

THE JORDAN HARBINGER SHOW

Worksheet for Chase Jarvis | Cultivating Your Creative Calling (Episode 252)

Life isn't about "finding" fulfillment and success — it's about creating it. The good news? Creativity isn't a skill — it's a habit, a mindset, and a practical lever that transforms our lives and delivers vitality to everything we do. Creativity has the power to change everything, and whether or not you think of yourself as a creative person, you *do* have that power. We all do.

On this episode we're joined by Chase Jarvis, author of *Creative Calling: Establish a Daily Practice, Infuse Your World with Meaning, and Succeed in Work + Life*. Chase is adamant that creativity is not only a must-have for those of us who want to stay sane and live out our potential, but also that creativity and creative pursuit are, at the end of the day, practical as hell. So whether you're trying to just complete a creative project or become a professional creator yourself, this episode will give you some tools to make it happen.

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Wakeup Callings

Wakeup calls don't have to coincide with life or death events, but sometimes we need to be shaken to our core to re-examine what we're doing with our limited time on this planet. In Chase's case, surviving an avalanche did the trick.

"These huge moments...cause us to reflect on our lives because we're faced with our own mortality," says Chase. "And in that moment, I realized I wasn't doing what I was supposed to be doing — I wasn't living not only my creative calling, but my calling in life."

If you currently don't feel like you're following your life's calling, you probably give yourself a number of daily excuses as to why this is the case, reinforced by what your family, friends, and colleagues expect from you. But imagine what you might do if surviving a near-death experience gave you a second chance at living your own life. What calling would be made crystal clear?

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Everyone's Creative

If you don't consider yourself a creative person, think back to how a younger you would have jumped at the chance to fingerpaint a picture, sculpt wet clay, write a poem, or sing. But at any age, creativity is just a mindset — a small shift in the way you look at the world and how you move through it.

“We all come into this world wildly creative,” says Chase. “And we have a system of schooling, employment, and culture that sort of trains it out as something that's not practical or rational. But creativity is when you're taking things that didn't previously exist — and you're putting a couple of things together — to form something new and useful.” Chase explains that the principles of *Creative Calling* are really simple:

1. **Everyone is creative.** No questions asked. It's part of our DNA; it's what separates us from every other species on the planet.
2. **Creativity is a muscle.** The more you use it, the stronger it gets. It's not a skill, it's a habit.
3. **Identifying as creative** allows you to create your life instead of just letting it happen to you. Small daily creative acts done with intention will allow you to intuitively craft the life you want to lead.

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In what ways do you express creativity? This doesn't have to be what you think of as art — it can be anything from cooking a meal to planting a garden to making a **Spotify playlist** for your morning commute. Once you recognize that you're creative and self-identify as creative, note here how you can make your creativity a habit that you flex and strengthen daily.

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The DEAR Framework

“This is a framework for being able to understand what works in any situation — by studying the masters who have come before you,” says Chase. “It’s a method of deconstructing what works into its component elements, and has been the key to my success as a creator and an entrepreneur. You put the elements together in the best way you can and see what happens. Remember what works, forget the rest. Keep homing in until you’ve figured out the winning formula. Then use that formula consistently.”

- **Deconstruct.** When Chase began pursuing a career in action sports photography, he would look through magazines and take detailed notes of photos he liked, building a database of people, things, and elements that were successful in that world.
- **Emulate.** Chase would then try to recreate, with his own resources on hand, these kinds of photos.
- **Analyze.** After building up a portfolio of these photos, Chase would determine which ones worked and which ones didn’t, noting the variables contributing to or detracting from the desired result.
- **Repeat.** This is the practice that cements what you’ve learned in the first three steps.

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To what in your own life can you apply the DEAR Framework? Detail how each step helps you work toward your winning formula.

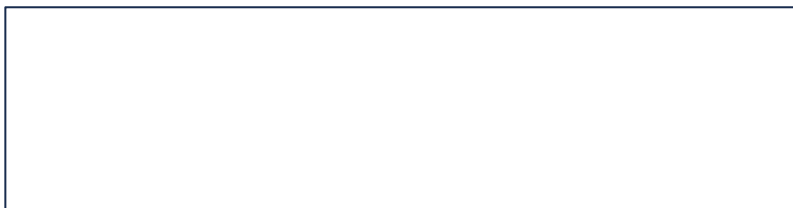
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Community Is Crucial

“Mostly we’re taught in our culture that the cream rises to the top,” says Chase. “Not true. Some of the most talented people I knew never broke through. What I know about success...is that no one has achieved sustained success without a community...a cross section of people that were connected around common themes and common goals. And they had beliefs that they shared and they worked together in a collaboration, in supporting one another.

“There are existing communities out there for whatever it is you’re interested in or even curious about. I encourage you to become a joiner — even temporarily. Start to participate in these communities. You can participate digitally and physically — and I suggest you do both. When you’re a part of a community, it accelerates your learning. I advocate for being the fan you wish you had. If you wish you had more likes on Instagram, maybe you should go like some more posts. If you wish you had more comments and engagement, go post some comments and engage.”

Depending on your calling, chances are good there are plenty of communities you can join online that support it. Using sites like **Meetup and taking classes at your local community college should help you pinpoint real-life communities in your area. See what’s out there, note which leads seem most promising, and then follow through!**



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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