

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net



Hey, are those bluecheese mussels?

Russell's  
Abundance

Quote

**Courage is the first of  
human qualities because  
it is the quality which  
guarantees the others**

Aristotle

Quote

**It is always too early to  
Quit**

Norman Vincent Peale

Dear Russell,

Thanks for all the positive feedback from the article on abundance two weeks ago. Even as I write today, a subscriber told me of its value, and he had forwarded it to his significant other. If you missed it, you will find it on the website [Be the BEST You Can Be](http://Be the BEST You Can Be)

Yes, in response to some who know me well, for me abundance is also eating and eating well. If we take the time, we all realize the abundance we have in our lives. Abundance takes many forms, sizes, and shapes.

Yes, Ed, each leap year we have an additional 1440 minutes.

Yes, yes you can. Yes, NOW is the time.

NOW is the time to use your courage to act. Years ago, I was elected president of the Providence Ronald McDonald House. I could hardly breathe as I chaired my first board meeting for 25 people. Now at board meetings others are breathless hoping I will finish soon!

Courage we all have. We just need to use it.

**Remember, a quitter never wins and a winner never quits.**

I can tell you that personally my greatest rewards have come from having the courage to take the biggest risks. What about you? Is that not the same for all of us? Take a moment and reflect on the risks you have taken and the feeling when you succeeded.

**Reward yourself. Have the courage to do. You'll be glad you did. You are here to make a difference.**

Be Well,



Russell R Shippee  
BetheBestYouCanBe

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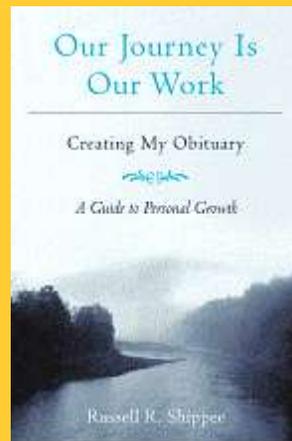
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### Feedback

**In any case, you've got me thinking about all this stuff  
again. I also couldn't find any typos. DB**

**I love reading these each week. You do make me  
think! JM**



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### Courage

Courage allows you to live life to the fullest. It allows you to be the best you can be.

The *Oxford American Dictionary* defines courage as "the ability to disregard fear; bravery."

We all admire the person who has the courage to live his convictions. Why not be that person? Why

not face the fear and eliminate the fear? Why not live your life? Why not take the action required?

Courage combined with action makes our life all it can be. Be the best you can be is the way to live and enjoy life. It is the way to learn and grow. It is the way to have fun. It is the way to be satisfied at the end of each day.

Courage to do also builds confidence. Once you do it you build confidence and each successive time you do it your confidence grows. Soon what was feared has become a habit that you repeat at will. Then it is time to move on to a new challenge, to a new test of your courage.

It takes courage to admit a mistake. In so doing we gain the respect of others. In so doing we are acknowledging what others may well be thinking. We all make mistakes but not enough of us admit the mistake and move forward. Yes, admit it, declare it, and then continue to be the best.

A mistake is as good as the lesson it teaches. It's ok to make a mistake as long as one doesn't make the same one twice. Courage to take the first step, intelligence to take it wisely.

People will and do admire courage. People respect those who have the courage to do and enjoy being associated with them.

You already have courage. You were born with courage. Now all you need to do is dust it off and use it. The more you use your courage the more it will grow. The more it grows the more others will notice and respect it. The more courage, the more you will accomplish, and the more satisfied you will be.

When is the best time to use our courage? Today! Today you can do one thing with courage. Tomorrow you may well do it again. Use your courage today to start that which you want to start. Today is the day your courage can overcome your fear. It is as simple as taking action.

We can think about something forever or we can act. Only in the acting, in the doing, are we going to see and feel the courage. Start today. You will be glad you did.

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