



INTERVIEW QUESTIONS

Your Ultimate Life Plan

By Dr. Jennifer Howard

1. What does it mean when you say in your book to stay on your cutting or razor's-edge?
2. You call *Your Ultimate Life Plan* a “workshop in a book,” what do you mean by that?
3. In your book you talk about *Conscious Living 2.0™*. Could you tell us a little bit about that?
4. You talk often about living consciously. With so much on my plate and so much to do, why should I bother?
5. With a stubborn problem that we've been dealing with for many years, or even most of our life, is change really possible or is it just something we have to learn to live with?
6. You talk about lasting change, don't all changes last?
7. If someone's on a spiritual path or has a regular spiritual practice, why isn't that enough?
8. You talk about spiritual bypass. What is that?
9. In the book you talk about the quick fix, what do mean by that?

10. In your book you talk about each of us having six stubborn issues that constantly get in our way. What does that mean?
11. Many personal development and spiritual growth books have a different view of the ego than you do. Can you explain your view?
12. You talk about accessing our inner wisdom. What do you mean when you talk about inner wisdom? So how do people get in touch with their own?
13. Many people talk about the physical, emotional, mental, and spiritual levels of being, why is it helpful to look at life this way?
14. So how does our spirituality, or our relationship with God, look different from each of the Four Dimensions of Consciousness?
15. Could you tell us about the *Multidimensional Awareness Practice*™?
16. Others have talked about this concept before, but what do you mean when you say “Spiritual Warrior?”
17. You talk about living in gratitude, how do people do that?
18. Why is this book important for spiritual seekers?
19. What simple steps can people take, right now, to be more conscious in their daily lives?
20. Where can I find out more about your book, and your speaking and workshop schedule?
21. What are some of the ways I can connect with you via Social Media?