

TRANSCRIPT

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[Intro Music]

Welcome to Success Left A Clue, this is your host, Robert Raymond Riopel. And again, I truly am so thankful, so grateful, for the people that listened and download my podcasts, whether you listen them, doing binge listening a few episodes at a time. One of the reasons why I make them fairly short not half hour or hour long, 5, 10, 15 minute little snippets of clues to get to you. I want to thank everybody that is listening and everybody that is really growing from this. Truly appreciate each and every one of you.

So this is Success Left A Clue Episode #103. And today's episode is all about something I love to talk about a few times through the different podcasts, gratitude. What are you truly, truly grateful for? Again, everything I'm teaching, everything I'm doing on this podcast comes from my life experience, my day to day life because ladies and gentlemen, whether you met me live or not, one thing I love to let people know is that I am no different from anybody else. I am an everyday person just like everybody else. Do I have a little bit different knowledge than some?

Absolutely but also every single one of you out there listening to this podcast, you have information. I don't have. So why is one person better or worse? We're not. We are all the same. And so even though I each this information, one of the reasons I'll give you a little insight that I do this podcast is because I need a reminder every once in a while. It's a great reminder for me to live. Live what I'm teaching out there to my students on a day to day basis.

And so, one of those biggest lessons is the gratitude. I went and do a three day weekend. On day 3, we talk about gratitude having a success journal. For years, I've had a success journal and recently, last couple of years, I've kind of adjusted it. And it's not just a success journal. It is a success and gratitude journal. Because it is not just focusing on what your successes are to acknowledge them, to recognize them, to celebrate them, but it is showing the gratitude for what you have in your life already.

It kind of reminds me of one of the many, many signs I have hanging in my house that my wife found, picked up, and we put it in the house and it says, happiness is not having the best of everything. It is making the best of everything you have. Let that sink in for a moment. So happiness isn't about having the best of everything. It is about making the best of everything you already have. That's what gratitude really ties into this. It is because, are you showing gratitude for what's already in your life? The people, the places, the things, your mental, your emotional, your spiritual, physical wellbeing; are you showing gratitude for that?

I'll give you an example. Back in 2009, I went through two back surgeries. My L4, L5, the disc herniated, bulging, pressing against my nervous system. Surgeries would remove over 75% of the disc. And I could choose to dwell on it and be upset, why me and all that. Or I can be grateful that today, I don't have the pain and I'm able to walk. I love to go for walks so anytime I go for a walk, I automatically feel how grateful I am that I'm actually able to do that. Because how many people aren't?

When I get to travel around the world to see beautiful things, I'm grateful for the opportunity that I have no matter how tired I am. And that kind of goes back to the last episode, is it true the grass is greener on the other side of the fence?

People would go, Rob, you just traveled to Singapore and Vietnam. That's amazing. Absolutely. But the part you don't see is the tiredness, the jet lag that whatever it takes, attitude that it takes to make it through and put out the energy that's required. But I'm grateful to have the opportunity to put that effort in. I'm grateful for the people in my life that allow me the space to do what I love to do.

One of those people happens to be my wife, Roxanne. I'm grateful for her to be where I am today. And I'm not just talking about the fact that I am in the country right now recording this. I'm talking about the fact that I'm on the journey I'm on. Because she isn't willing to let me play smaller than I am so she holds me to a higher standard than I would hold myself.

Even when I resist it, even when I get frustrated, even when I get downright pissed off, I then realized how grateful I am. That wow, if she wasn't in my life holding me to that standard, having the passion, sometimes I need that little swift kick in the butt to step into, I wouldn't be playing at the level I am today. So I'm always grateful for that. I'm grateful for the family in my life. I can go on for days and days and days because every day I practice gratitude. Everyday.

Every day when I write in my success journal. Now, do I always write every single day? No I'm human. I forget some days. I don't feel like in some days, whatever it is. But then I catch myself, I started going again. This is why it comes to the second part of the question in this episode, why you want to ask this question on a daily basis of what you're grateful for?

Because every single day, life can be tough. So if you're sitting there and you're going, well, today's not the day. There's nothing. You forget and you get carried out. If that's what you focus on, spend your focus on the negative in your mind, like as I am recording this right now, a thunderstorm is blowing by outside and it is just now starting to pour. And so I can focus on oh wow, I have to go out of here shortly. I am going to be out in the rain. This is inconvenience. I'm gonna get wet or whatever or I can be grateful and say, "You know what? I'm grateful it is raining right now while I'm inside doing the podcast."

I'm grateful for this rain because it provides the food and the nourishment that we need to survive. So it's all perspective ladies and gentlemen. All perspective. What are you grateful for? This is why having a gratitude partner is amazing. Imagine, picture, wrap your mind around this. Not only having an accountability partner where I was so we can hold each other accountable but maybe having an accountability partner that while you're on that call, you say, oh by the way, what are three things you are grateful for this past week? What are the three things that you've got gratitude towards in your life right now? Imagine what that could do for your life.

These are the things, the perspectives that you got to look at, and this is why you need to ask it on a daily basis because ladies and gentlemen, depending on what you listen to and what you watch, the world's in kind of dire straits. And so, it is easy to get caught up in that negative, non-supporting belief, habits and fears and feelings that is running rampant in this world. And I'm not saying bury your head in the sand. By no means. But I am saying moment to moment, ask yourself what you are grateful for. Ask that question. Focus on that and you might be amazed at the answers that you get. Because it all comes down to gratitude.

So that's the lesson for today. Short, sweet, bitesize little podcast to be able to answer that question. So I want to thank you as always for being a listener. If you're hearing my voice right now, I am grateful for you, for taking the time to listen. Are you kidding me?

I may not be a person that has millions of downloads. Hey! Maybe by the time you listen to this, I do. But I'm grateful for the one person here, the one person there, that does download and listen. Be it allows me to do my passion even further. Do what I love to do even more. It also allows me to become present, which allows me to then download to have more awareness and connectedness with where I'm at.

And that's actually gonna be the next episode. What I'm gonna be recording is all about connecting this. And so, I'm grateful for that. I've got gratitude for that. So Robert Raymond Riopel for Success Left A Clue Episode 103. Remember, always live with passion. Have a great day!

[Outro Music]