

TRANSCRIPT

File Name: SLACEP69WhyArePeopleAfraidToConnectcomplete

Duration: 00:07:48

[Intro]

Welcome to the weekly podcast, *Success Left a Clue*, this is your host Robert Raymond Riopel, and want to welcome you to the weekly podcast where I always travel the world, I take the clues that I notice, turn them into life lessons and deliver them to you via this podcast.

So this is episode number 69. And this is kind of cool, episode 69. What a great number, happens to be the year I was born. So one of my favorite numbers out there.

And today's message is a really cool one. I'm here still in Stockholm, Sweden, and if you're listening and you listened to podcast number 68, you know I did that one while I was here as well. Very, in the moment. All of a sudden downloaded some great ideas, things I want to record and this is one of them. And I wrote this down while I was on my walk, and it's titled *Why Are People Afraid to Connect?*

And especially, we're now into 2018 and people, they want better lives, they want to have more fun but yet they're afraid to connect. And of course, everything happens for a reason. I love when you are in alignment with a thought, just as I had a thought that I want to connect to this, coz I'm walking and I'm noticing, I'm trying to make eye contact with people.

I'm smiling. I'm nodding. I see so many people here in Sweden walking with carriages, with children. It's amazing. Even though the weather isn't the best, people are out and they are out enjoying the fresh air. It's awesome.

So I'm trying to, as I'm walking I'm not looking down. I'm looking at people they get nearby, I smile. But so many of them of them will not make eye contact. They look down. They look away. It's interesting. And well, as I've stopped kind of doing some stuff, I looked at Facebook and a friend of mine by the name of Chelsea Dupee, she said it so well. She said, "Just landed in Calgary. Why are so many people making eye contact? This is freaking awesome!"

Because she is like me where she wants to connect with people. No words have to be exchanged. But yet she's noticing where I live, where she landed, people were making eye contact, which is unusual and it is awesome. And so one of the easy ways to get results in 2018—show up, be present and connect with people. Look at them. See them, truly see them. Smile, nod, say hello and be connected.

This will help you be present. And this will help you coz you never know who you're going to run into. You never know who you're going to meet. It may be a friend, it may be a client. It may be someone down the road that becomes a friend or a client. Or maybe nothing happens at all, but you never know how you may just impact someone's day. Maybe someone's walking towards you and they've had a bad day or rough day, things aren't going right in their life right now. And, a little smile with no attachment from you brightens that day for them.

Think about this—is it possible? Absolutely, it's possible. So you just allow it to be perfect. Be that contact. You don't have to keep a high look with them for a long, long time. No, just a simple little connection, simple little smile and watch how it brings up your spirit as well. Watch how much more present you become and you notice the things going on around you.

When is the last time you went for a walk and truly noticed the people around you? Maybe you are at work and you truly notice what's going on for others instead of being so self-absorbed into what's going on for you. This is what I'm talking about ladies and gentlemen. This is the power of connecting.

See, when you look at other people and you're truly interested instead of trying to be interesting, you may just notice that something seems to be off in their day and if it's a friend or co-worker, you can genuinely ask them, "How are you doing today? Seems like maybe you're not having the greatest day, is there anything I can do to assist."

And when people know that you are genuine about it, don't do it superficially, you do it because you genuinely care. That's the creativity and that's the power of connection. Authentic connection, authenticity. I hope you get the message here. We are now into what can very well be your greatest year ever.

So it doesn't matter when you're listening to this podcast, it doesn't matter if you're listening to it, right as I record it and put it out, which is about the second week of January 2018, or if you're listening to it months later or hopefully even years later, it's a perfect message for right now. You are meant to listen to it right now. That's what I'm saying.

So here's a little practice for you. When you're walking, focus on your breath, take a deep breathe in, let it out, come back to present coz remember the only place you can breathe is in the present. And now look around and notice, are there people around you? And if there are, can you make a connection with them? Just your energy, just a look, just a smile, maybe a hello.

If you're walking, are you in your own thoughts miles away or can you be present with where you're at? I talked about this in the last episode. Not wearing my headphones when I went out for a walk in Stockholm Sweden, I realized how much more present I was. I realized that wow, I wasn't always being present because I was so caught up in being present in my music. Enjoying my music but now missing the magic of what's going on around me.

I'd been to Sweden before, it's my second time here, but I never noticed some of the history, some of the architecture. And so, that's why when you connect, don't be afraid. "But Robert what if someone looks at me and says hello?" Oh great! Perfect! Maybe you'll make a new friend, you never know.

Anything is possible ladies and gentlemen so I wanted to do this podcast, I wanted to let you know, I'm doing everything I can to make every year an amazing year. So I would love your help. Suggest *Success Left a Clue*, my podcast to people. Go on leave us comments, leave us ratings. Let us know what you think of the podcast. Go to my website www.successleftaclue.com and you can connect to the other things that I'm doing. You can go to Amazon, order my book. Oh what's the title? Same thing, *Success Left a Clue*. Check it out, take your life one step forward at a time, and watch what you can truly do.

So this Robert Raymond Riopel for episode number 69. Thank you for being part of this journey. I appreciate you. And remember, always live with passion.

[Outro]