



Lori Radun, CEC, AELC - The Mommnificent![™] Coach
Simple Tools to Help Moms Live Magnificent Lives

Suggested Interview Questions for Lori Radun, CEC, AELC:

- ◇ What is Mommnificent![™]?
- ◇ What are the 8 essential ingredients you feel moms need to live magnificent lives?
- ◇ You say there are 5 common guilt traps mothers often fall into. Can you share with us what those are?
- ◇ I know it's so common for moms to procrastinate on the mundane chores like laundry and housework. Can you tell us ways to overcome this procrastination and start getting things done? What are some of the other reasons mothers procrastinate?
- ◇ How is perfectionism affecting moms today? What can moms do to let go of this unrealistic expectation?
- ◇ One of the most common complaints of moms today is not having enough time. Can you share your philosophy on managing time? What quick tips can you give moms who want to get better at time management?
- ◇ So many moms are constantly battling the war against clutter. Can you share with us the 7 good reasons to get rid of clutter?
- ◇ You take clutter to a much deeper level. Can you explain what you mean by that? What other areas of clutter moms should pay attention to?
- ◇ Can you tell us why boundaries are so essential to living our best lives? You've identified 7 types of boundaries to focus on. What are those?
- ◇ Can you explain to moms what "balance" means? What are some of the common myths moms believe about balance? What most interferes with a mom's ability to maintain balance?

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