

THE JORDAN HARBINGER SHOW

Worksheet for Brian Rose | An Honest Look in the Real View Mirror (Episode 154)

What do you do if you're one of the world's rarest and luckiest people who realizes your dreams and gets to enjoy the fruits of all life's labors before shuffling off this mortal coil? You can express gratitude to the mixture of hard work and planetary alignment that led to the moment of realizing this good fortune, or you can look around you and wistfully wonder, as Peggy Lee and countless others have, "Is that all there is?"

[In this episode](#), we talk to [London Real](#) host Brian Rose about the epiphany he had when he was an investment banker hanging out in Richard Branson's Swiss chalet, why he left a comfortable life making millions of dollars to instead inspire millions of people, and the transformative system he uses to keep achieving the goals that make him happy — like completing an ironman triathlon at age 47. Listen, learn, and enjoy!

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Complete the Loop

Brian enjoyed working hard and partying hard on Wall Street -- for a while. But eventually he came to realize his level of happiness never crested the mountain of cash he was stacking up. In fact, the higher that mountain climbed, the lower he felt. It would seem his background in science should have helped him rationalize why his lifestyle and livelihood had become unsustainable, but it actually had the opposite effect.

As Brian tells it: "My engineer mind [said], 'Just complete the loop. You need more money and more success, and then you'll be happy.'" Over the course of his ambitious life, persistence had always been the way forward. But in this case, it worked against him.

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Think of a time in your life when you've been stuck in a rut with no clear way out -- maybe you're in that rut now. Is your instinct to persevere your way through the rut, or give up and find a way around it? How might changing an approach that hasn't been working deliver a resolution?

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Ditch the Dogmas

"We have these visions of our futures based on this paradigm of what we see in the world," says Brian. "This is the way the world is, this is where I'm going to go, and this is what's going to make me happy and what I'm going to identify with."

The problem is that these visions -- these dogmas -- may work well and even propel us toward our goals, but they're intended to operate on a short-term basis. We often forget that the world is constantly changing, and so are we. We become comfortable with the familiar, but we need to adapt to the inevitable changes in order to grow.

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Make a list of your long-term goals. Are the dogmas you believe and follow today serving those goals, or are they just the bones left over from goals of the past? Can you justify the dogmas that remain after honestly asking yourself why they remain?

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Right Past Wrongs

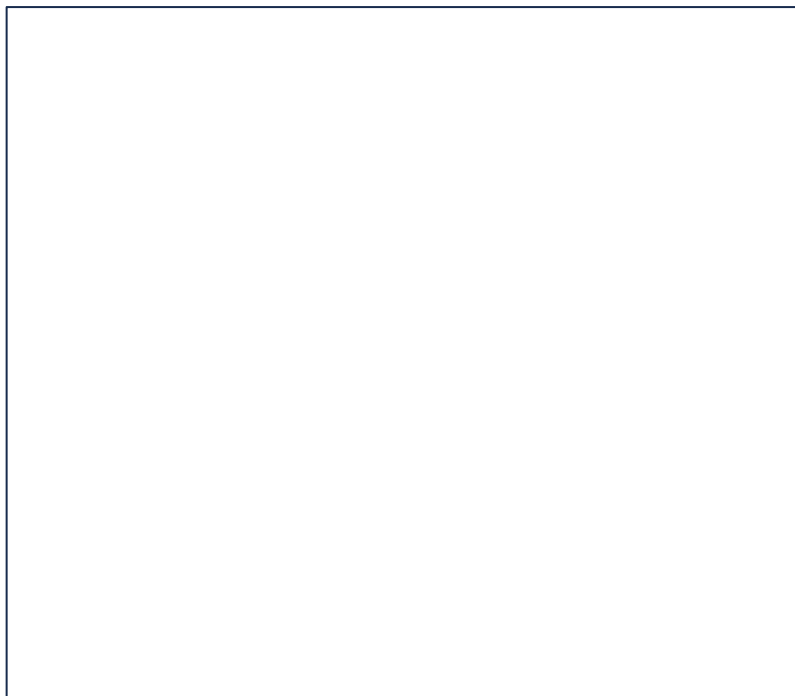
Stuck in a destructive pattern dictated by stagnant loops and dogmas rather than the adaptive changes that could have made him thrive, Brian's drinking habit became a cocaine habit, which graduated to heroin abuse. He had lost control.

During Brian's darkest days as a heroin addict, the people closest to him began to disappear. His girlfriend broke up with him, and a good friend who had hired him had to turn around and fire him. Brian eventually kicked the habit, moved from New York to London, and found his footing with *London Real*, but the way things had ended with his girlfriend and friend still haunted him. Just recently, he tracked them down to apologize and ask forgiveness, but also to thank them for making the right call 15 years ago.

"If they hadn't have dropped me," says Brian, "I'd definitely be dead. But since they did, they made it clear that this behavior was not acceptable."

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Have you ever had to make a tough call concerning someone close that seemed cruel at the time but turned out to be the right move? Has anyone close had to make a tough call concerning you? If considerable time has passed and the reason for the call has been resolved, have you reconciled or considered reaching out? What might be gained by doing so? How might sharing this experience with others help heal and motivate?

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Inspiration vs. Transformation

"I don't like the word 'inspiration'" says Brian. "I like the word 'transformation.'" And if Brian weren't someone who is always challenging himself to transformational adventures himself (like going vegan, training for a triathlon, or learning how to breakdance), this might seem like a platitude. But Brian's a guy who definitely walks the walk.

Here's his nine-step *Pull the Trigger Transformation System*:

1. Idea Inception
2. Visualize Your Future
3. Find a Mentor
4. Pay Price to Action
5. Create Your Gameplan
6. Take Action
7. Be Held Accountable
8. Fight Resistance
9. Accomplish Your Goal

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Pick one goal that you can see yourself realistically following through all nine steps, and make sure you're accountable to do so with someone other than yourself. Track your progress here and be sure to let me know how it goes!

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Full show notes and resources for this episode [can be found here.](#)

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About



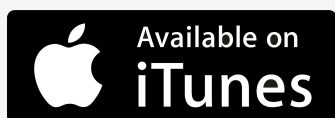
Join us as we get deep into the untapped wisdom of the world's top performers -- from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

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 valuable insights into your own life and live what you listen.

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