

## TRANSCRIPT

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[Intro]

Well, hello and welcome once again to Success Left a Clue. This is the weekly podcast where I take the different clues to success that I see while traveling around the world and I turn them into just little life lessons that you can take and apply to your life no matter what you're doing. Of course, this is your host, I am Robert Raymond Riopel and I want to welcome you into Episode #64.

Today's episode, I'm going back into one of the things I love to do and it comes from one of the clues I gave out right at the beginning of this podcast series over a year ago, *Make Everything You Do A Reflection of You*. If you are a long-time listener and you've listened to some of the different episodes, you know I love to have theme songs for some of the episodes. It's been a while since I've had one.

So, I decided that today we're going to utilize it for Episode #64. We're going to utilize another song, kind of as our theme for this. It's kind of cool because not only is it a theme for the podcast, this episode, but it's also a theme song for something. Let me just stop there. We're going to listen to the music and then I'll come back. I'll talk to you in a couple of seconds. Here we go, take a listen.

[Music]

Excellent. For some of you, you instantly recognized that music. If you've ever played the game *Angry Birds*. There's no words to it. It's just music. It's done by a Philharmonic Orchestra but it really sets a tone. Why on earth would I use this as like a theme for today's podcast? Well, it's easy. I got to get my head out of the clouds. I'm here, in India, and I'm actually in the beginning stages of what I'm going to call a podcast recording marathon.

I've already knocked out one episode today and I'm going to be knocking out a few more because when I travel, that's when I seem to really get inspired. That's when I really seem to want to get those clues out to you. Even though you may be listening to this a week apart because our podcasts do come every single week, you may be listening to it a week apart, well I'm actually recording a few one right after the other. This one came to me as a possible episode for the podcast while I was traveling here to India.

I originally left from my home in Calgary, Alberta and I did my first short little hop which is just over an hour of flight to Vancouver, British Columbia before hopping on a 14-and-a-half-hour flight to go from Vancouver to Hong Kong, have a little layover and then a five-and-a-half-hour flight from Hong Kong to Chennai, India.

When I was checking in in Calgary, it was interesting that I got up to the counter, I got things taken care of and there was no one there when I first showed up to the check-in. And all of a sudden, there was a line-up of people and because I fly a lot, I get to go to an executive check-in area. All of a sudden, the next people in line, as soon as I finished checking in, I moved off to the side because I had to do some adjustments to my carry-on, this couple and their child step up and all of a sudden, they're just going at the agent.

"What do you mean this is this?" And they're just not giving the agent a chance to respond. They're just being very, very angry. I carry on, I go to security. I'm going through security and they pull me aside and they have to check my bag because I've now added some of my books, *Success Left a Clue* same name as

the podcast. I had taken some out of my luggage, added onto my carry-on because my luggage was a little too heavy.

And so, security is going, “What are these big packages inside?” And I said, “Well, they’re books.” They had to do a swab test, they had to do an inspection and you know what? I never have an issue with that. I would rather be delayed a few minutes while they’re making sure everything’s okay than to get upset at them and say, “What are you... or saying I’m a big traveler” or whatever it is. I didn’t notice that this family was coming up behind me and they also had one of their bags chosen to be inspected more closely.

So, I’m doing up my bag, I thank the guy for his time and he’s like, “I appreciate you not getting frustrated.” So, I say, “Hey, you’re doing what you need to do. That’s all good.” And all of a sudden, they come to this lady’s bag and she instantly again is right at him, “Why are you looking at my bag? Why do I need to...” and I’m like, “Wow.” That’s when it hit me. Angry birds.

It hit me that in life some people, they just choose to be angry, that’s it. They just choose to be angry. And I am like, “Does that work for you?” I’m thinking this in my head. I’m not going to ask her because she’s already an angry person and I can’t make decisions for her. I can’t tell her how to live her life. And because we’re not in a coaching scenario, I don’t even have the permission to give her a little of my insight, if that makes sense.

It really hit me because I love to watch people. And if you remember episode three, episode four, way back, over a year ago and how fitting I’m in India because the lesson came from here is choose to be happy. The other side of it is some people, you have to accept it, they just choose to be angry and you’re not going to have anything to say about it. It’s their life. It’s what they decide is where they’re at. But there is a choice you do have. See, in the last episode, remember I gave you that equation,  $E + R = O$ . The event plus how you respond, react to the event is what’s going to be equal the outcome.

In your day-to-day life, you’re going to see that you’re around some people that seem to always be negative, always seem to be angry. That has nothing to do with you. It’s all about them. Go to Don Miguel Ruiz’s book *The Four Agreements*. Don’t take things personally and you’ll get better understanding. Again, Don Miguel Ruiz, the book is titled *The Four Agreements*. Love that book, love that gentleman.

Don’t take things personally. The moment you let someone else’s anger impact you, they’ve fed you poison. And because you’ve decided to eat the poison, take that energy on, their poison has become your poison. If you see people around you that are angry all the time or frustrated all the time, your choice is do I let it impact me or do I choose to be happy for myself? Your choice is going to create that outcome that you have. That is the choice you have, of how you react to it.

Ladies and gentlemen, you’re going to have people in your life that always seem to be angry, always seem to be frustrated. But you’re also going to have people who choose to be happy, choose to be inspired, choose to just want to go forward. It’s now your choice on which ones do you allow to bring the energy into you. It may take practice. I’m not going to say it will be easy. It may take practice because maybe you’ve been in an environment where you’ve been around family members or friends that just naturally are angry people and you’ve conditioned yourself, you’ve created the habit of allowing their energy to come into you.

With this new awareness, it’s now time to re-choose, make some new choices that serve you. Because the more you decide to go in the direction you want to go in, the more your life is going to change. I hope that makes sense and I hope you get it. That is the lesson for this episode. No angry birds. Some people just choose to be angry and ladies and gentlemen that is okay because that is their life.

So this is Robert Raymond Riopel for Success Left a Clue, Episode #64, *Angry Birds*. I hope you enjoyed and I look forward to having you on the next episode. Thank you again for being a listener. We'll talk to you then. Have an awesome day and always live with passion.