

THE JORDAN HARBINGER SHOW

Worksheet for Barbara Boxer | The Thrill of the Fight Back (Episode 75)

Barbara Boxer saw firsthand the disrespect Jackie Robinson received simply for being the first African American to play in Major League Baseball. She witnessed segregation in the Jim Crow-era south. She protested the Vietnam War. She made her way in traditionally male-dominated fields when such a thing was unheard of. She's always tried hard to push back against what she's seen as injustices while also trying to find common ground with her political adversaries over 20 years in the Senate and 10 years in the House.

Whatever your politics, you won't want to miss [episode 75](#) with former US senator and representative Barbara Boxer, podcast host of [Fight Back](#) with daughter Nicole Boxer and author of [*The Art of Tough: Fearlessly Facing Politics and Life*](#).

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Do You Know What That Feels Like?

Barbara's first campaign slogan was "Barbara Boxer gives a damn." She credits her willingness and desire to care to her mother, who once said to her, "Never stare (at someone with a disability). Do you know what that feels like?"

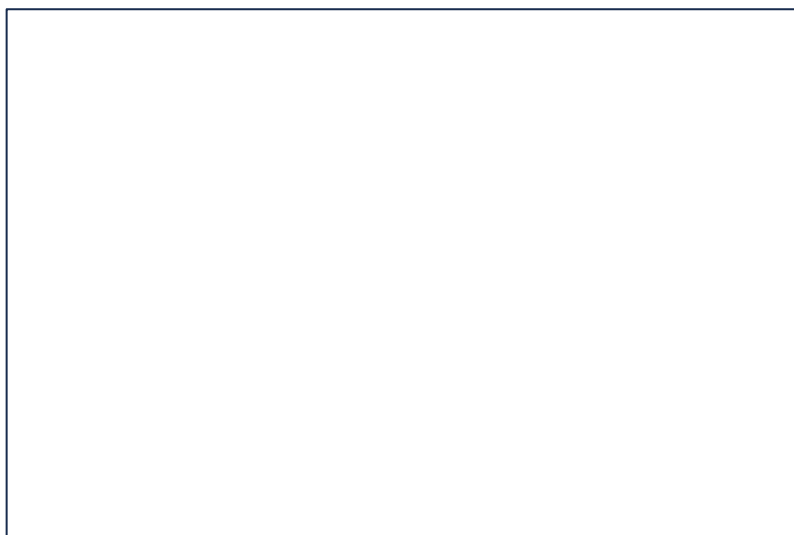
Are you guilty of "staring" literally or figuratively? What can you do to change that behavior (and why would you want to)?

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A Traveler's-Eye View of Current Events

Travel changed my perspective on the policies of my home country, the United States, and gave me different lenses by which to view current domestic political situations.

Are you sometimes guilty of tunnel vision in how we look at current events? Can you reframe through a different perspective? Take something from the news and ask a friend who lives in a foreign country or who was raised there what their views are on a current event so that you can consider perspectives you might not normally hear.



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Women Didn't Do That

Barbara shared that when she was in the financial services industry she was told that she couldn't take a class because she was a woman and "women didn't do that." Senator Boxer also mentioned she was ashamed that she just "took it."

Have you been told you can't do something for a particular reason that seemed strange or unfair? How did you respond to it? Were you proud of how you did so? Would you act any differently today?

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Oh, the Scandal!

Senator Boxer discussed a “scandal” in which the bank she was using wasn’t charging her overdraft fees even though she was accidentally incurring them frequently. Her strategy was simply to come clean and admit that she had messed up. This ended up working in her favor and the “bombshell” the opposition expected to land on her evaporated.

When have you confronted a problem head-on, thus blunting what you thought might be a serious impact? Would you still handle it the same way today? Why or why not?

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Reaching Across the Aisle

Senator Boxer is known as someone who gets along with those in the opposition. She says she's able to do this by creating boundaries about things that she talks about with those people while still standing firm for what she believes in.

Are there friends or family with whom you have difficulty discussing politics or other touchy subjects? How could you benefit from the Senator's advice to create boundaries so that you can still maintain relationships with those you care about while not abandoning your principles?

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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