

THE JORDAN HARBINGER SHOW

Worksheet for Philip McKernan | Why Your Truth Matters and How to Speak It (Episode 145)

Did you fall into your current line of work simply because you showed an early aptitude for some aspect of what it takes to get the job done? Perhaps you became an accountant because teachers throughout your school years told you were good with numbers. Maybe you're a dentist because it's what your father did when you were growing up and your lifelong familiarity with the lingo put you next in line to run the family business. But just because you're good at something doesn't mean you're obligated to make it your livelihood if it doesn't fulfill you in some way.

On [today's episode](#), Philip McKernan -- author of [One Last Talk: Why Your Truth Matters and How to Speak It](#) -- will help you discover what you could be doing with your life tomorrow if what you're doing to earn a paycheck today just isn't making you happy. A note to the skeptical: this isn't a "follow your passion" pep talk, but an honest and actionable call to action that opens your field of options instead of just telling you what you think you want to hear.

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Excitement vs. Passion

Does your passion get you excited? I'm sure it does. But is that passion sustainable? That's the magical question when it comes to making your passion into a business. It's common that people develop the *Shiny Object Syndrome* and, over time, bounce from one shiny object to the next, leaving a wake of unfinished business.

"I'll be doing what I'm doing now for the rest of my life," Philip told me. "But how I'm doing, I can pivot." That gives Philip enough variety not to get bored, while guarding against moving on to the next thing in a form of self-sabotage.

Where do you find passion? Where do you find excitement? Do any of those feel the same? Might one run out on the other?

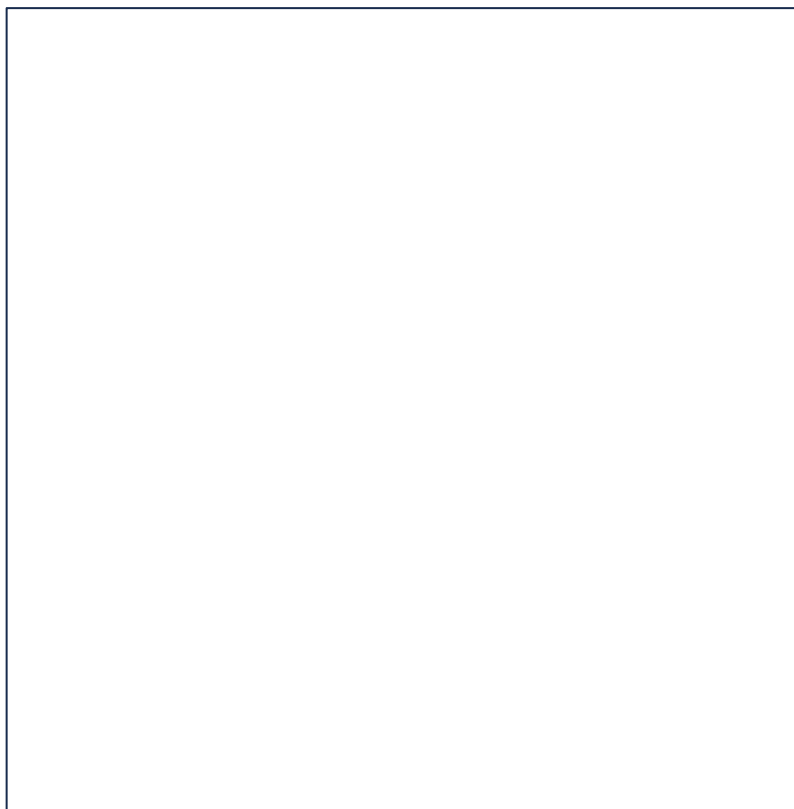
A large, empty rectangular box with a thin black border, intended for a reader to write their response to the question above.

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Near-Life Experiences

Philip almost died twice. Though the experiences were harrowing to say the least, he found value in them. “Real wake-up calls” is how he refers to these, and those type of wake-up calls are the ones that produce real change. “It awakens you at a very different level,” he told me. “I almost wish it on everybody.” He found that the first thing that happens is excuses go away.

If your life flashed before your eyes, what might it reveal? What excuses seem to be tied to this?


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The Fake Vulnerability Test

Philip describes people who volunteer fake vulnerability as “trying to share a story they haven’t done the work on.” [We’ve talked about this before.](#) Fake vulnerability is useless and often brought out by those with suspect motives. However, real vulnerability, according to Philip, “isn’t a tool; it’s a gift. It’s magical.”

