

THE JORDAN HARBINGER SHOW

Worksheet for Dennis Rodman | The Worm Is Back (Episode 258)

With five NBA championships under his belt and a place in the Basketball Hall of Fame, Dennis Rodman is recognized as a one-of-a-kind rebounder with a unique, self-taught style and intuition that makes him one of the best players in the game. But even to people who don't follow basketball, "The Worm" is one of the most recognizable celebrities in the world.

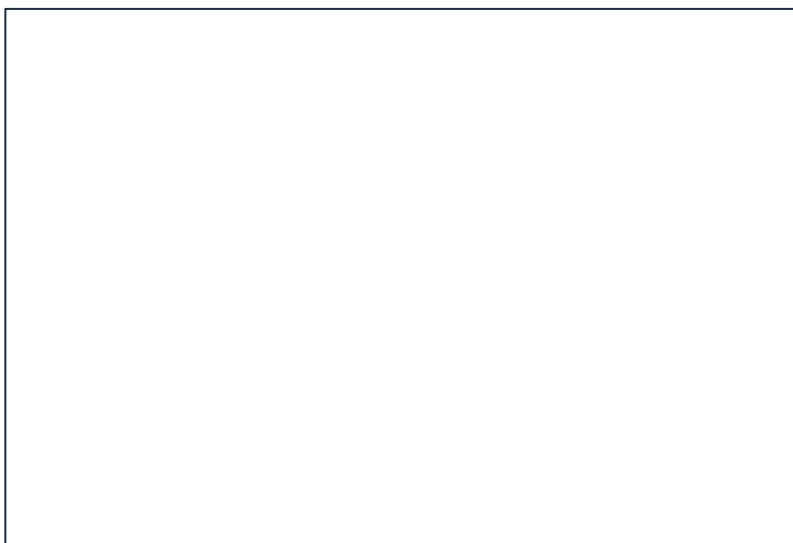
In this episode we talk to Dennis about his rough childhood, a people pleasing stunt in his youth that nearly cost him his freedom, being homeless at 19, the late growth spurt that put him on his long and colorful basketball career, being an early advocate of the LBGTQ community in a less enlightened decade, giving a risky toast to North Korean Supreme Leader Kim Jong-un, and much more.

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A Mile In Dennis' Sunglasses

"I started wearing sunglasses because I've seen too many people lie to my face," says Dennis. "So I'm wearing sunglasses just to [see] people [for who] they really are...a lot of people sitting there will take ideas from you now and spit in your face, and then the next day, they'll sit there trying to be your friend."

This view through Dennis' sunglasses might seem bleak and pessimistic, but most of us haven't had to deal with the level of fame he's endured for decades and the number of people who approach him with ulterior motives on a daily basis. If you were famous (provided you're not already), what coping mechanisms do you think would help you deal with the duplicitous and disingenuous who seem to be attracted to people in the limelight? How would you distinguish between the trustworthy and the treacherous?



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A Rebounding Genius

In an article in the *Detroit Free Press*, Pistons teammate Isaiah Thomas said: “We were standing in the lay-up line, warming up and shooting, and Rodman was standing back and watching everybody shoot. I said, ‘Hey, come on, you have to participate; everybody’s shooting lay-ups, you have to shoot lay-ups, too.’ And he said, ‘I’m just watching the rotations on the basketball.’ I said, ‘Excuse me?’ He said, ‘Like, when you shoot, your ball spins three times in the air. Joe’s sometimes has 3 1/2 or four times.’

“That’s how far Rodman had taken rebounding, to a totally different level, like off the charts. He knew the rotation of every person that shot on our team — if it spins sideways, where it would bounce, how often it would bounce left or right. He had rebounding down to a science, and I never heard anyone think or talk about rebounding and defense the way he could break it down. When you talk about basketball IQ, I’d put Rodman at a genius level.”

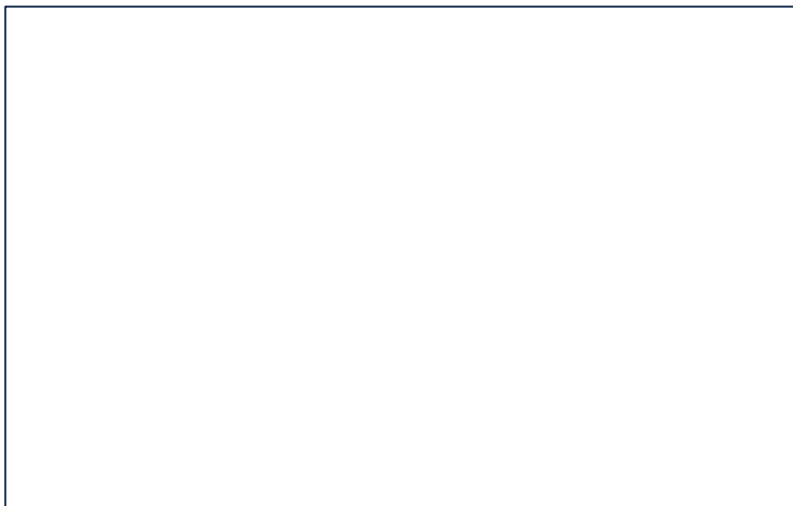
Maybe you don’t consider yourself “genius level,” but you’re probably expert in something as a result of noticing details that other people miss. How do your observational skills best serve you, and how can you hone them to serve you better?

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Prison's Full of People Pleasers

When Dennis was just 18 and working as a janitor, he stole a bunch of watches from an unattended airport shop and gave them out to people he wanted to impress. He admits this was an effort to make friends — a stunt aimed at people pleasing, not profit. He was (of course) caught on camera and arrested soon thereafter, but he was lucky that all of the watches were recovered and the store didn't press charges, or he could have done real time for this youthful indiscretion and never become the NBA Hall of Famer we know today.

In your own life, what snap decisions stand out as turning points that could have redirected the course of your life — for better or for worse? If you had the power to do so, do you think you'd alter these decisions more thoughtfully for the chance of a better outcome, or would you leave well enough alone?




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The Focus of Loyalty

Now that Dennis is older and wiser — living well past the age of 40 that Michael Jordan famously predicted he wouldn't reach — Dennis doesn't worry as much about stealing watches for the sake of people pleasing. He knows his friends who have been around for decades will still be around tomorrow, so he's got more control over where he can focus his attention and energy than he did in less stable times.

"My loyalty is not to people that I meet today," says Dennis. "My loyalty is to me to try to figure out what direction I'm going now."

To what do you owe your loyalty today? Does it differ from where you've focused that loyalty in the past? What's changed between then and now?



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

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About



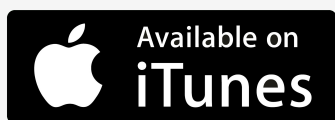
Join us as we get deep into the untapped wisdom of the world's top performers — from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

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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