



LISTEN  
LEARN  
NETWORK  
GROW



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**Q.** What's the first thing you do after getting out of bed?

**A.** I start my day off with a few problem solving and strategy games followed by a cup of coffee so I can hit the ground running.

**Q.** What is the one thing you always make time for each day?

**A.** I take the time to meditate and breathe deeply even if it's just for 10 minutes. I find this helps me restore my inner calm especially if I've had a stressful day.

**Q.** Who had the biggest impact on the person you have become?

**A.** My immigrant parents have raised me to be a strong, independent spirit and to jump with both feet. They have stood by to pick me up and push me forward against the grain of what society wants from me.

**Q.** If you could call up anyone in the world and have a one hour conversation, who would you call?

**A.** Right now, I am missing balance in my life and would love to talk to the Dalai Lama for guidance on spirituality, kindness and alignment with my external environment.

**Q.** List one thing on your "bucket list" that you still need to do.

**A.** Don't call me crazy but I really want to jump out of an airplane. Now I just need to find something to join me.

**Q.** What's the last great book you read or are currently reading?

**A.** I'm currently reading Malcolm Gladwell's *David and Goliath* which digs deeper into cause and effect. Sometimes we need to uncover the hidden influences to figure out why things are the way they are.