

RUSSELL R. SHIPPEE PRESENTS

Be the Best You Can Be

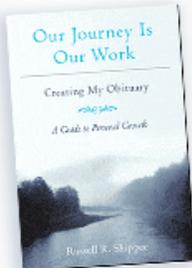
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Thursday, December 17, 2009
Winter Holiday Edition #106



Russell R. Shippee & Daughters
*Russell is an
Author, Speaker, & Life Coach*



Our Journey is Our Work
\$14.95

Dear Russell,

With just a few days to go . . . if you haven't finished your shopping on line, do it TODAY. Imagine how good it will feel when you are finished!

Cameron and I thank you for your loyal readership and feedback this year. It made writing this newsletter worthwhile. I can only wonder what Cameron will think 20 years from now. It's not far off!

Have you thought of those you should, need to, or would like to reach out to? Sure, there is a lot going on. But you can make the time. Yes you can. People and relationships mean more than anything. Agree?

The next newsletter on December 31st will ask you questions, have you thinking, feeling proud, and looking forward to 2010. Make it a point of discussion that night. Some will be glad, some will be motivated, some will be empowered, and some will be embarrassed. But, all will be helped.

In addition, you might know of someone else who would benefit with a newsletter subscription of their own. With their permission—sign them up at the bottom of this page. Let them know it's a gift that will provide value and encouragement to them all year.

Have you decided on how you are going to reward yourself for graduating 2009? Yes, you deserve a reward for all you've learned and accomplished. So celebrate what was achieved and let what wasn't rest until it's time to pick up and start again.

Many of you have made positive comments about the quotations, Some even admit to applying them. So don't miss reading and reflecting on today's quotations. They share wisdom in such few words. If one should hit home with you, sit with it and work with it. Use it moving forward into 2010.

Cameron and I wish you the BEST this holiday season.

Russell

Celebrate the Magic of the Season **HAY HOUSE** Gift Ideas at Spectacular Discounts
Winter HOLIDAY CATALOG 2009

Now Playing

THE DASH MOVIE



Quotes

"Do not wait; the time will never be 'just right.' Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along."

– Napoleon Hill

"For everything you have missed, you have gained something else, and for everything you gain, you lose something else.."

– Emerson

"The Seven Major Negative Emotions: Fear, Jealousy, Hatred, Revenge, Greed, Superstition, and Anger."

- Napoleon Hill

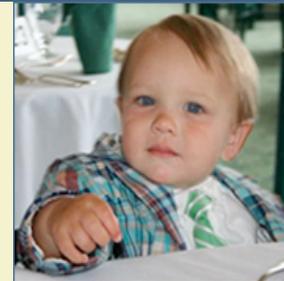
"Make no little plans; they have no magic to stir men's blood...Make big plans, aim high in hope and work."

– Daniel Burnham

Cameron's Corner

imagine

Kids see and imagine themselves doing as adults do. A year ago I imagined myself walking and talking. Sure, I am now, and those were big accomplishments. Now I have more goals for 2010. They're big goals— the most fun for kids— they challenge us. I say the bigger the better!



I am in the holiday spirit and enjoy going to holiday events with my parents. Dressing up and going out is fun for kids too. We always make the best of where we are. Don't you?



I know the questions we have to answer at year end so I am ready for grandpa. I want to make him proud of me.

I have made some real progress training grandpa, but my grandmother tells me it is one of those long term goals because it is soooooo big.

[Cameron's Corner by Cameron Hill](#)

HAPPY HOLIDAYS



Spotlight Article

Imagine

"Your imagination is your preview to life's coming attractions." -- Albert Einstein

What do you imagine? Is it lack, loss, frustration and negativity? Are your endless tapes in your mind imagining all bad things?

How can you expect success and good things if you focus on and imagine negative things? How can you be happy when you think of lack and loss? What is the value in thinking negatively?

All good things start in the mind and imagination. It's as easy to imagine something good as something bad. Imagining the good is more fun, exciting, and it works.

Start 2010 right!
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Outstanding athletes always imagine first. Golfers imagine where the shot will go, and often it does. First is the imagination of the shot, and second it the shot itself.

You have to imagine and see the success -- see the action in your mind's eye first -- in order to execute it. If you see or imagine the golf shot going astray, it often will. Your imagination responds to you and does not judge good or bad. It responds to your thoughts.

Think negative, loss and lack; and you will get negative, loss, and lack. It is that simple. You win, you get what you imagine.

What do you imagine 2010 will be for you? Will it be another year of loss, lack, and frustration? Will it be like 2009? What do you truly want it to be? What are you willing to make it?

What will 2010 mean for you? What does your mind's eye show you? It might show you no planning, no direction, no purpose. It might show negativity around old issues and perceived limitations. Ideally, it might show you what you can do if you focus on the positive, the good, and the desired. Which show offers the most excitement, hope, and growth? Which one would you prefer?

So, with a little vision, we see them all; and we see the clear, best answer. Now, the question becomes, will we imagine it into being? Will we make the effort, will we exert the focus, will we make it the priority? If we do these things we can make it happen. Sure, we imagine it, we wish it. But, for it to be, we need to do these things with action -- action and feeling, as well as knowing, that it will be -- it will be to the extent that we allow it. Allowing is in the doing, in the focus, and in the effort.

Imagine, feel it, feel it deeply, act it, live it, and it will be. Yes, it is that simple. You don't have to know all the steps. You need only the end results and live from the end results taking one step at a time. As you finish a step, the next one comes into your clear vision. No, you don't see all the steps, nor all the twists and turns in the road as you start out, but if you know the destination, you can and will get there taking one step at a time and adjusting as needed.

Yes, imagine, feel, act, live, and it will be. Try it. You have nothing to lose and everything to gain.

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