

## TRANSCRIPT

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[Intro]

Well, hello and welcome once again to Success Left a Clue. I am your host Robert Raymond Riopel and welcome to the podcast where I take my lessons from traveling all around the world and turn them into great nuggets, great clues to success.

Why am I chuckling? Well, isn't it interesting, there's a saying that says this, it says that which we need to learn the most we teach. And how perfect that is for today's episode. Today's episode is called, "Don't stress". The reason I am laughing is this is what I've been doing. I've actually been stressing, to coping up and see what title I've written down and what my idea is for an episode, how perfect was it that this is the one I needed right now. It showed up exactly as I needed it. So let's get into the episode and I will explain what I am talking about; what I am rambling on about. And hopefully let's see if there's a lesson that you can get out of it as well.

So here I am. I am now doing a podcast marathon. We'll call it that. I'm going to be recording a number of episodes today and this is second one I've recorded today. I am in beautiful, beautiful Sao Paulo, Brazil. My first trip here. And I just finished having a three month break from live events during which time, moved, got stuff taken care of or taken possession of a new property; all that fun stuff that last episode talking about pulling weeds from your garden, stuff like that.

So during this time there's a lot going on. There's packing, there's recording podcast; all of this because I knew the number of podcasts I had recorded was coming to an end and that I needed to get something done. And I normally will record them when I am traveling like I am right now. It is the time where I get some quiet time. I am able to focus. I am able to do what I need to do and I knew there was going to be a break if I didn't get some more recordings done because three months in between events is a long time to go without recording a podcast.

And so I started to get a little stressed and I'm like when am I going to find time to do this? I'm not even at home, I don't even have my normal equipment; all these fun stuff that I'm going through, imagining right now, that some of you can relate to what I am talking about. That maybe you go through the same kind of things.

And so, I was on a conversation with my business partner who helps to do the technical side of the podcast and I was on the phone with Jason and he said, "Look, do you have any other podcast?" I said, "No. I'm a little stressed out about these as well." He said, "Look, most podcasts actually take breaks so don't stress about it, just get it done; commit to getting it done when you can."

I was like brilliant, brilliant, wow because I knew that I was coming up two years on my podcasts with 80 episodes in and I guess I put that pressure on myself; that stress on myself because that I had to make sure that every single week, every single week, I've got one. And so, but then the stress of, I don't want to be just doomed for the sake of doing them if I'm not giving value. Again, I'm hoping some of you can relate to some of this.

I'm no different than anybody else's. This is the kind of crap that goes on in my mind and so I wrote down that title and this was weeks ago. I grabbed my iPhone, I opened up a note and I put, don't stress, commit to getting it done. And here I am now few weeks have passed by; I am getting ready for this trip. My first trip back to live events in three months; which maybe that seemed like a long time but for me it does. I just love so much what I do that anytime that I'm not doing it for more than a month, I'm like whoa, that's like forever.

This is the part of okay, I'm going to scroll here and go a little off side topic. The event I'm teaching here in Brazil this weekend is actually about helping people to find what they are passionate about, what they are truly passionate about, what they love to do and then learning how to monetize, how to make money doing what they love cause I'm a living example of that right there. So I'm just so excited.

So a relatively short flight to Brazil from where I live and when I say relatively short, that would be 15 hours of travel but the reason I say relatively short is because most trips I do overseas take 25+ hours each way; so relatively short in comparison. And so I'm like yep, I'm going to get this done, I'm going to get this done. I'm there a day and half ahead. I know I have meetings and I'm planning everything out in my head.

And then I get here and I am just, I don't know if it's stress I put on myself. I don't know if it's just a fact that I've been off for three months and get so much stuff done. I'm not home and then the travel. I don't know I just feel dragged down. I don't feel very energetic. I'm having a hard time getting going. So then I start getting stressed. I said, I'm going to do these podcasts. I want to get this done and I'm like oh, okay, now, and then on the other side, honor yourself, get some rest. You got to be at hundred plus percent and be ready for your students. That's what you deserve back and forth.

Again I'm going to ask the question. Can you relate to what I'm talking about? Have you ever experienced this? I'm sure you have. If you're listening to this podcast, you have. And so, that was yesterday. And I got some rest, I did lots of great reading, just enjoying, powering myself up. And then this morning, getting going with a little tough too.

But then I commit that I was going to do it so I sat down and I started getting everything ready. All of sudden, the mind kicks in- well you're hungry, you haven't had lunch yet, you should go get something to eat—all these things that your mind does to try to distract you. This is what my mind does. I'm not saying yours does but I know it does. Anyway, I'm just saying, #justsaying.

So stress level going up again. But then I got started and I pulled off and popped the first episode. Got it recorded and I'm now back into the groove of things. Yes. I looked at the title for this one and I started laughing; hence, the chuckling at the beginning of the podcast. I just started laughing to myself because I'm like, how perfect is this. I've committed to getting it done. I know I'm going to get it done. So why did I need to go through all of that stress?

And so, here's my recommendations to you. Here's what I like to do—the practice of letting it go. Once I commit to something, I let it go. I commit that I'm going to do it, so I know I'm going to carry through. I know I'm going to make sure I deliver on what I said I am going to do and that's all there is to it. The how, the when, that will work itself out.

If I give myself a timeline I know I'll get it done before then. But of course sometimes giving a timeline, watch how if you make the timeline that if all things are perfect, here's what I'm going to get done. Allow life to be in there as well. So make that commitment. Lessen that stress and look at what is possible in your life and that's it. That's this episode. That is what I want to say. Don't stress. Commit to getting it done.

So that being said, this is Robert Raymond Riopel and I want to thank you for being a listener. Remember let your friends know about this podcast. Check out my book, *Success Left a Clue*. Check out the website, [successleftaclue.com](http://successleftaclue.com). The transcripts are there. There are videos there; all that stuff. We're going to start adding more to it, coming up as well. So I'm excited. So remember to always live with passion and I hope to have you on the next episode. Thanks everybody.

[Outro]