



Russell Shippee

Quotes

"The true perfection of man lies, not in what man has, but in what man is - Nothing should be able to harm a man but himself -What is outside of him should be a matter of no importance."

Oscar Wilde

"If you want to live a happy life, tie it to a goal, not to people or things."

Albert Einstein

"...that wisdom is learning what to overlook."

William James

Want to give your friends a weekly positive message?

Want to inspire and empower someone you love?

Yes, it is also time to play and have fun.

What can you do this week to make yourself and your loved ones smile and laugh? Do it!

Mother's Day is Sunday in the USA. Let's celebrate all that our mothers do for us. It is more than many of us realize. Gifts are always appreciated. However, time spent with another is the greatest gift. Don't forget the mother of your children.

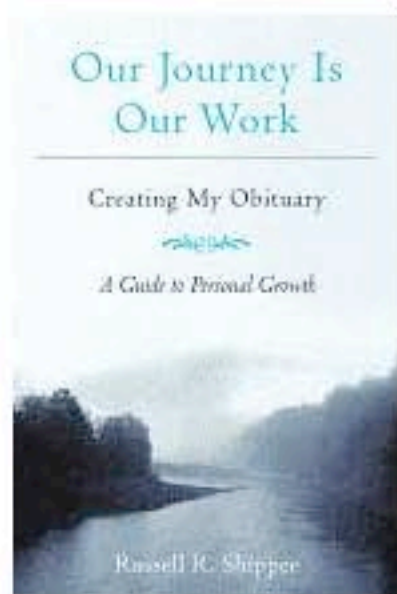
Working on the boat has set me back a little. Friday I looked at the overdue 'to do' list. I just did one at a time and in almost no time I had gotten many calls made and things back on track. It took less time than the time spent worrying about catching up. Has that happened to you? Have you realized just doing the work is the fastest and easiest solution? Good!

My coaching this week has focused on FEAR. FEAR prevents us from doing so much. Remember, do that which you fear and the death of the fear is certain. Do it! If your gut tells you it is the right thing to do just do it. Send us feedback and tell us how you felt.

Be *the* **BEST** You Can Be,

Russell R Shippee

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



Yes, the book helps you to balance your life and live the life you truly desire.

FREE ONLINE BOOKS

I was referred to this site. They have on line books that you can read for free. You might want to check it out. If there is a book you like it is great to be able to read it for free.

Play

Yes, play.

Play, have fun, laugh, enjoy, be foolish and carefree.

I have been watching my grandchild, Cameron, who is now four months old. He learns by playing. He smiles, moves around, and is always looking around at his surroundings and now reaching out to what he can see.

Is he working? Is he playing? It is both for him. However, the real value is he is learning. You can see the wheels of his mind spinning and processing it all.

As adults we are too serious and can easily forget to have fun as we race through life with our endless to do lists and, yes, goals. Sure, we need the lists and the goals. However, we need them so that we can accomplish them efficiently leaving time for other things, such as play.

Actually, taking time to play should be a goal and should be on the to do list. A fulfilling life is a balance, and play is part of the balance. Play should also be part of accomplishing the to do list as well as the goal. There is no law that you can't have fun while accomplishing a task. Yes, play as you work.

Young children teach us the value of play and show us the wonder of it. Watching a child play is heartwarming to many. If we enjoy watching a child play why do we not also play? We should. We can.

Has it been so long that you have forgotten what it is to play? Yes, it can be a round of golf with your friends. It can be playing catch in the yard or playing with dolls. We can play alone but playing with another may be more fun. Playing with a child, to me, is the most fun.

Playing with a child you get the natural interaction. The child has yet to build up defenses and approved reactions. They just let it flow and go. They interact as their emotions take them. This is why we enjoy it so much. It is natural and unrestrained.

While we are the teachers of the children, we need to know that the children are also our teachers.

Wouldn't it be wonderful if we could get back to natural unrestrained emotions and reactions? Kids get upset and get over it, forget it, and move on almost instantaneously. They can get on with playing the game of life.

Life itself is a game we play. Taking life too seriously, ourselves and our roles too seriously, is not healthy or good. We need to live the game, play the game, and enjoy the game. The game is. How we play it, how much fun we do or do not have, is up to us.

So, watch a child play and learn to play again as a child does with unrestrained emotions, seeing and learning the simple things we no longer see. You will feel good, have fun, and learn.