

TRANSCRIPT

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[Intro]

Well, hello and welcome once again to Success Left a Clue, the weekly podcast where I, your host, Robert Raymond Riopel, takes all the different clues I learn from traveling around the world inspiring people and I share them with you with my perspective.

I want to welcome you to Episode Number 74. And this one has got kind of an interesting name, which I talked about on my last episode that I was going to do it. And because I mentioned, I thought, well, I'm going to do it now.

Well, I'm thinking about we'll stop mine while we go. It's called *Put A Cork In It*. How do you strengthen your voice? And like I say, this is kind of an odd sounding name. But let me explain what it is and the lesson I got from this. So here I am and as I've mentioned on the last episode, those success habits, those rituals that you for your success.

And one of the things that I've recently been doing is strengthening my voice and working with a voice coach to allow me to do that so that I can then have this tool, the tool that is my voice. Be in better condition, better prepared to help those.

And so, when I got in touched with my new voice coach, one of the first things he said is I have a little technique I want you to do. He says, it's called put a cork in it. Like what? And he says, let me explain. He says, I want you to take a cork out of a wine bottle and I want you to put it between your teeth. And while you have your teeth on it, just a little insert, only a couple of centimeters, not very far at all. He says, I want you to then say an empowering statement while you smile. And when you're doing this, and it is interesting, it looks kind of funky when you do this.

But picture having a cork in your mouth and you're now trying to say a statement and you've got to be able to say the statement so that is coming out clearly, totally understandable, which means you got to be able to pronounce it, say it slow enough and so that it comes out. Once, you get it to a stage and you feel, what I know is my tongue starting to get really sore, coz I started working muscles I never worked before. And so, all of a sudden, after you get going where you can say it clearly, you open your teeth, slide the cork a little bit further in and then repeat until you can say it clearly. Open your mouth, slide the cork a little bit further in and repeat until you can say it clearly.

And the goal is to be able to get the full cork all the way in, your tongue is pressed to the back of your mouth, in your throat because of the fact that this cork is sticking in your mouth and you still kind of be able to pronounce and say what you want to say. And I'll tell you, it took time to work that because again, my tongue started getting so sore, started getting, it was working, it was strengthening, and as I did it more and more, my tongue got used to it. And that's kind of all of sudden where it's like that, light ball, one-handed clap and I don't know if you just heard it, but I did the one-handed clap, palm between my eyes on my forehead. And I got it.

See, just like any other muscle. Success is a muscle. That is why rituals are important. If you're not used to success, if you're not used to working that muscles of success, no wonder it gets harder for you. It's no wonder you can't lift the weight of success, be able to carry the weight of success. You end up having to put it down or you slow down or you run of out esteem. But if you get in the habit just like doing your fitness, once, twice, three times a week, doing a workout, going for walks, taking care of yourself that way, all of a sudden, as you do it more and more, you feel fitter, you feel healthier. Your stamina increases the same way is with success.

And I am going to encourage you, find a cork, put it in your teeth, just so you get the sense of what it feels like working that new muscle. Now, I only do this in private because it does look funny when I've got a cork stuck in my mouth and I'm practicing but I will still do it.

I carry the corks in my briefcase so I have them wherever I am. So if I'm in a hotel room, I can practice. So that if I'm in a lounge at an airport and I'm not gonna practice in an airplane, not gonna practice, but when I'm in my hotel room I'm absolutely gonna practice and I strengthen that muscle. And the moment I commit to that, all of a sudden, my voice started getting stronger because I was now used to working that muscle. And the tongue is a big part of your voice. If you don't have a strong tongue, you rely on your vocal chords more.

So what is it that you can do, what muscles can you exercise? Maybe it is getting in the habit, the ritual of reading thirty minutes a day, reading thirty minutes a day, commit to that. Pick up a book something about an area that you're interested in. If you wanna learn more about real estate, start learning more about real estate on a consistent basis. If you want to learn about stock market and an example, I love one of my mentors, a gentleman by the name of Phil Town. He's a number one New York Times Bestseller multiple times for his books and he teaches the way that Warren Buffet does.

It's a habit. You've got to be able to evaluate the company you want to invest in. If you are willing to own their stock for 10 minutes, you got to be willing to own it for 10 years. And I will tell you, I have taken this program and when I started exercising, it engrained. But by the moment I quit exercising, like any muscle entropy. The entropic of fact happens and all of a sudden, I started losing the thought of how to do the proper valuations. How to fill the 5 Ms. So maybe reading is one of the things that you do every single day. Maybe, it is doing an investment, getting in there once a week.

In our trainings, we talk about having a new part-time business. The business of managing and investing your money. And in that new part-time business, there's one of three things you can do five days a week, 30 minutes a day, that is all that you do in this business. And in that time, you can use it for one of 3 different things. No one is more important than the other. But there's 3 things that you can do with that time. One, you spend that time learning about investments, whether it is in stock markets, whether it is real estate, whether it is...oh my goodness, there's so many things that you could do for investments.

Second, mortgages. Oh shortages, there's so many things. Search. So take 30 minutes a day and one of the things you can do, learn about your investments. Second thing you can do with that time each day actually invest. Get in the game. Get in the game. Get in the game and just do it. Invest, invest. Invest. Or the third thing, you start or purchase passive business incomes. Now, if you know about being able to retire with financial freedom, if you don't know what a passive business income is, if you don't have passive income at all, you will never be able to become financially free.

So this is why you learn to invest and you create or purchase passive incomes, whether it's business incomes or investment incomes. You've got to do this. This is a daily ritual. This is a daily habit. Think of this like putting the cork in your mouth. This is what you're doing right there. Plain and simple. You've got to get in the habit of doing these things. And while we're doing that, my radio decided to turn on. I am gonna stop that again. I am not gonna re-record this whole thing. Coz life happens. That is what happens in life. It goes along with it. So these are the things you want to get in the habit of asking yourself. Can you put a cork in it? What are you doing to prepare yourself? How do you strengthen your voice? Coz your voice isn't just the physical voice like you are hearing from me right now.

Your voice is your stand. Your voice is your position. Your voice is where you want to go in your life. So how are you strengthening that position? So I am going to encourage you, put a cork in it, test it out, strengthen a new muscle, see what happens. And then do it again and do it again and do it again.

Keep repeating. Keep repeating until success is just a natural way of being. Your muscle of success is so strong that even if you do not succeed in a business venture or a venture you've done, it is not a failure. Because you are able to instantly turn around, take the lessons and move on instead of getting stuck like most people do. Now, I hope this message make sense. I hope you've learned something today. And that is how I am going to wrap this up.

So this is Robert Raymond Riopel with Success Left a Clue. This is Episode Number 74, Put a Cork In It. And remember, always live with passion. You're awesome. I appreciate you listening to the podcast. Remember, get that book, Success Left a Clue, same name as the podcast, available on Amazon, and we'll talk to you on the next podcast. Thanks everybody. Have a great day!

[Outro]