



Human Optimization

Pod Club Discussion Questions



E71: What is human optimization?

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The three big questions explored in the podcast:

Question 1

What is human optimization, and how does it help us think differently about the connection between performance and well-being?

Question 2

What is the audience's struggle: Why do so many of us feel like we have to sacrifice our health, relationships, happiness, or well-being in order to "achieve success"?

Question 3

What is the solution: What practical framework can we use to continue achieving at a high level while simultaneously becoming healthier, happier, and better humans?

Discussion Questions:

1. What does "human optimization" look like for your life right now? What is your "more"?
2. What is a unique "gift" (a strength, skill, experience, influence, etc.) that you can offer others when you are operating at your best? How does your current level of well-being impact your ability to share it?
3. What two areas of your life currently feel like they are in "seesaw"-style competition? How might viewing them as complementary parts of a long-term investment portfolio change how you allocate your time and energy?
4. Can you think of a time when you achieved a higher level of performance by choosing to do less or simplify?
5. What is one non-negotiable daily or weekly boundary you maintain to protect your energy?
6. What is an easily measured metric (such as salary, follower count, hours worked, or minutes per mile) that you tend to rely on to gauge your success? What is a deeper, less tangible metric you could track instead that would better reflect true fulfillment?
7. What milestone are you waiting for before you allow yourself to feel successful? How can you celebrate where you are right now?
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 and measure your success? (Be sure to keep it simple, start small, and make it very clear).