

TRANSCRIPT

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[Intro]

Hello! And welcome once again to *Success Left a Clue*, the podcast where I take my clues from around the world that I gather as I day-to-day do what I do and I turn them, interpret them and take them out to you, my listeners. This is Robert Raymond Riopel, I am your host, coming to you actually from Hanoi, Vietnam, just like the last episode I just recorded. Maybe you listened to it last week or maybe you haven't listened to it yet. Who knows?

Anyway, I love doing recordings where I can do a few of them, bang, bang, band, back to back. So today's episode is Episode #81. And today, it's interesting for this one. It is called, *It is Okay to Be Tired*. Let me explain what I mean by that.

And I am thinking and I'm hoping that a number of you can relate because hey, we just talked about in the last podcast about success is all perspective. When we look at other people, it's easy to judge that book by the cover and think that other people have things different than we do, but we are all the same. And one of the questions I get asked most commonly, most of the time, when I'm doing kind of follow ups to an event, when I'm doing breakout sessions event, when I'm talking to students one on one is—how is it I maintain my energy on the stage?

Because when I am on stage, if you have not experienced me, I have a little bit of energy. I am a very high energy person. I have a blast. I love what I do. And I just go full out. And so, they're always wondering how it is I'm able to do that and maintain that energy. And when I talk to them, when I respond to them, my response kind of seems to shock them. That is what spurred me to do this episode and record this one because ladies and gentlemen, I am no different. And I say it again and again and again and again, I am no different. Meaning, I get tired. So are you willing to honor yourself? Can you honor yourself and take the time you need when you need it to actually have a break, to relax?

So let me give you kind of a bit of the behind-the-scenes of my ritual and why this one seems to pertinent to teach now. So here I am in Hanoi, Vietnam. And actually tomorrow, I start another three-day event, which will happen to be the final event on this tour I've done of Asia, which means by the time I fly home in a few days, I will actually be have been away from home for a month. And in that month, I traveled to India. I did 4 events in 4 cities in a week. And then I traveled to Ho Cho Minh. I did a 3-day event. Traveled from there to Malaysia, did a 3-day event. And then now here to Hanoi, getting ready to do another 3-day event.

So after, especially 3-day events or even doing one-day events when I'm traveling from city to city in between, I get tired ladies and gentlemen. I absolutely do. And there's times, people see me on stage, I've got lots of energy. There's times of my life, most of the time, I got lost of energy but there's times that I don't. And I used to resist it. I used to try to pretend. No, no, no, I've always got energy. I used to try to force through, going through that, what we call that warrior mode, over, under, around or through, whatever it takes, I'll do. And for my first four and a half years as a trainer, that's exactly what I did without honoring myself, honoring my body, giving myself the space. Even when I would do trainings and my wife and I would be home on average only two days a month. We would actually in between events, we would be with the staff. We'd be doing extra things just always go, go, go, go, go.

And it's no wonder I got burned out. It's no wonder that my body paid the price. I tell the story of how I want to take one year off. And I did but that one year turn in three and a half years. And it wasn't only just because I had the time and the ability to do so. I needed that time to recover, to go through back surgeries, to then go through rehabilitation. Release some weights, strengthen my core, and learn and being to truly honor my body, truly honor who I was and what I was going through and that there are times to play hard. Work hard, but there's also times to take a break and relax and just be still. Be quiet. Honor yourself. So part of my routine, when I started feeling it at about the second weekend, third weekend to this trip, still fighting a little bit of flu symptoms. It is the winter season as I'm recording this. And so, I was battling. I was battling.

And in between events, even though I have two or three days, there's always, what work needs to be done, what calls I have to make, what people work, whatever. And that wasn't serving me. And then all of a sudden, that lesson came back in and I had to realize and I chose to say, "You know what? No. It's time to take a break." So when I got to Hanoi here, I flew in on a Tuesday morning, I got here Tuesday evening. I went out and took care some stuff. All day Wednesday, I sat beside the swimming pool. And I read. I love to read. I love fiction books and nonfiction books. I alternate between the two because I love to have that variance. Because if you always go, nonfiction, nonfiction, nonfiction, personal development, personal development, you get overwhelmed and that's one thing that keeps you driving forward, that keeps you from actually honoring yourself. And taking the space when you need it, when you're tired.

So right now, I'm in the middle of a great novel. I'm actually reading *Lord of the Rings*. No, I'm not, where did that come from? It is the same thing, *Game of Thrones*. See, there it was. I'm reading the series, *Game of Thrones*. It's an 800-page book. The first book and there's 4 more series. But I'm enthralled in it. So yesterday, I read in and I devoured well over a hundred pages. I did that for a few hours. Came up at a snooze. I spent bunch time on the phone with my wife. And I just relaxed. I did not leave the hotel. I just relaxed. Today is Thursday. So there's preparation to do. But I got up this morning. I connect with my beautiful bride. I then went for nice little workout. Then I came back up and I'm relaxing. I've read more chapters. I decide to record a couple of podcasts. Because that is another way I love to relax.

And yeah, in a couple hours, I will head out and lead the staff. We'll get prepared for the event. We'll do the event full on, go, go, go, go, three days. And then it's my journey home. And see, I could already be checking out and be on my way home but no, that's what relaxing and honoring yourself I want you to do. When it's time to stay focused, just stay focused. Yes, I will admit. This has been a tougher trip for me that I've had in a long, long time, tougher in a lot of ways, physically, emotionally, just the way I've... a lot of things. But because I'm honoring myself, I can go through it. When I get home, I'll honor myself and my family by taking time being with them but being also for myself to relax so that then when it is time to do the next training, I'm able to do it.

I don't know if this is making sense. I hope it is. I'm just, again, when I do my podcast, I come up with the title as the thought hits me. I just sit down and start recording. I never preplanned what I'm going to say. I never write down notes. I just want it to come from my heart, from my experience, and what has worked in my life, definitely what has not worked in my life. And then from there, what can I do differently to keep moving forward inspiring other people. By the time I'm done this trip, I will have actually being in front of over 4,000 people in 4 or 5, 7 different cities in 3 different countries, living my passion.

But unless I take care of me, I can't live that passion, which means I can't impact people's lives. So the big question is, do you believe it is okay to be tired? I hope you do. Because ladies and gentlemen, from my experience, it is. And so, honor yourself, allow yourself that space to be able to be tired when you need to be tired. Rejuvenate when you want to rejuvenate. Do what you can to make sure you take care of you. You cannot do what you do not have.

So that being said, this is Episode 81. I am your host, Robert Raymond Riopel, Success Left a Clue. And remember, in this journey of life, always live with passion. Have a great day! And I look forward to having you on the next episode. Thanks everybody.

[Outro]