**Interview 7**

1. How do you manage to stay focused in this busy world?

I firmly believe that mental strength, discipline, and zeal to improve oneself are the key to achieving focus. And the best way not to give in to temptation is not to have an option to.

2. Are you a perfectionist? Does this hold you back or move you forward?

I am a perfectionist and it doesn’t hold me back. Actually, it challenges me to do better every day and achieve what I have not been able to achieve until now.

3. What are you really afraid of?

I fear human beings because we cannot predict the swings of human nature. People are capable of doing anything. I really fear that.

4. How can you do everything in only 24 hours?

I feel something is missing in my life if I am not running, and this feeling translates into my everyday life. That’s how I can get everything done in just 24 hours a day.

5. What conflicts in your life prevent you from being successful?

Nobody can stop your progress but yourself, which means you are your number 1 enemy. The one thing I really want to change is my anger. It’s a conflict within, but only harder to resolve for that reason.