

TRANSCRIPT

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Introduction:

Inside every one of us, deep in the soul, are the dreams we have for ourselves, dreams of what might be, of what we might become, and how we might change the world by changing ourselves. You can achieve whatever you can dream. All it takes is a plan and the right teacher.

Welcome to *Success Left a Clue*. The inspiring podcast from Robert Raymond Riopel, who has travelled the world for over 15 years, unlocking the dreams we all have. And now, here is Robert.

Robert:

Hello everyone! Robert Raymond Riopel here with *Success Left a Clue*. This is Episode No. 2, and this episode is titled *Get Real*.

Everything that I'm going to be talking about. Everything I'm going to be doing, all the people I'm going to bring in as my guest on this podcast, they come from real life situations and if you recall listening to Episode No. 1, I said I'm going along the 3 Rs of my name. R, R, R, which stands for Real, Relevant and Repeatable. And it's interesting I finished recording the first one, got excited and then my mind went to holy crap! What am I going to talk about in the second episode?

I know who I want to interview; I haven't actually got them lined up to interview and that's coming up in the next few days. So, if I was to record a second episode really quickly to get it in the file ready to go, ready to load up so that we can have this going on a regular basis. What would I want to talk about? And my mind kind of, crashed on me, I had no idea. And it's amazing how life likes to really bring the lessons to us as we need them.

So here I am. I recorded episode 1 technically, yesterday, even though you're hearing it probably a little bit longer than a day apart. I recorded episode no. 1 yesterday. And so, this morning, my mind was going, "last night I had so many issues, what am I going to record, what am I going to talk about, what would I talk about?" And then last night, I went to sleep that way. This morning, got up and started doing some work on about my daily business. I end up going on Facebook, with the Facebook live all about fun stuff. And then, something happened, that kicked it in. And, I got upset, and I went, well, I won't even say what I went, but, it got me upset. And when I had the chance to calm down, I went, "Wow, why is this bothering me?" And it hit me what today's topic going to be.

When we talked about being real, REAL means giving you the good, the bad, the ugly of what I'm talking about. I don't want to and I never will, just hype it up, all roses, flowers, all that stuff, and you just Ohhh! It's just awesome. No, I'm going to give it to you real. And one of the things I want you to understand is that, even though I'm doing this podcast, even though I've travelled the world for a hundreds and thousands of people, there is no difference between you and me. The only difference is maybe, I might have some intellectual property as Ken Courtright calls it. Maybe I know something different than you know, but I can also guess that if you're listening to this podcast, you know something I don't.

Does that mean you are better, worse or anything like that? For me, no. We are the same; we just have different knowledges. And so, what gives me the right to teach this? Well, it's all about that I keep coming back to being real. I want to be real with you. Can you have success listening to this podcast? Can I give you some nuggets on how you can create success in your life? Yes. And do I mean just success financially? No.

That's not what I mean. What I'm talking about is, I'm talking about success in all areas of your life. Because ladies and gentlemen, whether you want to admit it or not, we're holistic, meaning, you can't affect one area of your life without affecting the other. And so, when I talk about success, understand that I'm talking about success in your money, your career, your happiness, your relationships, your health, family, all of those areas of your life. If that's what you want success in, then that's what I want you to have. That's what these podcasts are set up to give you. But let's get real on this.

When I talk about getting real, I want you to understand that this is why this became the first thing after the initial set up podcast. Yesterday's episode that I recorded yesterday, you're listening to whatever you're listening to. The reason I decided to make this one the first one, is because I want you to understand something very, very clear right off the bag.

Success is going to take work. Do not delude yourself or think that you're just going to be able to go, I want success and it's going to come handed to you on a silver platter. You actually have to do the work, you have to decide what you want, you do have to go forward and I guess, relating back to what happened this morning, you have to be willing to be real with yourself.

There's times when we get stuck in our own stuff and here's what I'm talking about. Picture this, you're going along and all of a sudden, someone has a conversation with you and they tell you something that maybe you didn't like to hear. Now, as a coach and as a trainer travelling all over the world, I'm constantly saying to people from this stage, "I'm not here to be your friend. I'm here to be your best friend." And at first I'll get some quizzical looks of like, what does that mean? What's the difference between a friend and a best friend?

And the way I explain it is, a friend is going to tell you what you want to hear. A best friend is going to tell you what you need to hear. And, as a coach and as a trainer, sometimes I get very real with people and they don't want to hear, they don't; they're not happy when they hear what I have to say to them, of maybe an adjustment that they should look at taking in their life or something to be done differently because what they're doing obviously isn't working. And, sometimes people get upset; sometimes people go wow that makes sense. And I feel good because I speak my truth. Now, isn't it interesting?

There's a saying that says, "That which we need to learn the most, we teach". And so, all of a sudden, when some of the people in my life that I respect, they're willing to tell me, help me with what I need to hear instead of what I want to hear. Sometimes how I react, I get upset, I try to shut down. But then I go to saying that it served me well, and I want to bring the same to you as we talk about getting real. The same says that truth shall set you free. And so, many people have heard that before but not a lot of people have ever heard the second part to that. I don't know where it came from but I use it a lot in my own life.

