

TRANSCRIPT

File Name: SLACEP62PreparationIsKeycomplete

Duration: 00:10:35

Hello! And welcome once again to *Success Left a Clue*, the weekly podcast where myself, your host, Robert Raymond Riopel takes everyday lessons of success from around the world and turns them into those everyday life lessons that you can use. I want to welcome you and we are on a roll.

This is episode number 62 and when I say we're on a roll, it's because this is actually the third, the third podcast in a row that I have recorded today because I am just rolling here in Berlin, Germany, having a blast. And it's just almost time to get ready to wrap up and prepare, get some sleep before my three days of events starting in the morning, but I just wanted to get one more out because this one, I knew if I didn't, I'd be sitting there tossing and turning, thinking about it, going, why didn't I do it, all that fun stuff. So I am hitting while the iron is hot and I am getting it out there.

Today's episode is simply titled, yeah, what did I title it? That's the funny thing. I got it. I got the inspiration. I wrote it down and then it was gone. Oh, yeah, and aptly so, it's called *Preparation is Key: Suffer on the Way In or Suffer the Whole Time You Are There*. So, I'll say that again. *Preparation is Key: Suffer on the Way In or Suffer the Whole Time You Are There*.

Now, it's kind of an interesting title, and I want to explain where that came from. How it came up? Because it was a huge lesson for me. Something I knew inherently. Something I've already automatically done in my life, but when it was presented to me in the way it was, it was a light bulb. It just went off of my head, and I went, aha, and so what did I do? I instantly wrote it down again. I pulled up my phone, on to my notes, wrote it down.

Now, of course, now that I am getting ready to record it, I actually, from the way I originally wrote it down, I decided to adjust the title a little bit and I added that part on, "Preparation is Key." Coz the original title was just going to be suffer around the way in or suffer the whole time you are there. And, so I kind of want to give a little indication what is that I'm talking about, and it is about the preparation.

Okay, so let me back up to what we were talking about. Hey, when you're doing a podcast, it's all just about having fun. Just being you, having fun, having a blast, because I like having fun. Hey, if you are a serious person, don't worry about it. Do it in the way that works for you, but I like having fun so here we go.

The other day, spending time with some family, and we were sitting and we were talking there about different TV shows that we like and ones that have you seen this, have you seen this, and my brother-in-law actually brought up a TV show where, there is the big thing seems to be in North America right now is the TV shows around gold. You know there is one called "Gold Rush," and it talks about the big trucks and teams where they are panning up in Alaska during the Gold Rush season before it freezes. They've got million dollars on the line, they've got big operations, and all that.

And, my brother-in-law was saying, yeah, there is this other show where it follows these guys that actually will hike in, deep into the woods to this area, to this specific river, and then they will actually just manually on their own, they'll start panning. They'll spend two to three months whatever the season is, living off the land. They'll build their shelters. They'll bring in their gold pans. If they need equipment, they'll walk out couple of times holding piece by piece what they need and that actually is a much more lower key kind of operation, not like the big ones as on the show Gold Rush.

And, he was talking about there is a 70-some odd year-old gentleman who has been doing this for years. He knows the river inside and out and he knows how to actually boat; technically, he is always on the river. He will sometimes go up the land of the river and dig down because he knows there's got to be

feeding the river, the rock, to find nuggets instead of just going through the flecks and all that. So, he knows what he is doing, and in his age, he is not really actually just panning himself but he is actually taking people in and being a guide for them, being a mentor, charging them, letting them do the work and pay him to bring them in. So, it's kind of transition at that edge.

And they were talking about how he got all these newbies and all that. And, what do they do? They sit there and they will pack pieces in, walk out, pack more pieces in. And, this old-timer, he has got it down to such a fine art where he is not trying to bring in all this equipment. He brings in his basic equipment and then he builds right from the land. He will take the trees and he will build a water-fed little shaker box and he use this thing from the land. Because he has done this, he is prepared for it. He doesn't try to carry a ton of stuff. He carries in the basics that he knows he prepares himself.

And so, then my brother-in-law said that statement. He said, yeah, one of the things he says is either you'll suffer on the journey in because his pack is heavier than the other guys. His pack has more in it, but once he is in, he is in and he lives off the rest of the land. Whereas the other guys are either frustrated or suffering because they forgot stuff or didn't bring stuff in or they're making multiple trips and it's not an easy hike. And so that saying came up.

They asked him, why are you willing to carry that? Even at your age, such a heavy pack. And he says, "Because in my life I have realized either I will suffer on the journey in, meaning I am carrying a heavier pack, I am carrying extra stuff, I am going through a little more pain, but then while I am here, I have got everything I need. So, if I suffer on the way in, if I don't, I'll suffer the entire time I am here for the next two to three months."

And when my brother-in-law said that, it hit me and I was like because my wife even turned to me and she was, you got to do a lesson on that. I am like, isn't that so true? So, let's tie it into other businesses. So, as an example, as a trainer, one of the reasons, I am able to train all around the world is because especially in the beginning, I prepared, I prepared, I prepared. I was talking to my assistant trainer that is going to be with me at this event and we were talking about the old days where and kind of date myself, I remember I recorded my mentor.

I used a little video recorder. I got it transferred to a VHS tape, VHS tape. Now, that's kind of dating it right there. And, I would actually take... it was a three-hour presentation that I wanted to model and that I was doing, and I was going from city to city doing these previews. I had a 13-inch TV that had a built-in VHS player. So I would arrive at the hotel while my wife would get all the logistical stuff prepared. I'd be in the hotel room watching this video, watching the video with my notes in front of me, watching the video, notes, pausing, checking, underlining, practicing, prepping, prepping, prepping, prepping, so that when I got on stage, it was more second nature. I didn't even have to think about it.

Hey, the next day, I'd be in a new city. What was I doing? Watching the video, doing my notes, watching the video. So I became relentless at my preparation so that I would have a much easier time. When I started training, one of the things I took on was training other trainers. And very quickly I knew which ones would make it and which ones weren't going to because I'd watch their preparation. If they were all about the prep, yeah, it was more painful in beginning. It was more uncomfortable in the beginning for them. But, because of that, if they did that then they didn't suffer the whole time they were there on stage. Once you are on stage, you're able to be out of their head, more connected with the audience and be able to really see what was going on and have more transformation.

The people who didn't want to prepare, they would struggle. They chose not to suffer in the preparation so they suffered while trying to do it and a lot of them never ever, ever made it. The only ones that ever did and continued to be trainers is the ones who all of a sudden realized, you know what, maybe I'd better put more into my prep work. And the moment they did, things change around.

So in your business, no matter what it is, do you just sleep over the prep? Do you do it as quickly as you can? Or do you take the time even if it's uncomfortable, even if it's a little bit more pain. And have that mantra in your mind. I would rather suffer now on the way in. In other words, on the way to earning my success, on the way to becoming a master of what I am doing so that I am not suffering the whole time I am there.

That's the lesson for today. That's it. That simple. Utilize it. Preparation is key. Remember, the only way to grow is to get uncomfortable out of your comfort zone. If you're not uncomfortable, you're not growing, which means you're going to be uncomfortable for a big part in your life; because if you're not playing a game as big as you can, you don't realize you are suffering a lot in other ways and you know what I am talking about.

So that's today's episode, *Preparation is Key: Suffer All the Way In or Suffer the Whole Time You Are There*. I hope that helps. I hope you got a lesson. I look forward to having you on the next episode and remember, always live with passion. Have yourself a great day! Talk to you on the next one.