

THE JORDAN HARBINGER SHOW

Worksheet for Adam Carolla | Why You Should Stop Trading Time for Money (Episode 69)

How does a construction worker without much of a plan escape the blue collar hourly wage mindset to become a comedian, best-selling author, actor, and host of the Guinness World Record Holder for Most Downloaded Podcast?

Adam Carolla of [The Adam Carolla Show](#) joins us for [episode 69](#) to share his story and explain why trading money for time is an uneven exchange, what we have to gain by running toward our fears, and how Adam was convinced to compete on *Dancing with the Stars*.

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Feeling Your Way Through “IT”

During the interview, Adam talks about the lack of a traditional mentor/father figure in helping him find his way in life. This process of feeling that “nobody cared” actually became a benefit to him later in life, as he wasn’t influenced when others ridiculed his pursuit of a career in comedy while working in construction. It also kept him grounded, as there were no delusions of grandeur that he was going to make it...just a basic instinct to pursue a passion.

It’s often a default setting to operate from a place of feeling we need a mentor or education to find success, yet over and over we hear anecdotal evidence that it’s just a matter of putting in work and feeling our way through the dark.

List out and create a Venn Diagram of what you are good at and what you enjoy doing. Does your current career fall in the overlap? If not, what could you be feeling your way through in order to find your purpose?



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Shaking the Blue Collar Mentality

Adam describes a mentality in which “blue collar” workers seem to be stuck, which is a monetary exchange for time/service rendered, and the continual linear process of determining how to increase that number. Even with “white collar” work, we seem to buy in to the same program. This enterprise often leads to a lack of fulfillment. In his own experience, there was a moment when he decided the traditional process was ineffectual. He had to get creative in the pursuit of monetary value in order to shift out of his current situation.

Do you find yourself in a similar frustrating pursuit to increase your wages?

What are some innovative ways that you could expand your career opportunities? Are you involved in any volunteer work or passion projects? List some hobbies you love doing that might be pivoted toward financial remuneration.

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Balancing Passion and Skill Set

Adam spoke anecdotally about his son's life in some ways mirroring his own when he noticed that he had an aptitude for baseball, despite generally finding it less satisfying than other sports with which he was involved.

As a younger man, Adam was involved in many sports, but had a preference for football. However, his build and athletic gifts did not lend themselves toward the sport. Despite that, he continued to pursue football to its eventual dead end. Years later, through a stunt while working on the Man Show, Tommy Lasorda saw that he had potential as a baseball player -- if he had just taken a natural aptitude and then honed his skill set.

Do we sometimes force ourselves in to pursuits that don't align with our skill set because we think we need to be doing it when our natural talents gravitate toward a parallel opportunity? List some things at which you are good, whether at work or in personal pursuits, and determine if there is a career path that better aligns with your "natural" talents.

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One Inch Closer

Early in his pursuit of making the leap toward a career in comedy, Adam recounted a time when he was invited to an event where he dressed up like a cowboy and pretended he was a gunslinger for a Christmas party. He mentioned how he was no longer being paid by the hour, but rather by the day. It was in those seemingly small incremental steps closer to where he wanted to be that he viewed as helping get him to where he is today.

Often when viewing a body of work, we don't see the marginal changes that facilitate the end product. Yet these seemingly insignificant moments are the difference between success and failure. It's not the big leaps, but the little steps repeated with consistency that get us where we want to be. List the processes that you are using to move one inch closer to your goals. If you don't have any, write down what you will do starting now, going forward.

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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