

## TRANSCRIPT

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[Intro]

Welcome everybody to Success Left A Clue. This is Episode No. 34. This is your host, Robert Raymond Riopel coming to you, and on another great topic. Or let me be clear, as the topics come up, I write them down, I take them on the phone, because that's one of the clues I give you. As ideas come to you, write it down.

So since I have my phone with me almost everywhere I go, and I don't have a pen and paper, I just take my phone, open up my notes app, and I write down what these inspirations of ideas are that come. And, it's good thing that I do, and it's good thing I follow my own clues, because if I don't, very quickly I would totally forget what it was.

So here we are, this is actually a topic that I wrote down a few weeks ago. That it was definitely one of the episodes I want to record. And so, then coming back to it and reading it is refreshing my mind. So I started to say, I'm bringing you another amazing one. And I'm hoping that you're finding, with my podcast, you're finding value from this and that you're actually getting some great value from it. And that the lessons are awesome.

I may let you know, if you find that there's a topic, a specific thing that you would love for me to actually talk about, here's what I'm going to suggest you do. Actually send me an email, send it to robert@amentora.com and that's a-m-e-n-t-o-r-a dot com. Like, I think, the word mentor with 'a' at the beginning and at the end, so, robert@amentora.com. Send me a quick email. Let me know what kind of topics you'd like me to cover on this podcast. More than happy, if I'm not an expert at it, I will find someone and will bring them on so that we can start covering some of these topics for you. Sound good? Excellent!

So, this one here, I will let you know, this topic, when I thought of it, and I wrote it down. It was actually, well, I was listening to something that I refer to at one of the earlier podcast over the last couple of weeks. Actually I think it was Episode No.32, "Steak and Sides." And it was when I was listening to Gary Vaynerchuk and he was interviewing Tony Robbins. He was talking to Tony Robbins about something that he does every single day and I, it's something that I've been practicing, but when I heard Tony talking about it, it hit home even deeper for me.

And that's when I decided, I pulled up my phone and I wrote down in my notes, I wrote gratitude. Is it part of your daily rituals? And if you notice, that's actually the title and the subtitle for this episode of the podcast, "Gratitude: Is it part of your daily rituals?" And so I've had a practice of showing gratitude for a long, long time. But when I realize as I started looking back is, is it actually part of one of my daily rituals? Is it something that I'm doing on a daily basis? And it was like, wow, you know, its not. It's not something that I actually, on a regular basis, every single day, make a part of my rituals. And when I got that real hit, it was like, this is really, really cool. I'm actually going to make this now, one of my daily rituals.

And if you remember on one of our previous podcast, we actually talked about having a success journal. One of the things that we created in our platform Amentora, is a success journal where you write down five of your successes from that day. And so what we, from just making a part of our daily ritual having gratitude, I, you know what, I'm now gonna change, I'm gonna do adjust how I'm doing my five successes

a day. And I've turned my success journal actually into a success and gratitude journal. Success and Gratitude Journal. So now, instead of just writing down five successes for the day, I'm also focusing on who am I grateful for? What am I grateful for?

I've had a very, very blessed life. I get the privilege of leading a life not a lot of people could. Now, it doesn't mean that my life is all just roses, sunshine, beautiful sunny days. Ladies and gentlemen, no it's not. Because I've said it before, and I'll say it again, I am no different than anyone of you on this podcast. Those listening right now, I'm the same as you, meaning I have good days, I have not-so-good days, and I have utterly crappy days.

And so, what's key about why you wanna make having gratitude part of a daily ritual, is because it's not just about the days that you're having good days, 'oh my goodness, look at the life I'm living, look at the people I'm happy to have in my life, look at what I'm grateful for.' It's actually really to help you on those days where you're not having such a great day. Where you can turn around and say, 'What am I grateful for?' And use it as a way of uplifting you. Of actually getting you out of that downward spiral, getting you out of that funk you might be in. So that you can actually, instead of getting caught up in something that's taking you out, taking you out for a day, week or month or longer, you can start turning your energy, turning your life around, very, very quickly.

