

Success Left a Clue episode number 32. Welcome to the rhyming episode, Success Left a Clue episode number 32. Hey everybody! Robert Raymond Riopel here coming back to you again and we have another amazing podcast here for you based on the clues that I pick up from just everyday life because a lot of people don't realize is that there is clues for success all around.

All around and you just have to be “willing”. Notice the key word there “willing” to be paying attention; notice what’s going on around you – what you’re watching, what you’re seeing, what you’re hearing, and all of that what you’re experiencing and asking yourself what’s my lesson from this.

So today's episode is no different from that, it’s going to come from because I love music as you know I love music. And as I was listening to the radio just a couple of days ago I’m driving along and all the sudden this song I’ve heard a number of times and it came on and I went, “Oh! Why it’s just hitting me now.” What a great kind of theme for one of my upcoming podcasts.

And so I decided to make that today’s theme. I decided to grab that song, download that song and be able to now utilize it as the theme song for this episode. So I’m just going to go right into it, we're going to play it and then I will come back to you. So listen closely.

[Song Playing]

So that is “All Time Low” by Jon Bellion and what a great message and here's what I mean by that. A lot of people even right now, even some of you listening to this podcast may feel like you are at an all time low in your life, that all time low and you may ask yourself what can I do, how do I get out of this, how do I go back up. I hear people all the time saying “Hey, if I hit rock bottom then there's no only one place to go with us, straight up.”

But that’s great to here but you're in that low sometimes that advice doesn't help out at all. It’s got to be what are the practical steps, how can I be able to take from being at that all time low to actually start going back up again, to start taking my life in the direction that I want to go. Well, that’s why I decided that this would be an “important”, “important” podcast to do. So let’s dive into it.

For me, I’m going to keep it like the three R’s in my name – Robert Raymond Riopel. And for those of you been listening to the podcast or have trained with me where you have been in my audiences. The three R’s also stand for keeping it Real, keeping it Relevant and Repeatable. Real, Relevant, Repeatable.

And I’m going to keep it real for you and one of the things that I love to do about keeping things Real and Relevant and Repeatable is a simple thread that goes all the way through those and is a word I just said. Simple. I want to keep it very simple because if you have it complicated especially if you're in that all time low, chances are, you’re not going to be able to follow the instructions, you’re not going to take what needs to be done. So for helping you out with this webinar or this podcast I should say and being able to really start moving from being in that all time low to moving upwards. I’m going to keep it simple for you in all areas.

One of the reasons that a lot of people end up getting overwhelmed especially when they're in all time low, is they know where they are at and they look at where they want to be, and they are actually in their mind – it’s how do I get there. And they are analyzing all the ways to get there,

there's actually a thousand steps ahead of themselves. They are so far ahead of themselves that it does get overwhelming especially when you're at that all time low.

So I want you to kind of start backing things up, back it up and come back to being in the present. It may feel like, "Well, Robert that's a scary place to be. I'm in that low." Well, you're in that feeling anyway so instead of allowing yourself to try to trick yourself that you can be somewhere else right now, be wherever you are at, be willing to be in that spot and then ask yourself one simple question "What is one step I can take right now in my life?"

To move towards that goal that I have in front of me and then take that step; but don't just take that step, I want you to be gentle. This is a time it's really important another one of my clues be gentle with yourself. Don't make it huge! Hard! Really difficult step to take that chances are you're not going to do it or your mind going to find out a reason you didn't do it perfectly so that it can beat you up over what you are not doing.

No. What I want you to do is start of making those steps, that first step something very, very, very simple. So an example, maybe you take a deep breath and you make an agreement that you are willing to move forward. And so, you come to that agreement with yourself. And then so once you make that agreement with yourself, then you go back to one of the other things that I teach in my six steps that you'll create the epic life, epic life that you want is actually acknowledge, celebrate with yourself that you know what "Okay I just took a step."

Yes! Celebrate that success. Yes! And then check back in with yourself. Now that you know that you're okay and say okay, so I acknowledge that I'm going to be more gentle with myself and I'm going to start taking one step at a time. So then ask yourself what is another step I can take and then take that step. Acknowledge yourself, celebrate, check back in, take another step.

And this is the key ladies and gentlemen. You start small. What your mind makes as a small step. It's going to try to tell you that it doesn't matter; it's going to try and tell you that it's inconsequential or that it's just nothing, don't listen to your mind. Take the step, checking with yourself, celebrate; take another step, checking with yourself, celebrate; take another step, checking with yourself, celebrate.

And keep that going over, over and over again and all of a sudden, you start realizing that all time low is starting to be behind you. And you're starting to take those steps up going towards as they say "If you're at the all time low, there's nowhere to go except for up" while you start to see that you're actually moving towards that direction because now you're creating the habit. The habit of taking one step at a time and that's where your focus needs to be.

Now, also as you're listening to this. One the things I am going to encourage you is not to get caught up and your mind might be saying to you right now as we're speaking, as I'm doing this, "That's too easy." And you're right. It is easy and that's the point of it; that's what I want you to take out of this. That it is easy when you do this, so don't let that become a reason for you not to do it, not to take this first step. I want you to utilize that and go ahah! Thank you mind for sharing that with me because you're right. That's an indicator, that is something I'm going to do and take that one step.

So ladies and gentlemen, I'm keeping this one nice and short. That's it. If you're at that all time low, take one step at a time, make them small and easy especially in the beginning but don't forget to acknowledge, celebrate, take another step. I hope this advice helps. We're going to go to the song again. I look forward to having you on the next podcast. So let's give you a little bit of music before

the closing credits. You guys are awesome, have a great day and until the next time. Always live with passion. Here it is.

[Song Playing]