

TRANSCRIPT

File Name: S-LAC EP#5 Complete

Duration: 0:22:04

Welcome everybody. This is Robert Raymond Riopel welcoming you to *Success Left A Clue*. This is going to be episode number 5 and today, oh man. Today, I am in my hotel room right now in Manila in the Philippines working with leading and amazing program this weekend changing lives. I just had to do another podcast because if inspiration hits, you never know when it's going to hit. You know one of the clues I love to give people is that the clue is simply this, write it down. Now, write it down can also mean record it, whatever it means. But when inspiration hits, you don't know where and when it will. By the bed when you're sleeping, have a pen and paper, have your phone or whatever it is. So that all of sudden something hits, you can write it down. You can record it. You can get it so you don't forget it. I've got a good memory but there are times where something comes through me within 10 seconds. If I haven't written it down, I can't remember what it is. How many of you can relate to that?

So today's podcast that I'm going to do is something that came up yesterday that made me think about this. And I was like, "Wow, I want to do this. I want to record this one." So kind of keeping in with that talk about in one of the earlier podcasts. And of course, this is all about instead of don't get good get done. I'm just recording this off the top. We're going to make adjustments. We're going to improve them. We're going to keep going. My goal, my wish and hope is that from the podcast if you've made it to episode number 5, you're finding value. That's what important to me. That's what I want to see. Are you getting value from this? That's the whole thing. So we're going to keep enhancing and improving. So I'm kind of keeping with one of the themes that I talked about in earlier episode. Episode number 3 I believe it was. I've got a theme song for today's episode. So give it a moment. Take a listen. Even if you don't like the music or the particular singer, I want you to go for the lesson. It's not about the actual song. It's about the lesson. There's a lesson in every single thing that you do. So here's the song.

[Music]

For those of you that don't know who that was that is the singer/rapper Eminem. His song is about that shot, taking that shot no matter if you feel nervous no matter what's going on inside of you if you're uncertain. But here's the deeper meaning to this. It's not just about taking the shot because some people will go through life and they go I never get anything happening my way that I can take a shot. Having something like fame coming in for lucky people. I don't know who said the saying but I love the quote; luck favors the prepared. I'm going to say that one again. Luck favors the prepared, which means the only question for you is are you prepared for luck to come your way?

Because I guarantee you every single person on this planet, they have the opportunity to have something go where they can step in. They can take the shot. They can go for it. One of the clues I love to give people and I'm going to ask you to play on this one. I want you to point your middle finger. Put those together on each hand with your thumb. And if you've seen sign my clue signs or what's coming out called the Cluemoji, my own emoticon, the clueemoji. Now, we raise our hands up just above our heads and we bring them down. We go give us a clue. I want you to do that right now so put your hands up even if you figuratively doing it in your mind, give us a clue. The clue I want to give you right now is this. Five minutes can change your life. It's amazing how five minutes can change your life as long as you're prepared.

So let me give a couple of examples of what I'm talking about. People are constantly asking me all the time. How did I go from being a student to actually getting on stage for the very first time? I knew I wanted to train. I knew I wanted to impact lives but I also still had that uncertainty. I still had that doubt. I don't know if I'm good enough going on in my mind. How many of you can relate to that? I knew I wanted it and I have passion. If you know me and have seen me on stage, you know I have passion. So I have this

passion that this is what I wanted to do. No ifs. No ands. No buts. No doubt. I knew I wanted to be a trainer. So I went about watching, learning, and modeling, everything I've taught about.

First of all, I dreamed seeing myself on the stage in front of tens, hundreds, thousands of people. So I had that dream. I had it clear in my mind. I saw it. I visualized it. I put it down on the visual board and then I broke it down into who can I model? Who can I mentor from? And I found the perfect person to mentor from. Now, here's what's interesting kind of a side look maybe a totally another podcast coming up in the future. I actually finally got the nerve to ask these persons if they would mentor me and they said no. initially, I got very upset. My mind couldn't understand how they could say no to me. I've done so much for them. This was all my crap going on. These persons spoke their truth. They didn't have the time to do one on one mentoring and so they said no. Why did I take it personally? See, I got upset because they didn't give the answer that I wanted. They gave their truth. Once with the help of my wife, Roxanne that I got through that, it's like okay I calmed down and I went fine. There's got to be another way. Well, that's actually kind of another clue right there. There's always another way.

