

# THE JORDAN HARBINGER SHOW

## Worksheet for Isaiah Hankel | The Smart Way to Focus and Grow Successful (Episode 91)

When you think of what success means to you, is it a true reflection of the fulfillment and happiness you might achieve on your own terms, or a distortion of expectations put upon you by -- and dependent upon -- others?

[The Science of Intelligent Achievement: How Smart People Focus, Create, and Grow Their Way to Success](#) author Isaiah Hankel joins us for [episode 91](#) to discuss scientific strategies for achieving sustainable success through selective focus, creative ownership, and pragmatic growth.

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## A Good Morning

Isaiah and I talked about getting how easy it is to suddenly be donating your time to everyone else's agenda. Then what happens? Your own agenda suffers. On the podcast, Isaiah detailed an exercise to help.

**First, set aside about 15 minutes in the morning, before your work day begins. Then ask yourself the following questions:**

- **What am I doing today?**
- **What is a waste of time?**
- **What is a pattern that has (over the last few months/year) been completely unproductive?**

**Are you bold enough to say *"I'm not going to do that anymore"* and take the steps to try and fix it?**

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## The Friendship Audit

We often don't think about our relationships; we just simply have *interaction after interaction after interaction...*but now it's time to interrupt the pattern. It's time for a Friendship Audit, as prescribed by Isaiah. (Though it sounds like something Facebook should do for you, this is one you'll have to do yourself.)

The point of this exercise is to see whether your relationships are one-sided or reciprocal. Reciprocal relationships are the healthiest and most helpful in terms of your overall productivity. One-sided relationships are likely taking your attention and energy away from wherever you'd rather have your focus pointed.

**Stop and take a moment. Make a list of people in your life. Think about the past year. And think deeper than who just owes you lunch and hasn't repaid that burrito (even though they say it's coming soon)!**

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**Before you start feeling weird about “keeping score” on other people, you’re going to start with *you*. Maybe you are holding someone else back and you don’t realize it. Whose lives are you making *worse* by being in them? What have you done for them in the past? Are you sucking their energy? Taking from them? Or who are you not adding value to? Do you offer emotional support or do you do things for them? Do you add energy to the relationship?**

**Now turn the tables: What have they done for you? Who is sucking the energy from you? Who is only taking? Who is adding value?**

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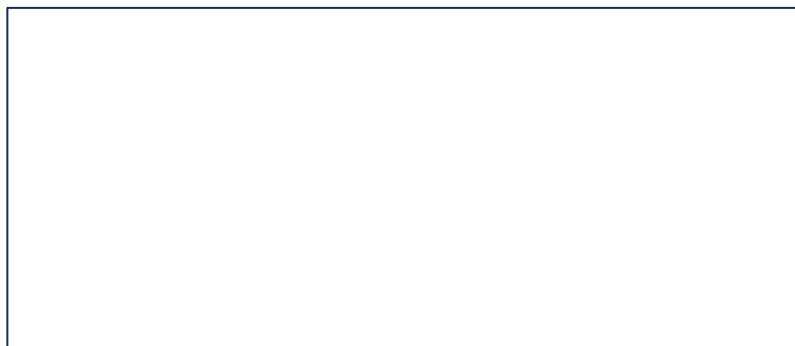
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## Mental Energy Scorecard

Isaiah uses a variety of metrics to track and improve his life. One of my favorites that he charts is *mental energy*. Now this isn't an exact science, but it will give you more information on how you work, and that's always a good thing.

**Isaiah recommends setting an alarm so you can record your mental energy across regular intervals through the day. Use a scale of one to 10 (with 10 being the best.) Track it, and keep tracking it.**

**As an example, Isaiah's results look like this: He's a 10 two hours after waking. Three hours after, he's an eight. Then he hits an afternoon slump of five or six. Then he rebounds to seven before crashing completely.**



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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