#) without the expectation of getting something in return, it tends to pay dividends in countless, unexpected ways. And when you live 80 years influencing, mentoring, coaching, and teaching others who go on -- in some cases -- to legendary greatness, the gold value of those dividends could easily overflow the coffer of Fort Knox.

Joining us for [episode 43](#) is George H. Raveling, known affectionately by some of the world's best and brightest as "Coach." He's an avid reader and passionate life learner who plans every day with intentionality and strategy, understands what sets great athletes and other high performers apart from the rest of the crowd, lives by three fundamentals of attitude, behavior, and performance, and, at age 80, still reinvents himself every five years. Oh, and add the prowess of his social capital to the value of the unique piece of American history he happens to own and he might very well be one of the richest men alive.

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Life Has a Way of Working Itself Out

With the death of his father when George was only nine years old, and then being taken away from his mother when he was 13, George faced insurmountable challenges.

When you have faced challenges outside of your control in your life, in what ways have you worked through them? How did you develop your skills during these difficult times?

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Successful Coaches Are Built on Trust and Respect

Raised by his grandmother and attending Catholic school, George grew up in a relatively disciplined environment. He started playing basketball in ninth grade, when he learned the value of coaching in tandem with this discipline. While it's taken for granted that elite athletes perform at their best with the help of a coach, many high performers in other fields who might benefit from coaching simply discount its efficacy as applied to their situation.

Have you considered the value coaches have or could bring into your personal life? Why do you feel they would bring value -- or not?

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Educator vs. Coach

George considers himself more of an educator than a coach. He always worked to teach those he coached not just how to excel in sports, but how to win in the game of life. In fact, when he would recruit, he would tell potential players that if the the only thing they learned in four years at college was to play defense, make jump shots, and win basketball games, they could go anywhere in the country for that. If they came to partner up for four years, it was more than simply winning and losing to George. He felt he had a greater responsibility to young people.

Are you more of an educator or coach to your peers around you? Is there a distinction between the two? How would you define this?

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Bring Value to Those Around You

Before every practice, George would bring value -- meaning he would share with the players a handout that had nothing to do with the game, yet would give them some short simple lesson they could apply to their lives.

In what ways are you showing up and bringing value to those around you in your life?

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Financial Success

When it comes to being financially successful, George recognized that for him, making money is the easiest part. He would teach his players that, from his own experience, keeping it and making it grow is the difficult part.

For better or worse, how has money affected you? How are you earning money? What systems do you have in place that help you keep more of it? How are you making your money grow and ultimately work for you?

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Passion for Excellence

George has worked with thousands of elite athletes over the years, and if they have anything in common, it's the drive to be better in some way each day than they were the day before.

What are your daily habits? Better yet, what does your morning routine look like? What are you doing to drive an unusual passion to excel in other areas of your life? This could be for business or pleasure. How are you deliberately working to implement daily habits for greater productivity in your life?

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Three Fundamental Responsibilities of Coaching

George reflects on time he spent coaching kids at Michael Jordan's basketball camp that, at the end of a day of practice, it's about so much more than basketball.

George was serious about the three fundamental responsibilities to coach:

- Attitude
- Behavior
- Performance

If you can manage a person's attitude, then you can manage their behavior and performance.

In what order would you prioritize this list? What are three fundamentals that you manage in your life?

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Influential Impact

All throughout his 80 years, George has been greatly influenced by people from all fields and walks of life. He understands how the power of just one motivated individual in the right place and time can change the course of history. Two examples: President Harry S. Truman making the hard choice to use atomic weapons and bring an end to World War II, and Dr. Martin Luther King Jr. delivering his famous 1963 "I have a dream" speech in Washington, DC, which inspired hundreds of thousands of civil rights activists to keep fighting the good fight.

George had the incredible fortune to meet both of these historic figures -- and the even better fortune of being close enough to ask Dr. King for his copy of that famous speech at its conclusion. He still has it -- after tucking it away for 30 years in an autographed copy of a book by, coincidentally enough, Harry S. Truman.

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In what ways have you been influenced by the bold actions of others? In what ways are you courageous and bold in your life? What is something special or unique about you that you have had tucked away for some time? Is now the time to dig it out and dust it off? What would you do with it if you did?

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Be Intentional

George deliberately plans every day with intentionality. He says this revolves around energy management, time management, environmental management, and productivity.

In what ways are you intentional about planning your day? Do you own the day, or does the day own you? How can you improve your intentionality?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

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A Lesson from Nike

The president of Nike taught his teams to consider this: they could do 25 things *good*, or they could do five things *great*. Because of this valuable life lesson, George tries to focus his day around three to four things.

List your top three or four things that make up a successful day for you. What is it about them that makes them great?

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Reinvent Yourself

Even at 80 years old, George talks about reinventing yourself every five years. He mentions that less than five percent of people on earth live their lives strategically. We've all heard the idea that it takes 10,000 hours to become an expert in anything. However, it takes living strategically and intentionally to achieve this.

When was the last time you reinvented yourself? In what ways are you an expert? How many hours away from becoming an expert are you? How are you successful and what can you do to improve?

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Positive Experiences

George learned from his grandmother that life is not about money -- it's about the positive experiences that you have. It's interesting that we're seeing more and more people devote time, energy, and money to experiences rather than things. Again, at 80 years old, it's incredible and wonderful that George has an optimism for life and believes right now is the greatest time to live in the world.

“Opportunities are everywhere; we just have to embrace them and reach out and make them a part of our lives,” he says.

What opportunities are around you? In what ways are you fighting them? In what ways are you embracing them?

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

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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.

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