

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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**Cameron Shippee
as a
Halloween Lobster**

Quotes

**"We don't laugh because
we're happy, we're happy
because we laugh."**

William James

**"Reflect upon your
present blessings, of
which every man has**

Dear Friends,

Good Morning, and if it isn't, make it so.

Yes, Cameron was a lobster for Halloween.

Obama is now the president elect in the USA. My hope is that we all now support our president elect. We are truly a small community in this world of ours, and we need to support all leaders and help them lead.

Saturday is my son Chris's wedding to Shannon. She is a wonderful woman, one we embrace, and look forward to her official entry into the family. Weddings can be stressful but also joyous. Cameron, their gift from God, will be going down the aisle also. He might just steal the show from the bride. But, as Shannon says, it is a family affair. He is one with them. Bravo!

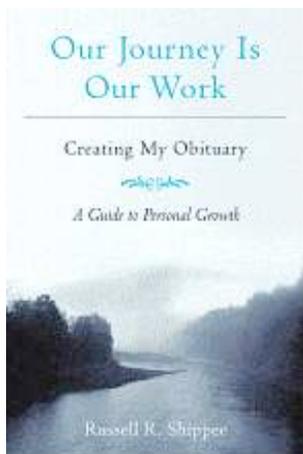
My twin brother was installed as the new minister of a church in Rhode Island Sunday. The Bishop, in preaching, called him a saint. You might imagine my smile. She went on to say those close to saints might not feel they are saints. However, in some ways we are all saints. We are saints to someone we have helped. I agree. To the extent we help, reach out, and embrace others we are saints to them. Sure, we are also

plenty; not on your past misfortunes, of which all men have some."

Charles Dickens 1812–1870

"It's never too late to have a happy childhood. But the second one is up to you and no one else."

unknown



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Billionaire

human. Let's focus on helping others and enjoying the fact that to someone, or more than one, we are saints. Feels good, doesn't it?

The schooner, Golden Goose, the boat I always wanted that was on my 'bucket list' that I bought last April is now decommissioned for the winter. While taking the gear off her I reflected on my gratitude. My gratitude for the boat itself, for the abundance in my life it represents, for the great times with family and friends on the boat. Plus, the gratitude for the 'crew'. There were a number of loyal friends who always seemed to change their schedules to sail or work on the boat. Yes, I am so fortunate to have such a wonderful support group.

So, while thinking of the gratitude with respect to the boat I also thought of the family, the wedding, and all Cameron is teaching and showing me. Phew, gratitude. Then, the loyal friends who read and correct the newsletter before it goes out to you. Believe me, it is no easy task making all those corrections. What about the gratitude for the chance to babysit and spend time with Cameron? There is no limit to what we have to be grateful for when we just stop and reflect on it.

Interestingly, my twin uses his young daughter often in his sermons as I use Cameron in my writing.

Remember, we'll be fine in 09.

Enjoy the Journey,

Russell R Shippee

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

Determination



Business System

I recommend that you check it out [HERE](#). In these times I think you will find some great value. Remember, the best investment is the one in yourself. Try it. You might just want to give it to a friend or family member.

If you want more time and better business practices then check it out [HERE](#).

Do you have any friends who would enjoy the positive focus and empowerment of this newsletter?

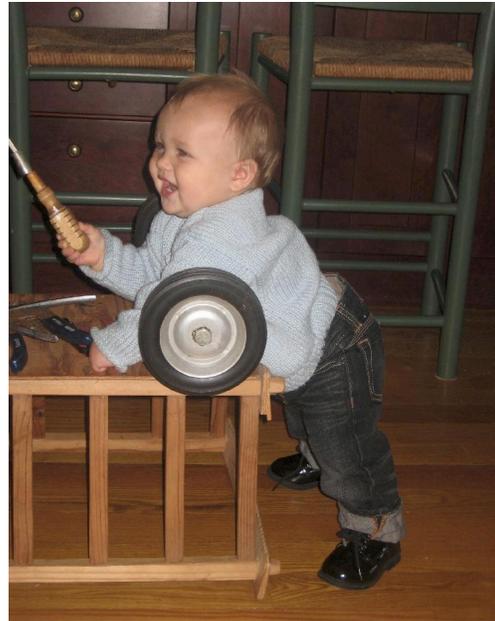
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Cameron is still teaching me the value of a smile not only this week but every day. He sells with his smile and he gets us all to jump through hoops for him.

His determination puts many of us to shame. He works and works at something till he gets it done. Failure he has not learned. Focus and trying till you succeed is what he does. Boy, I can sure take a lesson from him. How about you?

He is breaking in his new leather shoes for the wedding while also helping to fix the wheels on the wagon in which he will ride down the aisle.



Good Morning

Good morning to you. What makes it a good morning?

The morning, and all day, is what you make of it. It is not what happens, or what happens to you, as much as how you handle and react to what happens. It is all in your interpretation and reaction to what is.

No, we cannot control the outside world and what happens in the moment. We can control how we react, handle, and address what happens.

Some of us are morning people and some are night people. For me 5 am is a great time for coffee, writing, and thinking. It is also a quiet time for me to plan what I will do for the day.

We need to know what we will do for the day if we are to accomplish much. We all need a plan of what is important and what we will do. Sure, we all have a lot we'd like to do or that others expect us to do. Our whole time can be filled to the brim, and we still might not get to what we want to do.

Well, plan your day in advance. Use a system and start on the most important things. Sure, we all have things we have to do that we may not enjoy, and we all suffer from interruptions some of which have to be allowed and handled. Notice, I said some. There are other interruptions we can say no to, and empower ourselves to stay the course and do what we planned and what is important to us.

Others have what is important to them. That does not mean we have to stop and do as they please. Sure, we can plan it with them, and we can help and assist. That said, we do not have to give our life and our time to others to the detriment of ourselves.

If you make a plan and work the plan, you will end your day with a sense of satisfaction and accomplishment. That is because you stuck to your plan of what was important and did what was important. How often does the day end, and you never were able to do what you wanted?

Without a plan and a forward looking approach, you can create needless stress in your life. The farmer plants the crop in the spring and then harvests in the fall. He can't plant in the late summer and expect the crop to grow. Farmers plan ahead and do things in order as needed. In life, we need to do the same. We need to do things in advance on a timely basis.

Deadlines cause stress when we are not doing the work on a timely basis in advance. Rather than use the deadline as a stressor, why not use it as the guide it was meant to be so that you can plan ahead to be done ahead of time. Ideally, you are finished before the deadline. Planning and working the plan to be done before the deadline allows time for the unexpected.

So, embrace the day, have a plan and work the plan. You'll go to bed satisfied.

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