

RUSSELL R. SHIPPEE PRESENTS  
**Bethe BEST You Can Be.net**

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**Russell R Shippee**

*Dear Friends,*

***I do appreciate all your feedback. Keep your thoughts and ideas coming. Corrections also. Yes, I saw the spelling error last week.***

*Today, like all days, is what we make it, and today we make it special. Cameron wrote his first article for you. Is the saying, "through the eyes of babes?"*

***For those who want to read something I wrote, go to the website and read the letter on Love from the 2-14-08 newsletter. Now, don't all go at once and crash my website :).***

**Quotes (affirmations)**

**"Every day in every way I am getting better and better."**

For those who work best at the last second, you can still, with overnight shipping, buy for your loved ones today for Valentine's Day on Saturday. Don't forget your parents. Remember what they did for you?

The NEWEST KINDLE is available below from Amazon. Get it NOW as a GREAT Valentine gift. It is amazing. Oprah

"Every day in every way I am getting better and better."

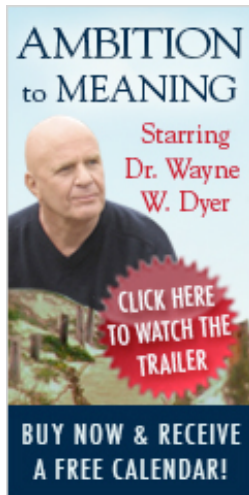
"Every day in every way I am getting better and better."

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"I can if I think I can."

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recommends it also. Don't know what a KINDLE is? Click the link on the ad below and find out.

**Be the BEST You Can Be Bookstore**

**Invest in yourself as well as loved ones. Valentine's Day is a wonderful time to give the gift of a better life and learning with an appropriate book on your new kindle or paper. Oh, and flowers, chocolates, and other things, too. The Amazon link is below for your use.**

The link to obtain *As A Man Thinketh* for free is gone. Many of you took advantage of it. Of course, you'll only get out of it what you put into it so read it. Read it at least 3 times. The 3rd time will still be the first time.

**The best stimulus package is your own. The best investment is in you.**

**Enjoy the Journey,**

**Russell R Shippee**

Remember, **I CAN IF I THINK I CAN !**



**Got No  
Willpower  
Over Food?**



**THINK RIGHT NOW!**

## **MASTER MIND GROUPS**

Do you want the challenge and opportunity of being in a Master Mind Group? Want to know what it is? If interested in joining or learning more, hit reply and tell us. We'll contact you with the details. Yes, it could be one of the **BEST** things you do for yourself in 09.

Do not let the name concern you. You can join in. You can benefit. You can.

***One group closed -  
another one starting***



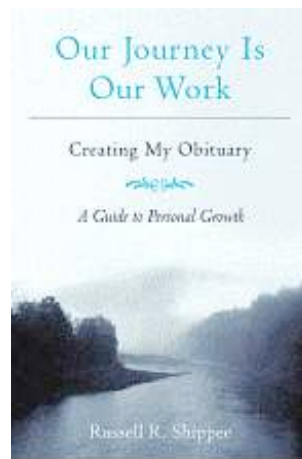
### Cameron's Comments

I was thinking the other day how lucky I am that my grandparents can and want to babysit for me while my parents are working. Plus, my grandmother takes a lot of time taking care of her mother.

Life is full of one person taking care of another. I know how much I enjoy it, and I know my grandparents do also. Sure, it's work, but it's also love and heartwarming. Don't you agree?

Isn't Valentine's Day a good day to recognize all those people?

I am also lucky that my grandfather agreed to print my article on sabotage. Be sure to hit reply and tell us what you think of it. Secretly, I think my grandfather is proud of the feedback I get. Or, if he is jealous, he hides it well.



***Learn to Create and Enjoy the Journey!***  
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## Feedback

The best thing about your newsletters is that your themes are very simply stated; uncomplicated if you will. It gives people chewable bites to think about, and just the right space to decide if they want to change their lives. Thanks for what you do. BD

1-30-08 article on negativity

HI CAMERON, I WAS LOOKING FOR YOU AND IT WAS GRANPA THIS AM. BUT AS I MOVED ON DOWN AND READING GRANPAS MESSAGE THERE YOU ARE AND I HAD MY MORNING LAUGH YOU ALWAYS LOOK SOOOOO CUTE WITH GRANPA AND HIS BIG SMILE IT IS SO COLD TODAY AND I HAVE TO GO OUT TO DO SOME SHOPPING. NOW THAT I HAVE READ GRANPAS MESSAGE I AM READY TO TAKE ON THE LADIES IN THE GROCERY LINE BY FOR NOW GL

2-3-09 on negative from SB

This last news letter is RIGHT ON and keep them coming!!!!

Cameron,

Please tell your Grandpa he's doing an amazing job of capturing your straight forward thinking and conveying it to the rest of us mixed up adults! Your view of life right now is so simple and not yet influenced by a multitude of factors. I appreciate how through you, he brings us back to such unaffected thinking that is so logical and useful in our own lives. Great job to both of you! DR

## Sabotage

By Cameron Shippee

Why do people sabotage themselves? Do you?

OK, I am only one year old but do not think that means I do not know, do not understand, and do not process. I know I am a miracle, and I know the workings of my body are miracles. You used to know that, but some of you have forgotten the miracle that is you.

Can we agree we are all miracles? You will agree, if you reflect on how your body works, the blood pumps, the organs work, and you breathe all without conscious effort. Why, with no effort your body, your container, works and keeps you alive and going. Is that not a miracle?

You probably do not remember, but at birth we know so much, and it is intuitive. It appears to me that people lose that as they get old, and their knowing is clouded and disappears with life itself. I am not sure why, but I am going to see if I can prevent that from happening to me.

I know I can do things. I know and I do them. Sure, the first is the worst. But, as I work at it, I get it. The more I work at something, the better I get at it. The reward is in the doing. I

know I can do it, and I know to keep going. For us young ones, we know, we just know, to keep going, to keep trying, and to keep doing.

What concerns me is you adults. You are to be our role models and, sometimes, I wonder if it should be the other way around. Should we be your role models? We know we can. Not all adults believe that anymore, and it shows. For us, we just continue knowing we can.

It seems that many adults set themselves up for failure. Why do adults sabotage themselves? Why do they think and say they can't? Why do adults feel insecure? Why do adults worry about money and lack when they need only think abundance?

I know I can do things, and I do them. At the same time, I see adults give up. I see adults stopping short of accomplishment. I see adults telling others of lack and being unable to do things. These words and actions are all self sabotage.

If I can do it, you can also. If I can grow, learn, and accomplish, you can, and we all can. No, physically you may not be as flexible but that is only because you have let your body go. If you exercise and stretch you too can be limber.

I do not understand adults sabotaging their own efforts. Why, adults do not always prepare as needed and then fail, confirming their knowledge they would fail. Why don't they practice and learn? Why don't they make a full effort giving it their all? Without a full effort we sabotage our dreams and our success.

We all need role models. You who sabotage yourselves, why not use us kids as a role model? We accomplish so much in the first few years, you can see it and feel it. Yes, we can teach you, we can show you, and we want to share with you.

Yes, you are the teacher, and we are the student. Or, are we the teacher and you the student? Or, are we all teachers and all students?

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