In what ways have you shown vulnerability in the past? In hindsight, do you think it was honest vulnerability accompanied by the requisite work, or fake vulnerability offered for a purpose less noble? What work do you think makes the difference between honest and fake vulnerability?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

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One Last Letter

You're going to write the last letter you'll ever write.

Get a sheet of white paper.

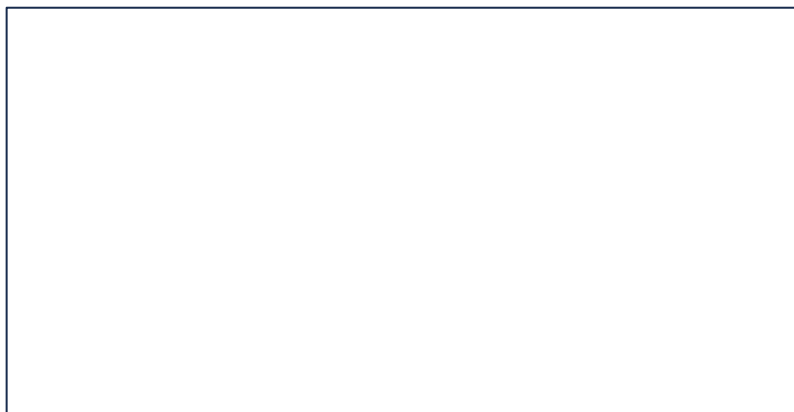
Give yourself no more than 15 minutes.

Do not think about it. The more you think about it, the more you'll screw it up.

Your last letter is to someone (even if they are no longer walking on this earth), and it's part of your personal narrative. It's the most important conversation that you're not having today.

Who? You already know. And it has to be something the world has never heard before.

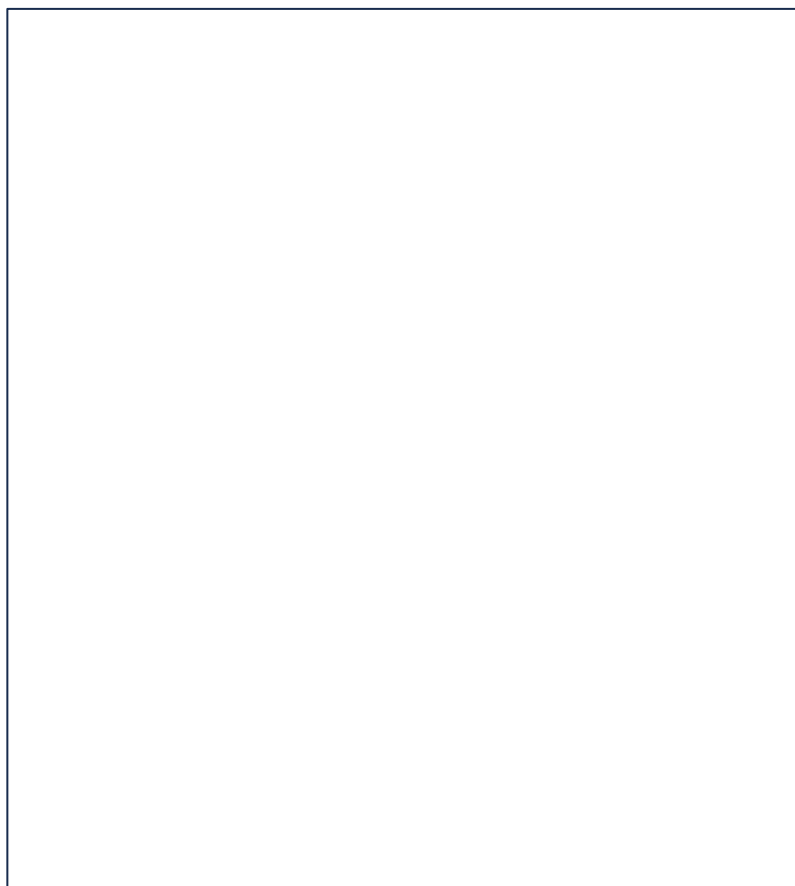
When you're done, think about giving the letter to that person. You don't have to, but whether you do or not, just don't think about it in advance of writing the letter.

A large, empty rectangular box with a thin black border, intended for the user to write their letter. It occupies the lower half of the page.

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Bonus: Five Happiest Days

Without too much premeditation, write down the five happiest days of your life that come to mind. What clues does this list provide about the things that truly make you feel alive?

A large, empty rectangular box with a thin black border, intended for the user to write down their five happiest days and the clues they provide.

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

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About



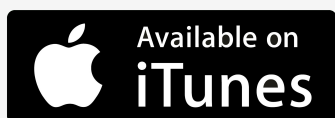
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

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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