

TRANSCRIPT

File Name: SLACEP70CarpeDiemcomplete

Duration: 00:07:43

[Intro]

Well, hello! And welcome once again to Success Left a Clue, the weekly podcast where I take everyday lessons that I learn from traveling around the world and I put them into the lessons that you can use, the clues that you can use in your day to day life. This is your host, of course, Robert Raymond Riopel coming to you. And this is Episode Number Seventy, 70.

And just like most of my episodes I can be doing them anywhere, anywhere in the world. And today, I happen to be coming to you straight from India. And actually, I am in a city I have never been in India before, called Penai. And I'm getting ready to do a talk tonight and then I have to move by tomorrow, before I head home and to get ready to do more events on the other side of the pod.

Well anyway, let's get into today's podcast, Carpe Diem, seize the day. Why is that important? One of things I talk about in a lot of my podcasts is that you never know. You never know when something will change, someone that who's in your life is all of the sudden gone, someone that you respected, a family member, a friend, a loved one. Seizing the day is so important.

And today, I just... thinking about it, I was going through my notes on different podcasts, because I am always writing down the ideas that I want to utilize and I came across that one and I thought you know.

Today is going to be the day where I do a few recordings. I am actually going to record a few podcasts, but this is the one that stuck out, that I needed to seize, and actually do first. Hence, seize the day and why is this so important.

Well, it is interesting that here in India, where I am right now, I have just been doing four events, in four cities, in four days. So, I am in the middle of that right now, getting ready to do the third one. And there has been two months actually since I did my last event. Very interesting, how in that two months of my time being not on the stage, not doing the normal day to day things I do in my training arena, taking time to be with friends and family, which was awesome, but I also noticed that I actually started to kind of roll back into some negative non-supportive habits of not seizing the day.

Having a hard time getting motivated, having a hard time moving forward and saying, "You know what? I wanted to get this done. I wanted to get this done." And look, I want to be totally transparent with my audience. As I've told you before, my initials don't just stand for my name, they also stand for keeping it real, relevant and repeatable. And episode two of this podcast was about being real with yourself and that one I guess is why 'Carpe diem' popped out at me today.

Because all of a sudden, I had to take my own advice and be real with me. I have been on this trip, I had plans on doing some recordings, but also my mind is, "Well, you know you're tired. You just traveled today plus to the top, yaddi, yaddi, yaddi, yaddi, yadda, just coming up." And "Well, Robert, it's been actually a while since you've recorded a podcast. You've got to do those!" All of a sudden the beating up started happening and all these things came in and it did take me out for a little bit.

And today, I actually, I've finished a talk yesterday. I was up and out of the hotel to be picked up at 7:30 this morning to be at the airport, to fly to where I am now and then be ready to be on stage tonight. And even today, it was coming up! "Well, you said you want to do this, you want to do that." And that's when all of a sudden a light bulb went out and went wow!

No wonder I do this work because it is exactly what I need in my life. And so, it really kind of kicked in, mainly because I had been on the phone doing a FaceTime call with my wife and just checking in and we were both talking about how we both feel upside down right now and wondering what is going on. Why are we tired? Why are we having a hard time getting that focus? And that is when I made the decision!

I love to say that your life will change at the speed of your decisions. The moment you make a decision and then decide to carry through on it, that is how quickly! And so today, it is like I am going to seize the day. It's already now been a very productive day. As soon as I finished the call with my wife, it was like now I've got some e-mails to get out. I've got to do some follow-ups. I said I was going to do some connecting time to follow through on exactly what I said I was going to do and I plowed through getting all that done.

And then it was like time to do some podcast. And so, I looked and said, which one? I've got all these ones listed down, the ideas that popped up while I have been traveling. And it was like boom! Carpe Diem, just popped right out. Seize the day. Seize the day! And whatever that means for you! Maybe seizing the day means you go all out. Maybe seizing the day means that you actually take time for yourself to have a breath and relax and nurture, maybe go to the spa, maybe just stay in bed, stay in your pajamas, do nothing. It can mean different things for different people.

But the key is, do you want to get out of that melancholy? That can grip onto so tight and have one day roll into the next which now allowed for the self-doubt, self-sabotage, all of that to come back in? Or do you choose to utilize it and move forward?

So Episode Number 70, Success Left a Clue, Carpe Diem, seize the day! And that's what I'm doing now and on to the next one! I'm loving that this is 2018! Huge year ahead, lots planned, and that mainly means seizing the day more and more and more.

Also, I am going to remind you, go to Amazon and order my book *Success Left a Clue*. It's on hard copy, soft copy or soft cover. You can also get it on e-book. But start your year off dreaming big! That is what the book is about.

You're awesome. I appreciate you being my audience! And until the next episode. Always live with passion.

[Outro]