

## TRANSCRIPT

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[Intro]

Hello and welcome to Success Left a Clue, the podcast where I, your host, Robert Raymond Riopel, take the lessons that I get as I travel around the world, inspiring people and I turn them into everyday clues to success, delivering them to you through this podcast so that you can utilize them in your day to day life to have success in whatever area you choose. I want to welcome you once again. And hoping that you are a regular listener and checking out the podcast. If you are, thank you so much. You are the reason I do this. If you're not a regular listener, maybe this is your first time listening, welcome. And thank you for being here to be on this journey that allows me to do what I love. This is episode number 78 and it's titled 1000 versus 1.

And it's kind of cool because today is another one of those days where I'm getting in, and being able to record a few podcast episodes, getting them recorded so that we can get them in, transcribe, scheduled and all that. Doing a few boom, boom, boom. And in the flow, I'm rocking and rolling. I just finished recording episode 77 so whenever you listen to it or not, it was recorded just a few minutes ago. One of the things I said is you may hear some background noises because I happen to be in my hotel room in Chennai, India, where the honking outside the window as vehicles steady traffic is going on. And it's all good. So if you hear that behind the scenes, that is authentic Indian traffic, which is great.

I'm doing this recording and I'm actually, even though I'm in Chennai, I've been here in India now for a week. I started off. I landed in Bangalore and while I was in Bangalore, that nice little preview, 2 hour talk, 2 and half hour talk. And then I added a day downtime where I then travelled to Mumbai and then I hosted a one day event. I spoke at a one day event for a thousand students. And then I end up traveling taking the day off and traveling to a beautiful city called Pune, where I did a 2 and half hour evening talk again. And then traveled here to Chennai. And now, actually tonight in a matter of an hour and a half, I will actually head to the airport not to fly home. But from here I'm actually flying to Ho Chi Minh City in Vietnam, Saigon, as it used to be called.

And I'm gonna be doing a three day program there this weekend. Off to Malaysia the next weekend for a three day program and off to Hanoi, Vietnam for another three day program. So I am doing like a month long tour, which means this is when I tend to do a lot of my podcasts, is when I am traveling. Well, while I was here and I'm doing a one day event in Mumbai, there was a guest speaker, coz we had 9 phenomenal speakers in total on the stage throughout the day. And this one speaker said something that all of a sudden, caught my interest, raised my hearing up because all of a sudden, it is like, when they said it, it just hit that interest. I'm like what did they say, what do they mean by that.

And they talked about of a thousand versus one. See I work with mindset and that's what I talk to people about. I teach them about their mindset. And so he was coming in from the direction of in your mind, what do you choose to do. Do you choose to focus on the thousand reasons that your mind will give you of why you can't do something, why you can't accomplish something, why you shouldn't go in the direction that you say you want to go. If you choose to focus on that, your mind is going to have a thousand different reasons to tell you how to be safe, how to make sure that you protect yourself, why you can't do it, why you shouldn't do it. What happened the last time, it is going to give you all these reasons why and of course the reason that does that, is the mind's job is one thing, it's protection.

It is not to make you happy. It is not to make you successful. It is not to give you great relationships. Your mind's job is protection. It has that job to keep you the same right where you are in your comfort zone. It is the greatest filing system. And just like a computer, if there's garbage coming into your mind, of course there is garbage going to be coming out of your mind. And because most of our mind has been conditioned to look for what's wrong or why we can't do something, it's really good at telling us why we can't, why we shouldn't, why we have to stop, why we don't want to take another step forward. And so that's what it does.

I love to show the analogy from a friend of mine. He passed a few years ago. His known ladies and gentleman by the name of Bill Bartmann. And he was known at one point as the unknown billionaire. At one point, 19th wealthiest man in North America. And he said, "Think of your mind like a great big warehouse, hundreds of thousands of square feet and the whole thing is just empty. But along one wall is the wall of filing cabinets. And you have what's called a file master and the single job of that file master is take the information that's coming your way. Take it, file it. Take it, file it. Take it, file it. And of course, most people don't realize that the reason our mind is set the way they are, is all the decisions we're making today are based on what we learned up to about the age of five or something that was a negative impact in our life.

Maybe someone told us we weren't good enough, maybe someone told us we didn't have the right education, or we weren't born into the family. And why is your mind made up of these things? Well, what Bill would say is he was talking about how the file masters are catching the information and filing it away. And when you're young it is able to do that fairly efficiently. But all of a sudden, as you get started to get inundated, more and more things coming your way, more experiences that you're having, especially with the internet today. I think you'll agree that the kids today, people today are so much more coming at them, inundated to them that we have in history.

And so much information is coming into the census. The file master can't keep up. You just simply or she simply cannot keep up. And so, almost all the information coming your way ends up in a huge pile in the middle of that warehouse. And that's the only thing that's gonna catch the file master's attention to be able to get filed is usually something with an emotional impact. And usually a negative emotional impact. And this is why all the decisions you make, the thousand reasons why you can't or shouldn't do something that your mind is giving you comes from these files. Think of it in computer terms. Do you have a computer where you're running the operating system of Windows 95?

And I can hear the laughter. I know some of you are laughing right now, like that's ridiculous, why would I do that, Windows 95 is outdated. I never use it. The programs written today wouldn't work on Windows 95. If they did, they'd be really, really slow or they freeze up or they crash. Well, what people don't realize is your mind is an operating system. That's the equivalent to about Windows 95. And that's why with today's day and age, when you go for success and it might give you the thousand reasons why you can't. If you try to go for it, you go really slow or your success freezes up or it crashes. Because your mind has been really good of giving you those thousand reasons why.

See you are running on a version maybe 1.3 in your life. Let's update you to at least version 3.9 then getting version 6.6 and higher. And the way you do that is the one. So this episode's titled thousand versus one. And the question is, are you focusing on the thousand reasons why you can't do something or are you focusing on the one reason why you can. The one reason that if you focus on it, you stay with it, you go towards it. That one reason that will keep moving you forward. Because every moment of everyday ladies and gentlemen, you have the choice. You have the choice of what you focus on. And what you focus on expands. You focus on the thousand reasons why you can't, that is going to expand and it's gonna multiply exponentially. Or you focus on the one reason why you can and you will see how that can expand

exponentially in moving you forward. So pick the moment your mind starts going crazy trying to tell you why can't, I want you to then pull and focus on the reason you can. In fact, I'm going to ask you when you finish listening to this episode. If episode 79 is already uploaded, immediately go and listen to it because we are going to talk about how you can take that one thing and how you can focus on it. And how that will move you forward. So I pose the question ladies and gentlemen. It's gonna take practice. It is not always going to be easy but you can do it. Choose, whether you focus on the thousand reasons of why you can't or the one reason why you can. And I guarantee you, you focus on the one reason, watch your life go into much greater direction, at much greater pace than you could ever dream possible.

Thank you again for listening. And thank you again for being you. This is Robert Raymond Riopel for Success Left a Clue episode number 78, 1000 versus 1. Remember, always live with passion, and check us out on Amazon and get my book. And I look forward to having you on the next episode. Always live with passion.

[Outro]