

[Intro]

Hello and welcome once again to Success Left a Clue, the podcast where I, your host Robert Raymond Riopel travel around the world, notice everyday things in life and turn them into clues for success that I bring to you here on this podcast so that hopefully you can learn and enjoy the journey along with me.

Well, here we are episode number 98, an episode I've actually been looking forward to, just because that title says it all, Balance. Is there such a thing? And everybody talks about how they want to have a successful life. They want to have great relationships. They want to have health. And so then they tend to especially the beginning of the year, New Year's resolutions. I am going to work out more.

I'm gonna eat better and all that stuff, all looking for that elusive balance and so I want to do this episode and just kind of give you my perspective on balance because as I look at it everything that I teach you on these webinars or in these podcasts comes from my day to day experiences in my life. I go through the ups. I go through the downs that everybody does and I look up because I'm always looking for the lessons. It allows me to turn them into the podcast and I've been on all sides of the spectrum going really, really hard and over doing it, getting burnt out. Or to the side of the spectrum where I am absolutely like doing nothing. Just doing nothing and that's a perspective I kind of come from of what is balance in my opinion.

And so, I kind of give you the idea. I got it back up a little bit into my kind of life. And I look back to when I started as a trainer back in 2002. I started getting on stage, doing warm ups, helping out, creating the energy, then I start delivering data to leading my very first event on my own in 2004. And the moment I did that, the next four plus years I worked really, really hard, go, go, go, go, go, pushing, pushing, pushing. And I over did it. I wasn't thinking about balance. It was like this is my passion and I started over living my passion and so one of the things I do teach my students is that you can over live your passion.

And by the time we hit September of 2008, I was burned out. I was absolutely burned out. I was only at home on the average of 2 days a month. And it was great that it was my passion but I wasn't respecting my energy, my time, giving myself that space, if that makes sense. And so, I ended up going from overliving my passion and taking some time off for the next three and a half years.

And from overliving my passion, I went through health issues, went to two back surgeries and went through a lot of emotional especially ups and downs. So I went from overliving my passion to actually not living my passion at all, which was just as bad. Overliving, burned out. Not living it all, it created space for all those negative, non-supportive habits to come back in. To really come back in and start impacting my life again. And so when I decided to come out of retirement, that is when I made the decision. I did want to have that balance. I love doing what I do and impacting lives around the world but I want to make sure I had time for me, time for family, time to do all those important things in life. That's when I decided, I want to have some more balance.

And one of the ways I started that is by making a commitment to myself that I would do 20 trainings a year, 20 trainings a year. So even if I am flying long distances for all the trainings, with all flying, it still gives me six months here to be at home, minimum 6 months. That way I can have that time to be with family and that allowed me to start having balance in my life but then it came back to the kind of what is balance. And a lot of people, their perspective of the balance is that everything is just perfectly in line like oh, just that great life.

But I'll be the first to tell you, that's not my experience of what balance is. Because there's no such thing as perfect balance in my experience. And so to me what balance is, is what we will call correcting and continuing so that when your life starts to tip out of balance in one way, you adjust. If it goes too far the

other way, you adjust. So picture it and I've got my hands out in front of me right now like a scale going up and down. My left goes up, my right goes down, my right goes up, my left goes down, is that juggling act of, are you working too hard and if so, how do you get a little more relaxation, are you actually progressing too much. So how do you condition yourself to take a little more action and so to me, balance is that game of, it is almost, think of it like ping pong, knocking that ball back and forth, adjusting, adjusting. The ball comes back to you, you adjust your position. You hit it back, you watch it go. Come back. You adjust, you hit it again. Back and forth table tennis.

You adjust your life. That to me is balance. And the issue comes when people don't give themselves the space, the space to actually make the adjustments because they're so out of proportion that they don't have the ability to do that. So very simple episode this week on balance. Is there such a thing? In my experience the answer to that question is an absolute yes. Absolutely yes. So this is Robert Raymond Riopel, episode number 98 for Success Left a Clue. I appreciate each and everyone of you for listening to this podcast and I look forward to having you on the next one. Remember always live with passion and you are awesome.

[Outro]