



Human Optimization

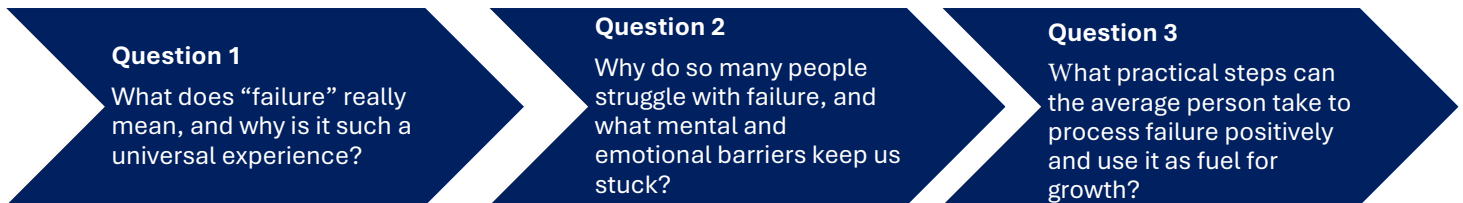
Pod Club Discussion Questions



E10 Dealing with Failure: A Discussion About Processing, Understanding, and Growing From Setbacks

Guest: Carlos Correa, Professional Baseball Shortstop, Minnesota Twins Baseball Club

The three big questions explored in the podcast:



Discussion Questions:

1. Carlos Correa defines failure as "just feedback on my way to success." What is a recent "failure" in your life that you might view as valuable feedback?
2. As our guest discussed, avoiding failure often means avoiding growth. What is one area in your life where you might be holding back or not taking risks due to a fear of failure?
3. Carlos sets incredibly lofty goals for himself (e.g., 1000 OPS, MVP) and views success as existing along a spectrum. How do you typically set goals? How might adopting a similar "lofty goal" and "spectrum of success" mindset change your approach to achieving your goals?
4. Carlos shares how injuries led him to research and adopt new training methods (like fascia training), turning an obstacle into a path for growth. Can you recall a significant setback or "failure" that ultimately led you to learn something new or develop a valuable skill?
5. The discussion highlights the danger of comparing oneself to others, especially when it leads to envy. Carlos, however, sees the success of young players like Bobby Witt as inspiration. How do you manage comparisons in your own life? Are you easily able to celebrate the success of others? If comparisons leave you feeling discouraged, how might you shift your perspective to find inspiration from their achievements?
6. The idea of "failing quickly, small, and safely" (e.g., practicing surgery in a lab) is presented as a way to learn from mistakes without catastrophic consequences. What is one area of your life where the stakes feel high? What opportunities do you have to experiment and learn in a controlled environment?

7. Carlos emphasizes the importance of surrounding yourself with people who want to be great and who you trust to give honest feedback during tough times. Who are these people in your life?
8. The challenge at the end asks you to identify something you fear failing in and then analyze *why* you're afraid. Take a moment to discuss as a group.
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).