

# Sample Interview Questions for Ruben Gonzalez

I've underlined the topics to make it easier for you to pick the questions that fit your show. Feel free to ask your own questions.

I usually cover 1-5 if we open the show with me telling my story (20-30 min.)

- 1 - How does someone from hot and steamy Houston end up competing in the Winter Olympics in the luge?
- 2 - What's it feel like to hurl yourself down an icy mountain at 90 MPH?
- 3 - You wrote a book called "The Courage to Succeed."  
What are the two types of courage you need to develop to succeed in life?
- 4 - What's the one quality all successful people have? (perseverance)
- 5 - How did an 8x10 picture help you focus on your Olympic dream?
- 6 - How did you prepare yourself mentally when you first started to luge?
- 7 - How did visualization help you become unstoppable on the way to the Olympics?
- 8 - Why is it so important to have a coach or mentor?
- 9 - Would you tell us about how a boxer taught you about positive self talk?
- 10 - How do you embrace change in the luge and in your business?
- 11 - What did the German luge team teach you about commitment?
- 12 - How did you finally overcome your fear of the luge?
- 13 - How does having a higher purpose help us take action?
- 14 - You've run with the bulls, flown airplanes, climbed Kilimanjaro.  
How do you manage risk?
- 15 - What are the Olympics **REALLY** about? (the power of the human spirit)
- 16 - How can people get in touch with you?

**RubenU.com** - Free Success Articles, Newsletter, etc.

**TheLugeMan.com** - Main Website