



# Human Optimization

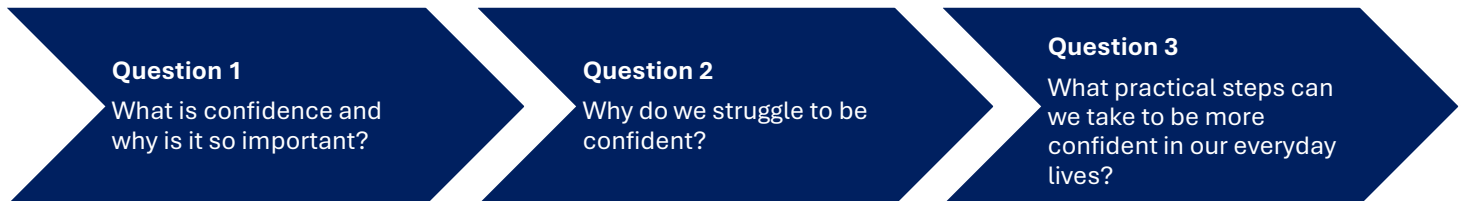
## Pod Club Discussion Questions



### E42 How to Be Your Most Confident Self...Without Over Doing It, or Underdoing It

Guest: Cathy Winter, President | Executive Leadership Advisor - Premier Performance Advising | Premier Sport Psychology

*The three big questions explored in the podcast:*



### Discussion Questions:

1. How do you personally define confidence? What does that look like in everyday life?
2. On a scale of 1-10, how confident do you consider yourself? What do you think others would rate you? Why are those ratings similar or different?
3. Based on your last response, do you tend to be over- or under- confident? For most people, this varies by situation. What types of situations make you feel over-confident? What types make you feel under-confident? What types make you feel appropriately confident?
4. What are some of the down sides of feeling under-confident? What are some of the downsides of feeling over-confident?
5. How has your confidence in big institutions (government, education system, law enforcement, insurance companies, your organization, etc.) changed over the years? How do you think that has impacted your confidence in yourself?
6. Do you feel that our society is becoming more or less sensitive in recent years? Why, and how does that impact confidence of individuals?
7. How confident are you that you can get your confidence dialed in so that you are “appropriately confident”? If you can do it, what benefits do you think it will provide?
8. Go through the list of “internal facing” factors that we can work on to improve our confidence (discussed in section three of the session). Which of those most resonated with you as something you can easily accomplish?
9. Tell your group at least one new thing (action step) you are going to do or behavior you are going to adopt to improve your confidence.

10. After others list the "one new thing" or "action step" they are going to do, tell them why you think they can be successful in accomplishing that thing. What positive qualities about them makes you believe that they will be successful at this?
11. 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).