

THE JORDAN HARBINGER SHOW

Worksheet for Mike Posner | 31 Minutes to the Other Side of Fame (Episode 168)

I've always wondered what it's like to hit widespread fame and fortune early on in life, and [this episode's](#) guest, Mike Posner, has done just that. He's written hits such as I Took a Pill in Ibiza, which has billions of plays on various platforms. He's also written for other artists from Maroon 5 to Justin Bieber, Snoop Dogg to Avicii.

But fame has had an interesting effect on Mike. Once he got it, he realized he didn't need it, and ended up in a bit of a funk that motivated him to change his entire life from how he lived to what he valued -- and, perhaps more important, what he didn't value any longer. Now he's taking a break from the limelight for a 3,000-mile walk across the United States. Why? Listen to, learn from, and enjoy this episode to find out!

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Don't Let Forever Become Never

As soon as his broken toe heals and his doctor gives him the go-ahead, Mike is taking a 3,000-mile walk across the country -- with the enthusiastic support of Tom "Run, Forrest! Run!" Hanks, himself. But why?

"We all have a list of things that we *want* to do when we're done doing what we *have* to do," says Mike. "And for me, I've been around a dose of death to remind me: 'Hey, you think you have forever to get to that list; you don't.'"

As *Wait But Why's* Tim Urban famously detailed in his essay [The Tail End](#), time is *not* an unlimited resource. Like money, if it's poorly budgeted, it'll be gone before you know it. What's on your list of things you want to do that keep getting put off until a "later" that never comes? What reasons do you give yourself for delaying progress of what's on this list? Jot down the list below and pick something from it that can be reasonably done within the next month. Then, see what you can knock off your list over the course of the year -- you'll be surprised at what you can accomplish when you put it on your calendar.

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The Waves of Fame and Failure

Mike enjoyed success so early in his career that when his next efforts didn't take off to the same degree, he knew some were already dismissing him as a one-hit wonder. But before he let these whispers discourage him into inaction, he used them to fuel his next endeavor -- which became another success.

"Our successes are all very well documented," says Mike. "I also wanted to document the downfall. That was interesting to me. So I wrote about it and, in an impossibly ironic situation, the writing of this caused my next wave. That's when I realized, 'Oh, that's what my job is: to ride these waves.' That's sort of what life is, too. It goes up and down.

"You sort of realize when you're having a huge success, you know that a failure is bound to follow...and when you're in the middle of a failure, a success is bound to follow. They're tied to one another -- they're not actually two different things."

Below, chart the waves -- up and down -- you've experienced over the past year. Do you notice a similar pattern? How might you better ride success and failure when you understand them as waves that tend to follow one another rather than states of guaranteed permanence?

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Stop Envyng Your Friends' Success

At this point in his career, Mike is satisfied enough with his success that he doesn't envy his friends who have become household names -- because he's seen the dark sides and discomforts of such fame.

Nor does he begrudge the fact that the Seeb remix of his hit [I Took a Pill in Ibiza](#) became...an even bigger hit.

"Sometimes I'm Andy Warhol, and sometimes I'm the Campbell's soup can," says Mike. "I believe in remixing!"

Not all of us are as well-adjusted as Mike, and I know I sometimes have to remind myself not to be envious when my friends are enjoying their own successes. The next time you find your stomach churning with ugly bitterness instead of delight when good things happen to your friends, remind yourself of their positives -- the reasons you consider them friends -- and reinforce these positive points by giving them appropriate props in public and private. Enjoy and share in these waves of success when they crest, and remember to stick around for support when the waves of failure rush in to take their place. We all experience ups and downs.



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

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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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