

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Erin & Russell

Quotes

When we remember we are all mad,
the mysteries disappear and life
stands explained."

Mark Twain

"I long to accomplish a great and
noble tasks, but it is my chief duty
to accomplish small tasks as if they
were great and noble."

Helen Keller

"Small deeds done are better than
great deeds planned."

Dear Russell,

Erin, our favorite middle child, is celebrating her 31st birthday today. Hence, her picture. The picture was taken at a Tomorrow Fund Ball years ago.

All of the children had their faces painted. Well, I might have been in tuxedo, and I might have been the oldest child, but I did have my face painted. Why not?

When you read the feedback below, you will see that the 2-28 newsletter was a popular one. All the previous newsletters are on the web site for your review.

I am sitting in Jackson Hole Wyoming writing this, and I am so grateful for the trip, as well as my wonderful family, that I just had to write about being grateful.

Yes, I was grateful even when it snowed, the slopes were covered and my legs ached. Next week will be pictures of the vacation. As usual, I will try to make you smile.

I am also grateful for the new readers as well as those who have been reading this since inception last June.

Please, if you do not get the graphic version view use the link [Here](#) to read the more enjoyable version.

Next week will be interesting. Stay tuned.

Peter Marshall 1902-1949

Be *the* BEST You Can Be,



Russell R Shippee

"Change your thoughts and you
change your world."

Norman

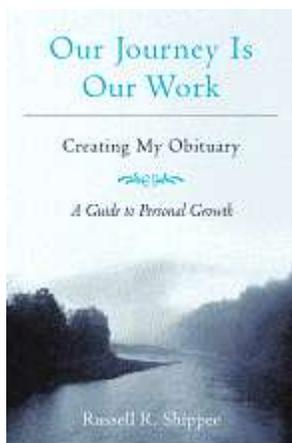
Vincent Peale

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

"The greatest discovery of my
generation is that a human being can
alter his life by altering his
attitudes of mind!"

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William James



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Feedback

All from the 2-28-08 newsletter

Russell.....i needed a good chuckle first thing this morning.....that picture of you did the trick!! however, the reason i hit the "reply" button was to tell you that your article is just what my youngest son NEEDS to see today. in his quest to become a firefighter, he has been taking several EMT (emergency medical technician) courses and tomorrow he is scheduled to sit for the state exam to become certified. Everyone has been telling him that the exam is extremely difficult and that you usually dont pass it on the first try.....so, he's been "preparing" himself to fail. It's driving me out of my mind!!! I've been telling him that state of mind and what you believe is half the battle. hopefully this article will help him believe in himself. Im

This is Great, So True!
Thanks! rp

Thanks for the reminder Russ, I needed that! I've been working on managing my "stinkin' thinkin'" and your newsletter is one element of my efforts. bg

**What do you mean you "look like your picture??"
Isn't that you?!**

All kidding aside, I found the poem and your message quite inspirational, as always. I always look forward to and appreciate your newsletters - I am consistently motivated after reading them.

Thank you and have a great day, dr

**What the mind can conceive, man can achieve -
Napoleon Hill (sometimes! PRM)**

Grateful

What are you grateful for?

We all have much to be grateful for and too often we take it for granted and spend our time thinking about lack, what went wrong, what could be better, and what we'd like to change.

Well, how about looking at what we have and what we are grateful for. Your list may well include some or all of the following plus more:

spouse
children
family
friends
associates
health
knowledge
abundance
ability
to love to earn to learn to grow
job
education
home to live in

area you live in
having relatives close by
toy of choice boat ski house tennis racquet computer
The person who gave you directions today
The person who helped you across the street
The waitperson who was nice to you when you were feeling poorly

As I write this I am on a ski vacation and am grateful for the wonderful trip, the ski conditions, the weather, the good friends with us, the health to go, and the opportunity to snow mobile in Yellowstone Park and see the geyser, Old Faithful. Oh, the fire alarm went off at 6:30 in the building and we had to go down the fire stairs. Sure, it was frustrating. But, we were grateful we were there and grateful it was a false alarm.

What are you or should you be grateful for? There are big things and small things. However, the small things may be as or more meaningful than the big things. We may be grateful for a big house but even more grateful that our family loves us.

Sure, everything we have and do does not always work as we desire. Sometimes our lessons are difficult and challenging. When things are not going as well as we'd like it is a good time to review what we are grateful for.

When we focus on what we are grateful for, we will quickly realize how fortunate we are. We will feel better, and our problems and issues of the moment will be put back into perspective.

Perhaps you are unhappy as you have to help a parent when you wish you were doing something else. Perhaps they need your help when you have more important things to do. Are you grateful? No. Stop and think about being without that loved one. Perhaps we should be grateful we have the interruption as that means we have a loved one and we have the ability to assist them. Yes, there is always far more to be grateful for than we imagine.

Our drama and trauma of the moment will be easier to handle and manage when we realize how fortunate we are.

When you think of lack, of what is missing, you create more of it. In reality, you already have much. Why not start from what you do have and what you are grateful for?

You might want to make a note each night before bed, or first thing when you get up, as to what you are grateful for. It will make you aware of how fortunate you are as well as minimizing your problems of the moment. Your mood will improve and you will quickly realize the glass is at least half full and not half empty.

Realizing how much you already have and what you have created you should quickly realize how much more you can do if you only allow yourself to do so with a positive focus and a feeling of gratitude.

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