

## TRANSCRIPT

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[Intro]

Hello! And welcome once again to Success Left a Clue, the weekly podcast where myself, your host, Robert Raymond Riopel brings you clues from around the world that I gather as I interact and transform lives on my journey. This is Episode Number 76 and you may have guessed it by the title, but it's one that could be a little controversial and you might want to know what do I mean by it, the Bucket List and the Fuck It List.

Now, yeah I said it and some of you might be going, "Oh my goodness, he just swore." And yeah, I did. But there's a reason behind this context because both are absolutely crucial to your success and a lot of people don't understand that. And when I got this lesson and I really got it just a little while ago, I knew instantly in the moment that I got it, that it had to be one of the episodes on this podcast because yeah, bucket lists are huge. And ever since the movie, *The Bucket List*, with Morgan Freeman and Jack Nicholson, it really brought it to the forefront for people of how important it is to have those dreams, those big dreams and take them all the way through.

Create that bucket list, keep adding things to that bucket list. And for years, I was right behind that. Part of my book, *Success Left a Clue*, step number one is to not just dream but is to dream big because the problem that my friend, Les Brown, says, is not that we set our goal way too high and we miss them. It is that we set them way too low and we hit them and that's the problem. And so, I choose behind dreaming big, having that bucket list, going for the stars. And I hear it all the time, "But Robert, what if I don't achieve all the dreams that I've set for myself? What would other people think of me?" Well, first of all, and this ties into today, "Who cares? Who cares what other people think of you? Who cares?" The only thing that you need to worry about is what you think of you.

And second, if you don't set big goals. By setting big goals, "Do I hit every single one of my big goals?" No, not by a long shot. Not by a long shot, I don't. But what's really, really cool ladies and gentlemen, is that, the ones I do hit or even get close to, they put me heads and tails above the people that don't even set a goal at all, a dream at all, or you'd think of achieving something. "So, do I set big goals in the hopes that every single one of them has to come true for wishing?" No, I set them to keep me moving forward. That's the meaning of a bucket list. Your bucket list is something you will never ever, ever run out of. You keep adding to it, adding to it, adding to it. You achieve things. You celebrate them. You have fun.

So that's important to the bucket list and for years, I've been all about that, behind that. But something seemed to be missing. A little new ones to it, a little piece of the puzzle as you might say. And then it came to me where I got a lesson and I can't even remember exactly who I learned it from. It was one of things that picked up in my journeys that all of a sudden brought that moment of clarity, that moment of aha, like (whirling sound) to me, where all of a sudden, I got it rock solid. And the equation added another piece. The equation got another piece to it that brought it to more of a fulfilling piece. And that's the other side of the equation. Going from not only do you have to have and is it critical to have that bucket list.

But on the reverse side, you have to have that fuck it list. What are the things right now you just got to say, "You know, fuck it. Let that go." It's not serving me. It's holding me back. It's tying me up, emotionally, mentally, physically, all that. It's tying me up. And if I was just to say, "Fuck it. Let it go." It would I change my life. I already mentioned one of them in the beginning of this podcast, and that's something like, "What do other people think of you?" Who cares? Do you realize how much energy and I'm coming from experience, I can only come from my own experience. Do you realize how much energy gets spent on

worrying about what other people think? There's very few people in this planet, very few that I know of, that actually, truly do not care what other people think about. And some of them, are a bit more egomaniacs; they're all about themselves and all that. That's one of the reasons they don't care. But I know a couple of very genuine people who truly, they're like, "Here's who I am." It's not of ego. They're humble. They're amazing. They're all who they are, and some people like them, and some people don't. People that don't like them try to attack them, to knock them down because of the greatness they're showing. And they don't buy in it. They don't buy into it or whatsoever.

So that's one example of why it's important. See you cannot have a bucket list without having a fuck it list, because there comes time when you just got to say, "Screw it. I'm done with that and move on. I'm done with trying to prove myself and move on. I'm done with trying to show others I'm capable and move on." Until you get that side of the equation, you will be stuck, absolutely stuck. And your mind may try to tell you that you're not or that there's other things or whatever it is. And it will try to hold back that no, it's only about the bucket list, only about the bucket list, but it's not. Just like we live in that world of duality—right and wrong, left and right, up and down, in and out, cause and effect. And I guess that's why somewhere deep inside, all of a sudden I have this feeling like something was missing. That there was that piece of the puzzle that was keeping it from being complete, and as now where I got it.

So as I said, ladies and gentlemen, both are critical. Both are absolutely crucial. You have to have them both to really be able to take it to a whole new level. That's why they're both crucial for your success, your success. So one of the things that I suggest that you do. Here's a little action step for you, a little action step. Go and create that bucket list right now. Once you're finished listening to this podcast, start. While you're listening to it, grab a piece of paper. Grab a pen. Grab out your computer, whatever you wanna make it on, and start creating that bucket list. Those things that you're just passionate about, what you love to do, love to accomplish, would love to just take on in your life. And put that down, the left side of the paper.

And then on the right side, for every single bucket list item you have, I want you to put in a fuck it list item. Write in something that you're ready to just let go of, ready to not let hold you back anymore. It could be something like, feeling unworthy. Ah, fuck it, let that go. You are worthy because you are. Feeling that you don't have the right education. Fuck it, you have the education you need to take one more step. Is it possibly you can learn more? Absolutely, but the moment you think you don't have enough education, you're gonna hold yourself back. So instead, recommit to saying, "You know what? I'm perfect where I'm at. I'm gonna take one more step." And then, take that one step. That's the key. So for everything that you do on the left side, I want you to put an item on the right side. Put that balance in place and create both, the Bucket List and the Fuck It list.

Hey! I hope you learn something on this podcast. I hope you're having fun. I hope you're enjoying what I bring to you. If you are, please go, give us a rating and a feedback. Let us know. Give us a comment. What you think of it? Also, again, shamelessly, I'm gonna promote coz you know what? Fuck it. Either you're gonna do it or you're not, but I would love for you to go to Amazon, pick up my book, either the e-book or pick up a physical copy. Get it ordered. Start reading. Start taking the action steps. Share this with your friends. Share this with the people you know and help them get connected to the information as well.

I'm loving doing the podcast. I'm not gonna stop. I'm gonna keep going coz that's what I love to do. And if people can't handle it, you know the words I have for them. On that note, ladies and gentlemen, thank you again for being listeners of this podcast. And I look forward to having you on the next one, and as I like to say, always live with passion.

[Outro]