

INTERVIEW QUESTIONS FOR SUE URDA (page1)

GENERAL – ABOUT SUE

1. What prompted you to start Powerful You! Women's Network?
2. What can someone expect when they attend a Powerful You! Meeting?
3. How many chapters are there now?
4. Can you tell us about your background before Powerful You!?
5. I saw the words "Conscious Networking" and "Networking with intention" on your website; can you explain what these are?
6. You recently released your first book... *Powerful Intentions ~ Everyday Gratitude: 100 Transformational Days To Create a Life of Joy, Grace and Ease ...* Congratulations! Can you tell us about your book?
7. When did you start your emphasis on Gratitude in your life personally and why?
8. What motivates you as you move through your life each day?
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INTENTIONS (Setting and Manifesting Intentions)

1. Our topic is intentions... Tell us, what is an Intention?
2. What is the importance of consciously setting intentions?
3. Are there any guidelines or steps we can follow to set intentions?
4. How often should we set intentions?
5. We hear this word "consciousness" more and more lately... what does this mean and how can we bring it into our lives?
6. I have often set goals in my life. What is the difference between intentions and goals?
7. Can you give me some examples of intentions you have set and how they manifested in your life?
8. You recently released your first book... *Powerful Intentions ~ Everyday Gratitude: 100 Transformational Days To Create a Life of Joy, Grace and Ease ...* Congratulations! Can you tell us about your book?

INTERVIEW QUESTIONS FOR SUE URDA (page2)

GRATITUDE (The Importance and the Practice)

1. We hear the term “gratitude practice”... what does this mean and how does it work?
2. When did you start your emphasis on Gratitude in your life personally and why?
3. What changes have you noticed in your life since starting your gratitude practice?
4. What would you say to people who say “I’m already thankful”, why do I have to practice it?
5. What about when things go wrong? How can we still be grateful then?
6. You recently released your first book... *Powerful Intentions ~ Everyday Gratitude: 100 Transformational Days To Create a Life of Joy, Grace and Ease ...* Congratulations! Can you tell us about your book?
7. So, tell me Sue, what are you grateful for today?

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NETWORKING (For Business, Entrepreneurs, Women)

1. When we speak of networking as it relates to business, what does this mean?
2. Why should someone attend a formal networking meeting and join a networking group?
3. Do you have any tips for someone who is new to networking?
4. What criteria should someone use when choosing to join a network and how many networks should a person belong to?
5. How can we find networks in our area?
6. With the economy in the state it is in, is it cost effective to network?
7. How long does it take to get business from a networking group?
8. Sue, there are so many networking groups out there, so what prompted you to start your network, Powerful You! Women’s Network?
9. You recently released your first book... *Powerful Intentions ~ Everyday Gratitude: 100 Transformational Days To Create a Life of Joy, Grace and Ease ...* Congratulations! Can you tell us about your book?