



The Human Optimization Project

Pod-Club

E45 How to Improve Performance and Increase Well-Being Simultaneously

Discussion Questions for this Episode:

- 1) Dr. Rosenberg defines performance as an equation involving individual abilities, internal factors, and external environmental factors, all aimed at an "outcome of interest." How do you currently define "performance" in your own life or work? How might broadening this definition to include these components change your perspective?
- 2) The podcast emphasizes that "more" (in human optimization) is individualized and rooted in personal values and priorities. What does more mean to you? What steps could you take to better align your performance objectives with your core values?
- 3) Dr. Rosenberg argues that performance and well-being are intrinsically linked and synergistic, rather than being in competition. Can you recall a time when improving your well-being (e.g., better sleep, less stress) directly led to improved performance, or vice versa?
- 4) The discussion differentiates between "enduring" (suffering for suffering's sake) and "performing" (suffering linked to purpose). How often do you find yourself "enduring" rather than "performing?"
- 5) Dr. Rosenberg distinguishes "rest" from "recovery," defining wellness as a verb (actions taken to build well-being). What specific "wellness actions" do you intentionally incorporate into your routine? Or: Identify one or two to incorporate this week and record/ journal what you notice about your performance.
- 6) The episode suggests that well-being can serve as a "barometer" for whether you need to reassess your approach to performance. How attuned are you to your own well-being as an indicator? What changes might it be signaling for you right now?
- 7) The call to action encourages listeners to define their values, vision, mission, and purpose. If you were to start this process today, what's one core value or purpose that you believe would significantly impact both your performance and well-being?
- 8) Dr. Rosenberg states, "Perfection should be the engine, not the outcome." How does this reframe the concept of striving for excellence?