

Join Our Mailing List!

Thanks for forwarding this newsletter to your friends to join our mailing list. It works for everyone. Do be sure to forward it to those whom you know will benefit from it.



Russell Shippee

Quotes

Peace

It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and

Dear Friends,

Welcome to all the new subscribers. Remember, the web site has the archives of all past letters and articles. Reading them again will be reading them for the first time. [HERE](#) is the website.

The first quarter is over. You might wonder if I am going to ask you about your goals. Some of you that have reached them have told me and a few that haven't have expressed that also.

A friend asked me about my weight goal and has been looking for it in the newsletter. Yes, I am close, a little behind, but working on it. Some people eat to live. Unfortunately, I live to eat!

It is time to take that step. At breakfast last week my friend reminded me that in Oct of 2003 I told him it was time to take that first step. That was almost six years ago and he sure has accomplished a lot. As he said, it all started with that first most difficult but most important and rewarding step.

What is the step you need to take? What is the step you have been avoiding? Yes, you know what it is. Read the article below. Cameron can teach us all.

still be calm in your heart.

(unknown)

**"Whatever it is you desire to do,
NOW is the time to do it -
because it's too late to do it
sooner."**

Steve Bhaerman

**"In the end, it's not the years in
your life that count. It's the life
in your years."**

Abraham Lincoln

**"Be not afraid of changing
slowly; be afraid only of standing
still."**

Chinese Proverb

**"The way to learn to do things is
to do things. The way to learn a
trade is to work at it. Success
teaches how to succeed. Begin
with the determination to
succeed, and the work is half
done already."**

Mark Twain

"Winning starts with beginning."

Anonymous

**Science may have found a cure
for most evils, but it has found**

We have divided the books into categories in spite of the fact they overlap. It is updated so it is time to take another look. Take that step now.

I have added the new Randy Pausch best selling book ***The Last Lecture***. See the video below from his commencement speech.

Harvey Mackay was a big hit last week. He sent me a copy of his newest book, *We Got Fired*, and I have added it to the bookstore. I wonder if he got the idea for the book from my newsletter in January called *fired*? You can read it on the website.

Enjoy the Journey,

Russell R. Shippee

LIVE THE LIFE YOU DESIRE



Cameron's Comments

**no remedy for the worst of them
all - the apathy of human beings.**

Helen Keller

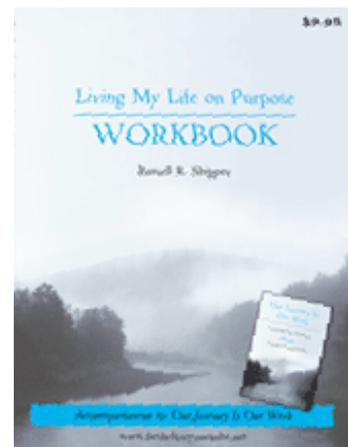
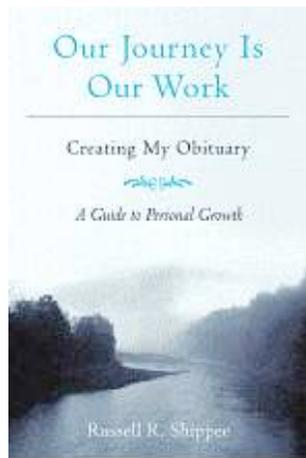
**Here I am again writing the article. Grandpa says I am
a great role model for all of you 'more mature' people.**

**Me, I say, be a kid, and take the first step. See the fun
I am having? You should be having the same fun. If
you are not having fun, why not?**

**I am anxious to take those first steps learning how to
swing. Now, if you'll take the step to remind grandpa
he should have a swing set for his house, I'll
appreciate it.**

**My next big step will be words. I get a few out and I
have more coming out, but they do not yet understand
them. Watch out, when I have more words I'll use
them.**

Join Our Mailing List!



LIVE THE LIFE YOU DESIRE

The second edition of the workbook is now ready. Buy the book and we will send you the workbook as a gift. If you bought the workbook before, email us and we will send you the second edition at no charge.

If you missed the teleclass earlier this week you can still attend. Sign up NOW for the next class on April 20th at 10 AM EDT by hitting reply and asking to be put on the list. Normally \$47. but no charge if you buy the book. So, you get the workbook and the teleclass as our way of saying THANKS and stimulating YOU.

Buy it [HERE](#)

Professor Randy Pausch Carnegie Mellon Commencement Address

Click **INSPIRE**

If you did not watch this last week do so today. You will be glad you did.



CHANGE your LIFE in just MINUTES!
Watch these **SUBLIMINAL** Videos.



privacy

Introducing the all new Kindle 2

See Kindle 2 Now
www.amazon.com/kindle

Shop now 

Step

It is all in the first step.

I remember my first step. It took me a while, after first standing, to take that first step.

First I had to stand and hold onto something. Then, slowly I was able to let go, wobble, and fall. Finally, I could stand for more than a few seconds. Then, all of a sudden, I could stand for a long time. Next, I could pick my foot up and move it without falling any more.

At last, the first step. Well, that was the toughest. But, now, it is a fond memory as I can walk around the house. My world has dramatically increased, there is so much more to see and explore. Boy, am I glad I walked. I had no idea what awaited me.

I only know to continue, to work at it, to work at it till I get it, and to take that first step, literally and figuratively. Somehow I know it is all in the first step and the first years of my life are all about the first steps.

The first step is the hardest, but it is always so rewarding. It opens up new worlds, new avenues, new growth, and new opportunities. Kids somehow know this and continue to take first steps .

Many adults seem stuck. They just repeat what they have done, have stopped growing, stopped exploring, and live a life of quiet desperation. They are afraid to take that first step. Fear stops them for all that awaits them. Don't you remember you used to take that first step? So, why be afraid now?

Hey, I feared falling when I first stood up and then when I took my first step. I had a greater fear also. That was the fear of being stuck, not growing, and not taking advantage of all there was to offer if I just took a step. So, it may have been hard, but it was easy, exciting, and empowering to take those steps.

So, look at your fear from both sides. Which is worse? Sure, the answer is simple, it is the fear of inaction and all that you would miss and lose out on. Did you know that, at the end of life, the biggest regret is things not done?

Grandpa says the first is the worst. Me, I say the first is the current best. Sure, there will always be a new and better best, but right now we have to be interested in the current best.

Me, I hope to never learn the fear that prevents me from being all I can be and experiencing all I can experience. Why not come along with me? Why not live the life you desire? Remember, do that which you fear and the death of the fear is certain.

Why not take that step today? You have nothing to lose and everything to gain.