

[Intro]

Well, hello and welcome once again to Success Left a Clue. I am your host Robert Raymond Riopel and I want to welcome you to the podcast where as I travel around the world and notice things in everyday life, I then turn them into clues and deliver them to you through this podcast. I want to welcome you to episode number 97, which is called Always Read Instructions. In another words listen to the advice you are given. Because this is something that I don't know if you'll agree with me but I know I constantly, constantly need a reminder of this, because I am no different than anybody else.

I go through the same kind of ups and downs and goods and bads, and all that and there's a lot of times people give me advice but then I forget to listen to it or I forget about it or what have you. And this is for success in all areas of your life. How many times has someone who's done what you want to do or achieve what you want to achieve, they give you a little piece of advice but then you don't follow it or you see that you get that instruction manual on how to be able to accomplish a goal but you forget to read it coz you want to figure it out on your own.

And this is something that's actually very near and dear to my heart because I've been talking about it especially for a while and I kind of take lead from well, we start it from by really brought to light by Robert Kiyosaki and you look at it and there is a concept that all through school, we're taught figure out on our own. Don't you dare ask for advice, that's cheating. Don't you dare look at what someone else is doing and copy what they're doing, that's cheating.

And so, we're taught this all the way through school and then we wonder why when we get into the real world. The real world why we struggle is because there's success instructions out there. There's people who are giving us advice on what's worked for them, what didn't work but because we are taught to figure out on our own, we forget to listen or we think we've sort of figure out on our own and so we struggle. And so, the first thing of this lesson is to tell you stop it. Just stop trying to figure it all out on your own. Find the instructions that are out there and follow them word for word or if someone is giving you advice, take that advice and follow what they say, word for word. And it was kind of those when I was in Sweden that I got a good reminder of this that I don't always follow the same advice that I ended up giving out.

And so, the universe, being the universe, it wants to make sure that it then turns around and says, well, Robert let me give you a little reminder of this. Let me bring you back up to reality and show you that it's something to always keep conscious about. So here I am. When I do the any kind of three day event or any kind of multi day event, there's a number of habits that I go through routines to make sure that I can stay on top of my game including maintaining a voice all the way through. I'm a person that doesn't know how not to give. I just don't know how not to play it a hundred percent.

So I'm always playing full on especially when I'm on stage and that is not always good for the voice. And so, I work with voice coaches. I have my warm ups I do every morning. I have my cool downs I do at night. There's certain things that I utilized to get me through like gargling salt with warm water, using ginger root actually, chewing on ginger root to help take care of any bacteria my throat. And one of my voice coaches taught me a concept called put a cork in it, which is a way of strengthening my tongue, pronouncing my words, being able to speak more clearly.

So there's all these things that I go through and so here we are and I'm in Sweden and I'm playing full on and things are flowing but I am gargling. I am chewing the ginger. I am going full on. I am doing all of this. And, I'm going through and I am doing this but my stomach is not doing well. I'm not gonna get into the details ladies and gentleman but let's just say it was a rough weekend. I was going through a rough weekend inside. And so, I finished the weekend off and I'm not sleeping well now because I'm making multiple trips

to the bathroom and just yeah it's just in that space. And I'm on the phone with my amazing wife and talking to her, explain what's going on and stuff like that and she all of a sudden brought up something, she goes, well, you remember when you're eating the ginger you're not swallowing it. Crack it. I'm like no, no. I actually just spit it out. I chew it to get the effect. I said, I swallow the juice, and I just spit out the pulp. And she goes, aha, and by the way she said, aha, I know there was a lesson coming. And I am like, what do you mean aha?

She goes, Robert, I told you ginger is like if you're letting the juice go into your stomach, ginger is used to do cleanses for people when they want to do a cleanse. And I'm like oh my goodness and I remember she had told me but I totally forgot. And so, when we got off the phone, what do I do, I start Googling and I realize yeah there's all these things, do you want a flatter stomach and how drinking ginger juice, boiling ginger root and drinking the juice and all that, really helps clean you out. Which is exactly what my whole weekend had been happening.

And here, there was one simple thing, coz up to the point I was chewing the ginger, not swallowing the juice and I would just let it attack my throat but then I would spit it out. I'd get rid of it all but for some reason I have forgot and this particular reason what was I doing? I was swallowing the juice. Well, I'll tell you ladies and gentleman, it let me know, it let me know that's exactly what was happening. So hey, what did I do? I wrote it down because it was a great lesson for life. This is what we're doing all through our life.

People give us advice or there's proven strategies, proven systems to be able to accomplish what we want and what do we do? We don't listen. We try to make it up on our own. We figure out on our own or we go against the advice. And a lot of times we struggle and pay the price as I did in Sweden. So that is an episode of Success Left a Clue, episode number 97. This is Robert Raymond Riopel. Remember, always live with passion and you are awesome.

[Outro]