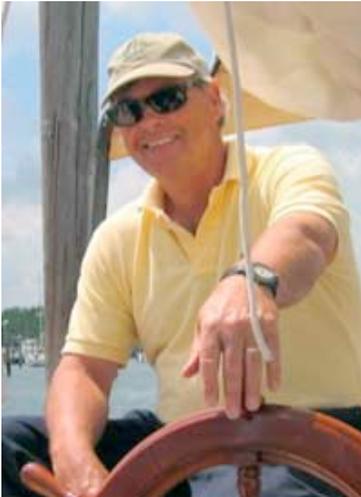


RUSSELL R. SHIPPEE PRESENTS

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Thursday, June 4, 2009  
Spring Edition #91



Russell R. Shippee  
Author, Speaker, Life Coach

Dear Friends,

Thank you for your kind notes about my experience with fate. May we all learn from it.

The new lifelines are now finished as well as the lazy-jacks. So, with lifejackets we are ready to sail. The picture on the boat without a life jacket is an old one and will be replaced.

I have added the book Vibrational Healing to the bookstore. While long, it is also insightful and interesting. Plus, it makes a lot of sense. You'll enjoy it and the value it brings to your life. The same goes for Wayne Dyer's new book Excuses Begone listed at the bottom of this newsletter.

So, we have June to finish our six months' goals so that we can celebrate and reward ourselves with some well deserved time off in July and/or August. What do you need to finish NOW to feel good about yourself and to be able to reward yourself?

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

**PS: Remember to sign up for a tele class!**

## Quotes

*Leave nothing for tomorrow  
which can be done today.*  
— Abraham Lincoln

*The time is always right to do  
what is right.*  
— Martin Luther King

*Well done is better than well  
said.*  
— Benjamin Franklin

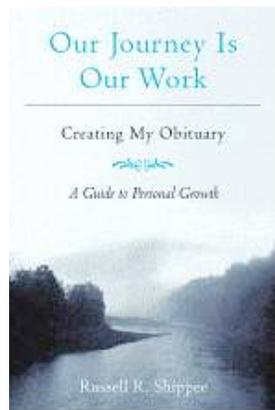
## Cameron's Corner

*Grandpa now has his new glasses. Some fish  
in Wickford Harbor is wearing his old pair.*



*Only those who will risk going too far can possibly find out how far they can go.*

— T. S. Eliot



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## TeleClass Schedule

**Living My Life on Purpose**  
6-4-09 11 am EDT  
6-10-09 10 am EDT  
6-18-09 4 pm EDT

**Family Business Worth the Cost?**

6-16-09 10 am EDT  
6-23-09 11 am EDT

[Reply to this newsletter and tell us what class to sign you up for at No Charge!](#)

**I'm glad grandpa realizes time spent with me is not a waste. Time spent helping others and building a relationship with others is never wasted. He didn't say it, but I think that was just an oversight.**

**I like the family business tele-class and, after the class, I asked Grandpa about succession planning for the newsletter and where I stood. He laughed. Me, I'm serious. We all need to plan and there is no time like now to plan.**



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

— FEATURE ARTICLE —

## Waste

“Waste not, want not,” is the old quotation often repeated.

This year people are not wasting money on things they don't need. Due to the stock market and unemployment, people are no longer spending money recklessly. Unnecessary items, and items of pure excess, are not being purchased. People are being far more thoughtful about where they spend their money.

Value is a personal decision. However, it is good that people are now more aware of what they are spending their money on. Buying something not needed is wasteful and that money can be better used, if not just to help another person in need.

Waste also applies to time and talent.

We all have the same 24 hours in a day. Some people use it most effectively and others don't. If you get up without a plan as to what you will accomplish for the day, you will end up accomplishing little. If you have a plan, a goal, or an objective for the day, you will be far more likely accomplish it and feel good.

There are many 5 minute spots that you can use to do something. While waiting, read or make notes about a project. Think about an issue you have and the possible solutions. Call a friend for a quick hello while waiting. The call need not be a long one, and the person receiving the call will be thrilled.

Stephen Covey has a great analogy of a big jar representing time: rocks the big things we have to do and sand the small things we have to do. Well, if you put the sand in first, there will not be enough room for the big rocks. But, if you put the rocks in first, meaning doing the big important things first, and then the sand, you will find it all fits. Plus, you will feel great having the big things done.

Why waste your talent? If you are good at something, then share it with the world. Use your talents to help yourself and others. To do nothing is to waste our talent. If we waste it, we just might lose it. It is not for us to value what we do. It is for us to do it and others to value it.

Think not of waste but about using time effectively for your personal growth and to fulfill your purpose in life. Don't rush; but focus on what you can and should be doing. You'll be amazed at what you will accomplish.

## Help Yourself

by checking out the  
Be *the* Best You Can  
Be Bookstore ►



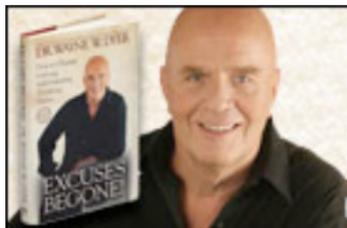
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