



RUSSELL R. SHIPPEE PRESENTS

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Russell R Shippee

Dear Friends,

Did you get to read the article on sabotage last week? If not, you can do so [HERE](#).

It has been brought to my attention many of us sabotage ourselves by letting others control or change our schedule. What is important to them may not be to you. Their meeting may have no value for you. NO is hard to say, but necessary. If you are not adding value, or receiving value, or building a relationship then think twice before attending the meeting or event.

Cameron has written again. Gosh, he even writes longer articles than I do. But, it is worthwhile. Enjoy it - I did.

Recently three people I know have gotten jobs in RI. While RI has the second highest unemployment there is still opportunity. The great news is how good they feel. If they can, you can too!

[Be the BEST You Can Be Bookstore](#)

If you were not one of the ones to buy the new Kindle, do so today. See the link below. If you did, be sure to get some of the books from the bookstore for it. Think of how green it is to save all the trees, space, and also saving money on the cost of the books.

[Quotes](#)

"The best preparation for good work tomorrow is to do good work today."

Elbert Hubbard

"Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities -- always see them, for they're always there."

--Dr. Norman Vincent Peale

***I predict future happiness for Americans if they can prevent the government from wasting the labors of the people under the pretense of taking care of them."**

Thomas Jefferson

"It is good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure you haven't lost the things money can't buy."

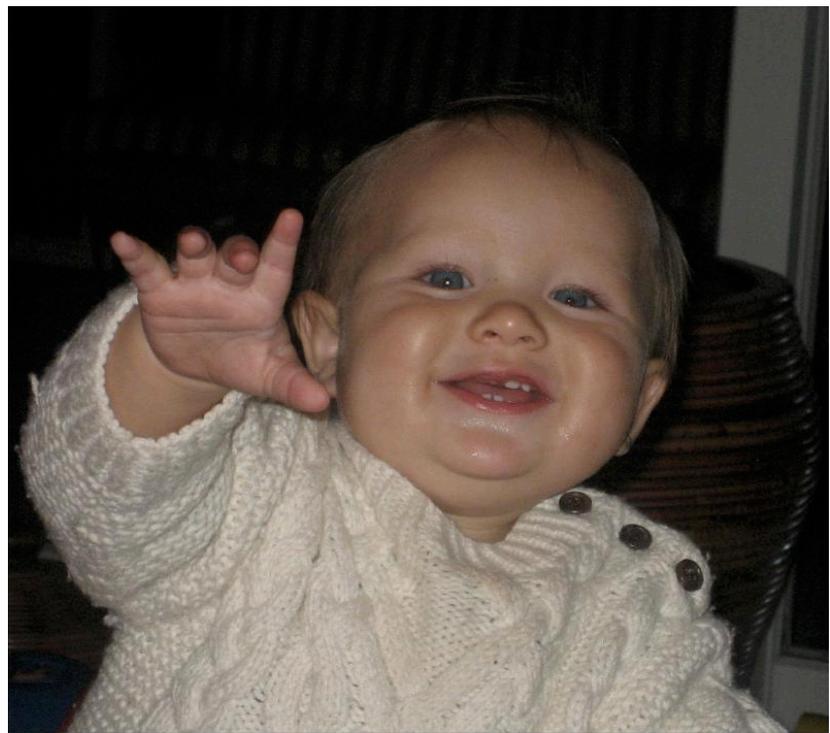
George Lorimer

The best stimulus package is your own. The best investment is in you. The next best is to help stimulate and motivate another person. In motivating the other person you cannot help but to be motivated yourself.

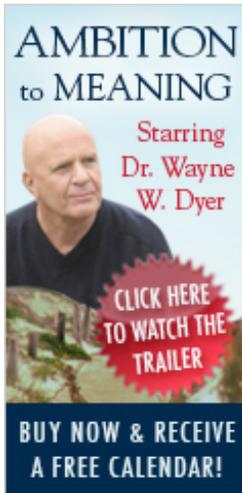
Enjoy the Journey,

Russell R Shippee

Remember, I CAN IF I THINK I CAN !



Cameron's Comments



Thanks for the encouragement and feedback from your notes. Positive reinforcement spurs us all to further accomplishment.

