



The Human Optimization Project

Pod-Club

E51 Things You Should Stop Doing to Improve Your Mental Strength

Discussion Questions for this Episode:

1. Amy Morin defines mental strength as finding the courage to live the life you want according to your values. How does this definition resonate with your personal understanding of mental strength?
2. Morin breaks mental strength into three components: thinking, feeling, and behaving. Which of these areas do you find most challenging to manage?
3. The podcast highlights that venting can sometimes reinforce negative thought patterns rather than alleviate them. How do you typically process frustrating experiences?
4. Morin suggests that giving away our power, often through language like "I have to," can be self-sabotaging. What is one instance where you've used this language? How could you rephrase it to reclaim your power?
5. The concept of focusing energy on what we can control, rather than what we can't, is discussed. What is one area of your life where you tend to focus on the uncontrollable?
6. Morin identifies making the same mistakes repeatedly as a common self-sabotaging behavior. What is one recurring mistake you've made, and what strategy could help you break that cycle?
7. The pressure for immediate results is identified as a common societal challenge. How does this expectation impact your approach to personal growth or habit formation?
8. Amy emphasizes that mental strength is a spectrum and requires ongoing effort, not just a destination. What is one small, proactive step you can take this week to build your mental strength?