

[Intro]

Hello and welcome to Success Left a Clue. This is Robert Raymond Riopel, your host where I, from traveling around the world, I notice all the everyday things that are going on and I turn them into clues for success and then delivered them to you here on this podcast on a weekly basis. So I want to welcome you for joining me again whether you are a regular listener or maybe you're someone who this is your first or second time listening, whoever you are, thank you from the bottom my heart is because you listening that I continue to do these and get them out to you.

So continuing on in what I'm gonna call a recording marathon. I happen to be in Hyderabad, India right now and throughout the recording you may hear the sounds of the honking behind me, which is just a natural normal sounds here in India and I am doing the recordings marathon of getting a number of these done so that and this is kind of another side clue. I group them instead of trying to do one a week and setting the time aside to do one week, one week, one week.

When I'm traveling especially I might record three, four, five, six, seven in one day and promote all together and then schedule them for release a week apart. And the reason I do that is because then in that way I can optimize my time especially because when you're in the recording mode and takes time to get back into the flow and set up, once you're in, I'm in I should say at once I'm in it. I'm going. It's just easier to do one episode right after the other. So that's kind of a little insight and which then ties into one of the episodes that I talk about regularly, episode number 12, which is write it down.

Instead of kind of relying on my memory, remind me what topics I want to talk about, I write them down, I put them on a little notepad in my phone so that when I am ready to do a little bit of a recording marathon like this, they are already ready. Well, I want to welcome you to absolute number 96. And this one is called If You Do Not Ask, It is An Automatic No.

What a great reminder this was for me and some students actually. So I kind of set this scenario of how this lesson and why I wrote this one down, how it came to be. So I'm on a three week trip right now. I started the year off. It is currently January 2019. So depending on when you're listening to this. So I started my year off by going to Munich, Germany to do my first event of the year, roughly three hundred students for an amazing 3-day program, life-transforming and then from there, I then traveled to Stockholm, Sweden for another life-changing 3-day event, with just over 200 students for that one and here on the third stop on this journey I've just arrived earlier today here in Hyderabad, India.

And on this program not sure how many students I am gonna have. I know I have a few hundred but a different program than the last two I taught. And so, it's just a beautiful way to start the year, transforming lives empowering them which empowers me. So I'm gonna backtrack when I was in Sweden. We just finished doing the amazing 3-day program and then finished on the Sunday night and on Monday because I am flying to another country not at home, I take Monday as my day of rest, my day what I call freedom day and here's kind of another little clue to success for everybody out there that's listening to this episode.

If you're overwhelmed or stressed, chances are you don't give yourself freedom to just relax and do whatever you want and so it can be a freedom day, it could be a freedom few hours, look, even the freedom few minutes; if I only have a few minutes I have an app on my phone that's called coal Calm, C. A. L. M. I love the sound of rain and I will just lay flat out, put on for 10, 15, 20 minutes and I just listen to the sound of rain to quiet my mind. So it can be something like freedom that way as well from the constant chatter in your head.

And so, day after day trainings because I know I'm tired, my body needs to rejuvenate, my energy has to rejuvenate, I make the day after of freedom day, the whole day to do whatever I want. If I want to read, I want to watch movies whatever it is, connect with family, it's my choice. And so, I've gone out and did

some walking because that's one of the things I love to do and I had been visiting a mall picking up some items for back home and back to my hotel and then we went back to the mall to get a bite to eat. I have some food and relaxing.

And I'm on my way through the mall, back to the hotel and all of a sudden, I hear my name called and I turned around and here's a student, well a former student but actually this particular weekend him and his wife had been volunteering and helping out with the training. He's running after me. He is like Robert, Robert. And I am like, hey, how are you doing. He says good, good. He says, we saw you walking by, and I had to come and chase you. We are just in the restaurant right there and I'm like oh, that's awesome. And then he asked me the question. He said would you like to join us.

And I said well I've already had dinner. He goes, well, we're not having dinner either. We're just having some drinks and I said then absolutely. And instantly there was a little bit of a like a split second kind of a look on his face of disbelief that I'd actually said yes and so we walked back and there's 4 of them. Two people that were students and two of them, him and his wife that had been actually volunteering that weekend and we end up having a couple of drinks together and just having an amazing conversation, and part of the conversation came around to what this episode is about.

They actually brought up that they, first of all could not believe that they saw me walking by. And he didn't even know why he chase me but he want to see if I'd ask, come and have a drink with them but they were actually blown away that I said yes. So I ask, why are you surprised that I said yes. And they're like well you're the trainer. And we thought you don't want to hang around with students and I am like what I have been telling you all weekend long. I am no different than you.

And I actually feel blessed that someone asked me to join them. I feel blessed that instead of just sitting in my hotel room, I get to have stimulating conversation with people who are likeminded people that want to grow their life, people that want to go to the next level. So I said absolutely I'm gonna say yes. But notice if you don't even ask, it is that automatic no. And so one of the things that I am gonna encourage every single one of you that is listening to this podcast right now, ask, be willing to ask what it is that you truly want, be willing to have no attachment. Don't get emotionally attached to having to be a yes to every question you answer. No, don't get attached to that. But ask, make sure you're asking and get in that habit and you may get a lot of no's. But you get a lot more yeses than if you're not asking at all.

So I hope that makes sense because that's my message to you on this episode number 96. If you do not ask, it is an automatic no. So commit to yourself to ask for what it is that you want with no attachment. A good example of that is I'm gonna ask you, follow me on Facebook. Like my fan page. Robert Raymond Riopel fan page, follow my journeys around the world. I'm gonna ask you to write a review for iTunes or wherever you get your podcast from. I'm gonna ask you to leave me a rating. I'm gonna ask you to read my book Success Left a Clue. Because if I don't, it's an automatic no. If I don't, I wouldn't get downloads. I'm gonna ask you to refer this podcast to friends.

So for episode number 96, this is Robert Raymond Riopel for Success Left a Clue. Remember always live passion and you are awesome.

[Outro]