



RUSSELL R. SHIPPEE PRESENTS

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Russell R Shippee

Quotes

"The first wealth is
Health"

BF (a friend)

"Believe and your belief

Dear Russell,

Sometimes I feel guilty-- so, I think it is safe to assume you do also.

Part of me feels guilty as I have taken time off to work on my boat and to go sailing. The weather in New England has been perfect for sailing, so I have gone.

No, I should not be guilty but proud that I have worked such that I can now arrange my schedule to sail.

What do you feel guilt over?

So, who said winning at sports is coming in first? For most of us, it is answered in the article below.

Yes, my goals are back on track. I have taken the steps needed and it feels good. How about you? If not, why not take one small step today? You'll be glad you did.

What has empowered you this week? What has held you back? What can empower you? Perhaps, just taking the next step? Try it.

will create the fact."

William James

"The way to get started is to quit talking and begin doing."

Walt Disney

"Out of clutter, find Simplicity. From discord, find Harmony. In the middle of difficulty lies opportunity."

Albert Einstein

"Anger is never without reason but seldom with a good one."

Benjamin Franklin

"If we don't change our direction, we are likely to end up where we are headed."

old Chinese Proverb

Be *the* BEST You Can Be,

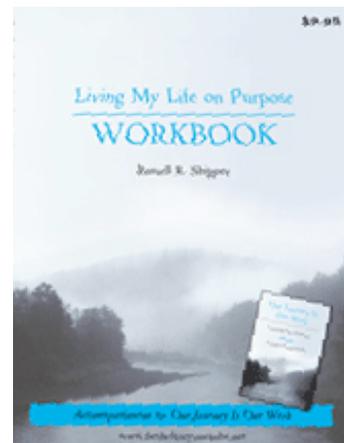
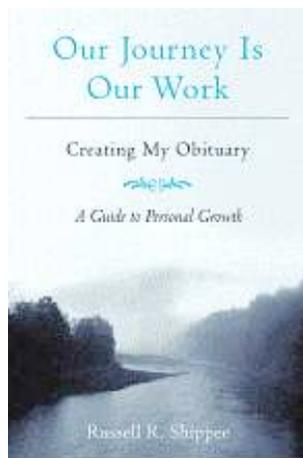


Russell R Shippee

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

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Guilt

Guilty!

What are you guilty of? What guilt are you holding? Who is making you feel guilty?

Did you do something wrong? Have you not done something that you

should have done? Did you not make your best effort? Are you guilty of not being good enough, smart enough, or both? Do you feel guilt in not being worthy of something you have?

We have all made mistakes. Mistake is just another way of saying learning or having a lesson. We learn by doing, and making a mistake is learning and growing. There should be no guilt in learning, and there should be no guilt in being better.

What is past is done. We can and do change how we view it, and our view may be different from others. The only view that matters is ours, and we can learn to view our past history as learning and growth, rather than guilt over what was or was not done.

Everything happens for a reason, and everything that happens has a value in the grand scheme of things. We cannot always see the value, and sometimes we believe there is no value and only hurt and loss. Hidden somewhere are the lessons and the value.

Guilt inhibits us and prevents us from moving forward and engaging fully in life.

You are guilty of not doing your best if you allow guilt of something in the past to prevent you from moving forward today. One, you are not guilty. Two, if you feel guilty, the best way to move forward is to do something positive and good.

Be proud of who and what you are. Be proud of your learning, your lessons, and your growth. You can't change what was done in the past, but you can change how you view it.

If you have guilt, the others who have done as you have done may also have guilt. Or, they may have moved forward knowing what they did in the past was a lesson, and helped to make them what they are today.

Read about people in history. They all made mistakes and errors in judgment. In the end, those errors helped to make them what they are viewed as today.

Do you feel guilty when you are enjoying yourself instead of working? Do you feel you don't deserve to have a good time? Are you full of guilt when you treat yourself to something you want but others may not have?

If you can take time off and still meet your obligations, then do it if that is what you want to do. There should be no guilt and no

judgment. You are worth what you get and what you create. There is no need for apology or feeling guilty.

Are you guilty of not living the life of your dreams, the life you came here to live? Is guilt holding you back? Why not start today to live your dreams, to live your life. Is it not far better to do that which you want, desire, and aspire to, rather than live with guilt that may not even be justified?

The guilt is just lessons, and the lessons have made you what you are today. Be proud, hold your head high, and move forward.

Sports

Fred laughed when he saw me at a tennis match. "What is your sport?" he asked.

I sail, I ski, I golf, and I occasionally play tennis. Yes, I have won sailing races and I have also come in last in tennis and golf tournaments. So, am I winner or a loser?

We all have a chance to come in first in some sport or activity. Even then, we will not be first all the time. We all need to know the the feeling of coming in first as well as not coming in first.

Everyone who plays wins. Everyone who can go out, enjoy a sport, and the company wins. For most of us it is about playing, being part of a group, and enjoying the others. Sure, it is great to come in 1st. For me the 1st place has been most often in sailing and not golf, tennis, or skiing.

So, be a winner. Participate. Play the game(s) and enjoy the participants. When we play, and when we participate, we are all winners.

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