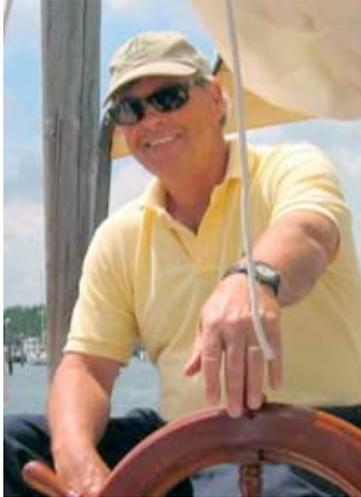


RUSSELL R. SHIPPEE PRESENTS

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Thursday, May 21, 2009
Spring Edition #89



Russell R. Shippee
Author, Speaker, Life Coach

Dear Russell,

Welcome to the draft of a new newsletter format!

The picture is to remind me that all the work on the boat will result in my being at the helm sailing within days. The destination is to sit at the helm sailing.

What is your current short term destination? What are you doing today to get to that destination? If nothing, then do something, and if not motivated, then consider a new destination that has motivation and interest for you.

Please notice that the top banner now links to our website. Simply click on any tab to visit! Pretty cool! Remember, we can't sit still, and we all have to continue to improve. If we sit still, we will get run over!

A handwritten signature in blue ink that reads "Russell".

PS: Tell us what you think about this new layout.

Quotes

"Work and play are words used to describe the same think under different conditions."

— Mark Twain

"Youth is a circumstance you can't do anything about. The trick is to grow up without getting old."

— Frank Lloyd Wright

"Face your deficiencies and acknowledge them, but do not let them master you. Let them teach you patience, sweetness, insight."

— Helen Keller

"No one can tell whether they are

Cameron's Corner

With the new format someone had to be properly dressed so I figured it had to be me!

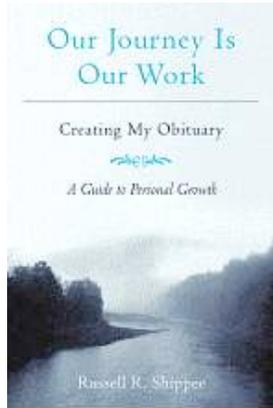
Boy am I glad the boat is almost ready. Grandpa has been working non stop on the boat whenever he has a free minute. He has not even played with me much in the past week. This is going to have to change.

I did listen in on grandpa's class Tuesday and liked it. Even if he was not my grandfather, I would have liked it. Now, to put the lessons to good use. It'll make me more successful. Next week I will do the family business lesson.



rich or poor by turning to their ledger. It is the heart that makes a person rich. One is rich according to what one is, not according to what one has."

— Henry Ward Beecher



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5-28-09 3 pm EDT**

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Grandpa is practicing with the flip video phone. I told him 'the first is the worst' so just do it, post it, and keep going. He laughs when I give him his own advice.

[Get a Question or Comment for Cameron? Click here.](#)

— FEATURE ARTICLE —

Destination

Where are you going? When are you going? How are you going? What do you need in order to go? What mode of transportation, money, skills, associates, helpers, and family will be with you? What will the journey teach you? What happens when you get to the destination?

Do you know where you are going? Do you have a plan? If you know and if you have a plan, are you taking the steps to execute the plan, or is it still a dream in your mind?

We all need a destination. No, not a final destination, but a destination we are working towards right now. The destination is a goal and a journey. It should allow us to learn and grow in the process as well as to feel satisfied when we reach the destination.

Too often, people have the dream and have an idea, or know exactly what the destination is, but never start towards it. Fear, and the disguise of obligations, stop people from taking the first steps towards the destination of choice. The fear, the sense of other obligations, leaves one stuck.

Do that which you fear, and the death of the fear is certain. The other obligations can be managed one way or another. While the obligations may not go away, they can be managed. Why, if we die, or when we die, if the obligations still exist, someone else will handle them, or they will handle themselves. So, take the first steps.

One need only take one step, one movement forward today to change their world. The first step may be the hardest, but it is also the most rewarding and empowering. Yes, you can. If you can dream it, you can do it.

So, what is your destination? Is it some safe easy one you know you can do? Or, is it, as it should be, a big one, a stretch, an exciting and motivating one? Go for the one that excites you and motivates you. The more excited and motivated you are, the more likely you will do what is required to accomplish it. Why not have a destination that excites you?

The destination gives us purpose and a reason to get up and get going each day. It may be skills needed, money needed, or physical work to head towards the destination. Ideally, we go to bed tired and satisfied each night that we have accomplished something during the day. That is the objective and the power of living each day.

There are many destinations such as career, personal, educational, and family. It may be as simple as learning a computer skill or as big as climbing a mountain or sailing solo across the ocean.

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