

THE JORDAN HARBINGER SHOW

Worksheet for Humble The Poet | 101 Simple Truths for a Better Life (Episode 189)

[In this episode](#) we talk to Humble The Poet (aka Kanwer Singh), a spoken-word artist, poet, former elementary school teacher, and author of [Unlearn: 101 Simple Truths for a Better Life](#).

He tells us about the unique perspective he, as a Canadian artist, has of the world from embracing his Sikh heritage, how the world has reacted to him as a result of his convictions — for better and worse — and why he felt compelled to write a book designed to help us all legitimately lead better lives rather than pump us up with feel-good, self-help nonsense.

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Don't Die Dumb

Humble The Poet came into this interview wearing a shirt that simply says: "Don't Die Dumb." It's not meant as a knock against dumb people as much as it's a reminder to anyone who feels like they don't know everything (let's be clear: that should be all of us) to keep learning.

"The only parts of my heritage that I really feel are the most important to continue moving forward is lifelong learning and service...live your life accordingly; just be self-aware, learn as much as you can, and focus on being of service to others -- whether that's through the form of running a business or whether that's spending your Saturdays at the soup kitchen."

In what ways are you stepping out of your comfort zone to learn more about the world around you? Are you doing anything that qualifies as being in service of others? What kind of service and self-education would you find most fulfilling, and how might you get involved in them instead of just wishfully thinking about them?

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The Comparison Trap

Humble The Poet credits ex-monk and current podcaster Jay Shetty with giving him the perspective that we'll always identify the gaps in our lives in relation to whoever is standing in front of us.

"It's not just YouTube views," he says. "They could be seeing somebody with lower body fat. Seeing somebody with a healthier family dynamic. Or anything. You see somebody and you're like, 'Oh, that's helping me remember that I don't have that in my life.'"

In what ways do you find yourself comparing who you are and the way you live with others and their lives? How does this distract you from being authentic to yourself and your own aspirations?

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Wanting Less vs. Getting More

One thing Humble The Poet has learned while trying to balance the pros and cons of fame is that wanting less is better than getting more.

"For me, it came from going broke. It was involuntary minimalism on my part," he says. He quit his job as a teacher to work on music for a deal that, in retrospect, was too good to be true. After a year waiting for money that would never come, going into massive debt, and having to move back in with his parents, he came to understand that he didn't miss the excesses of his expensive lifestyle.

"It didn't matter if I had a Burberry scarf anymore or even equipment...I [once] needed for recording. I figured out ways to get stuff done without it."

Make a list of things you'd really miss if your lifestyle were suddenly downgraded and you had to give them up. How many of these things are necessities? How might your life be improved by wanting fewer of these things rather than spending time and energy in the pursuit of more?

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Win or Learn

After the low point of falling for the bad deal and going broke, Humble The Poet had time to reflect on how he'd gotten there.

"Your negative thoughts, your negative memories, your physical pain, they all serve a purpose. These are all messages and there's a lot of value to them. For me, there was a lot of kicking myself...I should have seen all the warning signs. I really wanted to avoid the memory, because it made me feel like garbage -- not realizing at the time that the reason the memory was 'haunting' [me] was because there was something to learn from it."

It changed his mindset from win or lose to win and learn.

By realizing that attitude, effort, and expectation are all in your control, how might you apply a win and learn mindset to your next big challenge?

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

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About



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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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