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Russell R Shippee

Dear Russell,

Starting is the toughest.

Have you ever started and then wondered why you delayed and worried about it for so long? The delay was far tougher than the project.

What have you yet to start? For me it is two items that have been sitting on my list but I just have not done them. Well, it is time.

Please join in me in committing to do that which you want to and need to do but for whatever reason have been delaying. NOW is the time.

Tell me or another friend who will hold you accountable with compassion and understanding. When we commit to another we are more likely to accomplish the task.

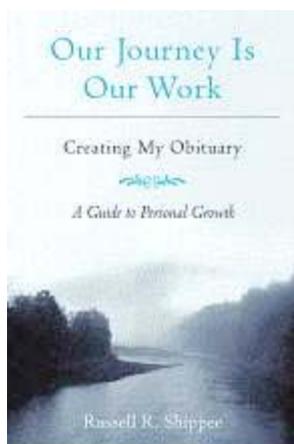
Thanks to all those who have just started to receive the newsletter and thanks again to those of you who have been faithful readers.

Start NOW.

Be *the* BEST You Can Be,

Russell R Shippee

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



Yes, NOW is the time to buy the book for yourself and a friend.

Order one copy from the web site and I will send you TWO copies for the price of one.

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Quotes

"Greatness is not in where we stand. But in what direction we are moving. We must sail sometimes with the wind and sometimes against it - But sail we must, and not drift, nor lie at anchor."

Oliver Wendell Holmes

"Only those willing to risk going too far can find out how far they can go."

T.S. Eliot

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Want to help someone realize their true value?

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Start

Start. It is the first step. It is the beginning. Starting is the hardest and, once done, makes us wonder why we were so hesitant. Yes, start. Take the first step. We need not know all the steps, twists, and turns. We need only to start and take one step at a time.

When we take a step, we then see the next step, the next options, the next opportunities, and the next challenges. If we do nothing, we are still moving and stepping with what hits us. Why not step forward into your power? In stepping forward, at least there are new and exciting challenges, opportunities, and successes. Doing the same thing all the time can get very tiring.

Sure, we are busy, and time is at a premium. However, if it is truly of value to us, we can find the time to start. We all have 24 hours, and we can choose how it is spent. We already choose how it is spent and pay the consequences of our choices.

Nothing gets done without starting. Nothing happens until someone starts. Rather than always wanting the other person to do it, why don't you do it? Isn't it your turn to start?

What should you start? What is holding you back? Is it:

- time
- money
- education
- skills
- knowledge
- physical ability
- mental ability (am I smart enough?)
- overwhelmed (size and scope of the project)
- FEAR
- FEAR of failure
- FEAR of what others will think or say

In facing the problem, we find the solution. The answer or the solution is in the problem itself. Is it one of the above that is holding you back? If so, what is the answer? For example, if it is:

Time - You can reallocate some time, and you can stretch out the project to fit the time that you can spare;

Money - There are many solutions to a lack of money: Savings, reallocate current budget, borrow the money, find an investor, or work to earn it.

Education - Decide to take a course, read a book, find someone who has the knowledge to enlighten you.

The solution is in the question. If we truly want to start, we can find the solution in the problem. There is always an answer. The answer involves choices. Sure, you might consider them obstacles, but they are also choices and opportunities.

If it is worth doing, it is worth starting, and it is worth the effort. You can and will find a way once you commit to the value of it. Rest in the value and the purpose of it, and you will find the solution and the motivation to start. You'll be glad you did.

Want to discuss the issues holding you back? Contact Russell Shippee at rshippee@bethebestyoucanbe.net.