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Russell R Shippee

-
Quotes

"The longest journey starts with just one step."

Tao Te Ching

"Throw your heart over the bar and your body will follow."

unknown

"If you can believe it you can do it."

unknown

"There is a time to

Dear Russell,

Did you relate to last weeks article on being stuck? Based on the responses many did. Did it help you? Did it motivate you to take action?

To clarify, we need to take action and we need also to allow the time necessary for our efforts to pay off. Just as a farmer cannot plant corn today and expect it tomorrow we also need patience. Patience starts when you have done all you can do at the moment.

See the feedback below. Previously I have wrtten to you about my goal to lose weight. I am now in the 180's but the person below has lost 35 pounds. Bravo! I am sure many of you are making progress be it on a weight goal or other goals.

TODAY is the best day to take the first step or the next step. If you do nothing you are wrong. If you do something you have a good chance of being correct. If not, you can correct it as you continue.

What about the gifts. Did you buy any? Or, are you going to get around to it later? Does later ever come? If not NOW, when?

Coming in the next few weeks will be some special messages from our most recent experiences. One will be on death and dying. The other will be about amazing house guests we had the honor to host the last few days. There is so much we can learn from others.

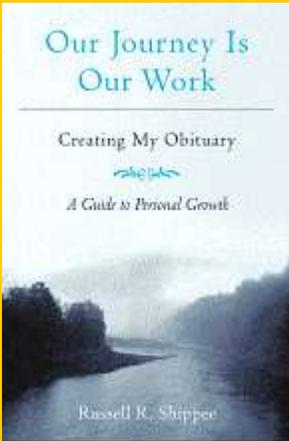
Two close friends were joking about the newsletter and a time that I did not practice what I preach. Yes, they are correct. Actually, I am preaching to myself in the hopes that I will not only learn it but also practice it. May we all learn and practice the lessons we need.

let things happen,
and a time to make
things happen."

unknown

"He that is good for
making excuses is
seldom good for
anything else."

Ben Franklin



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Be *the* BEST You Can Be,

Russell R Shippee

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

Feedback

I have been enjoying your weekly messages and your book. What a wonderful way to share your experience and knowledge about life and living well. You are an inspiration. As for me, I am only working 2 days a week for (withheld) so I have plenty of time to work on my goals. My main goal has been to get healthy and I have lost 35 pounds so far so I have so much more energy and feel great. Keep those messages coming

DON'T QUIT

When things go wrong as they sometimes will,
And the road you're trudging seems all up hill;
When the funds are low and the debts are high,
And you want to smile but you have to sigh;
When care is pressing you down a bit,
Rest if you must, but don't you quit.
For life is strange with its twists and turns,
As every one of us sometimes learns;
But many a coward turns about
When he might have won had he stuck it out.
But he learns too late when the night comes down
How close he was to the golden crown.
Victory is defeat turned inside out,
The silver tint of the clouds in doubt,
You will never know how near you are -
It may seem close when it seems afar.
So stick to the fight when you are hardest hit;
It is when things seem worst that you must not quit.

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Can't

I can't do it.

I can't because:

I am afraid.

I might fail.

I am afraid I will lose the respect of my friends.

I am not good enough.

I am too fat.

I don't know how to do it.

I do not have the skill.

I am not fast enough.

I am not good looking.

I think it is too hard.

I have never done it.

I am not smart enough.

I think it is too much.

I do not think I can do it.

I do not have the confidence to do it.

I am afraid I will get hurt.

I might look bad.

I am too old.

I am too young.

Now we have many of the reasons we can't. We have all used a variety of them. Know the list is an excuse. We can. Now, let's find the way we can accomplish the goal.

Can't is a self imposed limitation. Can't is only a state of mind.

We have no limitations. Being limited is a function of our imagination. We did not come into the world as limited beings.

We start as limitless beings. Then, as we grow, we learn and are told of our limitations. Soon, we begin to believe them and live them as true. We are told we can't or we give a half hearted try, fail, and believe from that point forward we can't do it.

If we can imagine ourselves as limited, we can also imagine ourselves as limitless. We all know people who act and feel limitless, and we usually respect and admire them. They are the ones who do all the things we wish we could do. The irony is that we can also. Deep down we know it.

The difference is in belief. The difference is in the doing. Yes, the doing can take learning, and it can take a lot of practice. Some things may take years and others a lifetime to accomplish. What matters is the belief and then the doing. First is the belief. Second is doing the things to acquire the skills and physical attributes as needed to do the chosen activity. Third is practice. Practice is not failure but the steps necessary to accomplishment. Knowing and believing we can do it allows us to proceed step by step to do it.

What do you want to do that you believe you can't do? Can someone else do it? If so, why not you? Know and believe you can. Take the steps as needed. Yes, the doing requires commitment and work. Practice until it is. Then, in doing it, you will confirm what you already knew. You can.

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