

THE JORDAN HARBINGER SHOW

Worksheet for Eric Thomas | Success Secrets of The Hip Hop Preacher (Episode 297)

Eric Thomas is a motivational speaker, YouTube personality, podcaster, pastor, director of [Breathe University](#), and author of several books, including *The Secret to Success: When You Want to Succeed as Bad as You Want to Breathe*.

Known as The Hip Hop Preacher, Eric joined us for [episode 297](#) of The Jordan Harbinger Show to explain how people who grow up under limited circumstances can expand their horizons and break free of the bubbles that confine them, why taking responsibility for our own actions is empowering, how he's stealing hip hop back, and lots more.

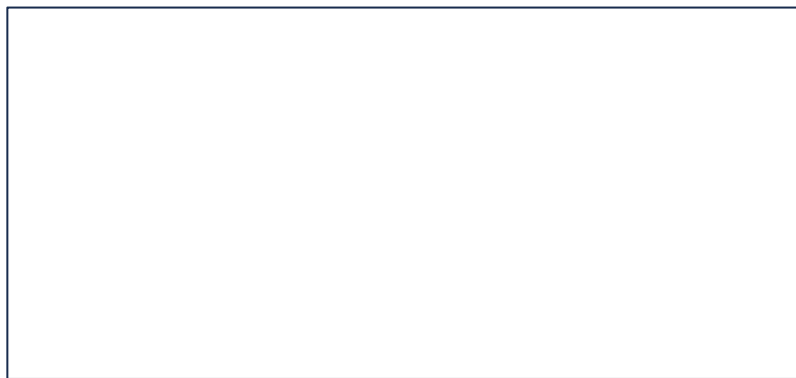
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Think Outside the Bubble

In Detroit especially, kids grow up believing their futures lie in working for the auto industry because Ford, GM, and Chrysler have formed a pervasive bubble around the town over the past century. It's not unknown for generations of a family to work for these companies almost from the cradle to the grave — whether or not they actually find the work any more appealing than just having a steady paycheck.

Eric Thomas believes that everyone has a choice to break out of whatever bubbles surround them — they just need to know it exists as a possibility.

What bubbles did you experience growing up? Are you still inside these bubbles, or have you broken away from them? If you've broken free of at least some of these bubbles, what helped you break them? If not, what might convince you to investigate the world beyond your bubbles?



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Glory and Consequences

When Eric left home as a teenager in anger, he realized immediately he would have to face the consequences of his actions — it forced him to consider what was next. It was scary, but also liberating.

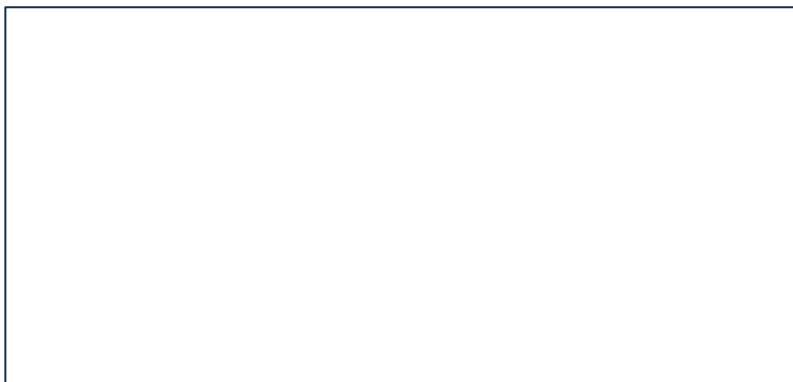
“The reason why I take responsibility is because I own the power,” says Eric. “I choose if this thing changes or if it stays the same. I choose if it gets better or it gets worse...if I work hard, I want credit for it. If I make a mistake, I want to take full responsibility for it.

“Once you [blame others], you give away power. You give away how much money you can make. How much happiness you can have. I don’t want to do that. I want to own my rights and get all the rewards.”

Try to be honest with yourself: do you tend to take responsibility for your actions, or do you pass the blame along to someone else?

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Think back to the last time you had the opportunity to take responsibility for something that didn't go according to plan. If you took ownership of the situation, what were the consequences? If you didn't, what were the consequences for the person who did take the blame?



The next time you have the chance to take responsibility for your actions, keep track here of what results from the choices you make, whether positive or negative, and how it makes you feel.




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What's Your Calling?

Though he admits he was never a fan of school, Eric still managed to earn a PhD in education because he discovered he was naturally good at captivating attention and teaching a room full of people.

“Do what works, not what you want to work,” Eric says.

What skills or special talents seem to come naturally to you? Do you enjoy putting them to use? If so, how might you apply them to your everyday life?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

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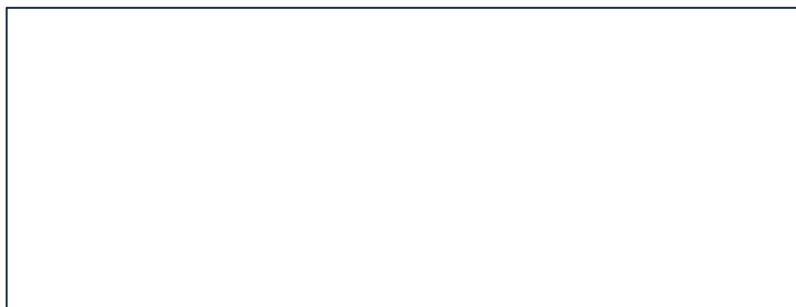
Lose the Cruise Control

"I think that most people who don't think about what they can become, they're on cruise control," Eric says. "I was on cruise control. My grandfather dropped out. My father dropped out. I dropped out. I was on cruise control. Then one day I said to myself, 'Oh, losing doesn't feel good. I want to win.' So I think those individuals who don't do well, it's not that they can't do well, it's that they never reflect. They never think. They're just like, 'Yo, this is the life that was given to me.'"

Eric points out that being able to overcome adversity and unlock this attitude of cruise control gives the disadvantaged more leverage than someone who's used to winning all the time.

"I hit rock bottom at 16," says Eric, "so everything has been up for me."

Are you living a passive life on cruise control, or are you always reflecting on and trying to better your situation?



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Do you consider yourself disadvantaged in a way that bars you from your ambitions? What would dispel this disadvantage? What about your current situation prevents you from overcoming this disadvantage?



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

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About



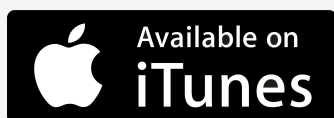
Join us as we get deep into the untapped wisdom of the world's top performers — from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

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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