So, the truth shall set you free. But first, it will piss you off. And that's what I realize today. I'm sitting here and I'm like, "Okay, why is it for the work I've done, if something is getting me frustrated for more than a few minutes, I look, I deep, dive, I look deeper of what is it that's causing this issue? Why am I reacting this way? Why am I getting upset? And when I look in deeper, I was like wow; it's because it's pissing me off that I'm hearing the truth. And, what I've learned and you may find this to be true or not for you, and I suggest you check it out in your life. But what I have tended to find is that, the more something upsets me and I find it is the truth, it tends to be a deeper rooted truth. That maybe I've been avoiding or haven't wanted to really look at or hate that. Time to go wow, how do I make an adjustment?

So today, it hit me 'cause I got upset and when I got upset, I sat back because it was affecting me for a few minutes, and I'm like, why? And I look back and I'm like, "Okay, there's the truth. That's it." What's my lesson? How do I step forward? And the moment I'm able to do that, that I was able to let go much of the upset. Does it still bother me? I'm not going to try and tell you it doesn't. It does, it still, but how am I going

to use that? Am I going to use that and hold back, and use it as a reason not to step forward? Or am I going to use it as a reason or... I won't even say a reason, use it as something in my tool belt, to empower me forward. Because, I don't want that to be the truth. So here's the truth for you. Success is going to take work. Are you willing to go for it? Are you willing to put in what it's going to take? Are you willing to take one-step after the other even if it's hard, even if it's tough, even if it is something that is frustrating you because you know it's what has to be done. Only you are the one that's going to be able to answer that.

So today, I want you to understand my podcast, they may be shorter, they may be longer. They may be interviews or they may just be me, solo. There maybe some times when I sit down because something just hits me, I pull out the microphone, and I just start talking. And that's the way they're going to go. If that's for you, awesome; if it's not, not a problem. I want to be real with you. And so, look, there are ups and downs to success and one of the things I'm going to encourage is that you look at your life and I want you to really look and say, "If I'm not where I would like to be right now, what is it that's holding me back? What is it I'm not willing to be real with myself on in this moment that's held me back from taking the step?"

You may not get something instantly that pops to mind because when there's resistance, it'll try to hide itself, give you reasons as to why that's not it, no, it's okay, whatever it is. But I want you to be willing to take that hard look with yourself. When something comes up, then I want you to start really asking yourself, how painful is this if I don't move forward? Because sometimes, to motivate yourself forward, you have to look at what's been holding you back.

And I go back to the story of the grandfather and the grandchild sitting on the front porch. They sit on a rocking chair, beautiful day outside, and you got the big old hound laying down further on the porch and he's laying on his bed and he is just like awhooooooo! And he's howling. And after a while, the grandson turns to grandfather and says, "Grand dad, why is the hound howling like that?" The grandfather looks at his grandson and says, "Well, grandson, he's in pain." The grandson looks back at him and goes, "Well, if he's in pain, why doesn't he move?" The grandfather looks back and says, "Because he's only in enough pain to whine about it, not enough pain to do something about it."

So see ladies and gentlemen, in your life and a lot of our lives, a lot of us are in pain right now. There's something in our life that isn't working. Some area of our life that we want more success and maybe we're good at complaining about it, because the pain is just enough to complain. It's not enough to actually do something about it. So by doing some introspection, and going back and taking a look in your life and ask yourself, what is it that's holding me back? What is it, what truth is there that I'm, is pissing me off but it's not allowing me to move forward?

And once you identify it, yeah, I want you to tap into it a little deeper to turn up the pain so that you will take that step. Because when you get real, you can take the next step. When you get real, you can get through that anger, that energy, that emotion that's been holding you back and you can go to the next level, one step at a time. To the level to which you are willing to be real with yourself, is a level to which you're going to be able to move forward step by step by step. And it may take, and this is part of one of the things that I encourage people. It may take having a conversation with a really good friend, a best friend and ask them, will you be willing to support me? I'll support you if you're willing to support me, or actually, let me back up on that. Don't even make a contingent on that, 'cause I don't want you tie in with a part or anything that they have to, if you expect from them.

You ask them simply, would you be willing to hold me accountable by telling me, if you see something that's holding me back or something that I'm doing that's not working, would you be willing to vocalize, would you be willing to say it to me? And then, if they say, yes, great. Now, if they ask you to do it to return that favor, perfect. But the reason I backed it up and said don't put it in as preface that you both have to hold

each other accountable is because you are then, if you think that, look, you hold me accountable, and I'll hold you accountable. Maybe that's not what they want in their life right now.

So ask them for you, and then allow them to make the decision. But also, I want you to set a context. If they're going to tell you something that maybe you don't want to hear and you get upset, I want you to have a cooling off period before you back up at them, or rebut or you're wrong or how dare you. I want you to set a time, a pre-agreement with your partner, maybe it's 10 minutes. If there's something that you are going to tell me that maybe I don't want to hear, I want you to let me know that I'm about to tell you something. This will then signal that the moment they tell you, you will take whatever set amount of time, 10 minutes, 5 minutes, 15 minutes, doesn't matter, where you will internalize it without just going back at them, responding, reacting. Set this up as a pre-code and then be there or live by that code, I should say, and watch what that can do. Because now, as you have someone helping you be real and you see things, you can get through that being pissed off, and then you can get to the stage of how does this set me free. You take a deep breath and you let it out.

