

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Russell Shippee

Quotes

"The cost of a thing is the amount of what I will call life, which is required to be exchanged for it, immediately or in the long run."

Henry David Thoreau

"Unless you try to do something beyond what you have already mastered, you will never grow."

Ralph Waldo Emerson

Dear Friends,

Happy New Year!!

First, let's decide to be happy this year. Sure, we will all have challenges that will test us, make us stronger, and push us to limits that may be unknown to us. In spite of, or because of that, we can still choose to be happy and grateful. Plus, it does not cost anything.

What are you grateful for?

What did you accomplish last year?

What did you not yet accomplish that you will accomplish in 2009?

What else will you accomplish in 2009?

If you fail to plan, you plan to fail.

Like you, I have a lot to be happy about and I have things I can choose to dwell on and be unhappy about. Action is the key. If unhappy, I can work to change them. I can be happy in spite of challenges if I so desire. You can also, can't you?

As we set our goals we need to know not only what we want, but why. Why is the missing ingredient. Read below to find out.

YOU are the key and YOU are the most important investment you can make in 09. read the article below.

**[Be the BEST You Can Be Bookstore](#)
is still open and books are being added as I read them.**

"I am more and more convinced that our happiness or our unhappiness depends far more on the way we meet the events of life than on the nature of those events themselves."

Wilhelm von Humboldt

"Real happiness is cheap enough, yet how dearly we pay for its counterfeit."

Hosea Ballou

"The secret of happiness is to admire without desiring."

Carl Sandburg

"Whoever said money can't buy happiness didn't know where to shop."

Gertrude Stein

Simple Truths

Be a friend and take a look at [Simple Truths](#)

You will find some wonderful books that are not available at my bookstore. They are only available here.

We are relocating to St John for 3 weeks. I will be working mornings and recharging in the afternoon and evenings. Email replies and return calls will be delayed but never ignored.

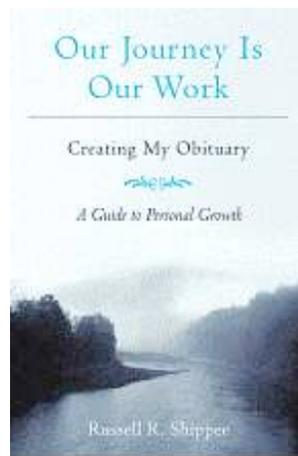
Remember, YOU are fine in 09.

Enjoy the Journey,



Russell R Shippee

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



**Learn to Create and Enjoy the Journey!
Buy it [HERE](#)**





Hay House

Hay House has many fine authors and products.

Here is a promotion on [Esther & Jerry Hicks](#)

and one on [Wayne Dyer](#)

If you are not familiar with either or both of the above, NOW is the time to look.

Think Right NOW

Have you ever used audio to help you? These CD's can be loaded on your iPod. Yes, I have them, have given them as gifts, and feel there is value. So, click [Think Right NOW](#) and decide for yourself.

Will any of these products be good tools for your loved ones? If maybe, why not try them. Remember, if we keep doing what we have always done, we will keep getting what we have always gotten.

Cameron's Comments

Christmas was great. I was the center of attention and sure did have fun with the gifts, the wrapping paper, and watching others have a good time.

Yes, I am walking around and anxious to celebrate my grandfathers 10th anniversary of his 50th birthday on the 6th and my 1st birthday on the 8th, both on the island of St John. He wants a cake that says Happy Birthday Boys. Me, I just want my cake with 1 candle. His cake is going to be a forest fire with all those candles!

Grandpa did get in trouble over Christmas. He bought me my whole milk and told me I owed him for it. Grandma quickly told him I had already paid him in love, attention, and the joy I bring him. Grandma says he sometimes forgets that it's not all about money. I think he says these things just to get her going.

Grandpa is right in that I can do, be, and have, whatever I want. Yes, I have to do the work and I have to have the tools. Grandpa is sharing his tools. If only he didn't test me on my learning!

MASTER MIND GROUPS

Do you want the challenge and opportunity of being in a Master Mind Group? Want to know what it is? If interested in joining or learning more hit reply and tell us. We'll contact you with the details. Yes, it could be one of the BEST things you do for yourself in 09.

Feedback

RUSSELL THANK YOU FOR ALL THE TOOLS YOU ARE SHARING WITH ME. I FEEL BLESSED TO HAVE YOU IN MY LIFE. GOD BLESS . MS

I can see that with a little more grooming, Cameron will be able to succeed you as "editor in chief" of the newsletter. SF

Join Our Mailing List!

Start the new year off joining. Sign up and you'll be fine in 09!

For 2009 tell us what YOU think. Thoughts, ideas, recommendations, and feedback are appreciated. What do you like, what don't you like, what do you want to see more of? Hit reply and tell us. Thanks.

YOU

What about you? Who are you? Who do others say you are?

Are you the problem, or the solution? Yes.

Are you the investment, the money machine, the happiness machine, the growth machine, the relationship machine, and the love machine? Yes.

You are the most worthwhile and best investment as well as your own best security.

Yes, you are the problem and the solution. We all look on the outside for the answers, the solutions, and the proper investments. But, rarely do we look within, rarely do we look at ourselves.

This year start knowing you are the problem and the solution. This year invest in yourself first. The time and money you spend in learning, training, and advancing is the best investment you can make. An investment in yourself can truly pay off in lifetime benefits of personal satisfaction and growth as well as money. Invest in time spent bettering yourself.

To often we look to someone or something else to blame for our problems. We look and think someone is sabotaging us or holding us back. Most likely, it is us. We allow ourselves, or set ourselves up, in the darnedest situations. Yes, if we truly look within with honesty, we will find that we are usually the cause.

The good news is we are the cause and responsible. Because, we being the problem, it is easier to fix than were the problem someone else. Yes, we can fix ourselves but it is near impossible to fix another unless they themselves embrace the idea of being fixed and work at it themselves.

2008 was a difficult year for most with the stock market crash and many businesses closing or cutting back. Many lost jobs, paychecks, bonus checks, and the feeling of security. What you did not lose is your value or worth. You may think it is gone, but at worst, it is in hiding. You are the same person with the same skills you were before the stock market changed.

The combination of the business cycle, stock market, and greed made for a perfect storm. Remember, the storm only moves the surface of the ocean. There is far more to you and your worth than the surface effects of 2008. Yes, they were bad, awful, and dramatic. However, if you still have your health, you still have your abilities, and if you made it once, you can do so again.

As you look to where to put your money, what is left of your money, in 2009 you might consider yourself. Why not invest in yourself, the business you always wanted to have, or invest in education and skills that will carry you further.

In reality, we cannot afford to not invest in ourselves. The first and best investment is in ourselves. Who is going to work harder for you than you? Who likes you more than you like you?

You cannot afford NOT to invest in yourself, you knowledge, you skills, and your business.

In addition to the financial issues of 2008 you might not have reached some of your goals. Sure, you did a lot and accomplished a lot but you also, if you are like most of us, dwelled mostly on what you did not do, what you "failed" at, and what you should have done better.

Well, those items are fine. You can't change the past but you can use the lessons of the past to adjust what you do from this day forward. Write your goals and objectives. Put down not only the goal but why it is important, what the value of it is to you, what it will result in your life as you accomplish it. Write out the plan for accomplishing it. Remember, there are no unrealistic goals, but there are unrealistic deadlines.

So, the failures of 2008, the 'did not do' items, are just material for 2009.

Would you rather invest in a company you know little about, one that may or may not be a Wall Street darling, or in yourself? At least you know yourself.

Yes, You are the problem and You are the solution.

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