



RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Cameron R Shippee

Quotes

"Always be a first rate version of yourself instead of a second rate version of someone else."

Judy Garland

It is good to have money and the things that money can buy, but it's good too, to

Dear Friends,

It's me - Cameron. Yup, I even took over the desk and computer. How else could I write to you?

It's my first birthday, I'm in St John and writing the letter for the first time. Grandpa is now 60 so I thought it was time he delegated more to me.

If you have not been to St John and like it quiet, nice beaches, and good restaurants then put St John on your bucket list. Me, I plan on coming back.

Be the BEST You Can Be Bookstore is great. However, I am still waiting for the kids book section. I might have to do it myself.

There is a new book, "Be a Dog with a Bone" (always go for your dreams) that Grandpa was discussing last night. He thinks we should all buy it NOW during the book launch with a special bonus package by clicking BE A DOG WITH A BONE

Grandpa is as anxious as I am to get to the beach. So, *remember, we are fine in 09.*

Enjoy the Journey,

Cameron R Shippee

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

check up once in a while and make sure you haven't lost the things money can't buy."

George Lorimer

"It's not what you can't do. It is what you can do."

unknown

"If you obey all the rules you miss all the fun."

Kathryn Hepburn

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.

Hay House

Hay House has many fine authors and products.

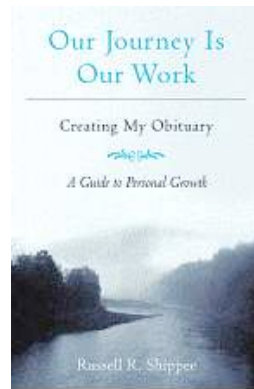
Here is a promotion on [Esther & Jerry Hicks](#)

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



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



Russell's Comments

Yes, it was a great birthday celebration.

Yes, I could list make a long list of my 60 years of learning and the 'failures' that led to the learning. So, it is not failure but lessons and learning. Phew, I've done a lot of lessons and learning!

While resting I find myself energized. Vacations are good and I do believe we end up getting more done and accomplished when we take time to do something else.

The most valuable thing any of us has is time. We can't manage time but we can control how we use our time. So, I am being more careful about what I say yes to. Yes, sometimes we have to say NO to others to be sure we do what is right for us and our families.

I'm heading back to the beach. I wonder if Cameron is ready? He's working on his letter. I think we will go for a sail. What are you doing for fun this week?

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.

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.

Starting Soon!

Join Our Mailing List!

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

What and Why

What do you want? Why?

What do you want? A million dollars, a spouse, a new job, a new car? We all have lots of wants. I want. I want. I want. We sound like children when we talk about all our wants.

What are your wants? Are they just casual desires that come and go, just as seeing a nice car drive by and wanting it at that moment and then forgetting about it? Is your want wishful thinking about something you feel you will never get, can never afford, or deserve?

Is what you want something that someone else has so you think you want it? Is it serious or is it a whim of the moment?

We all have lots of casual wants. But, truly, they are not real wants. I want, to be real, needs to be something that we repeatedly think of, can feel, touch, and see. A real want is something we focus on and spend time visualizing and creating in our mind.

In order to obtain what we want, we need to create or manifest it in our lives. Just wanting or wishing is not enough. We must give our wants life by putting action behind our wants. We need action that lasts until we get what we want.

Action in the moment is easy. However, focused long term action is more challenging. We can start a diet and lose 5 pounds with the action of eating properly. But, to lose 25 pounds takes longer term action. Too often, using the diet example, when we hit a bump in the road, we don't lose weight for a week, or we gain a little, our action stops and we fail. Sure, we want to lose weight but our want is not strong enough to sustain our action. Our action of eating properly stops, we give up, and we go back to our old ways. The action loses its focus and we do not get our want.

So, we have the want and we know that action is required. We also know that the action needs to continue until we reach our goal, and have what we want. So, how do we do it?

We need to answer the question, why. Why do I want? Why is the want of value? What will I feel like when I obtain the want? What will the results be? What is the value of the result to me?

It is only in feeling and knowing the why that we can sustain action. Action needs passion, purpose, and determination behind it. Only with the strength of the why will we continue the action necessary to obtain the want.

Some wants are more easily and quickly obtained than others. The big and serious wants take time and action over time, be it a month or years. Sustaining the action is the key. If we have the action long enough we will obtain our want.

First, answer the question, why? Why the want, why the need, what will it feel like, look like, and be when I have the want? What will my feeling be? By focusing on the why, the feeling, and the emotion, you will focus your power so that the action will continue.

When tempted to stop, to give up the action, your emotion and energy of the why I have the want will give you the power and the strength to continue the action during temporary setbacks, so that you can and will obtain the want.

Once you have the want, focus on the energy of the why. Only with the knowledge of the strength of the why will you obtain the want.

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