

RUSSELL R. SHIPPEE PRESENTS

Bethe **BEST** You Can Be.net

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Golfing with friends

Quotes

**"Don't judge each day by the harvest you reap,
but by the seeds you plant."**

Robert Louis Stevenson

**"My doctor recommended a triple bypass - bars,
restaurants and bakeries"**

Dean Martin

**"There is a time to let things happen, and a
time to make things happen."**

unknown

Dear Russell,

I am back from my golf vacation in Ireland. The picture on the left sums it up. We were kids, we had fun, we played, we laughed, and we did not take the golf too seriously.

As you read the lesson today think of how it has worked in your life. Remember what you did and the benefits that came later. The later can be a day, a year, or a decade. Some take a lifetime. Before I left for the golf trip I practiced and had lessons. They paid off on the trip.

NOW I am back eager to focus on my year end goals. Vacations are critical to your success. Time off is more valuable than sitting at your desk. Time off is a great creative time. Do you remember the great ideas, the solutions to problems, and the answers that came to you while you were on vacation? During a vacation the subconscious has a chance to give you the answers you are searching for.

What about the goal of losing weight? Did I eat correctly on the trip? No, I allowed myself to enjoy the trip while also being conscious of the goal to lose weight. Somehow I am down 1.5 pounds. It must have been all the walking.

Next week we will hear from Captain Charles Plumb a war hero who was shot down. His article, 'Who packed your parachute' is one not to miss.

Thanks to the Ireland golf group for making our vacation the BEST. Friends are true Abundance. Remember, to have a friend you must be a friend.

Be *the* BEST You Can Be,

Join Our Mailing List!

Who should join?



Russell R Shippee

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

Feedback

Hi, the quotes are excellent. I read something different into them each time. As the weeks pass and my experiences change, they (quotes) have different significance D

As ye sow, so shall ye reap

If you plant corn you get corn.

Life is simple and works on very simple laws. You get back what you give out.

We all know this. The issue is we need to live it. Too often most of us judge others, harbor negative thoughts, and express anger about others. Then we wonder why those people treat us with judgment, negativity, and anger.

We are all mirrors to one another. Subconsciously, we give back to others what they express to us. If it is love and compassion given, we feel the same towards them.

How many fights have you ever won? How many have you lost? What are your feelings and emotions about those with whom you have fought? Have you forgiven them or do you still hold a grudge?

The only problem with a grudge is that it hurts us more than the other person. Is not the bigger person the one who can forgive and move on? Remember a time when you forgave someone a hurt. Did it not feel good and eliminate the tension? It feels good and it helps both parties.

If you want to be liked, find something to like about everyone else. If you want to be helped, then reach out and help others. If you want to learn a skill, help someone learn your skill and they will help you with theirs.

Life is in balance. If we truly want something and work towards it with study, practice, and a positive attitude, it will happen. No, not tomorrow but at a time in the future based on your efforts. The seeds of your efforts and positive focus will produce results. The results only come after you have planted and watered the seed.

Life is fair and just. Sometimes we look and do not comprehend the fairness of it all. Others seem to get all the breaks. Others seem to be more successful without the work and effort. Unfortunately, most often we are not aware of what the other person has or has not done.

When we look at life over a period of time we realize it is fair and just. We realize those who succeed by taking advantage of others will fail. Those who help and work with others always seem to succeed in the long run.

Know that negativity and shortcuts will reap a poor harvest. If we wonder why we are not liked or why we did not obtain our desire, we need only to look at our thoughts and actions. We will find we did get what we focused on. We allowed the wrong seeds to grow in the garden of our mind. We got what we did, thought about, and focused on.

Resolve now to sow what you want with compassion and respect for all. Sow with positive intentions and do the work necessary to reach your goal. Know that in planting the seed and caring for it you will reap the rewards of your efforts.

You have the tools to plant the seeds of your desires and to enjoy the fruits of your labors. Sow knowing you will reap that which you sow.

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