So I created a reality where because he would not mentor personally with him mentoring. I found a way where he mentored me without even knowing he was mentoring me. I volunteered. I showed up. Anything that he needed done, I got it done. And I did it with joy and happiness. Remember in the last podcast, choose to be happy. That's been a big lesson all through my life. So I chose to do with happiness. Was I always happy? No. but as I catch myself, I make a choice. I re-choose. This is the key. And so I chose to be happy. I found a way for him to mentor me. So I dreamed. I set big dream, put the visual board together and all that. I broke it down into steps. What would it look like in my mind? Then I found someone to mentor, mold and then started taking action on that. So I followed three steps so far. Every time something little would happen, I'd celebrate.

Of course, though, the final step, the believing in myself. That was tough one. But back down, five minutes can change your life. Because I was there, I was preparing. I was always there and always being of service, not out of ego but out of actual service. There's one day when all of sudden, my mentor, he says, "Robert come here." He says, "Get in my car." I hopped in the car when we're out after the event and then I'm like, "What's going on?" He goes, "Are you ready?" I looked at him with a kind of quizzical look, "What do you mean am I ready?" He says, "Are you ready to take over? I need you to complete the night for me. It's going to take you five minutes. I need you to give some instructions for the morning and send this top of the bed. Five minutes, I'll tell you what to say." Just so you know, this is where that reality of five minutes can change your life comes from.

So I went on stage. I did this five minutes and I was over the moon. I celebrated. But remember the believing in yourself shortly, after the next day, after the celebration, I crushed. Why me? Why did he choose me? I was convenient. You know it doesn't really matter. Anybody could've done that and all this stuff that was going through my mind. And again, I know some of you listening to this, you can totally relate to what I'm talking about. Luckily, I have people that around that they aren't willing to let me get caught up in that. This is another clue. Surround yourself with people who are willing to hold you to higher standard and be there to support you in your celebrations.

And so they're like, "Robert, this was a big deal." And they were able to actually prove how big of a deal it was. So that was awesome. Now, I found out 12 years later why I got put on the stage for that first time. I finally asked him. I said, "You know, why did you put me on that stage first time?" And he said, "Simple. I couldn't ignore you anymore." See, I'd always been showing up. He says, "You are always there of service. You weren't ulterior motive." You were there of service. He said, "So I finally got to the point where I couldn't ignore you anymore. I needed someone to go on stage. You were the person I thought of. Earlier that day, I watched you running a meeting and just how present you were. How you were there for the students. I knew you were the person. Ladies and gentlemen, that's what's started my training career because I was prepared.

So I created my own luck. Luck came my way. I was ready for that one shot that Eminem's talking about. Was everything perfect? No. Did I make some fumbles? Yes. But I did the best I could, which kind of another little lesson itself. How often do you not celebrate your wins because you find reasons instead of focusing on what went right and the best that you could. You actually turn your focus to, oh, I could've done this better or I did that wrong or I can't believe I messed that part up. I choose to be happy. Focus on what's working. Focus on what's right. Focus on what you want in your life. So that's how five minutes change my life. What kind of spurred me to give this example and do this podcast right now as I was listening or it was something that happened yesterday?

And a story I was able to tell from stage. I've got an amazing young man who's my assistant trainer by the name of Tim Hyun. Now, picture this, tall gentleman. His heritage is he's Vietnamese but he lives in Australia. He was born in Australia. The first time I ever met him. I was expecting to hear an Asian accent come out of his mouth when I first heard him. All of a sudden, when he started speaking, he had this heavy Australian accent. I'm doing a double take him who is this guy? It sounds like not making sense to me here. Amazing, amazing young gentleman who has the passion to transform lives as well. And so he knew when his time came. He decided he wanted to be a trainer and he was ready. He prepares. His background, he was a tennis pro. He actually was tennis pro and then he became a tennis coach and he knows about preparing. We'll get into the other story though because it also gets a little too much in his head, which he's learned to start overcoming and allowed himself to be present. But that's another story. I can go on all these stories for days and hours, I just love the lessons because if you look lessons are everywhere. Everywhere.

So back to him, so here he was. He wanted to be a trainer. He would watch. He would model and like me, one day, someone came up to me and I had a training in Australia with my mentor. The two of us we're co-training an event and someone came up and said there's this young gentleman we think would do good. Can we put him on stage just to bring the students back and see how he does? And we're like okay, sure. He went to stage to do five minutes of bringing people back into the room. He blew us away. He's energy. He wasn't perfect but he's energy. He's presence is just way up. Enthusiasm, passion, it was amazing. And we knew. He was given that one shot. And so that started his journey and he's journey went.

