

TRANSCRIPT

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[Intro]

Well, hello and welcome to Success Left a Clue, your podcast where I, your host Robert Raymond Riopel travel around the world, tough job to do I know, and as I notice things that are going on, little nuggets of gold, I turn them into every day success clues that you the listener, and thank you for being the listener, are able to then take it and hopefully put into your life in some small way to help take it to another level.

So here we are. It is Episode #87 today. And it's really rocking because I am coming to you right now from São Paulo, Brazil. My first time in Brazil and so I am just going to be like a sponge and nosy watching. Of course, I am going to use one of my own clues and if I see something that grabs my attention, I am going to write it down. Write it down so that I do not forget. And a good example of that is like today, is going to be a marathon day. Let me explain what I mean by that.

A marathon day today because I'm going to end up doing a number of podcasts. I'm going to record them. That is what I love to do when I am traveling. So Episode #87 is called "When Life Gets Hectic, Pull Weeds from Your Garden." And of course, that may sound like an interesting kind of topic. But of course, I try to keep my titles as interesting as possible as you may have noticed.

And so let's get into to what I mean by that. A bit of a back story, during the time since I recorded my last podcast, which believe it or not, is actually even though you may be listening to one right after the other or weekly, you may have noticed a little bit of gap between. And so, the last one I did was actually three months ago when I was on my trip to India, which was my last live event for the past few months. This is my first live event. And so, yeah, it has been a bit of a gap.

And in that time, my wife and I took possession of our new property, an acreage, one of our dreams. We talk about dream boards, vision boards. I was looking at my app, AmentoraA, just the other day and one of my pictures on there was an aerial picture of an acreage and I put it on there a number of years ago and just like anything you never try to figure out how are you going to make it work right off the bat.

You do one step at a time, moving in the direction you want to go. And so I pulled it up the other day and I looked at it and there's an aerial picture of our new acreage in the house that was done in 2013. And I noticed a lot of similarities, a lot of similarities to what I envisioned the proper one look and like and it's really cool because when you have a vision and you let it go and you take one step at a time.

And so, over the last year my wife and I have looked at dozens, literally dozens of acreages and we've had offers in, offers at work, going in on bidding situations, lose out on a bidding, getting frustrated but often finding what I believe is our perfect acreage. It checks off probably 8 out of the 10 items that we really, really, really wanted to have. And then all of a sudden, I see this picture just a few days ago showing us we are right on track.

That's why I love my app AmentoraA. That's the word mentor with an "A" at the beginning, "A" at the end; amentora.com. You go to it. The app is awesome. It allows you to track your successes, stuff I talk about all the time. It allows you to create dream boards. We are working on version #2 right now which is going to be really kick ass. It's going to be phenomenal. And so see that, what my original dream on that dream board was years ago. How close we are to it now just lit me up which is kind of cool.

So here we are working. One of the conditions we put on the property is that we had to be able to come in and plant the garden before we took possession, because it has a huge 40 ft. x 60 ft. garden. And we knew if we waited to plant after we took possession, nothing would grow in time this year. So we decided to put that in condition and they accepted it.

While I was on my three week trip overseas, my wife had actually started planting the garden, getting assistance from her brother, nephew of ours, planting this garden. We never had one this big; getting stuff in place. And so, once it set, once it's planted, letting it grow.

Well then I'm back during this time and we're checking in the property before we take possession going in. So we've been away for a little bit and all of a sudden, when we come back, and the weeds—picture, 40 ft. x 60 ft. of solid green, it looked like sea of green, a blanket of green. And it was a specific kind of weed we've never seen and they were so dominant. They were choking out everything. They were so thick. It was literally a blanket. You couldn't see anything else but these weeds.

So I'm not too happy about it coz I know what's about to get involved. It is going to be down on the hands and knees getting in there and weeding and all that stuff. It is a little frustrating but we got started.

And the first day, three of us, myself, my wife, brother-in-law, we ended up spending like 8 hours pulling weeds, trimming things up. The next day, my wife and I got back in there and took another 10 hours of doing this. Of course that is with breaks, not 10 hours straight. And so we're pulling the weeds and while we're doing it, it was interesting how as I went through the frustration, as I got into the zone, all of a sudden, this episode hit me “ *When Life Gets Hectic, Pull Some Weeds From Your Garden.*” And all of a sudden, it's like how true to life is this.

We get, and I'm going to talk for me, but I am going to use the word, we. I want to know if you can relate to this. How often do you get so clogged up, so frustrated, so overwhelmed in your life and you can't seem to see anything else but the obstacles? Those are the weeds in life. Those might be the dreams stealers, people that try to tell you, “I'm glad you're dreaming that, but be safe, I love you. I don't want you to get hurt. Don't try this. You can't do that. You don't have the right education.” Whatever it is, those are weeds in your life.

If you buy into them, they plant in your mind and then they start to grow and of course if you give it energy, they will grow even more. So it's like watering and fertilizing your lawn. That's going to make it grow more. So if you water and fertilize, in other words give crap to the crap that's already in there, it's going to grow like crazy. It's going to become weeds in your life.

Or maybe just straight up negative people in your life. They are just negative about everything but you associate, you spend time around them. Remember the research shows, and I mentioned this on previous podcast, one minute of negative unsupportive energy, it will take you five times; in other words, five minutes of positive supportive energy to undo that one minute of negative. Think about that. Think about, if you're around someone for half an hour and all they are is negative, that means you got two and half hours of immersing yourself in something positive to undo that one thirty minutes of negative unsupportive. Crazy!

These are weeds in your garden. These are things that you are doing that you maybe aren't the best at, you grumble about, that's a weed. Is there someone else that can do it? This is the pulling of the weeds. Every once in a while, and this is the lesson I got, you have to dive into your garden, your mind, what's going on inside your head, and start choosing to let go, pull out some of the weeds that aren't supporting. Things that are holding you back, let them go, toss them out, clear the way for the good. This is why I'm having this success journal.

Whether you're using an app like AmentorA or not, think of having a handwritten success journal, sitting beside me on the desk here in my hotel room in Sao Paulo, right beside me is a book that my wife gave me because I fill up notebooks like crazy. I am constantly writing, constantly filling them in, writing things down. I still go old school with pen and paper. I don't do everything on electronic. I love the title of the book. She bought it for me because of what it said on the front. It says "*Enjoy the Journey*" and that's exactly it. Life's too short not to have fun. So what are the weeds in your life?

I'm going to give you a task. I'm going to give you a challenge on this episode. I want you to go back into your garden right now; your mind and I want you to start noticing the weeds that are there choking things out and ask yourself, how can I pull these? What do I need to do to get rid of this weed? And some of the weeds are so big, ladies and gentlemen. If you're just going to yank them out, it would be leaving a great big gaping hole there.

I am going to use this analogy, maybe not the best analogy, maybe use a little of weed X, a little weed killer that you spray it on it. You do something to start taking the energy away from that negative non-supportive; allow the weed to die gradually and then you pull it once it's withered. So task, go in your garden, pull some weeds.

So I hope you've enjoyed this episode, Episode #87, "When Life Gets Hectic, Pull Out Some Weeds From Your Garden."

This is Robert Raymond Riopel. Remember, always live with passion.

[Outro]