I hope this is making sense. This is why I felt compelled to do this podcast. A lot of little things, a lot of big things that bounce around in my head, and I love to teach people. I've been blessed to have a lot of life successes, a lot of life experiences, a lot of, I won't call them failures, they're just learnings. I've had a lot of learnings in my life that a lot of people haven't had. And it's because I'm willing to be real with myself that I've been able to move forward. And so, the extent to which you're willing to be real with yourself is the extent to which you will be able to move forward as well. And so, that's what success left a clue is about.

Look at every successful person in the world and they weren't just automatically that way. It was their willingness to be real. So, time to back to the way I started this whole podcast today. You have to be willing to get real with yourself; you have to understand that success is going to take work. And that's okay, it's totally okay to put the work in because that makes it even more amazing as you have the success. And I'll kind of give you a little insight into kind of, some of the topics I'll talk about over the next little bit on the podcast.

When it comes to something that's new, you look at it. And one of the things that hold people back because they go, "Oh my God, I can't do that. They're a pro." Hey, this is only my second podcast; I held off from doing a podcast for a long, long time because I had never done one before. So, I'm going to do it; so I get practiced at it. I'm going to do what I teach, success left a clue, so I said, who's been successful? How do I learn from them? What equipment do I want to have? How do I set it up? I learned from people who are already doing it, instead of figuring it out on my own. I just want us to get real. And part of that getting real was, I was willing to realize I'm not going to be awesome right off the back. I'm going to stumble forward, but anybody that listens to my podcast over the next while, I'm going to guarantee that you're going to notice it gets smoother, it gets going better, my intro, my outro. Maybe I'm going to switch those up. I'm not being over-critical right now because I want to get started. See being overly critical is one way I held myself back. It's got to sound perfect, it's got to be the right words. It's got, NO, just start it.

So this is why, I know already I'm going to be referring back to episode 1, episode 2, again and again and again. I may be up on episode 75, 76, 77, and I'm going to say, "If you haven't done so, go back to episode 1, episode 2." I want people to really understand, that when you get started, when you're real with yourself, you can accomplish whatever you want. That's part of the system. Those are the clues that success left. School taught us how to try and figure it out on our own. Don't you dare go and look for someone else that's done it. You have to figure it out. If you go and try to find and you copy someone else, you're cheating. That's bad. And that's been engrained in us since we were in school, and one of the biggest reasons that people struggle is because we come out of school into the real world. And in the real world, when you try to figure it all out on your own, when you try to think you have to do everything on your own, that becomes your reality, and that becomes the reality of struggle.

I'm doing this podcast so that you have the reality of you know what, no matter what it is I want to accomplish, others have done this before me. And, if they can do it, I can do it. So, I'm going to find out how they did it, what they used, what worked for them, what didn't work. Because, think about this, as you go through my podcast, and I give you lessons. And because I'm going to be real and tell you what didn't work for me that may help you avoid doing that in your life. And that's what the whole key to this is.

Take my successes, use them to move you forward; take my learnings, use them to move you forward so you don't go through the same learning. Or, even if you do 'cause you may at least you won't go to a level I did. Or, maybe it won't hold you back as long as it did at me. That's the clues I want you to understand. Those are the things, so the clues that I want to give you throughout this whole thing, is that I want you to be able to just go for it. Be real with yourself. Be willing to look deeply at where you're at and ask yourself, "How do I go one more step further?"

Dude, because you can't see me right now, I'm sitting at my desk in my office, in my home. And, one of the things I have on my left, right now, is I have all these yellow pictures and yellow sticky notes. And they've got all the clues that I'm going to be eliciting to you. I'm going to be giving to you throughout the podcast, and all of them are just written down. And, I love them because they're constant reminders to me. And so, that's the thing, is I've got all these clues, they've been up there, actually some of them for years, but they stay there. They stay there as a constant reminder to me to be real with me; that I don't know everything, but I can get started. I don't have the perfect this, the perfect that, but I can get started. And when you're willing to be real with yourself, and own that, and get started, watch how your life changes.

So, this has been episode no. 2 of *Success Left a Clue*. If you like what you're hearing, what I'd love for you to do and I know it's only 2 episodes yet, but go on to iTunes and right us a comment, help others, recommend us to others so that they start to follow us, they subscribe to this podcast. Because I am so jacked about all the lessons to come. They're bouncing around in my head, and the quicker I can get them out to you, the more we can all move together. Because ladies and gentlemen, I've witnessed some of the most amazing successes on this planet and I want to share those with you, so you could know how you can truly have success in your life, all there is in your life.

So this has been Robert Raymond Riopel. Episode no. 2 of *Success Left a Clue*. You guys are awesome. I look forward to hearing you or seeing you or talking to you, whatever it is on the next episode.

Closing

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