



RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

To see the version with all the graphics and pictures please click [Here](#) 3-19-09 #80

Join Our Mailing List!

Thanks for forwarding this newsletter to your friends to join our mailing list. It works for everyone. Do be sure to forward it to those whom you know will benefit from it.



Russell & Erin Shippee

Quotes

"We cannot let circumstances rule us, or we can take charge and rule our lives from within."

Earl Nightingale

"Your chances of success in any undertaking can always be measured by your

Dear Friends,

It is your self confidence that enables you to succeed at whatever you do.

It is the confidence in yourself that will carry you through the current financial crisis. Would you not rather have a financial crisis than a medical one?

Cameron, and all children, are great teachers of self confidence. Our job is to help them never lose it and help those that think they have lost it to know it is only hidden.

I am an enabler. Yes, I enable people to reconnect with their self worth and live the life they desire. Are you? If not, why not? If not, when?

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

Yes, the bookstore has great books on self worth. Take a look and pick out a gift for one who needs it and get one for yourself. You deserve it, don't you?

Some think it takes self confidence to have your face painted at a black tie event. Here I am with Erin, the middle child, whose birthday was last week. Me, I think it was fun, it made a lasting memory, and the event was for kids, and we are all kids. So, enjoy! Why not enjoy? Why not be a kid? Why not paint your face?

Enjoy the Journey,

Russell R .Shippee

LIVE THE LIFE YOU DESIRE

belief in yourself."

Robert Collier

"We always have enough to be happy if we are enjoying what we do have--and not worrying about what we don't have."

Ken Keyes, Jr.

"Kites rise highest against the wind -- not with it."

Winston Churchill

He is rich or poor according to what he is, not according to what he has."

Henry Ward Beecher

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

Thomas Jefferson

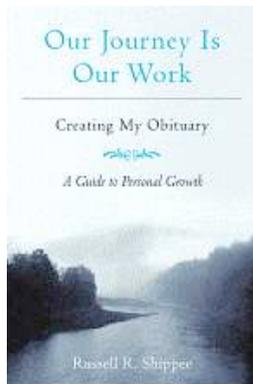


Cameron's Comments

This week I learned about self confidence by reading the article and discussing it with grandpa.

Funny, I was just doing and being me. Self confidence is something all people are born with so I just knew it was as we are to be. Now that I am more aware, I am going to be sure I never lose it. I hope you'll do the same.

Yes, I am feeling better and over the 'bug'. Thank you.



LIVE THE LIFE YOU DESIRE

Today is the release of the second edition of the workbook. Buy the book and we will send you the workbook as a gift. If you bought the workbook before email us and we will send you the second edition at no charge.

Plus, you will have access to the tele class on the workbook on Monday March 30th at 2:00 PM EDT. There will be no charge for this teleclass.

Buy it [HERE](#)

TELE CLASS

Living My Life on Purpose -- Living the Life You Desire

Monday March 30, 2009 at 2:00 PM EDT

Hit reply to this email to be included. We will spend one invaluable hour determining what works for you and how to organize it to accomplish it. Now is the time to plan to live your life on purpose. Now is the time to plan to live the life you desire. You deserve it. Sign up NOW!



An advertisement for the Kindle 2. On the left, a hand holds the white Kindle 2 device. The text in the center reads "Introducing the all new Kindle 2". On the right, there is a yellow box with the text "See Kindle 2 Now" and the URL "www.amazon.com/kindle". Below this is a blue "Shop now" button with a play icon.

Join Our Mailing List!

Self Confidence

Why do so many people have so little self confidence? What about you?

We are born full of self confidence. At birth our bodies work, our blood flows, we breathe, and we have too many natural instincts to count.

While watching our year old grandson, Cameron, my wife and I reflected back on the few short months ago that he was born. Cameron was a bundle of joy all wrapped up. Just one short year later, he is still a joy, but does so much, we are amazed.

Cameron has never learned he can't do something. He has never been told he can't accomplish something. He has no idea of our word failure. He sees something and he works to copy it. Sure, rarely does it work on the first try. He keeps trying, and at some point he gets it. Then he practices until he gets good at it.

Think of a child learning to walk and how many times they fall in the process. Children never say, "I can't walk" and give up. They continue to work at it until they can do it. The same goes for all things they try.

Spending time with a growing child is a gift and a lesson. If we could only be like the kids. If we could only try and try again until we accomplished something. If no one told us we couldn't, why, we'd accomplish far more than we have.

How often have we been told we can't do something in our lifetimes? How often have we been afraid to attempt something for fear of the ridicule of our peers? How often have we wanted to try but have been afraid? How often have we held back due to a lack of self confidence?

I was looking at pictures of Cameron for this newsletter. I was struck by, not only how good looking he is, but by how confident he appears in his photos. Why, to me anyway, he looks large and in charge. Yes, many children do. They know they can do it, they know no better, they live self confidence, and express it in how they look and present themselves.

While self confidence is within one's being, it is usually at risk based on others. What others say to us, how they treat us, and their reactions to us, can rock our confidence. When children are told no, are put down, and held back, it affects their level of confidence.

School is challenging socially for children as the workplace is also for adults. As people grow, the risk and challenge to their confidence is often a daily event.

We all have setbacks and we all have relationships, jobs, and events that did not turn out as we had desired at the time. Reflecting, often we will see the benefit of them not working out. The key is to allow and accept what happens with little or, ideally, no effect on a person's self confidence.

Often, when we look back on what was a great tragedy to us, we find it was a great benefit that helped lead us to our current success. That loss of a relationship, job, or promotion, was beneficial but unknown to us at the time. So, why should anything rock your self confidence?

Self confidence is what enables a person to accomplish, to learn, to grow, to prosper and to build positive and strong relationships. We need to promote and protect the self confidence of all with whom we come into contact. We need to guard against allowing anyone who would reduce our self confidence.

We are born with great self confidence, and we need to keep it. We need to promote it in others. It is in the way we talk to and interact with others. We can teach them, we can assist them, and we can tell them when we feel they are wrong. However, we should always watch what we say and do, so as to not affect another's level of confidence.

Let's all be kids, knowing we can do and accomplish.