

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 - 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 on the road to the Olympics?
- 8 - You wrote a book called "The Shortcut."
What's the shortcut that will help you reach your goals faster than ever?
- 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?

TheLugeMan.com - Main Website

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