



The Human Optimization Project

Pod-Club

E41 Increase Your Somatic Intelligence: How to Listen to Your Body to Improve Performance

Discussion Questions for this Episode:

- 1) How do you personally define “somatic intelligence” after reviewing this topic?
- 2) Discuss the difference between your cognitive intelligence, emotional intelligence, and somatic (physical) intelligence. How are they different, and how are they related to one another?
- 3) What has been your approach to somatic intelligence in the past? Do you tend to ignore these signals from your body, or do you tend to perseverate on them excessively? Does it depend on the situation? Why do you think you approach it this way? What is helpful or unhelpful about your approach?
- 4) What are some of the clear downsides of having a low somatic intelligence (either not being aware of your physical state, or focusing on it excessively in unhelpful ways)?
- 5) If you were able to do a better job of listening to your body’s intelligence, what benefits do you think you would experience?
- 6) What are some common barriers or misconceptions you think people might have that prevent them from using their somatic intelligence to improve their performance?
- 7) Do a quick (2 minute) somatic check-in that was outlined in section three of the session. What did you notice that you hadn’t noticed previously? Now, name that, and think about why you feel that way. How does naming and understanding that physical sensation impact how you view it?
- 8) Tell your group at least one new thing (action step) you are going to do or behavior you are going to adopt to improve your somatic intelligence.
- 9) After others list the "one new thing" of "action step" they are going to do, help them refine that to make it more: clear, objective, measurable, and simple.