

THE JORDAN HARBINGER SHOW

Worksheet for Shawn Achor | Why Success and Happiness Aren't Mutually Exclusive (Episode 144)

Entrepreneur Jim Rohn famously said that you're the average of the five people with whom you spend the most time, so it stands to reason that surrounding yourself with high quality people will result in your own elevation by osmosis -- and this is a theme we frequently drive home here on the show.

But also consider this: according to [Big Potential](#) and [The Happiness Advantage](#) author Shawn Achor, you also achieve and perform better *when you help others* operate at their best. [On this episode](#), Shawn shares insights that will allow you to reconcile your own happiness with success and build up others in the process.

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Taking Inventory

Shawn told me that the turning point for his depression was when he stopped treating happiness “like an individual pursuit.” All of his data shows that it’s all about other people.

Write down the eight people you spend the most time with. From this list, who helps you grow? Who is positive? Who do you feel like you have a positive relationship with?

If one of those eight people is a yes to all three, that’s a person you want to be around more. Schedule an email or phone call on a regular basis to increase your exposure to this person.

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Your Star System

“You want a *star system* around you,” Shawn said. And no, he wasn’t talking about having a bunch of famous people in your network, but a solar system of various people in your orbit.

He described a variety of people who will increase your happiness:

- People who inspire you to grow
- People who will love you regardless
- “Extenders” -- people who get you outside of your comfort zone to spur growth

“You’re looking for all different types of people, but you’re also looking for certain kinds of connections,” he said. “You can surround yourself by the hustlers out there, but if you don’t find meaning in your relationships, it feels vapid and empty.”

Who is in your solar system? Jot down some of your relationships and include what role each ‘star’ plays. Is there anyone missing?

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Collaboration

Shawn talked a lot about the importance of surrounding yourself with people who share some kind of a connection. One thing I found especially interesting was that he not only encouraged everyone to focus on their relationships, connections, and being around others, but he says we'll all benefit from adding people to situations where we're used to just doing it on our own.

"Collaboration brings out much higher chance of success in yourself," he told me, regarding his research.

It's actually a competitive advantage to study with a group of three to four people even if you're all really studying together.

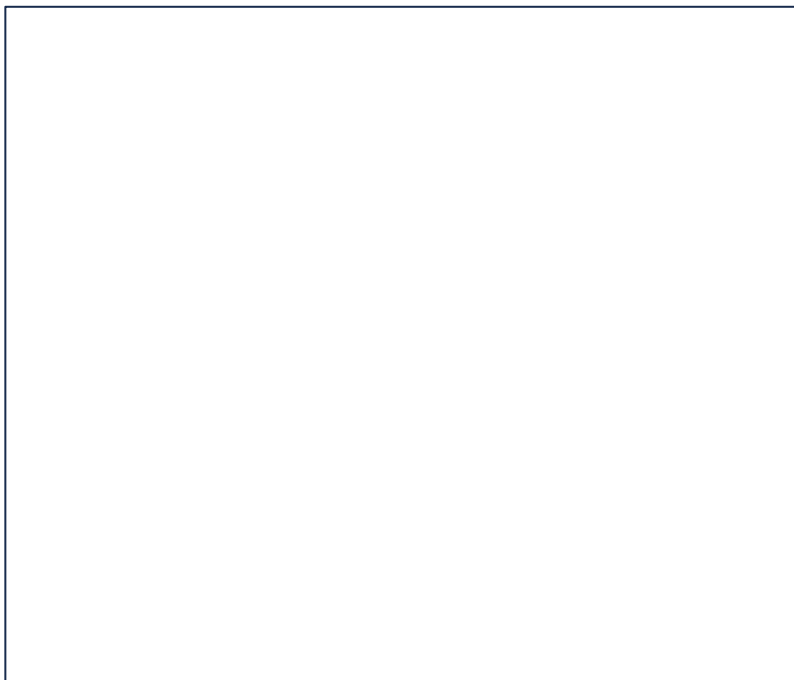
Consider the areas of your life that could be enhanced by collaboration with others on the same path and list them here. These could be morning hikes in the fresh air with other early risers, striving to streamline your workflow with other people in your office, or teaming up with classmates to share lecture notes and ensure everyone understands the material before the next test.

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The 21-Day Challenge

Here's something that'll raise your social support score by about 10 percent without even adding another friend to your life.

Write a two-minute positive email praising or thanking one person in your social support network for 21 days in a row. Write to a different person each day.



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

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About



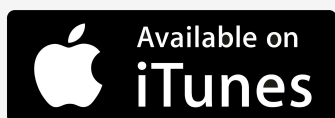
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

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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