



Human Optimization

Pod Club Discussion Questions



E1 The Challenging but Achievable Quest for Accomplishing More while Also Improving Wellness

Guest: Dr. Christopher Camp, an orthopedic surgeon and sports medicine specialist at the Mayo Clinic

Discussion Questions:

1. Dr. Camp defines human optimization as "the development of the ability to do more while simultaneously improving your wellness and well-being," emphasizing that "more" is individualized. What does "more" mean for you in your current professional or personal life, and how do you currently balance that with your wellness? As you answer this question, keep in mind that "more" doesn't always just mean higher quantities, volume, or numbers. Often times, "more" is about quality! How can you ensure what you are doing is "more" aligned with your values, goals, and purpose?
2. The podcast highlights the high rates of burnout and work-related injuries among healthcare professionals. Do you recognize these trends in your own experience or among your colleagues? What do you think are the biggest drivers of burnout in your life or work?
3. Dr. Camp discusses the interconnectedness of physical and cognitive domains (e.g., sleep, nutrition, wellness, productivity). Think about one area where you're currently struggling. How improving that one domain positively impact others in your life?
4. The concept of "compound interest" is applied to personal growth, suggesting that early efforts might feel slow and unexciting. How does this perspective resonate with your own experiences of trying to make long-term changes? What strategies might help you stay consistent during the "boring" part of the growth curve?
5. The "stress and recovery" cycle is presented as a key to growth, with emphasis on intentional rest. What activities truly help you recover and "fill your cup," and how intentionally do you incorporate them into your routine, especially after periods of high effort?
6. Dr. Camp contrasts "hedonia" (doing what feels good now) with "eudaimonia" (seeking purpose and meaning). How do you typically prioritize these in your life, and where do you see opportunities to find the intersection between what you enjoy and what gives you purpose?

7. The project aims to convert "passive learning" into "active learning." What's one piece of information or insight from this podcast that you could immediately turn into an actionable step or discuss with someone else?
8. Dr. Camp states that the project is for "any human being looking to improve," and that "the worse you are at it, the easier it's going to be for you to improve." How does this description make you feel about starting or continuing your own journey of self-improvement?
9. Based on this episode, what is one small change you are going to make to help improve in this area. How are you going to keep yourself accountable to that and measure your success? (Be sure to keep it simple, start small, and make it very clear).