

THE JORDAN HARBINGER SHOW

Worksheet for Laila Ali | Finding Strength, Spirit, and Personal Power (Episode 309)

When your father happens to be one of the world's foremost authorities on beating the tar out of other people — physically in the boxing ring and mentally as a humanitarian activist — one might be forgiven for thinking you're following in his footsteps by taking up the gloves and contending, undefeated, for nine years.

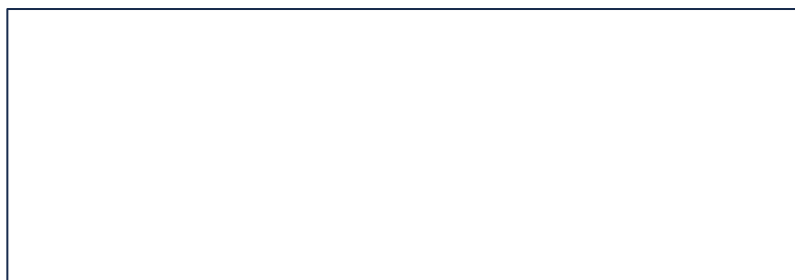
But Laila Ali, daughter of the legendary Muhammad Ali, was the only one of his nine children to walk the path of a pugilist, and it happened in spite of her father's journey, not because of it. She joins us **for this episode** to share her story and talk about her book *Reach! Finding Strength, Spirit, and Personal Power*.

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Nature vs. Nurture

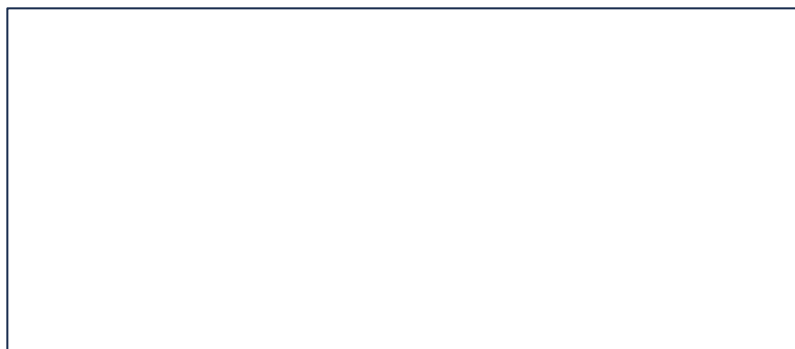
Laila talks about discovering women's boxing as something that was new and revelatory for her, even though her father was one of the most well-known boxers.

What is something that you have noticed as new and fresh even though you may have been around it for some time? What about it excites you?



Even though she was blessed with the Ali blood, Laila had to work very hard to be the best boxer in her weight class. She worked hard, had the best trainers, the best dieticians, and the best promoters.

What traits and gifts did you inherit? What have you had to work hard for that people may not know about? How has this been a challenge for you?

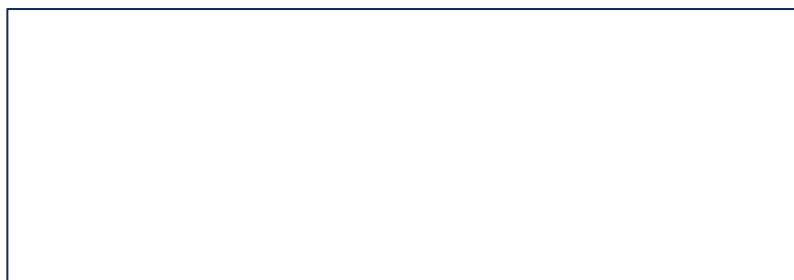


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Belief and Action

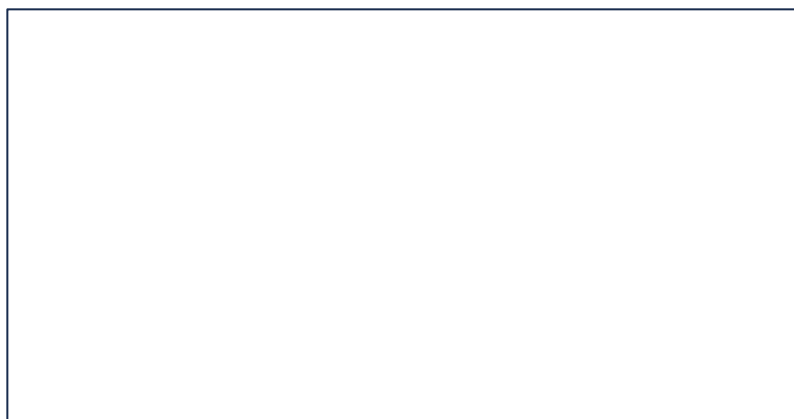
Belief is important but it cannot be everything and must be accompanied by preparation, training, and people surrounding you to guide you.

What have you done to surround your belief with action? What other structures are in place to support your belief and help you advance?



When she was seven, Laila told her father she didn't want to be Muslim. Her father had sacrificed much for his beliefs, but this was what Laila believed.

What beliefs do you have that break from the traditions of your family and friends? How do you handle those parts of your relationships?



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Making the moment bigger than her is a way Laila uses her emotions to gain an edge.

How do you harness your own energy in order to gain an advantage?



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

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About



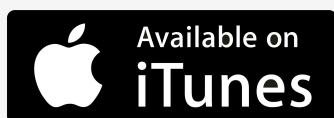
Join us as we get deep into the untapped wisdom of the world's top performers — from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

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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