

RUSSELL R. SHIPPEE PRESENTS

Bethe **BEST** You Can Be.net

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Christopher Shippee

a short 30 years ago!

Dear Russell,

Happy Birthday to my son, Christopher Shippee. Our children bring us great joy, great challenges at times, and great life lessons. He certainly has done all of these things.

Also, a belated Happy Birthday to my son in law, John Figliolini, who celebrated his birthday on the 28th. Like all of us, he is the teacher and the student.

Quotes

"No man has a chance to enjoy permanent success until he begins to look in a mirror for the real cause of all his mistakes."

Napoleon Hill

"Intellectuals solve problems; geniuses prevent them."

Albert Einstein

"All life is an experiment. The more experiments you make, the better."

It appears that last week's letter gave some of you a smile, as well as a message to reflect on. If you did not see it you can read it [HERE](#).

My Valentine gift to all of you is a free tele-seminar. No, we do not have room for all of you but we will accommodate as many as possible on a first come, first serve basis.

Do you believe 1/12 of the year is already over? Why, it just started. Are you at least 1/3 of the way towards your 90 day goals? If not, now is the time to catch up.

What one thing are you going to do next week that will make you feel good and accomplish something?

Be *the* BEST You Can Be,

Ralph Waldo Emerson



Russell R Shippee

**Helping You, Motivating You, Encouraging You, to Be
the BEST You Can Be**

Feedback

Loved this newsletter, Russell Barbara

SIGN UP NOW for the Newsletter - It is Priceless

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Living My Life On Purpose Tele Seminar

The workbook, living My Life on Purpose, will be given to those who sign up for the tele seminar. If you would like to:

explore where you are

reflect on your perceived value to date

focus on your life's purpose

determine a plan for your future

have a roadmap designed for you

have tools to assist you

have tools to guide you

to live a life of value

to truly live on purpose

to dare to Be the BEST You Can Be

If this interests you then sign up. The class will be on **Wednesday February 13th at 12:00 PM Eastern Standard Time**. To register just reply to this newsletter saying "**sign me up.**"

Mirrors

What is a mirror? A mirror is our reaction to what we see in others. It is our reaction to what others do or say. It is what our filters show us from the interaction.

Notice how a person makes a statement, and later the same people who heard the same words can each have a little different slant as to what was said. The reality for the listeners is based upon their mirrors and filters as to what is said and what it means to them. We all have our own reality and reaction. That is why there are so many differences. That is why we all have different truths.

Our actions and reactions toward people provide a message to both sides. It is all about us and our reaction. We need to dig deep into seeing what our mirrors of others tell us about ourselves. It is us and not them. By our actions and reactions, we tell them how to treat us.

Other people are mirrors for us to help us learn. It is the mirror that teaches us and creates value for us in the lessons. It is up to us to step back from the stage of life and reflect on the lesson and the deeper meaning of any action and interaction. Whatever has an emotional charge also bears a needed lesson. What happens to us happens for a reason. Our interactions are for a purpose and should teach us something.

When we meet someone and like them, the meeting may be showing us something missing that we need or want. If we dislike someone, they may be showing us a trait of ours from this life or a previous life that we dislike and would prefer to avoid.

Mirrors are the messages we send and the messages we receive. We determine how we see things based on our needs, our filters, and our personal insight. We can find great value and learning in our mirrors.

What about your mirrors? What have you seen in someone else that you approved of and started to do yourself? What have you seen that you feel is wrong and you now watch yourself so you do not make the same mistake? Yes, a mirror can show us what to do as well as what not to do.

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