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Interview Topic:  
**Thriving Through  
Tough the Times**

### **Introduction**

Tough times come and go. Life happens. Marnie Swedberg is the mentor to over 12,000 leaders from 30 countries worldwide and a frequent question she hears is, "How do you stay motivated through the tough times?"

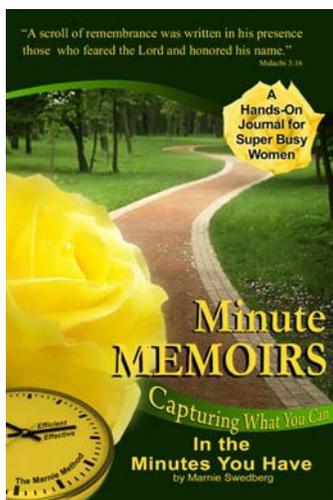
Marnie joins us today to share some inspirational tips she has learned through fires, floods, a burglary, tornado, lightning strike, numerous accidents, sinking boats, struggling businesses and more.

### **Talk Points**

- **Floods.** During a county-wide flood, Marnie's husband left to help with flooding in next city; while gone, their own home was flooded. Life Lesson: Tackle one raindrop at a time.
- **Totaled Car.** The story of a surprising way to find a husband! Life Lesson: If you crash, don't burn!
- **Exhaustion & Depression.** New babies, new jobs, new businesses... life can demand more than we think we have to give. Life Lesson: This too shall pass.
- **Learning Disabilities.** The reality of how struggling through a weakness or disability can result in tenacity, determination and unique skill sets. Life Lesson: Put forth marathon determination in your own areas of challenge to gain unique benefit from every weakness.
- **Outrunning a Tornado.** Sometimes you don't see it coming! Life Lesson: Even if you miss the memo, life often gives you a second chance.
- **Fire.** Marnie has lived through three, one despite an "all clear" by an electrical inspector the week before. Life Lesson: At each point of concern, stop, call for help, do your best and then go forward.
- **Burglary.** Love it & lock it, you still might lose it. Life Lesson: Hold everything with an open hand.
- **Hospitalizations, Ambulance Rides, Sudden Death of Family Member,** Every life has trauma. Life Lesson: Life is short. You never know. Carpe diem – seize the day!

### **Extro**

Marnie provides life mastery training through her website at Marnie.com. Learn more about her and how she can help you achieve your goals in the minutes you have at [www.Marnie.com](http://www.Marnie.com).



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