So Tony talked about how part of his gratitude ritual is he actually spends ten full minutes a day showing gratitude. Thinking about the gratitude, speaking of it to himself about the gratitude of what he's grateful for in his life. And once I listened to it, it actually triggered kind of a thought, someone I hadn't thought about in a lot of years, who has inspired me in a lot of different ways. And I'm thinking about how he was actually showing gratitude in his daily life. And this person I'm referring to is a gentleman by the name of Tom Monaghan. And now, if you don't know that name, I want you to actually Google that name because Tom Monaghan, he was the founder of Domino's Pizza.

For those of you who've been listening to the podcast or seen me on stage, you know part of my story is, when I got laid off from the third company by the time I was 21, I started delivering pizzas for Domino's Pizza, went on from driver to becoming a manager. Then my wife and I became franchisees, and we're franchisees for nine years. So we loved our journey through Domino's Pizza. And we got to learn about Tom Monaghan. And I actually learned and watched his biography, listened, or actually should say read his biography.

And we'd have our world convention to every single year around the world. And I remember, one time, we're at a world convention, it was in Las Vegas, I believe it's 1996. The first time my wife Roxanne and I ever went to a world convention. Picture this: 4,000 franchisees and managers from around the world converging on Las Vegas to have our week-long worldwide convention. And Tom Monaghan, this was the first time I got to actually see him in person. He's on the stage, and he's talking about, and at that time, this gentleman, he's almost 70 years old.

He had started Domino's Pizza as a way for him and his brother to pay their way through their university, in the University of Michigan. They bought a pizza store called Dominick's, and they grew from one store, to two stores, to three stores. And often, Dominick's Flower, Dominick Flower, sued them over the name, and they had to change the name of their pizza place. So they held a staff meeting, probably the staff from the three stores, and they said, "Hey! We need to change our names, and what can we do?" And one of the drivers at the time said, "Oh, why don't we change it to Domino's? It's not far from Dominick's, and we have three stores so let's use a domino logo and put three dots on the domino. And every time we open the store, let's add another dot."

And so, Tom thought it was a brilliant idea and that's why they changed with the intention of adding another dot. Thank goodness he didn't, because today or by the time we sold our last store, there was over 6,000 Domino's Pizza in the world. Could you imagine having a logo with 6,000 dots on it? And so, Tom talks about how he's grateful for having that driver on the staff. He always talked about the reason he was successful is he's surrounded himself with people who are smarter than him.

So let's get back to gratitude. So 1996, we're at the Domino's world convention, he's standing on the stage talking to all of the franchisees and managers. And he talks about that one of his rituals is running ten miles a day, even at the age of almost 70. But another main ritual is he would spend 2 hours every single day showing his gratitude for the people in his life, by actually spending 2 hours praying for all the people in his life. He would pray for groups of people, but then, part of that 2 hours is he would pray individually. Say, a prayer for family members individually, one at a time. His staff, his executive team, all the friends in his life.

Can you imagine to have that focus? To have that commitment, to have that habit every single day, showing gratitude that way? And I thought that was pretty outstanding. And it's one of the main reasons why he was so successful. And so, what I'm gonna ask you to do, listening to this podcast, make gratitude part of your daily rituals, showing gratitude. It doesn't have to be 2 hours, it doesn't have to be ten minutes like Tony Robbins does, just start with something simple.

Take your success journal and make it a success and gratitude journal. And instead of just writing down five successes for the day, it can be a combination of five successes and gratitudes. What are you grateful for in your life? And watch that start really helping you step into an even greater life. Owning how amazing you are, and watch what can happen.

So, I hope you get some inspiration from that. And I hope you'll take that and seriously do that. Show that gratitude. Make that ritual. That's it.

So for Episode No.34, Success Left A Clue, this is Robert Raymond Riopel. And again, reminding you, please go to your podcast platform, leave us a testimonial, or leave us a message. What are you thinking of this podcast I'm putting out. Give us a rating. Let us know. Email me at [robert@amentora.com](mailto:robert@amentora.com). Let us know what you'd like to learn about, what would you like me to cover, what kind of guest would you like me to bring on. And I will do my absolute best to do that for you.

You're amazing as always. I feel blessed that you're listening to my podcast. And that you are leaving reviews and that you're allowing me to live my passion through this. So always live with passion, have an awesome day, and we'll touch bases on the next podcast, Episode No.35. Thanks everybody!

[Outro]