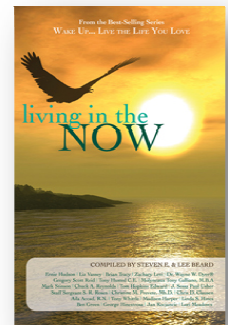


Suggested Interview Questions for Madisen Harper
Co-author of
Wake Up...Live the Life You Love – Living in the Now

- In your book *Wake Up Live the Life You Love...Living in the Now* you mention that striving for goals turned you into a 'human doing' instead of a 'human being', what do you mean by that?
- You also say in the book that there was a time that you were trying to escape an unpleasant work situation and were constantly wishing your life away. How did that affect you at the time?
- You had a failed fashion business, what did that teach you about living in the present?
- How does changing your attitude, behavior and / or environment make it easier to live in the present moment?
- You say you live by the philosophy of "this or something better". Can you expand on this concept?
- Explain the traditional model of SMART (specific, measurable, attainable, reasonable and time bound) goal setting.
- Why do you have an issue with SMART goal setting?
- When did you abandon goal setting?
- Explain your 'success without goal setting' philosophy.



- Can you elaborate on your 'success without goal setting' principles for success?
- 2010 is just around the corner, if you're saying resolutions and goals are a waste of time then what do you suggest to the millions of people who want to make changes in their life?
- If we're living in the now, how do we plan for the future?
- When we're thinking of what we'd like to achieve in the future, you mention that the "how" of what we're going to do, gets in the way of our present happiness and can affect success. Why's that?