

Sample Interview Questions

Self-actualization and Mind-Blowing Happiness™:

- What is self-actualization and mind-blowing happiness™?
- What would you say is the foundation of a self-actualized or deeply happy and fulfilled life?
- Why is happiness so important?

General:

- What's the biggest rule for happiness?
- What is the biggest misconception about happiness?
- You say our country has a crisis of authenticity, what does that mean?

Transforming Trauma:

- I noticed Healing is the first step for happiness in your book. Can you give us a few tips? I think we're all trying to heal from the pandemic if nothing else.
- Do you think trauma is different as a Black experience?
- I know you do some work in DEI, how does that impact your perspective on trauma?

Taming Your Temper:

- Releasing anger is an important step to Mind-Blowing Happiness, why wasn't it the first step?
- I know you say releasing anger is the most important step, why is that so?
- Are there any tips you can share with our audience to help them get rid of their anger?
- What do you do with anger when you are dealing with social injustice?

Slaying Self-Doubt:

- Do you think self-doubt is common?
- If someone is struggling with self-doubt or insecurity, what can they do to gain more confidence?

Making Self-Love Easy:

- I know a lot of people really struggle with self-love. Do you have some tips you can share to make it easier for folks to love themselves?
- Why do you think self-love is so difficult for people?

General Happiness:

- I know you are a certified yoga and meditation instructor. How do yoga and meditation relate to happiness?
- Do you recommend any particular type of music or media to make people happier?
- Can you give our audience a few simple things they can do during the day to be happier?
- How does all of this happiness impact relationships at home or work? Can you be too happy?

General:

- Do you have any free gifts for our audience?
- How can people follow you or find your work?
- What new projects do you have coming up?