

Radio Interview Template



Guest: **Deb Erickson**, The RutBuster

Book – *Get Out of the Rut
and On With Your Life*

Talking Points

- Failure Rate for New Years Resolutions –
50% people can't make it 10 days.
- Why is it so hard to create lasting change?
- How do we get stuck in mental, emotional, physical, financial and career RUTS?
- How can you use your cell phone turbo charge the change process?
- What is the The RutBusting Challenge?
- Why does FEAR stop our progress and how can you banish fear for good.
- Why 3 minutes, 3 times a day for just 3 weeks can change your life?

Land Line contact number for Interview – 505-898-4400
(Deb's cell number – 505-453-5610)

Website for The RutBusting Challenge – www.bustmyruts.com

Website for *Get Out of the Rut and One With Your Life* –
www.DebErickson.com

email address is deb@icaninstitute.com