

Alright, let's talk about episode number 10, today!

What is it I want to talk about. Well you know a couple of my episodes, we talked about making everything you do a reflection of you, that's one of the clues that been giving around the world now. And for this one, one of the things that we did on a couple of the episodes was that we used a theme song as our indicator, as our setting up what's the theme for this Episode. Well, today it is going to be like one of those.

Yesterday I was listening to a song on a station around the house and also I heard the song and I'm like have got something to listen. There's a message there! And I love the song, I heard it hundreds of times over the years, is an older song, "I'm dating myself", it is from the eighties. But this song just awesome got me right between the eyes. That's going to be in this episode.

So here it is Episode number 10. Listen to this song, and then we'll talk about it.

Here it is "Song Playing".

You think about inspiration and the lessons you can get from this gentleman, Michael Jackson. Just the inspirations in the podcast I could do about what he, how he changed industries, the clues that he left for other singers, other performers, not just in his music but in his way of doing things. His dance, all of it! That could be a whole lot of podcasts. I'm going to make a note maybe we will do one on that down the road.

Let's talk about this song right here. "The man in the mirror"! That is what really hit me when I was working around the house, Roxanne and I were doing a little bit of you know kind of adjusting, adding shelving, rearranging a little bit, kind of getting the house ready and also that song came on, we're listening to an oldies station. I stopped. And actually I had no my hands work gloves on, I couldn't do much and I said, Roxanne. Do you have a pen and paper? I need you to write something down. She was like, "okay what". And I said, "write down Man in the Mirror". And she's like, "what's this for?" I said, It is going to be for one of my episode for the podcast. You see that inspiration. Remember one of the clues I gave you Is write it down. I knew left to my own memory; I would forget it very quickly. So that's why when the inspiration hit I had to just like stop what I was doing, take the time and because I couldn't write it down, I asked her to do it. She is more than happy to do that.

So now here it is, a day later because I'm still in that Flow, I'm still in that inspiration. You know I have been busy, have been doing stuff all day long but I'm going to take a few minutes. And just do this recording, do this podcast and get this out because when inspiration hits you've got it jump on it. That's the key! That's the important thing, that's right there, and that's what I'm doing. So let's talk about this message, "Man in the mirror".

What is the message?

Well, it ties right into what Gandhi said, "Be the change you want to see in the world". So then Michael Jackson sings about: it starts with you. I'm looking at that man in the mirror. And If you listen to the whole song, it talks about how it started off selfish about him - that man in the mirror and realizing if I

we are going to make changes start with me. Well, ladies and gentleman, that's how success comes. Don't expect success to just drop on your head, success to just come to you, success to be easy. It's not easy.

Does it take work? Is it simple? YES, It is simple when you defined systems and you do what other people have done. But you still have to put the work in. But before you can do any of that, you have to realize it starts with you. There's going to be no change unless you decide you want to make a change unless you decide it's important for you. Because if you don't change them - you the man or woman in that mirror. And you don't make the change in you first, any success that you have is going to be short-lived. That's it! It's going to be a struggle; you are not going to have to pleasure from it that you truly could; you are going to have this frustration; this aggravation all this stuff coming on. And so that's why it's important to start with looking at that person in the mirror.

So whether you're a man or woman. Enhance or take the song and actually change it to you. I'm looking at that woman in the mirror! I'm looking at that man in the mirror! And start looking at that reflection. And ask yourself: How does this relate to me: for the change I do on half, for the success? And we're not just talking money. Let's be clear on that. Success is not just about money because we are holistic beings - meaning you can't impact one area without impacting the others.

Again it starts with you. So if you want to have more happiness. Choose inside of you to be happy. Episode number 3, that I talked about "Choose to be happy". If you want to have better relationships, start by having a better relationship with you. Look at that person in the mirror. And if it's not working out the way you want it to for relationships, then introspect. Be willing to look at your relationship with yourself and I'm guaranteeing you are doing to see the areas you're not happy with, with yourself. So start with having a better relationship with you.

