



Human Optimization

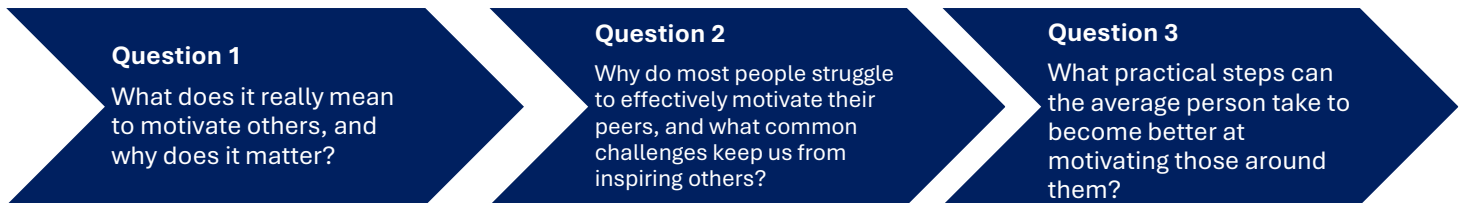
Pod Club Discussion Questions



E15 Motivating Others: How to Connect With, Inspire, and Motivate the People Around You

Guest: Pablo Lopez, Professional Baseball Pitcher | Minnesota Twins Baseball Club

The three big questions explored in the podcast:



Discussion Questions:

1. Pablo Lopez defines motivating others as understanding that "as a society, we're supposed to work together." How do you motivate others beyond your immediate circle?
2. Pablo highlights the importance of leading by example ("more proactive with action than with word") and being vulnerable to build trust. In what ways do you currently demonstrate these qualities? What is one additional way you can inspire those around you?
3. The podcast lists key qualities of an effective motivator: good listener, empathetic, vulnerable, humble, and altruistic. Which of these qualities do you feel is your strongest? Which one would you like to develop further? How can you go about doing that?
4. Pablo discusses the challenge of motivating individuals who are not receptive to feedback or intrinsically motivated. His strategy involves finding a "personal driver" or connecting with their values (e.g., family, community). Think about someone you perceived as not receptive to feedback or intrinsically motivated. What personal drivers or values might help you connect with them differently?
5. The concept of "worthy rivals" describes scenarios where competition is healthy and mutually beneficial. Can you identify a "worthy rival" whose success genuinely inspires you to be better? What is it about that individual that makes you see them as "worthy" in your eyes, and do you think they would feel the same about you?
6. Dr. Camp calls special attention a few of his favorite "Pablo-isms," such as "don't fish with donuts" and "don't struggle with your failures more than you celebrate your successes." Which of these resonates most with you? How might you remind yourself of it?

7. The call to action challenges listeners to scrutinize their motives for wanting to motivate someone (altruistic vs. selfish). How often do you reflect on your underlying motives when trying to influence others? What opportunities for change might exist?
8. Pablo emphasizes that motivating others is an ongoing journey of self-improvement and evolution. What is one specific step you could take this week to "look within yourself" and strengthen your own self-awareness or emotional availability?
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).