MAYO CLINIC

Human Optimization

Pod Club Discussion Questions



E73: Navigating chaos and using it for growth

Guest: Pascal Finette

The three big questions explored in the podcast:

Question 1
Why is the world so chaotic and fast-changing right now, and how should we think about chaos, uncertainty, and disruption in the first place?

Question 2
Why do we often respond poorly to chaos, and what mindsets and habits make uncertainty feel even more overwhelming?

Question 3
How can people use chaos to get better, stronger, and grow?

Discussion Questions:

1. When was the last time fear of judgment or "being kicked out of the tribe" stopped you from taking a calculated risk?
2. Think of a recent personal or professional setback. If you look at it strictly as "neutral data" without self-judgment, what did you actually learn?
3. Thinking about a major shift or period of chaos in your life (career change, move, relationship shift), what unexpected positive opportunity eventually came out of it?
4. In what area of your life are you burning energy trying to force an outcome that is ultimately out of your control?
5. Dee Hock's concept of a "chaordic system" combines a clear North Star with flexibility on how you get there. What is your personal North Star, and what does a flexible pursuit of it look like for you?
6. Finette notes that the future often hides in plain sight, looking "crummy" or incomplete at first (like early MP3 players). What is an emerging technology, trend, or habit in your environment that you've dismissed, but might actually transform how you live or work?
7. Finette encourages us to think about multiple possible "futures" rather than just one. Can you imagine two distinct but reasonably plausible futures for your life in five years based on where you are now? Does one feel more appealing than the other? If so, why?
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).