

THE JORDAN HARBINGER SHOW

Worksheet for Howie Mandel | A Conversation About Mental Health, Talent, and Perseverance (Episode 210)

One of the hardest working men in comedy, [America's Got Talent](#) judge, [Deal or No Deal](#) host, and [Here's the Deal: Don't Touch Me](#) coauthor Howie Mandel accidentally outed himself as a germaphobe suffering from OCD on The Howard Stern Show. Instead of this incident ruining his life and career, it allowed him to become the voice of the disorder in many ways, and he's used it as a lens with which to study human nature, forming the foundation of his comedy.

[This episode](#) is so fun, so interesting, and so all over the place that it has quickly become one of my most favorite interviews I've done in the history of the show. I've got a few fun notes and stories for after the show as well, but in the meantime, please enjoy this episode with one of the most prolific comedians of the day!

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Impulsiveness Now

Instead of overthinking and saying “coulda, shoulda, woulda” after the fact, Howie thinks more of us would be ahead and happier if we lived in the moment — as long as we’re not hurting anybody.

“You shouldn’t spend a moment thinking about what you don’t have and what you want,” says Howie. “You’ve got to think about ‘How do I make this moment — this second — the most fun, the most interesting, and the most exciting?’ Because that’s all you have, and that’s all I do every minute of the day. And I fight for that — I don’t achieve that, but that’s what I fight to do.”

In what ways might you be “ahead and happier” by surrendering to decisions driven by impulse rather than overthinking?

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Coping Openly

Over a lifetime of struggling with OCD, anxiety, and depression, Howie learned the importance of coping openly with these struggles — rather than bottling them up and pretending they were nonexistent — after accidentally revealing his issues on a live Howard Stern broadcast.

“Life is a constant battle, but it’s a worthy battle,” Howie says. “And for the most part, I win all these little smart battles. And whether it’s waking up and taking my medication or talking openly like I am right now...whatever it takes, just a breathing exercise or whatever, there is a constant battle. But I think everybody has a cross to bear.”

What is your cross to bear? Do you have more than one? Do you cope with your struggles openly, or do you feel like no one could possibly relate to what you’re going through? If you’re not talking to someone about these issues, who might you open up to about them?

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Pryor Walk with Me

In the early '80s, Howie got the chance to regularly see legendary comedian Richard Pryor honing material for what would become [Live on The Sunset Strip](#). It changed the way he looked at comedy and how it could be used for maximum impact on an unsuspecting audience.

“It was the first time I was cognizant of somebody walking on stage with the tools of comedy without it fully being constructed,” says Howie. “It was the IKEA of comedy. He had ideas. He had notes. He was crossing lines that had never been crossed before...and it was scary and real.”

If you could learn something from a master of their craft — living or dead — who would you choose to teach you, what would you hope to see in a new light, and why?

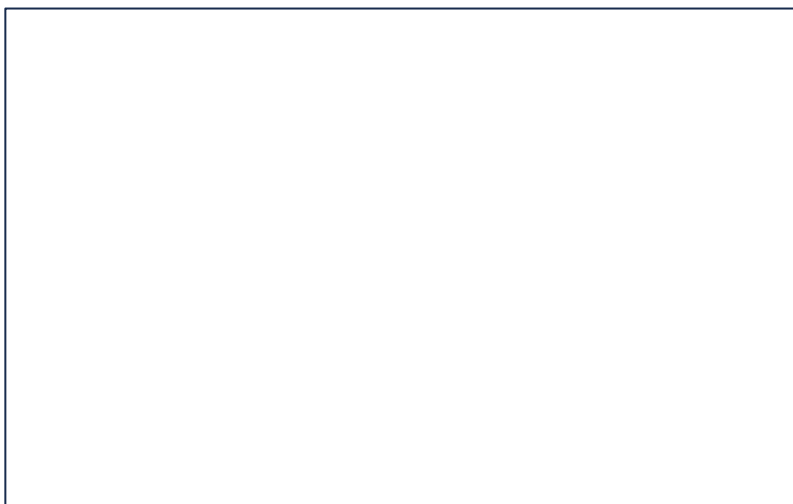
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Comedy as Connection

At its core, comedy is about connecting with and relating to other people.

“If you can get a room with 11 or 12 people to come along on your ride with you, there’s nothing better,” says Howie. “The harder it is, and the harder the room is, the more I luxuriate in that awkwardness.”

If you’re not used to stepping out of your comfort zone regularly to connect with others in some way (with or without comedy), what opportunities to do so might present themselves this week? What excuses do you commonly give yourself for avoiding this kind of challenge?



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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