

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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**Russell R Shippee**

Quotes

*Dear Friends,*

*I do appreciate all your feedback. Keep your thoughts and ideas coming. Corrections also. Yes, I saw the spelling error last week.*

*Do not read the article below on systems until you finish my letter and Cameron's comments.*

*Now is the time to make a new system or two for the changes you want in 2009. The system will reinforce the new habit and the combination will lead to the completion of your goal. It is that simple.*

Be the BEST You Can Be Bookstore

**Invest in yourself as well as loved ones. Valentine's Day is a wonderful time to give the gift of a better life and learning with an appropriate book. Oh, and flowers, chocolates, and other things too. The Amazon link is below for your use.**

The link to obtain *As A Man Thinketh* for free will be taken

**"Live as if you were to die tomorrow. Learn as if you were to live forever."**

**Mahatma Gandhi**

**"Things may come to those who wait, but only the things left by those who hustle."**

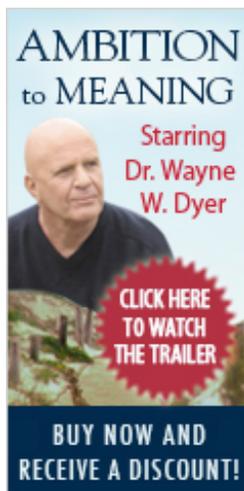
**President Abraham Lincoln**

**"We are what we repeatedly do. Excellence, then, is not an act, but a habit."**

**Aristotle**

**"It is pretty hard to tell what does bring happiness; poverty and wealth have both failed."**

**Kin Hubbard**



down so do go today and get it. Many of you already have.

We have added easier to use links to recommended products. I personally use every supplier I recommend. Today is the day to order your gifts for Valentine's Day.

*I did get an email today to see if I had time to see an old client. One way or another, I always make time for those who'd like to see, or talk with me. That's my job, and that is what gives me pleasure and satisfaction. Your satisfaction is mine.*

**Enjoy the Journey,**

**Russell R Shippee**

Remember, **I CAN IF I THINK I CAN !**



**Cameron's Comments**

I am learning, and grandpa is talking about systems. Well, he may be right. I do have systems already, now that I think of it. If I want to eat at 2 in the morning, I cry to get my parents up. If I want to eat something during the day, I walk into the kitchen and look at what I want while making noise and, as a last resort, crying as needed.

**Got No  
Willpower  
Over Food?**



**THINK RIGHT NOW!**

My smile is also a system I use to make friends. Do you do the same? If not, try it. It is fun, and it sure does work. The more friends the merrier from what I can see.

I hope this is a new system with me at the top of the letter. I see the feedback, and I get more comments than grandpa. Maybe he should be more of a kid?

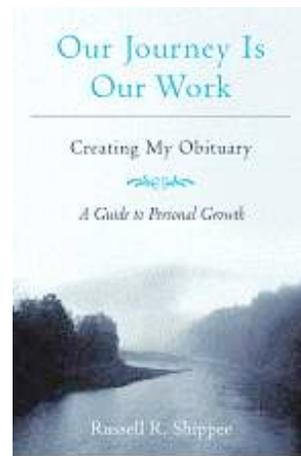
I can't drive but maybe I can use the system below to shop at Amazon for gifts at the right price. Why don't you try it along with me?

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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.

Do not let the name concern you. You can join in. You can benefit. You can.

***One group closed - another one starting***



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# Systems

The idea of systems causes concerns for many as they see visions of work and a process they have to follow.

Systems are good, as they are processes and steps you follow. Unknowingly, you have made many of your own systems in life, and they work subconsciously, or automatically in your daily life. They are so automatic, you do not notice them or consider them systems.

Systems create a repetition of how you do certain things, so that you do not have to think about them. If you focus on it, you will find many systems you unknowingly use in your daily routine. Think of driving to work and the fact that sometimes you arrive at work and have no memory of the actual drive itself.

Actually, systems are good and beneficial in that they become automatic, and you do not have to think about them. The system, by way of our subconscious, just gets it done with little thought. It is those things that are not in a system that take so much time and thought.

When you have something that you will do on a regular basis, you will find it most beneficial to make a system and follow it the next few times you do that task. As you continue that system, you will find it easier and easier until it becomes automatic. There is no reason to reinvent the wheel each time.

Too often, we say we are too busy to do something. We rush through part of it and then, when it blows up, we then have to spend the time to fix it. How many things are like that in your life? How many things do you do in haste, knowing it is not right or done as well as you'd like it to be? How many times do you have to reinvent the wheel?

Once you know you will be repeating a task, take the time to break it down into a system. Yes, it takes time and focus. However, it will save much time in the future. Learning to pay bills on line is a recent example. Once you learn it and know the system, you will save a great deal of time, postage, and paper. However, you must first learn the system.

Go fast by taking the time to slow down and learn or create the systems you need in your life. You will find the results more accurate, easier to do, and taking less time. When we realize the results, we know that systems are our friends.

Systems are your friend. Take the time in the beginning to make the system and then streamline and improve it over time. You will find it will give you the gift of time as well as accuracy.

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