

[Intro]

Well, hello and welcome once again to Success Left a Clue. I am your host Robert Raymond Riopel. And wow, I am ready to really go to the next level. There's a reason why I'm saying that, there's a reason why I'm kind of bringing that up right now. Let me explain. I tell people from the stage all the time that I am no different than anybody else. Meaning, I go through ups, I go through downs. I go through times of drive, time of procrastination, times of overwhelm, times of whatever, everybody goes through a leash of happiness, sadness, grief, sorrow, just frustration, all those emotions, I go through them just like anybody else.

So here I am. I just arrived in Hyderabad, India, getting ready to start an event and a beautiful way to kick off the year, depending on when you're listening to this episode. It is right now my time, real time of recording this. It is the end of January, 2019. And just finished doing an amazing event in Germany. Followed by another amazing event in Stockholm, Sweden. And then now, finishing off this rotation of travel with a great event here in Hyderabad, India.

If you're a regular listener of my podcast, you may have noticed that there hasn't been an episode in a while. If you're not a regular listener but you're just getting into it, well, you wouldn't notice the difference because this has been the 94<sup>th</sup> episode. There's a lot to listen to. But I'll tell you, it's been a while since I recorded one. And why? Well, life is the way it is. No good, no bad. No right, no wrong. Just is what it is. But thank goodness, I have people in my life that remind me of the importance of keeping doing what you do.

I arrived in Sweden. One of my students came up to me. He said, right away, and he'd ask me the question before. Robert, when are you going to record another podcast? I've been missing them. I listen to them all the time every week. And I was like wow. Thank you for that reminder because I just got busy with other things and needed a priority so here I am making a priority in. And one of the struggles was I kept, I started actually getting up on myself and doubting.

Is it worthwhile to keep doing them or are people listening to them? Am I making a difference? Am I making an impact? And so, it was like what a great reminder to just shake all that crap off and just let it go. In fact I'm going to do something I haven't done in a number of episodes that I love to do for our episode. There's gonna be a theme song for this episode. So here is a short little burst of it. Listen closely and then we'll continue.

[Music plays]

That's it. I love that song. It is one of my all-time favorite songs by Taylor Swift, Shake it Off, because even though it was a fun song, look at the deep, deep, deep meaning that comes with it. The deep meaning. Don't just look at the surface. Go down deep because this is life. The haters gonna hate, hate, hate, hate, hate. People are gonna try to knock you down especially when you have success. And you have a choice from moment to moment. You can take it on. You can internalize it. You can take their poison and eat it. And make it your poison. Or you can just choose to do what Taylor said in her song and shake it off.

And right now I am rushing my shoulders as I shake it off. Because ladies and gentlemen, that's the reality of it. Every single moment from day to day, it is your choice, whether you take something or not. I'm gonna recommend the book that I believe everybody should read by an amazing gentleman by the name of Don Miguel Ruiz. That's Don Miguel Ruiz. Last name Ruiz. The book is called, *The Four Agreements*.

Now one of the agreements he talks about is, do not take anything personally. Because no matter what people say to you, it has nothing to do with you. Nothing to do with you. It has everything to do with them and what's going on in their life in that moment. And so, as he says, in the book, just because someone puts poison on your plate, does not mean you have to eat it. And that's where shake it off really hit me when I

first heard that song by Taylor Swift and you look at all she's gone through to get to the level she's at. And you know sure, there's a lot of haters. But if you think about it, she's no different than anyone of us. I believe and I actually have a respect for how she handles her success. Has she gone through some big ups and some big downs?

Absolutely. But look at the power house of songs that she's produced because of them. The life lessons. If you actually study her songs, you can see where her life is, you can see where her ups are, you can see where her downs are, you can go on that journey with her, and realize it is a journey. Life is a journey with its ups and downs and just like even right now, here I am, sitting in my hotel room, with the beautiful sight, the evening, of hydro bed behind me and the sounds and you may hear them on the recording, the honking because that's just a natural sound here in India.

And you can get stressed about it or you can shake it off. Plain and simple. Again, every moment is a decision. Day to day to day. So where in your life right now are you having frustrations or people are trying to tell you why you can or cannot do something. Or, if you're good enough or how great you are or whatever it is, and where do you take it on. Because it's not just about negative, non-supportive things coming at you that don't take that personally. I am going to encourage you to take all areas of life. Don't even take the praise personally because think of it like this, as a two-edged sword.

So here I am. I'm a trainer. I travel around the world. I train thousands and thousands of people. And I get a lot of people that come up and they tell me how amazing the programs are, how amazing my training is and the way that they love it. And I could just as easily take that personally as well and go, I will only focus on that and build that ego and get that big ego swell in the head like, look how great I am. But then the moment a student comes up and tells me, dad maybe something I'd said hurt them or whatever, well of a sudden that's setting things up for me to take that even deeper and more personal there.

So I accept and receive all feedback from people and students and appreciate it but I don't take it personally. Because that is the key, the key is day to day moment and I'll keep saying it and I'll say it, I'll say it, I'll say it, because Shake it Off, in my opinion, is one of the greatest skills right now that a person can possess. And watch how your life can actually really soar, when you create and master. Master. Let me say that again. Create and master this ability to shake it off to be able to take what people are saying, and know it is about them. It is a reflection of what's going on in their life. It's a reflection of how their life is because when their life is going great, then they'll send more light towards you. But if they're having a tough time in their life, they are going to send darkness towards you. And if you hang on to it, it will weigh you down.

So my friends, my highest recommendation, as I get back in and I'm gonna start a marathon of recordings because I am now renewed. I am now rejuvenated, 2019, the most epic year ever coming up. I'm going to keep pushing forward and putting up these recordings, doing the podcast and having a blast doing that because I'm gonna shake it off especially when my mind is trying to tell me that I've done enough or it's okay I don't need to do anymore. See, that's just another belief I have allowed to come in and impact the greatness I truly can give. So it is holding me back or if it is, I am gonna just shake it off, shake it off, and watch what happens.

So as we kick this year off and we kick this new stream of episodes off, I'm gonna highly recommend, highly recommend, please go to iTunes or wherever you download your podcast from. Let me know what you think of the show, leave me a rating, leave me a testimonial, let me know the kind of things I can do. Follow me on my fan page. Go to Facebook Robert Raymond Riopel fan page. And like my fan page so you follow me as I travel around the world and also, Success Left a Clue, the name of this podcast is also the name of my first book. I'll give you a little insight, a little clue. There maybe a new one coming in the near future. So be ready for that. So check out Amazon.com wherever you are in the world or Amazon.ca and you can download the eBook version, the electronic version of the book or if you are in Canada, US you can even order an actual full copy. Ladies and gentlemen, thank you so much for being you. I appreciate

you listening and remember, always live with passion. This is Robert Raymond Riopel for Success Left a Clue. Have an awesome day everybody.

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