If you want to have better health, start with that. Checking in with yourself. What is it about you that's struggling? I love the flavor of food I know that. I know that when I'm bored or whatever, I'm just going to reach for some food. And so instead of fighting it, battling against it, I look at that reflection of me. What is it that is causing resistance. And one of the things I realize is that, yes I love the flavor of food. So meaning if I try to take it restricted, take it away restricted, I'm going to battle. Okay? so how do we work with that? Well, I'm going to choose to be in great shape by doing my consistent workouts; Focusing on what I'm doing in my working; in my getting when I'm out of the hotel. Even if I'm tired, do I say I'm going down to the fitness center when I'm at home do I go downstairs to my fitness center and get a good workout. Because if I choose to do good workouts then I'm not going to feel guilty about eating what I want to eat. So it's not about denying yourself. It's about looking at the reflection of you and say how do I work with that person in the reflection. You know yourself; you know what your triggers are; you know what it's going to hold you back or move you forward.

So instead of trying to deny yourself what you truly love, or quit - work with it. So it all comes down to starting to look at that reflection. Look at that man or that woman in the mirror and ask yourself: Am I willing to make some change? Because the moment you make the decision and we are willing, and again let me use that word: WILLING to work with you. And look at that reflection, and actually check in with yourself. Watch the world around you change.

“I'm looking at the man in the mirror”, that song just gravitates. It does. Ladies and gentlemen, is it always going to be easy to take a look at what's going on in that reflection? I'm not saying it is.

But is it worth the journey?

Is it worth the effort?

Is it worth the willingness to say this is who I am?

There may be parts that I don't like, Okay. I will work bit by bit on adjusting that. But really, are there parts of me that I do like. And actually, focus on enhancing those or you focus on the parts of you that you do enjoy. Because when you do, that is going to: naturally, automatically, habitually, unconsciously, impact and affect the people around you. Let me bring you back to another clue of mine. One of 2 things is always happening when you're interacting with other people. Whether you like it or not, whether you know it or not, whether you are conscious of it or not, you are either affecting people with your greatness, or you are infecting them with your mediocrity. And one of the reasons people play a mediocre role is because they don't truly love who they are.

So look at that person in the mirror, talk to them, have a conversation with them, focus on the things you do like. So you can enhance that which keep you moving forward. And Instead of beating up on yourself on the things that maybe you don't like. My suggestion to have success in your life is to actually see what's one little change I can make right now or tomorrow moving forward that will help me to be able to better like that part of me. And then make that change. I'm willing to make the change – It starts with that willingness. Look at that man or woman in the mirror, be willing to make the change because you will be the change you want to see in the world - it starts with you. Plain and simple. That's the message, right there.

So with that, I'm going to wrap this episode up. A little bit short of an episode but I just had to get this out. I had that song inspired me to do this recording. So I hope you enjoyed it; I hope you learned it.

Oh, actually I just had another piece of inspiration, only my goodness! I'm going to write this down! Right in front of me, in my office I look at the back of bookcases because I kind of framed in my office to give me a little space. To my left, I've got clues hang up on little sticky notes all written down hanging all over. in front of me is with a vision board going to be going up – big vision board. one that I've created on them and Torah. And so I'm going to hang that there. But beside it, I'm going to hang a mirror.

So that when I'm doing work when I'm doing creation when I'm doing podcasts. I'm going to look up and I'm going to look at that man in the mirror. And it's going to be a nice little reminder to look at myself and say: Am I willing to make some change? Or am I in a bit of a selfish mode right now? Because some days, being selfish, is okay, that's okay, that's needed, that's alright. But the majority of the time I'm going to guarantee I'm my own worst enemy. Some look at that reflection. I'm going to look at that man in the mirror. And I'm going to say: Am I willing to make the change. And the answer is going to be easy because I'm going to think of episode number 10. I'm going to come right back to this episode and I'm going to go: Yeah, I'm willing to make a change.

So, ladies and gentlemen, I'm going to wrap it up. Remember always live with passion. Again if you don't mind, I would love it go to iTunes, find success left a clue on iTunes, the podcast there, leave a review, write what you think, Right good, bad, ugly. You tell me if it's not working for you, let me know. We will make adjustments. That's what we're doing. Leave a written so that we can get noticed.

Thank you for being you. For success left a clue, this Robert Raymond Riopelle. I look for to seeing you on episode number 11.