

THE JORDAN HARBINGER SHOW

Worksheet for Shaun T | 7 Transformational Principles for Living the Best Life (Episode 61)

Shaun T is a world-renowned health and fitness expert, TV host, motivator, and creator of the best-selling fitness programs Insanity, Hip Hop Abs, Focus T25, Insanity Max 30, Cize, and the newly released Shaun Week. On the publication of [*T Is for Transformation: Unleash the 7 Superpowers to Help You Dig Deeper, Feel Stronger, and Live Your Best Life*](#), Shaun can now add author to his impressive list of professions.

On [episode 61](#), Shaun talks about unpacking issues from your closet, using anger and discomfort to change, and why having a big windshield is important. He also talks about personal issues like coming out as gay and the impact his grandmother had on his way of thinking.

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Stuck in the Past

Each person has something in the closet -- something they are holding back that keeps them from progressing. In this way, we all keep ourselves stuck in a past situation. Shaun counsels us to accept our struggle and unpack it. Don't stuff it back in the closet, but work through it. Consistency over time equals results.

What do you continue to keep in your closet? What is holding you back from accepting the situation? For the next three weeks, journal your attempts to move the problem to the light, accept the situation by unpacking it, and how you are moving forward.

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Anger Management 201

We often allow anger to seep into other areas of our life and it eventually affects unrelated areas that have no connection to the original situation. To deal with the anger, Shaun invites the feeling and connections to the emotion to better understand why he is angry. You can reflect on it and build from it.

What incident or situation is burning you up? Why are you upset about it? Feel that anger and then work to understand it. How can you use it to build a better life?

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The Never-Ending Story

Social media platforms allow us to tell our story, but most stop at just the story.

Shaun advises us not to just tell that story, but what we learned from it. What can others take away from our journey to be a better person?

Create a post on Facebook or Instagram with a personal story and tell us what lessons you learned or are learning from this story. Tag Jordan (on [Facebook](#) or [Instagram](#)) and Shaun (on [Facebook](#) or [Instagram](#)) in the story so they can also see the lessons you are learning.

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Getting Comfortable with Discomfort

Discomfort is a risk, but discovery is the reward for that risk. Ask yourself: 'Is the risk worth the reward?' If it is, you have to get uncomfortable to pursue it and you have to do it now. When you are uncomfortable and take the risk, so many opportunities open up.

What have you been avoiding because it is uncomfortable? Write it down. Is the reward worth taking that risk? Write it down. If the reward is worth it, create a plan to pursue it and you will find that different opportunities open up because of your actions. Write those down too as you journal the journey.

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A Better View Through the Windshield

Shaun explains how your windshield has to be bigger than your rear-view mirror. The windshield gives you a clear picture of what is ahead, what situations to steer clear of, and it displays the color and brightness of the things around you. The rear-view mirror is limited and it only shows things in the past. You can never get rid of your past but you can use it to move forward, just like the rear-view mirror.

Go take a drive, even if you need to rent or borrow a car. Turn on some good music. Think about the windshield analogy Shaun describes and how it applies to your life. What things are out in front of you and what things should be in the rear-view mirror but are not? Commit to making your windshield clearer and larger and your rear-view window smaller and more limited in scope.

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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