



Human Optimization

Pod Club Discussion Questions



E54 How to Set Your Personal Vision: Define What You Want to Accomplish in Life

Guest: Greg Couser, MD, MPH, Preventive and Occupational Medicine Physician and Psychiatrist | Mayo Clinic – Rochester, MN

The three big questions explored in the podcast:

Question 1

What exactly is “imposter syndrome”? What are the downsides?

Question 2

How common is self-doubt and how can we tell if it’s impacting us?

Question 3

What steps can we take to overcome imposter syndrome and develop healthy confidence to become our best selves?

Discussion Questions:

1. The podcast defines a personal vision as a "big want" that fuels you, rooted in values and purpose. How might your core values inform what your "big want" for your life truly is?
2. Dr. Couser suggests that a good vision should be simple, clearly articulated, and concise (1-2 sentences). Why do you think it's so challenging for many people to distill their life's aspirations into such a brief statement?
3. The speakers emphasize that having a personal vision can bring joy, meaning, and motivation, and make life "easier" by providing direction. Can you recall a time when a clear sense of purpose or direction made a difficult situation in your life feel more manageable or even enjoyable?
4. The discussion highlights that many people struggle with vision setting due to perfectionism or fear of failure, especially in a "left-brain information society." How might you overcome these tendencies to allow yourself to explore and articulate your personal vision without judgment?
5. The "ideal retirement party" exercise is suggested as a way to brainstorm your vision. If you were at your ideal retirement party, what would you want friends, family, and colleagues to say about the legacy you've built and the person you've been?
6. The podcast encourages making your vision "not specific to your vocation" because jobs can change. How can you craft a personal vision that is universal enough to apply across different roles and stages of your life, rather than being tied to a specific career?
7. The idea of "Greg the automaton" is how Dr. Couser describes himself when living on autopilot. What are some of your own "autopilot" behaviors or reactions? This week, commit to asking "why" (as suggested in the podcast) to help you uncover deeper insights for your personal vision.
8. 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).