



RUSSELL R. SHIPPEE PRESENTS

## Be the Best You Can Be

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**Christopher Shippee,  
Cameron's father, years ago  
sailing**

*Dear Friends,*

Mothers Day is Sunday the 10th. It is not a problem but an opportunity. Take advantage of the opportunity.

Our boat, the Golden Goose, is now back in the water after spending the winter in a shed. She is a wooden schooner and a labor of love. She looks great. A wooden gaff schooner was on my 'bucket list' and when I saw her picture a year ago I just knew I had to buy her. We have to go for our dreams. If not now, when?

So, what is on your list you'll do this year? Sure, it may be a problem, but the other side of that coin is that it is an opportunity. Go for it.

***Our tele class on Family Business is for those in, thinking of getting in, or thinking of selling out of a family or closely held business. The cost is far more than money. The Toolkit for work - relationships - life class is to help anyone work backwards, yes backwards, and to do it once. Do sign up and enjoy the class.***

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

Check in and check out with a book. Perhaps for Mother's Day? We are adding a marine section to the bookstore. You'll find some wonderful books on old boats and skills the old sailors had. Buy one and learn a lost art. It's fun and challenging.

***Remember, you are the captain of your soul, and you can Live the Life you Desire.***

## Quotes

**"Life is not measured by the number of breaths we take, but by the moments that take our breath away."**

**George Carlin**

**"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."**

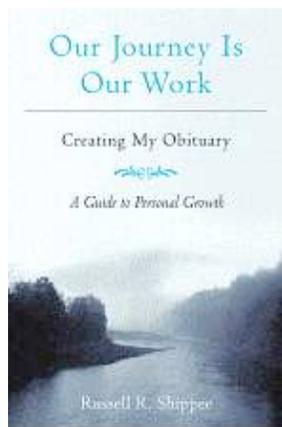
**Winston Churchill**

**"Opportunity ... often comes in the form of misfortune or temporary defeat."**

**Napoleon Hill**

**"Trouble is always opportunity in work clothes."**

**Henry J Kaiser**



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**Enjoy the Journey,**

**Russell R. Shippee**

**LIVE THE LIFE YOU DESIRE**



**Cameron's Comments**

My eyes are heavy as I have an ear infection and my molars are almost in.

Kids are smarter than you realize. Grandma saved all of the toys over the years and is now putting new ones, actually old ones, but new to me, out for me. Sure, I look at the toys and go to the new ones. I know what was there and what is new. Kids may not talk; but we do see and we do retain. Yes, we are smarter than you realize, and also see and retain more than you realize. Watch out and be careful.

Thanks for the emails. I enjoy them. Everyone likes to hear from others. Who else should you call, write, or email? Do it now.

Write to me and tell me what is different in this newsletter. I know what changed - do you?

Write to me [CAMERON](#)

## Tele Class Schedule

### Toolkit work - relationships - life

5-19-09 9:00 AM EDT

5-21-09 3:00 PM EDT

### Family Business - Worth the Cost?

5-26-09 11:00 AM EDT

5-28-09 3:00 PM EDT

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## Problems

What is your problem?

Every day people have drama and trauma over a problem or problems. The problem(s) create an immediate reaction and often it is overwhelming. The problem appears big, bigger than it is. The problem takes on a life of it's own.

How often does that happen to you? Has it happened yet today to you? How many times a day does it happen?

Other people always want the issue to be your problem. The issue, or problem, is delegated to you. Some are masters at delegating what appears to be a problem to others. Some are experts at attracting the problem and allowing others to make it their problem.

How often does what appears to be a big problem get resolved quickly and simply once you stop, breathe, and 'allow' the solution? How often has the problem not even been a problem? How often was it solved in less time than you spent in trauma over the problem?

How often is the problem an opportunity? How often does it lead to something good? How often do you learn something valuable from the problem?

We do not want problems, we do not want to deal with problems, and we have too much to do to deal with problems. So, when they appear, we overreact. It is that simple.

Let's react differently. Lets:

Allow others to keep their problems and not accept them as ours - even if it is our kids or parents. If we take them once, they will keep bringing them to us. You are not here to save the world, but save yourself - that's a big job!

When the problem arrives, stop, take several deep breaths and relax. Then, in a calm state of mind review the options. Usually, the problem disappears, and the situation is easily and quickly resolved.

Accept there is a problem. If it is a real problem, then we need to make a plan as to how to address it. Get expert advice as needed, make a plan, create a timeline and adjust what needs to be adjusted to reflect the time needed to solve the problem.

Look for the opportunity in the problem. Where is the benefit. Stop long enough to see the true value of the problem and what it truly means.

So, we see it was not a problem. It was a situation that needed to be addressed or an opportunity. It was not the end of the world. It may cause an inconvenience, but that is usually forgotten in a matter of days. If it is an opportunity, don' forget it, take advantage of it.

The issue never was the problem. The problem was our reaction to the situation. Let's react differently and be sure we take advantage of any opportunity presented.