

RUSSELL R. SHIPPEE PRESENTS

Be the Best You Can Be

[Home](#) | [Biography](#) | [Coaching](#) | [Speaking](#) | [Newsletter](#) | [Articles](#) | [Products](#) | [Contact](#)

Thursday, July 9, 2009
Summer Edition #94



Russell R. Shippee
Author, Speaker, Life Coach

Dear Friends,

Welcome to all the new subscribers and welcome back to the long term subscribers. I hope that all of you in the USA enjoyed the 4th of July and had some fun.

Summer is short. NOW is the time to enjoy it. If you haven't started, do so now. Isn't it amazing how much work you can get done fast when you have a fun activity waiting for you?

Perhaps you can get more done *faster* and then not have to work such long hours. It's call focus. It's called doing one thing and one thing well until finished without email and other interruptions. Try it. You'll be amazed.

Be sure to focus on your goals as well as enjoying life. There is a balance and the more balanced the better you will feel. Do enjoy.

A handwritten signature in blue ink that reads "Russell".

PS: A new group coaching program is starting soon. Want to be included? Email me for the details.

Quotes

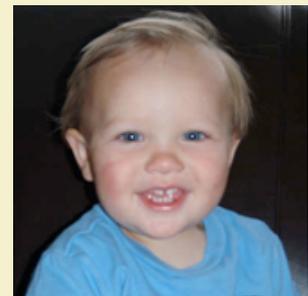
"Our power is in our ability to decide."

— Buckminster Fuller

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

Cameron's Corner

Grandpa got lost in the fog! He was sailing to Cuttyhunk (a small island in Massachusetts) in dense fog following his GPS. The GPS malfunctioned and he was not where the GPS said he was. Two of the other sailors had their handheld GPS's that agreed the boat GPS was wrong and they were able to safely get back on course and into the harbor. I can't let him out of my sight!



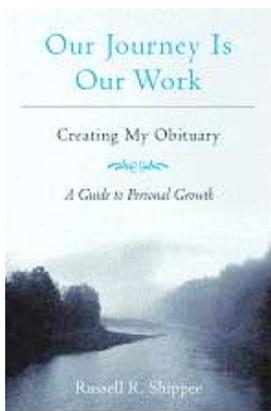
– Ralph Waldo Emerson

Nothing is worth more than this day. You cannot relive yesterday, Tomorrow is still beyond your reach,

– Goethe

Work and play are words used to describe the same thing under differing conditions.

– Mark Twain



Live The Life You Desire with The Living My Life on Purpose Workbook (Second Edition). It is our gift to you when you buy the book. Buy NOW

TeleClass Schedule

Living My Life on Purpose
7-9-09 10 am EDT
7-13-09 10 am EDT
7-22-09 10 am EDT

Family Business Worth the Cost?
7-7-09 10 am EDT
7-16-09 10 am EDT



Do read his article. The schooner is only for example purposes. Maybe this will get it out of his system. Let's hope.

Be sure and tell grandpa to let me write the next article. I like it and I do get more fan mail than he does.

PS: here's some of the feed back . . .

I think the newsletter is fun and has good energy. RT

Enjoy the format and the pictures of Cameron are great!!!! Great article by Cameron. GA

It sounds like you helped make Father's Day a great success. Sorry about the accident with the dessert but your sport coat still looks great! What a snappy dresser you are! I hope you get out in your schooner soon . . . SF

How come you're so cute and your grandfather isn't? And he falls off his own sailboat . . . now that's bold. GL

Cameron, You are pretty darned cute and very wise. Thank your partner for the great newsletter. Have fun sailing! MS

What do you think I got grandpa for Father's Day? No, I couldn't afford the swing set. So, I bought him an electronic picture frame so he can see all his pictures of the family, the boat, and yes me.

[Get a Question or Comment for Cameron? Click here.](#)

– FEATURE ARTICLE –

My Schooner is just that — a Schooner



For over 35 years I had wanted a wooden gaff rigged schooner. The time was never right and there were always other priorities of the family.

