



Human Optimization

Pod Club Discussion Questions



E61: How to define your personal values

Guest: Bridget Berkland, Manager of Employee Well-being at Mayo Clinic in Rochester, MN

The three big questions explored in the podcast:

Question 1

What are personal values and what role do they play in our daily life?

Question 2

Why do so many of us struggle to define our values and put them into action?

Question 3

What practical steps can we take to clearly articulate our values and then use them to drive meaning and inform behavior in our lives?

Discussion Questions:

1. What's one of your values and how does it inform and guide your personal or professional purpose and mission?
2. What was a difficult or meaningful experience in your own life that either tested or revealed a core value?
3. Have you ever felt the pressure to pursue a goal or value that wasn't authentic to you? What was the value and how did you navigate that tension?
4. Values are not necessarily fixed for a lifetime. Can you think of a value that has become either more or less important to you over time?
5. Can you name a value in your life that is currently more aspirational, and what small increment could make it more actionable?
6. When two core values conflict (e.g., professional success vs. family time), Bridget Berkland suggests creating protected time to honor both, just not simultaneously. What is a specific strategy you could implement to resolve a conflict between two of your own important values?
7. Dr. Camp recommends auditing your calendar (time spent) and your spending (money spent) to see if you are living out your values. If you were to conduct one of these audits today, what might it reveal about your actual lived values?
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).