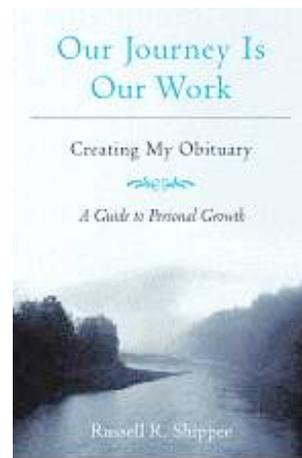
I hope you are giving the same positive reinforcement to those you love. My guess is you are never too old for positive reinforcement. Of course, you know a lot more about that than I.

I went to my mother's office and delivered roses for Valentine's Day. She cried. It was great. Thanks Dad for taking me.

**Got No
Willpower
Over Food?**



THINK RIGHT NOW!



Learn to Create and Enjoy the Journey!

Buy it [HERE](#)

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.

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

**"We make a living by what we get,
we make a life by what we give."**

Winston Churchill

benefit. You can.

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



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Feedback

This week I had several calls expressing appreciation for the lessons and, yes, the insight of Cameron. We listen and we do our best to give back as requested. Your stories and feedback keep us on track to give you what you need. Cameron and I both appreciate the opportunity to share our learning with you.

Time Talent Treasure

By Cameron Shippee

I may only be one year old, but I have a lot of time, talent and treasure. I know you do also. Do you know it?

Let's look at them one at a time.

Time

We all have have the same 24 hours in a day and 7 days in a week. We do not manage time, we use it. The key is to use it working towards our goals and doing what supports our goals. For me, that includes a lot of sleep, including naps every day, to support my physical growth and development. For me, sleep is good and necessary. When awake, I am always interacting and learning. It is not work, but life, and the joy of life.

Do you have goals? If not, your life may well be drifting. If you do, then you need to schedule your time to move towards your goal. It is only a vague wish if you are not moving towards your goal. To move towards it requires action, and action means using time.

I have enough time, and you do, too. My programming at birth allows me to accept what I can

do within the time allowed and to appreciate it. Perhaps you are one of the ones that schedules too many things and then wonders why you do not have time. There are no unrealistic goals, but there are unrealistic deadlines.

First, you need a plan for the day, week, month, and year. Second, you need to keep your plan in focus. Sure, things change, and things come up. However, you still have to manage yourself and know when to say no and to know when you are drifting, wasting time.

Sometimes I have to go in the car with my parents when I want to practice my walking or motor skills with my toys. When they take me, I make the best of it and have learned that to stress over it is of no value.

Talent

What is your talent? What are you good at, and what are you learning? What are you practicing to get better at?

At my age, I am learning new skills every day, and it is exciting and empowering. Walking has been my biggest advancement as it has opened a whole new world to me. Now, I can travel more, see more, and explore.

We all have talent. The problem seems to be that our talent is something we can do easily, and then we do not realize the value of it. Others see it, appreciate it, and would be glad to have us share it with them. If only we realized how much we have to share with others. I think I realize it, but I see adults that have so much but give themselves so little credit. I am not sure I understand why an adult does not appreciate their own talents when I, so young, do. What happens to that realization as you get older?

Treasure

Yes, I have treasure, and you do to. It being 2009, there is much talk and feeling of lack, reduced treasure and loss.

Most of us still have a roof over our heads and food on the table. For our treasure to grow, we must share it.

I have not learned about the treasure of money. Right now I have other treasures. Early on I did not share my treasure. When first given solid food, I could not get enough or get it fast enough. I always wanted more and was fearful there was not enough. Now, at the ripe age of one, I know there is enough, there is more than enough, and I get great pleasure in sharing my food with those feeding me and the dog. Sharing makes me feel good. The more I share, it seems the more there is for me.

I share my food, my toys, my smile, my hugs, and my appreciation. There is great wealth in all these treasures, and those I share them with are always appreciative.

So, we may not have a lot of extra money to share today, but there is much we can share in time, in talent, and treasure. Can't you share your dinner table and soup? Can't you share a hand to help someone with a project that they can no longer afford to hire someone for? Can't you help a group?

We all have the same amount of time. We all have talents and we all have different talents. Our treasure is not only money but our time, our talents and those toys, or things, that we can share and use to help others.

Yes, time, talent, and treasures are in abundance and the more we share them, the more satisfaction we obtain. I can see it and feel it. Can you?

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