

THE JORDAN HARBINGER SHOW

Worksheet for Lisa Lampanelli | Changing Careers at the Top of Your Game (Episode 183)

Many of us have quit something or retired from one career and started another. However, when it comes to comedy, few people have quit when they're at the top of the game. [Today's guest](#), Lisa Lampanelli, recently did just that.

Lisa has built a reputation for herself in the comedy world by being pretty shocking and crushing it when it comes to roasts and insult comedy. She's had sold-out arena shows, best-selling books, and the right ingredients for a massive career in the space. So what caused her to jump out of that and into a brand new space that is, in a seeming 180, dedicated to the service of others? [In this episode](#), we'll explore this shift, and how we might discover that it's time to make a shift of our own.

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Take the Hint

In spite of being comedy's Lovable Queen of Mean, Lisa Lampanelli has never been the kind of person to storm angrily from a job she hates.

"Everybody forgets to get out before [they] hate it," says Lisa. I've gotten out of every job, every career, and marriage before I hated what I was doing. I don't go kicking and screaming. I go, 'You know what? I'm going to take a hint and go.'"

After 30 years, Lisa has made a graceful exit from comedy on the top of her game; now she's taking the life coach route to be of service to others -- or, as her retirement announcement on CT Style was headlined, she's gone "from the Queen of Mean to the Queen of Meaning."

Have you ever pivoted into a new career when an old one was no longer fulfilling you, or do you tend to stick around until you either burn out, blow up, or get fired? If you're good at "taking the hint," what signs usually signal that a pivot is prudent? If you're not, what steps might you take to ensure you don't overstay a career you hate?

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What's the Real Risk?

When it comes to expressing authentic vulnerability, a lot of us struggle (and if you'd like to dive a little deeper into why this is and how to cope with it, make sure to check out [episode 94](#)). Even though she's made great strides lately, Lisa still finds herself in situations when it can be difficult.

"My mother...I love her. She's 89. But she was tough. The other day, she said to me, 'Don't forget to turn back the clocks.' I said, 'That's not this weekend.' She goes, 'Yeah it is.' I go, 'Oh, my God. You're right!' And on the tip of my tongue, I was about to say, 'See? Sometimes a grownup even needs their mother.'"

But Lisa hesitated. Even though she wanted her mother to know she needed her, it felt like a risk. But she did eventually say it and, to her relief, her mother smiled and said, "Oh, I'm glad!"

The next time you hesitate expressing vulnerability in front of a loved one, consider what's holding you back. Write down what you think you're risking as well as what the reward would be from discovering your fears are unfounded.

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Take Arms Against a Sea of Hecklers

When stand up comedy was still new to Lisa, she was surprised when some brave silhouette from the audience heckled her about her weight.

"I went home...I sat there with a reporter's notebook and I wrote a hundred insults for any time anyone could say anything to me, what I would say back," says Lisa. "I took every category of person -- if it's a hillbilly, I'll say, 'Oh, yeah, the only reason you're here is because Blockbuster was out of Ernest Goes to Camp!' I drilled them all down: old guy, fat chick, fat guy, thin girl. I said, 'I'm going to get them before they get me,' and you know what? Once you're armed, you never need the weapon!"

In hindsight it was an overreaction, but it turned out to be a career-boosting exercise. If you were in a similar situation, how would you react? Would an exercise like this help you feel better armed against factors in your life you can't control? Think of five ways to counter-heckle these factors -- whether they're people or situations -- and jot down how it makes you feel.

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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