One night my daughter Katy called me into the television room explaining that my favorite movie was on. It was *Message in a Bottle* and it was a love story about a man who had a schooner. I had already watched the movie several times to see the schooner I so enjoyed.

As I watched the movie I knew I need a schooner and it was time. I started to

Reply to this
newsletter and tell
us what class to
start you up for at
No Charge!



There is great satisfaction and empowerment in getting your schooner. It opens you to all that you are and can be. It is symbolic and shows you all the doors that are open to you. Yes, if you can desire it, you can do it. If you can desire it, you can accomplish it.

surf the internet and found a reference to a schooner, the Golden Goose, in Lyme Connecticut that I remembered seeing advertised in *Soundings* several months earlier. I remember that I felt she was a great looking boat. Then and there I decided if she was still for sale and was in good condition she'd be mine.

Two days later I was in Lyme, Connecticut looking at her. She was perfect. The next day my wife Cathy, Katy, and her husband John came with me to look at her. Everyone like her.

The problem was that she was wood and a lot of work. I had decided not to buy another wooden boat due to the amount of work. That said, a wooden boat just feels right to me. I feel at home and comfortable with the wood. Logic says get fiberglass and my gut and emotions told me I needed the wooden boat.

It took months to negotiate the price. I was in no rush as it was fall. I was not going to use the boat until the following spring, and I knew she was ours.

Yes, there was a lot of work as she had not been painted in the two years since her owner, her only owner in her 30 years, had passed away. It was backbreaking, tiring, and challenging. It was also rewarding and gratifying to see her beauty shine yet again.

What is your schooner? What is it that you want or want to do and have been waiting for your whole life? What is it that you are not doing that is a secret desire? Why haven't you done it? Money? Time? Fear? Not being good enough? Not knowing enough?

Well, do it. Start now. If you truly want it, you can find a way. You may have to change other habits, spending and otherwise, to do it. You may have to give up free time or take some courses to learn more. You may have to practice and you may have to research. These are parts of the joy of doing it.

Do not die with your music still left inside you. Do not die wishing you had lived your life differently. Do not wait any longer than necessary. Today is the day to start the plan to get your schooner. Today is the day to live the life you desire.

There are no mistakes in life. All that does or does not happen to you is on purpose and you, consciously or unconsciously, created it. Does it seem like luck that my daughter called me in to see the movie, that I started to search for a boat, and found one I had seen that I thought was great looking? Did the boat not sell waiting for me to buy her?

Life is about choices. Choose what has the greatest value for you. Whatever your schooner is, start going after it today. Choose to live the life you desire, Choose it while you can still do it and enjoy it. NOW is all that you have. The future never comes. Do it NOW.

Help Yourself
by checking out the
Be *the* Best You Can
Be Bookstore ►

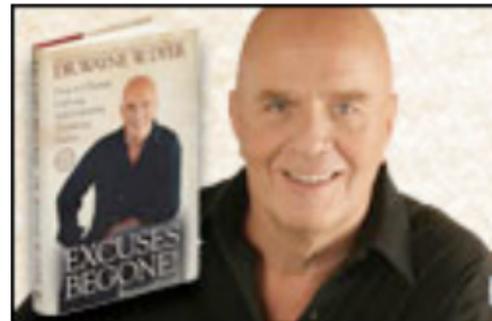


Today Is *Your* Day To Win
THINKRIGHT Now!
INSTANT INNER POWER

Subscribe Now
BetheBest YouCanBe
free weekly
newsletter ▶

SUBLIMINAL VIDEOS

Discover the secret subliminal videos
that will change your life!



EXCUSES BEGONE!

How to Change Lifelong, Self-Defeating Thinking Habits

DR. WAYNE W. DYER | [FREE DOWNLOAD WITH PURCHASE - CLICK HERE](#)

AS
SEEN ON
PUBLIC
TV

Live the life you desire

LIGHTHOUSE PARTNERS LLC / 1 Poplar Ave Wickford RI 02852 / 401.583.1300