

## TRANSCRIPT

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[Intro]

Well, hello and welcome once again to another episode of the weekly podcast Success Left a Clue. I am your host, Robert Raymond Riopel, and in this weekly podcast I take clues to success from all over the world as I travel and I turn them into those generalized life lessons for you, the person who's listening and graciously listening.

Let me start this episode off by just again, from my heart to yours, say thank you for being a listener. Thank you for actually taking the time to listen to these short little 8 to 10 minute podcasts on the different clues to success because if you just listen, that's one thing but if you listen and actually apply them in your life...

I love how I get students talk to me all the time when I'm at live events saying they listen to my podcasts and how it is just... even one has helped them change their life, one of the little lessons, one of the little clues I gave them. That inspires me, that's why I keep going, that's why I keep doing what I am doing.

Today's episode is Episode #65. And again, can you believe it's been over a year since I have been doing these. I'm in the middle of what I'm going to call a podcast recording marathon. I am in Chennai, India here and this is the third episode in a row that I have been recording because I am on a roll, baby. I am just having fun. When I travel all these ideas come to me and I write them down and it's just like let's get them out. I hope you're enjoying that because when I'm inspired, I go. That's the key.

So, today's episode, Episode #65 says *Your Past Does Not Equal Your Future*. Your vocabulary creates your reality. This one kind of comes in two parts. It originally jumped out at me while I was flying here and I was reading an amazing book called *Lead or Bleed* by an amazing student of mine called Rajiv Talreja. This gentleman, he started as a student in India three years ago and he is now starting to take not only India but the world by storm. He just did actually while I was on my way here. His first international speaking engagement with over 2,000 hungry people in Manila, Philippines. He's taking his message and he's making sure that it's not just about him. He is delivering it to the people that can really use it.

I'm reading his book, amazing book, you've got to read it *Lead or Bleed* and when I'm reading the book, he reminded me in there of this concept. It's so easy to get caught up in your past and use that past of why you can't do this or I tried that before, it didn't work out for me last time or because of this I got that and so it's not worth it. And so, all of a sudden, you start looking at it and you start taking yourself out from actually even moving forward, even taking.

I wanted to do a podcast on this that your past does not equal your future. The biggest indicator I want you to start doing is I want you to start listening to your vocabulary. Are you using the vocabulary of someone who is willing to move forward, someone who is willing to take another step, someone who's... even if they've had some "failures" do you look at it as a failure holding you back or do you look for the feedback and utilize that to move forward another step? Because it is your choice on a daily basis, you've got to make sure that you're looking at that vocabulary. Do you have the vocabulary of that victor or are you having the vocabulary of a victim?

When I first got to India here a couple of days ago, I landed in Chennai after 27 hours of travel. I got to my hotel room, I had a couple of hours to get a bit of a break, get some sleep and then I was actually on a morning flight over to Mumbai or formerly known as Bombay to do a two-hour preview talk. When I was

doing that, one of the things we teach in it is that there's three different ways you can identify someone who is in the victim role. They either blame, they justify or they complain. One of the things we say about complaining, that most people don't really get is that complaining is the absolute worst thing that you can do for your health and your wealth.

That's your vocabulary. Because if you're in a victim vocabulary, you're actually programming yourself on a subconscious unconscious level to actually sabotage that success, to actually not keep moving forward. If you think about the reason this happens is because your mind, even though people think their mind is set up to give them success, to move them forward and all that, it's not. Your mind is nothing more than a great, big filing cabinet. Meaning, just like computer programming, garbage in is going to equal garbage out. And so, if you have that vocabulary of garbage that you're building and you're listening to the victim, the blame, the justifying and the complaining, then that's going to be the garbage that you're going to manifest into your future.

That's it ladies and gentlemen. That simple. It doesn't mean that 'Oh my God, I'm a victim. I'll never change.' No. Awareness is the key. You notice if you're using that victim vocabulary and then as soon as you notice it, I actually want you to celebrate. I want you to be like, "Aha. Look at that." And I want you to turn that negative, non-supportive into a positive, a supportive way of thinking, acknowledge it that look, I caught it, that's awesome. And then celebrate that you caught it and then choose to make a change.

Choose to make a change in your vocabulary and once you notice it, because when you do notice it, you can now say, "You know what? That could be my past way of thinking and that doesn't work for me anymore. How can I reframe that? How can I use that reframe to move me forward?" That's where your past does not equal your future, your vocabulary will create your reality. If you start to choose to think and talk as a victorious person, that there is possibilities, that you're willing to take another step, and I'm not saying you have to like, "I am the best. I can go for it. Nothing is going to stop me."

Sure, declarations help and positive thinking helps but it's actually even taking it another step. Step it back and say, "Okay. What's one little thing that is achievable, a little thought that I can use so that I can actually notice my success, celebrate my success and then take another step." And it might be something as simple as, "You know what? That thinking didn't help me. I tried it before and it didn't work. I'm going to reframe that too. I tried it before, I noticed something that didn't work. So, here's a little thing I can do different to move forward another step." And then take that step, take that action.

Remember the process of manifestation. For those who've never heard of it, it says this, "My thoughts lead to my feelings, which lead to my actions, which equal my results." So as soon as you catch that thought, if it's not working, that's going to lead to a negative, non-supportive feeling, which is going to lead to the negative non-supportive action which will equal a negative non-supportive result.

So I am asking you to take a notice of that thought, stop it there, change it, reframe it so that you now have a feeling of, "I don't have to be so hard on myself. I can actually do this." And then that feeling will allow you to lead to a more uplifting action which will give you more results. Just keep going through this process and watch what can happen.

So, vocabulary, vocabulary, vocabulary. That's it, that simple. That's today's episode. Episode #65, *Your Past Does Not Equal Your Future*. You guys are awesome. I look forward to having you on the next podcast and thank you for being a listener. Remember, always live with passion and have yourself an awesome day.

[Outro]