



# DAY 1: Human Optimization Companion Guide

Welcome to the Morning Minute with Mike: Human Optimization Listener Worksheet. This worksheet serves as a reflective guide, helping you better understand the concepts, identify areas for optimization in your life, and take actionable steps towards becoming the best version of yourself.

## 1 UNDERSTANDING HUMAN OPTIMIZATION:

Define what human optimization means to you in your own words.

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What are some ways that you can optimize your physical, mental, and emotional capacities?

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## 2 THE NEED FOR HUMAN OPTIMIZATION:

Reflect on the demands you face in your life. List them down.

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In what ways can human optimization help you cope with these demands?

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## 3 GROWTH VS. PERFECTION:

Write about an instance where you sought perfection and how it affected you.

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Now, reframe that instance from a growth mindset. How does that change your perception?

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## 4 YOUR PERSONAL JOURNEY TO HUMAN OPTIMIZATION:

Reflect and identify one area of your life you'd like to optimize.

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Write down one step that you can take today towards optimizing this area.

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How do you plan to track your progress in this journey?

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Remember, the aim of this worksheet is to aid in your understanding and application of human optimization principles. This is your journey, and each step, no matter how small, is a move towards a better version of yourself.