



Human Optimization

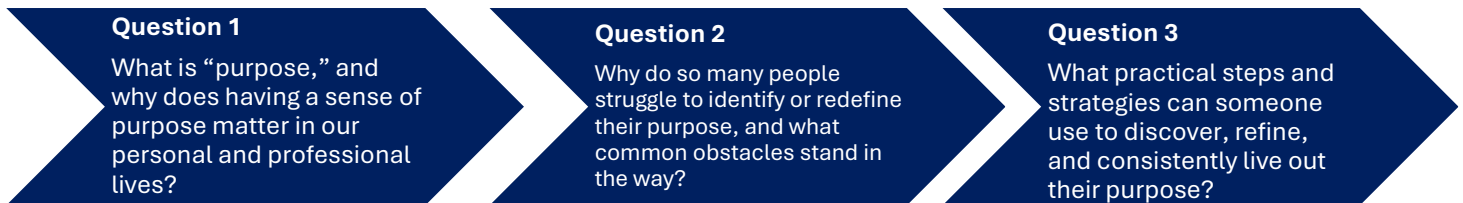
Pod Club Discussion Questions



E16 How to Define and Live Out Your Purpose: Key Steps to Finding Meaning in Life and Work

Guest: Carlos Coto, MA., CMPC., Head of Mental Performance | San Diego Football Club

The three big questions explored in the podcast:



Discussion Questions:

1. Carlos Coto describes his purpose as "what I am set to do," distinguishing it from goals, values, and passion. What daily actions do you feel "set to do" in your day-to-day life? How about in the longer term?
2. Purpose is not static but evolves with life transitions (marriage, kids, new jobs). How has your sense of purpose changed throughout different stages of your life?
3. Coto suggests that by not defining your own purpose, you let "somebody else determine what success looks like for you." In what areas of your life might you be inadvertently living by someone else's definition of success? How would you redefine success for yourself?
4. Purpose can exist on multiple levels (personal, professional, within a system). How do you balance your personal purpose with the expectations and goals of your family, workplace, or community? Is there alignment or conflict across these areas?
5. Coto offers a three-step approach to discovering purpose: 1) reflecting on past impactful experiences, 2) identifying sources of pure joy, and 3) considering present priorities. Which of these steps feels most accessible to you right now? With your pod club, discuss some examples or approaches you might take.
6. As discussed in this episode, defining purpose doesn't eliminate life's challenges; it equips you with tools to face them. Think aloud with your pod club: Work to articulate a clear purpose that can provide you with more resilience or clarity during difficult times.

7. There is great value in involving trusted loved ones in the process of defining purpose, as they can offer different perspectives on what makes you "light up." Identify someone you want to approach for a different perspective. How might you invite them to share insights?
8. The challenge asks you to write down three past experiences that brought you joy or had a huge impact. What connections do you see between these experiences? What core theme or direction can you infer from them?
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).