

RUSSELL R. SHIPPEE PRESENTS

Bethe **BEST** You Can Be.net

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Dear Russell,

Do we ever find ourselves? Sure, we do. Part of the problem is we often do not even realize it when we do find ourselves.



Which picture is the real Russell? Do we change as we learn and grow? Do we change on the inside as we do on the outside? Can we even see the real person in pictures?

Eating right is not that hard. When a poor choice is before me I think of the goal, the value of what I am doing, the fact I will look better, feel better, and live longer makes the choice an easy one. Yes, it is in the choice and knowing the value and the reason for the choice makes it much easier. No, I do not always make the right choice.

How did you do on judging last week? Of course, we are still judging. Ideally, we will be more aware and less judgmental. Read the feedback - it is great.

Quotes

"It is not the mountain we conquer but ourselves"

Sir Edmund Hillary

first man to climb Mt Everest

"If you want to find happiness for an

What do you think about **BEST** (using the logo above - yellow letters with a red underline - just the word **BEST**) on shirts, hats, ties, scarves, and the like? Would it be a gift you would want to give someone who is the **BEST**? Would it be a gift to motivate others? Would people take pride in wearing them? If the idea has value we will try it. Please, hit return and tell us what you think. No, I am not asking you to buy one but to tell me what you think. You can buy them later. Thanks!

Be *the* BEST You Can Be,

Russell R Shippee

hour - take a nap.

*If you want to find happiness for a day -
go fishing.*

*If you want to find happiness for a year -
inherit a fortune.*

*If you want happiness for a lifetime -
help someone else."*

Chinese Proverb

*"When I let go of what I am, I become
what I might be"*

Lao Tzu

*"You cannot teach a man anything; you
can only help him find it in himself."*

Galileo

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

Feedback

"Today's (meaning the judgment newsletter) lesson is particularly poignant for me. Being non judgmental was something my father taught me by example. He had unconditional acceptance for all and treated everyone fairly. He was critical of himself and forgiving of others.

My perspective is that those who judge are usually uncomfortable with themselves and use criticism of others to comfort their own frustrations. It is their means of evening the score in their own psyches." D

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Just so you'll know: I want to lose 3 lbs. as of today. Not as easy as it sounds. (remember, there are no unrealistic goals - only unrealistic deadlines!)

And yes, I've changed my mind more than once; particularly my mindset when (name deleted) was first courting me..... And I shall be forever grateful (gratitude lesson!) for my position reversal!

But then, if nothing else, I'm always downright positive!! J

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Finding Myself

At some point in life, be it early or late, people want to find themselves.

We do not like to look within as it is uncomfortable and unknown. For years most of us avoid the deep serious questions of what is life, why we are here, and what is our purpose. We deny the thought and do something quickly so we do not have to think of it.

Finally, we dwell on who we are, what we are, and why we are here. We read, we think, and we ask questions. Some do it at work and some go off to find themselves.

We cannot find ourselves in our mind. We cannot find ourselves thinking about ourselves. We cannot find ourselves by just asking questions.

The bible tells us to lose ourselves helping others to find ourselves. We find ourselves in the doing. It is the doing and the feelings created in the doing that leads us to whom and what we are.

Helping another with no expectations of compensation is rewarding. As we get out of our own way in helping others we can find ourselves. In helping others we find our value and our talent. We find joy, satisfaction and fulfillment in others. We get energy from doing for others.

When you reflect on your assets and good times it is never about a material asset. It is about people and times spent with people. It can be the look on the face of a child you helped learn to ride a bike. It can be the elderly person you helped across the street.

When we reflect we realize that our warmest feelings and emotions have come not with receiving a gift but with giving a gift. As Winston Churchill said, "We make a living by what we get, but we make a life by what we give."

Help someone and you will be helped.

When you lose yourself helping others you will also find a community. We all have skills and talents.

Within a community we will all find where we can best serve the community and one another.

Finding ourselves is in the doing. We have to be in motion and doing. Then, we awaken and realize who we are, what we are, and why we are here.

We can be here to help one other person. If we help one person our life is a success and of great value. We do not have to be rich or famous to add value. We can live a worthy and worthwhile life by serving our community.

Fame and fortune is not the answer. We find ourselves in the doing. Are we making the world a better place? Have we added value and assisted at least one other person?

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