



Human Optimization

Pod Club Discussion Questions



E66: Become the CEO of your own health with Dr. Shah

Guest: Darshan Shah, M.D.

The three big questions explored in the podcast:

Question 1

How much of our health is shaped by our own actions, mindset, and decisions?

Question 2

Why do so many of us fail to take ownership of our health, and what beliefs or habits are keeping us stuck?

Question 3

What practical steps can we take to assume more ownership of our health and start making better decisions?

Discussion Questions:

1. When life gets busy, what is the core "vision" or purpose for your life that makes prioritizing your health feel meaningful rather than like another item on a to-do list?
2. Dr. Shah suggests surrounding yourself with a team—including supportive partners, accountability friends, doctors, or trainers. Who currently makes up your personal health support network, and what role do they play in keeping you grounded?
3. How has your personal definition of a "healthy life" evolved over the past 5 to 10 years, and what does success look like for you today?
4. With wearables, AI tools, and on-demand lab tests, we have more access to personal health data than ever before. How do you currently interact with health metrics or devices? Do you find health data empowering, overwhelming, or something you prefer to avoid?
5. How comfortable do you feel asking detailed questions, requesting specific blood work, or advocating for yourself during medical appointments?
6. A key marker of someone who has mastered health ownership is that they actually enjoy their routines and find them fun. Which health habits (e.g., cooking, walking outside, sports) genuinely bring you joy, and which feel like a chore?
7. What does "intense self-care" look like in your life, and what holds you back from prioritizing it guilt-free?
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).