

# THE JORDAN HARBINGER SHOW

## Worksheet for Jason Khalipa | Going from Zero to Hero in the New Year (Episode 141)

If you're a late bloomer, you may have looked with envy upon your more focused peers who got an earlier leg up on fulfilling their life's dreams. And if you've fallen into the trap of comparing your own accomplishments against theirs, you may think your relatively slow pace is some kind of uncorrectable character defect.

[On this episode](#), we talk to NCFIT founder, CrossFit Games world champion, and [As Many Reps As Possible](#) author Jason Khalipa -- one of the last people who might come to mind if you're trying to imagine what a late bloomer looks like. Nevertheless, Jason shows us what he did to turn from slacker to procrastination attacker.

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## Confidence: Earned vs. Perceived

All Jason wanted to do was to get into a certain college. It wasn't Harvard or Stanford -- he just wanted to attend Santa Clara and be with his friends. He wasn't accepted, so he chose the junior college route, hoping to transfer his way in. After six months of kicking JuCo butt, he applied, and was rejected. He wasn't pleased by the news, but he had a useful realization: doing well for six months wasn't going to wipe out four years of having a lousy work ethic in high school.

His confidence (*and his own perception of it*) had increased in that time, but he hadn't established the consistency it takes to establish what he calls *earned confidence*. Like the myth of *catching up on sleep*, he realized he wasn't going to catch up -- he had a lot more work to do.

Earned confidence, according to Jason, can be understood by asking yourself: "*Have I earned the right to be there?*" This test of your foundation is rather revealing if you're honest.

**List a few important areas of your life. These can be where you know you're more established as well as where you want to go. Evaluate each: do you have perceived confidence or earned confidence?**

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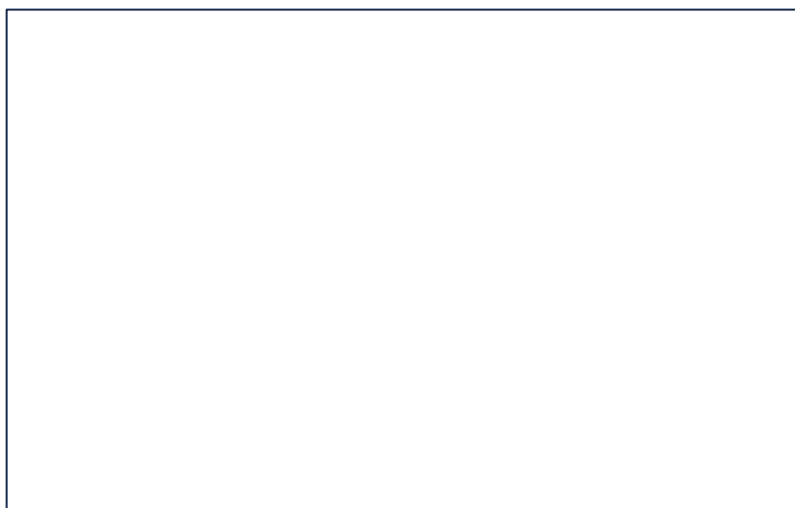
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## Maximize Your Current Network

We'd all love to have our social circle be comprised of the best and brightest of our niche. Though you might not have *Elon* on speed dial (*if speed dial is still a thing*), you probably already have some great people in your current network.

“Find people in your current network who want to raise the bar,” Jason told me. They might not be doing the same things as you, but still connect with them. Just look for those who are trying to better themselves in ways that make sense to you.

**Jason says: Set up a monthly coffee and just talk about stuff. Here's the criteria you can use: Are they in a different industry, yet still have the same core values?**



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## Keep It Simple

Some of the most commonly repeated maxims in the world of personal development are also some of the most useless.

Thankfully, some of them are the most useful. So here's one from Jason: *Just start.*

"A lot of people like to talk about what they want to do, but they never actually take action on it," he told me during our recent chat.

"I think your words have to be backed up by action."

Action is more than just a beginning. Jason recommends finding someone to hold you accountable to your start. "I wish I had that earlier in business because it would have solved some of our problems," he said.

**Where do you want to start? Do you need help with accountability? Write down a few areas where this applies and who in your life might be able to help you. If you don't have that person, how might you seek them out?**

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## How to Take a Joke

Taking a joke in good humor is usually about rolling with the punches. However, Jason actually went a step further. He *took* a joke and used it to improve his life.

During a high school commencement speech, the speaker poked fun at Jason and suggested his head was empty. He had been a bit of a class clown, so Jason rolled with it. But it still got to him. A lot. That's when he realized he didn't want to get left behind, and really start applying himself.

**Has someone busted your chops in a way that hurt because it hit on something that really mattered? What was the joke and why did it matter?**

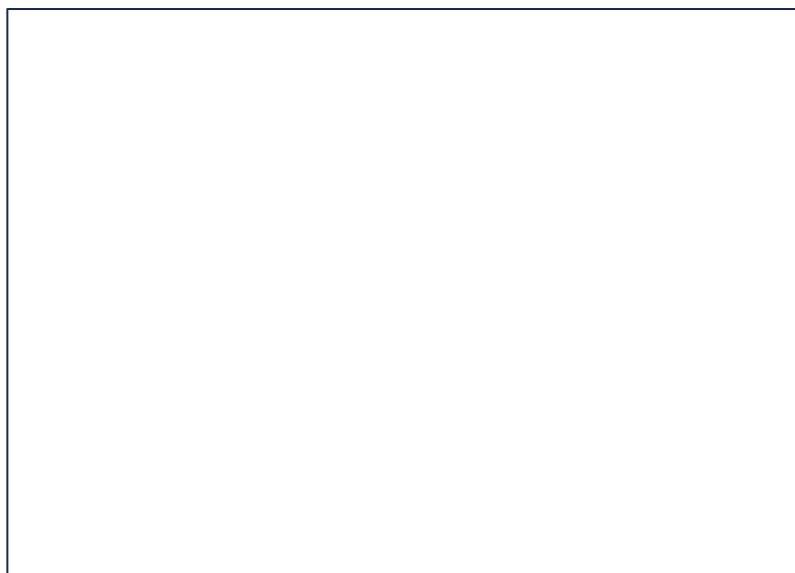
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## Focus on the Left Circle

As human beings, our brains are hard-wired to constantly seek out problems to solve. As a result, we often zero in on the noise -- the countless modern distractions that are truly out of our control, masquerading as obstacles we need to hurdle. So how do we focus on what *really* matters?

**Draw two circles side by side and list things you can control in the left circle, and things you cannot control in the right circle. Choose to focus on what's in the left circle, and put blinders on to what's in the right circle.**



*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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