

TRANSCRIPT

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[Intro]

Well, hello and welcome once again to Success Left a Clue. This is Robert Raymond Riopel, your host of the podcast where each week I take lessons I've learned from traveling around the world, the clues to success that I've seen from traveling around the world and I put my spin on them, I give you my take and my kind of point of view. If they help, that's awesome. If they don't, I can only do my part. So that's why I have fun doing this. I want to welcome you to Episode Number 73.

And in this episode, we're talking about the routines of success. In other words, how do you prepare yourself? And one of the things that I definitely learned from being able to have the blessing of traveling around the world, being able to meet and share the stage with a lot of successful people is one of the things that I've noticed that they have in common is routines.

Routines. Those are things that they go to day in day out to prepare themselves for going forward. So to kind of give you an example. Let's go right to say me as a trainer. I'm getting prepared right now to start a three day training tomorrow. I know I'm going to be on stage from 9 o'clock in the morning till 10, 10:30 or 11, or later at night, a lot of hours on stage. I'm going to do that for three days straight and not a lot of breaks. Even on my downtime, I still have preparation to do and I have other things to do.

So what are the routines that I have to get myself ready to do that? Well, in the beginning it was just kind of willpower but that doesn't always work. So now I find I go through routines to help me be set up for the success because one of the things I realized ladies and gentlemen and this what I love you to understand is a simple term especially when you're helping others, it's not only about you.

See, I do trainings, yes because it's my passion. The teaching I'm going to be doing this weekend is about finding your passion and learning how to make money. And so, it's my passion absolutely, but one of the reasons it's my passion is because if I go back to my mission statement, it is to guide and assist individuals in identifying and living their purpose with passion.

And so, my passion ties into helping other people find their passion and really understanding and utilizing it, and that's what gets me jazzed, that's what gets me excited. So to be able to do that at the fullest, if I can have routines to prepare myself, I would only be able to do so much. I'd only be able to, well, let's use the example of my voice. When I'm on stage for 8, 9, 10, 11, 12 plus hours in a day, I have to make sure my voice is ready to handle that.

And I've spent a lot of times where I didn't have a routine or way of preparing my voice or way of making sure I was ready and because of that, all of a sudden I would be losing my voice. I'd have to be struggling which then puts the quality across differently to my audience members and that begs the question of, am I delivering to them all that they deserve. And I realized it took a while to do it because I was like no, I'll just do it. I'll do it.

And one of the routines I did was brought on a voice coach and one of the first things he taught me was a couple of things. And I'm going to do a podcast of this later. It's called *Put a Cork In It*. It was a great way to strengthen my voice and it's been helping. But the other routine that I do now daily, listen to my voice, daily, this routine to help me be set up for success, is I warm my voice up. And one of the simplest things as soon as I wake up in the morning, I just start humming. I start humming and I will hum 30 to 45 minutes to an hour in the morning before I ever hit the stage.

See, one of the things I realized is that my voice is a tool and if I'm not using that tool properly, if I'm

not warming that tool up, it's just like say you take a machine, I live in Canada, so we have this thing called snow blowers because we get so much snow. And if you have a snow blower, you start the engine. But if it's minus 10, 15, 20, 25, 30 if you're to just start the engine and start going and hit the trigger it is going to die out. It will choke itself out. So you've got to allow it to warm-up same with the voice. Same thing. So that's why I hum. At the level of what I do, I have to make sure I'm humming 30 or more minutes in the morning before I ever hit the stage. That's just one of my routines.

Another routine that I do as an example is the day before an event. So today is a day of relaxation. Yeah, I'll do a little work. I'll do a little computer stuff but I mainly go for a walk. If I need to rest, I rest. I honor myself to be able to allow myself to then be there and go full on when it's time to be there for my students tomorrow, the next day and the next day. So these are the routines to success.

And the question is what your routines? What are you doing? What are you doing on a daily, weekly or monthly basis to help yourself be prepared? Do you have the routine of having that gratitude journal? What I've taught you about on one of the past programs, Five Successes or Five Gratuities a combination thereof. Every single day putting out to the universe what it is that you are successful, what it is you have gratitude for. That's a routine. You see your mind is going to try and keep you right where you are.

Keep you the same. Keep you from growing. Keep you in that comfort zone. And so, one of the ways my mind does that is by keeping focused on what's wrong and you're like what's not going right. And so, by having the routine of being able to do those five gratitudes and or successes a day that gets your mind in the habit. Habit, habit, habit of focusing on what's good in life, what's going right in your life. And that's what's going allow you then to stay in a much better trajectory going towards what you want.

Do you have the routine of fitness? Do you have the routine of eating healthy? Do you have the routine of telling your loved ones that you love them? Those are all routines to success.

Or let's go to the other side. Do you have the routine of getting bogged down in the news every single day of what's going horribly wrong around the world, around your country, around your city, around your state or province wherever you live? Do you have the routine of gossiping with your friends about others and putting others down? Do you have the routine of just eating junk food and filling your body and not working out?

See, ladies and gentlemen, routines are routines. It doesn't matter. Routines are habits that you form one way or the other to move you forward or hold you back. Remember, if you're not going for your dreams you're moving away from your dreams. If you're not going for what you're wanting, you're actually moving away from what you want, one or the other ladies and gentlemen, that's it.

My friend Les Brown that's what he says, you got to be hungry. Because let me be very clear, success is not easy. It does take work. I tell people this all over the world all the time. Success is not easy. It does take work. And so, you've got to be, if you're working hard anyway. And your routines are determining in which direction you're going.

So one of my suggestions from my heart to yours is start noticing the routines you have and the ones that's important, you keep doing them, enhance and strengthen them. The ones that do not identify it, instead of beating yourself up, congratulate you're suffering. Know some non-supportive belief or non-supportive routine and then replace it. Choose to replace it. Choose to do it a little bit differently and watch how that is going to help you go in the direction you want to at a much more faster pace. Because success is not easy, but it is simple.

And one of the simplest ways to go towards your success is by having those daily routines of success.

So as I said routines of success, how do you prepare yourself? And as I give you a few suggestions on this podcast I hope they help. I hope you take them to heart and I hope you implement them. So that's it for today's episode. Episode Number 73 Success Left a Clue. *Routines of Success: How Do You Prepare Yourself?* Your host, Robert Raymond Riopel.

As a reminder, as always, if you have not done so. Please leave a comment. Leave us a rating for the podcast. Also, go to [amazon.com](https://www.amazon.com) or [amazon.ca](https://www.amazon.ca) and order my book, *Success Left A Clue*. It is in the physical version or you can order the eBook and we're going to start working now on the audio version as well. I love doing what I do. I love changing lives. And as I say, always live with passion. You're awesome. I cannot wait to have you on the next episode. Thanks.

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