

The PQ Factor: Stop Resisting and Start Persisting

Interview Questions

1. Can you explain the role that persistence has in our life and why having that quality leads to a happier and longer life?
2. What does it mean to be emotionally resilient?
3. What are the three areas of our brain?
4. How do we learn to tap into those different areas of the brain to assist with our decision-making process?
5. What can we do to enhance our brain's performance?
6. We've been taught that multi-tasking is an essential skill, but The PQ Factor says that's not true. Can you explain what happens when we are multi-tasking?
7. How does the "law of attraction" work?
8. What do you mean when you say we need to identify whether we're holding on to the belief of illusions?
9. Why does having illusions slow our progress towards a goal?
10. How can we identify our strengths and weaknesses and learn to have that knowledge work for us, not against us?
11. What causes people to procrastinate?
12. Are there any good strategies to help break the procrastination habit?
13. How can I become more optimistic?
14. Why does optimism have health benefits?
15. Can you explain how to confront adversity head-on and use that knowledge to support your long-term goals?
16. How can a person avoid becoming a martyr or victim when bad things happen to them?
17. It's scary to be diagnosed with a life-threatening illness or experience a life changing event. How can a person go through something like that and find purpose in it?
18. Do you have any tips on how to support people who are dealing with death or the grieving process?
19. If you've received bad news that your life expectancy is very short, how do you help prepare your loved ones for your death?
20. What is the difference between being "self-ish" and being selfish?
21. Why is self care so important?
22. Are there negative impacts to our health if we aren't "self-ish"?
23. Is it common for people to sabotage their efforts to become "self-ish"?
24. What are some tips for setting healthy boundaries?
25. Why is it bad to have expectations?
26. What are your top three ways to help someone learn to change their behaviors?
27. How will changing your behaviors help you reach your goals faster?
28. Do you have any tips on how a person can reduce their debt faster?
29. What does it mean to have an internal locus of control?
30. How can increasing your internal locus of control improve your self esteem, health and happiness?
31. What are the benefits of being of service to others?
32. Why do you think being open to receiving is so important?
33. Sometimes when we're working towards a goal, we experience roadblocks. How can you know if a roadblock is a sign to persist and proceed, or stop persisting and change directions?
34. What is your favorite way to create a goal that you can truly achieve?