Well, a couple of his journey, years into his journey, him and I have worked together a number of times. Now, in all my years of training, first training I ever did as an assistant trainer in 2002, lead trainer 2004. So I've been training for over 13, 14 years now and here we are in all that time I've never—listen to me closely—never have I ever had to miss a day of training that I canceled to do because of illness. Even if I wasn't feeling well, I warrior through it. Here, I was, I'm doing a two or three Asia, a number of events. I'm in Vietnam. Tim is my assistant trainer. We're in Hanoi. We do an amazing event. We transform lives, blow people away. We celebrate. We fly to Ho Chi Minh the very next weekend and we have a couple of days before the event.

So we go golfing with our partner. We do a little bit of stuff for celebrating. We're having some downtime and I eat something that didn't agree with me. I started getting sick the day before the event. All of sudden, I'm starting to go to panic mode because here I am. I'm just going to say the food poisoning hits so hard. If you've had food poisoning, you know what I'm talking about. I was not doing well but in my mind is, I'm going to warrior through this. I'm going to get on the stage. My wife's not with me. She's back home. So she's about 13 hours behind in the time zone. Here it is, 1 o'clock in the morning my time, around noon her time and we're talking. And she like, "You know, you can't train tomorrow. I'm like, "I have to. I've got 1,400 students." She's like, "No." And I'm not listening. It's 2 o'clock, 3 o'clock, I am getting worse and worse. So she's on the phone with me again and she says look—and just for those of you who do not know. My wife, Roxanne, is my greatest coach. Not only she's the love of my life. Not only is she my passion, my best friend, but she's my greatest coach as well.

Willing to not only hold me to a higher standard but also willing to point out to me what I'm seeing or what I'm not willing to see. She says finally, "Look, I'm telling you you're not training tomorrow. You need to tell Tim he's going to do the whole day." A lot of it was my crap of me going I can't for do this. I've got partners. I've got to be a responsible to students. I've got to be responsible but then she said don't you think Tim's ready. That's when I got it. I've worked with him a number of times. He's done smaller parts but I know his ethic of work, how prepared he is.

So I wait until 6 o'clock in the morning. The hotel wherein the walls are so thin I can hear him next door to me wake up 6 o'clock in the morning to get ready. He doesn't have to hit the stage until 9 but noticed he's up at 6 getting ready, preparedness. He knows what he wants to do. He knows attractions going in. so I phoned over to his room and he answered the phone. I said, "Tim, you're doing the whole day today." One shot. He had this shot and had the tool. Instead of going into oh crap mode and freaking out because he had been preparing. He just took a deep breath. He says, "Robert, I've got your back." I knew he did and all of sudden, he got to step into the role for the whole day first time ever leading the entire training and he did awesome. He did awesome with 1,400 students. And because he was prepared, that shot presented itself. Because he was prepared, the universe said how do I assist you?

Because he was prepared, he was able to take another huge leap in his growth of being a trainer. That's what we're talking about. That's what Eminem talks about in his song. That one shot give it everything you have. That one shot doesn't matter what's going on in your life. That one shot why do you want a better life? What is it for your fighting for? Is it family or for yourself? Who is it for? What is it for? That one shot, what are you willing to do to prepare for it? Because ladies and gentlemen, I'm going to wrap up by saying this, I guarantee one shots. Shots are coming your way all the time. Opportunities are coming your way all the time and for a lot of people they miss them. They don't get to achieve them. They don't get to grab onto them because they haven't done the preparing. They don't have the dream in place. The vision of exactly what they want to do. They haven't found a mentor or someone to model. They haven't been taking actions on a consistent basis towards being ready for it. When little success has come along, they're not celebrating them and/or they're not honoring and believing in themselves.

So when we talk about *Success Left A Clue*, you look through all of history and you will see how many successful people started with one shot because they are ready. Tim Hyun, Eminem, Robert Raymond Riopel, three examples right there. So I'm going to end this podcast. We're going to go out on a little bit of Eminem's music. *Success Left A Clue*, this is Robert Raymond Riopel. I look forward to seeing you or talking to you on the next podcast. You guys are awesome. Thanks for listening. And remember, help us out. Make sure you subscribe. Please leave us feedback. Let us know what you think of the podcast. I'm honored to be able to do it. I'm honored to be able to live my passion and want to inspire others to do the same. So Eminem take us out, we'll talk to you all on the next podcast.