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Cathy & Russell Shippee

Quotes

"It's not that I'm so smart, it's just that I stay with the problem longer."

Albert Einstein

"Logic will get you from A to B. Imagination will take you everywhere."

Albert Einstein

Dear Russell,

In the world you are someone. To someone you are the world.

Yes, you are better and more valuable than you realize. It is not for you to value yourself. It is for you to do your best. What others think is their thing and not yours.

Thanks and welcome to all the new subscribers. To read last week's, or any of the previous letters, go [HERE](#).

Yes, Labor Day in the USA is over, and people seem to feel the need to 'get back to work' even if they worked all summer. The pace quickens as we head to the end of the year. Perhaps we all want to accomplish our goals NOW.

NOW is the time to challenge yourself. Don't tell the world but show the world.

Be sure to read the words of wisdom below and reflect on how they relate to you, where you are, and what you are or are not doing.

Next week I have a challenge on Wednesday. I have to babysit all alone for 4 hours. Yes, it might mean a diaper change. I am looking forward to the challenge as well as the learning and the excitement. Wish me luck.

"Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as soon as you can change your beliefs."

Maxwell Maltz

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one."

Mark Twain

Be the BEST You Can Be,



Russell R Shippee

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

Feedback

Thanks as always for the newsletter. I continue to benefit from reading them and appreciate your efforts in providing thought provoking narrative. JB

I happened to be reading your newsletter and related the parts of it that applied to a recent situation someone I know experienced. That person found it very insightful and comforting to hear encouragement about how to disregard the painful 'tapes'. DC

Your work needs to be independent of others' work

You must not compare yourself to others

No one can help you but yourself

Criticism leads to misunderstandings

Work from necessity and your compulsion to it

Work on what you know and what you love

Don't observe yourself too closely, just let it happen

Don't let yourself be controlled

Live in love and the activity of your work

Be free of thoughts of sin and guilt

Be touched by the anxiety of life
Be patient with the unresolved in your heart
Try to be in love with the questions themselves
Be gentle to those who stay behind
Your inner self is worth your entire concentration
Allow your heart to make extraordinary demands on you
Bear your sadness with greater trust than your joy
Do not persecute yourself
It's good to love, because love is difficult
You are not a prisoner of anything or anyone

Rilke

Challenge

Yes, life can be challenging. Why are we challenged so often? Why can't it be simple?

Boats are made to be in the ocean, moving, and working with the challenges of the wind, the waves, and the water. Boats are not made to sit in the safe harbor. A boat actually likes moving in the ocean and is better off moving than sitting at a dock.

What would your life be without challenges? Perhaps boring, uninspiring, and without meaning.

Challenges are opportunities to prove ourselves, to learn, and to do it better than the previous time. When we fail to accept a challenge, it comes back to us again and again until we accept it and accomplish it.

Have you ever noticed that what you avoided has come back? If you leave a challenge to avoid it, you will find that same challenge, perhaps in a different context, will present itself again.

Know that one of the joys of life is the excitement of challenges and succeeding. Sure, it is work and sometimes difficult. However, when we accomplish something difficult, isn't the feeling of accomplishment all the greater?

After we face a challenge and work our way through it, we usually can reflect that it was not as bad as we had thought when we first faced it. We need only take one step, one action at a time.

Often we do not like challenges as we fear failure. Well, not to accept the challenge, not to try, is to fail. Failing is in the avoidance.

Winning is finishing. Winning is facing the challenge and taking one step at a time.

There is a wonderful woman in Rhode Island who will turn 100 in October. She is still working, reaching out, helping and inspiring others. Yes, she has had many challenges in all her years, but she faces them, conquers them, and moves on to the next one.

When we stop accepting the challenges, life loses it's meaning. The challenge is life itself, life's lessons, and life's opportunities. Embrace you challenges and be grateful for the opportunity.

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