

# MUZE

ENTERTAINMENT /// APRIL 2021



## Tahj Mowry

Wears The Psyience  
MSSRS  
Raf Simmons

**Connor Clayton**  
Photography

Makeup & Hair by Jeffrey English  
Styled by Jordan Maiava  
Interview by Ashira Provost



INTERVIEW WITH

# Tahj Mowry




**Photography by** Connor Clayton  
**Makeup & Hair by** Jeffrey English  
**Styled by** Jordan Maiava  
**Interview by** Ashira Provost





Shirt:Golf Wang  
Coat:Uniqlo X Jil Sander  
Pants:Meli  
Shoes:New Balance X Casa Blanca  
Jewelry:Lisa Nik Jewelry  
Glasses:Portrait Eyewear

### **What originally inspired you to take on an acting career?**

I started when I very young so I guess what inspired me were commercials. When I was young I would memorize the commercials I saw on TV and act them out. From that my Mom realized that there was something she had to do about that. She ultimately guided me in the direction of acting and I'm so thankful for that because my true passion is entertaining so I'm forever grateful to my parents for sacrificing and doing everything that they could to make that a reality for me.

### **What are you proud of?**

Im most proud of my faith in God - and from that I'm proud of the man I've become - especially in this crazy world of Hollywood. Being able to keep my morals and values intact make me so proud. I'm proud that I have always surrounded myself with people who inspire me and instill me with positivity. I'm proud of my family and our close knit relationship. Im proud of the inspiration I can give to anyone who watches my work. I'm also proud of where my career has been and where it's going. I've only scratched the surface of what I feel like my purpose is in this industry. Im so humbled and proud of the work I've done and how the roles and projects I've been blessed to bring to life have stood the test of time and have had lasting value.

### **Who are some of your biggest influences?**

My parents are huge influences on me. They are two of the hardest working people I know. As far as acting goes - I'd have to say people like Will Smith, Jamie Foxx and Joseph Gordon Levitt (they came from the tv/comedy world and then were able to take over the film world. They are able mold into different characters so well and were able to stay relevant through it all, which is my ultimate goal). I also look up to Denzel Washington. He inspires me to keep a level of mystery and privacy attached to myself - to live a life that's separate from the business - where you aren't forced or required to give the public every aspect of yourself. I think it's important to allow people to miss you when you're gone/taking a break. I never want to overwhelm the public. It's so important to keep your personal life, just that, personal.

### **Do you have anyone you admire and would love to work with in the future?**

Same people as above and I'd also love to work with The Rock. People always say I favor him so I'd love to play his son In something, Id love to work with Zendaya as well. As far as directors go - I'd love to work with JJ Abrams, Jon Favreau, and M. Night Shyamalan just to name a few.

### **What were the biggest struggles you had to face to get to where you are?**

Learning to hear No's and being able to push through that rejection because this business has a lot of it - but it's never personal so just keep pushing - when one job doesn't work out - it's on to the next!

### **What is the best advice you have been given?**

"Keep looking up" is something my grandmother would always say to me and to "remember where your help comes from." That mindset keeps you in a state of gratefulness and thankfulness which ultimately keeps you humble. My mother also has a statement that is a favorite of mine. "Stay Focused". That is such a simple statement but it's holds so much power and can be used for any aspect of life so I live by that advice daily and even have the word FOCUS tatted on my wrist. Another is...What God has for you will be for you. Also, to keep work life and personal life separate.

### **How do you stay in shape?**

Eating well is the main thing. I try to eat clean and vegan/ plant based as often as I can. I love to cook so it's fun to be creative with that. I have a few serious rules as far as food goes - I don't keep bread or cheese in my house unless it's a special occasion. I love both things way too much so I only indulge if I'm at another persons house or out at a restaurant or if its a cheat day which I take very seriously, ha! As far as exercise goes, I am really into intense HIIT workouts (high intensity interval training). It's great for building strength and toning the muscles and amazing for cardio. I hate running so I get my cardio this way. You really don't need a full gym to stay in shape and gain muscle. I do a lot of body weight/no equipment exercises which I think is a very natural and grounded way of working out and staying in shape.





Sweater: The Psylence  
Shirt: COS  
Pants: Martin S Flores  
Shoes: Raf Simmons



Kimono: Palmiers Du Mal  
Sweater: COS  
Pants: Saw USA



Sweater:The Psylence  
Shirt: COS  
Pants: Martin S Flores  
Shoes: Raf Simmons  
Coat: MSSRS



Shirt: The Incorporated  
Pants: Mechali  
Shoes: Dr. Marten  
Belt: Zegna X Fog  
Jewelry: Lisa Nik Jewelry





Shirt: The Incorporated  
Pants: Mechali  
Shoes: Dr. Marten  
Belt: Zegna X Fog  
Jewelry: Lisa Nik Jewelry



Jacket: Mechali  
Sweater: Upstairs At Eric's  
Shirt: COS  
Short: The Skinnys  
Jewelry: Lisa Nik Jewelry

