

RUSSELL R. SHIPPEE PRESENTS

Be the Best You Can Be

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Thursday, June 11, 2009
Spring Edition #92



Russell R. Shippee
Author, Speaker, Life Coach

Dear Friends,

We do not want to disappoint you. However, for the summer, we will be publishing the newsletter every other week. The next letter will be the 25th of June. Can't wait? Go to the web site and review the old newsletters and articles.

You can still sign up for the tele classes and you can join a coaching group. To obtain the details, please email us. We look forward to hearing from you. You'll be glad you did!

How are you going to spend your time and act this summer? I'm going to finish some projects that are goals, and I am going to act like a kid having some summer fun boating, golfing, and playing with Cameron and the rest of the family.

I am glad that some of you are enjoying the bookstore. If you haven't checked it out, do so. There is some great reading for this summer. You can learn and be inspired.

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

PS: Yes, the picture is of me in my life jacket sailing. If you missed the article about 'using' the life jacket click on the newsletter tab above and read the 5-28 newsletter. It may well be of value to you, a friend, or loved one.

Quotes

Act as though it is impossible to fail.

— Anonymous

He who has never failed somewhere, that man cannot be great.

— Herman Melville

Face your deficiencies and acknowledge them, but do not let them master you. Let them

Cameron's Corner

Finally, the tie is off. Now I am acting like a kid with a chocolate chip cookie in hand.

I now have my own table, my size, with 4 chairs. Now I can have a power lunch with grandpa and he can sit at my table. I enjoy it when he and others join me at my table. I'll do these power lunches for years and years to come. Will you join me? I'd like that!

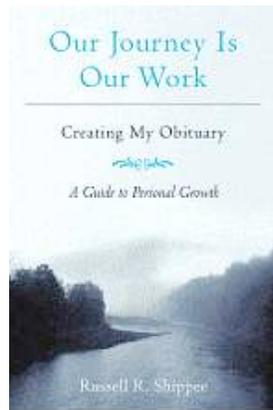


teach you patience, sweetness, insight.

— Nelson Mandela

Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.

— Danny Thomas



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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 want Grandpa to take me out in the boat and to the beach. He acts like and is a kid when he does these things with me. It's good for me and it is good for him. It'd be good for you too. Take a kid out for an adventure. It'll be just as much an adventure for you as for the kid. Be sure to include ice cream and cookies.

Now, about that swing set that has yet to arrive. I might have to buy it for Grandpa for Fathers' Day. What do you think?



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

— FEATURE ARTICLE —

ACT

By Cameron Shippee

Act now. Act as if.

I act and I succeed. If I don't succeed at first, I continue to act until I do.

Kids are born knowing we have to act, and we do so. I see adults who do not act, and it is hard to understand. We act it till we get it, and we act it until we are it. That is just part of life, learning, and living.

Adults seem to get caught up in fear of acting, fear of failure, and fear of peer judgment. Kids are born free of these limitations. That is why we can act, we can learn, and we can grow.

So, why not act? Why not be a kid? Are you amazed at how much a kid learns, grows, and does in the first few years? Do you wonder how and why?

Well, we act, and we are not afraid to act.

We believe, and we act accordingly. We were all born knowing and believing we can do that which we set out to do, and it is as simple as acting the part, taking the steps, and rehearsing till we get it right. Shakespeare said all the world is a stage. Well, he was right.

Life is living on a stage, and we get to be the leading actor as well as the director. Life and my play is the story of my life. I get to write it, act it, and be it. The same goes for you. What is the life you desire?

Act as you are inspired to act. Act as you want to be, and, poof, you will be it. Like learning to walk, I act as if I can walk and fall until I finally learn. Falling is not failing but the process of learning.

What do you want to be? Act it. Study it. Learn what it is like and act the part. In acting the part, you will learn the part, and in the learning, you will know if it is right for you or not. If not, stop. Stop and act the part that feels right to you.

My acting right now is as a kid, learning and growing. Sure, I copy those who are in my life. But, I also am able to determine who I want to be, and act accordingly. I go with what feels right. Sure, as I get older that will change. No, I don't worry about others, what they will say or think. I don't worry. I act on what is right for me today and when that changes, I change.

So, act on what is right for you now, today. When it no longer feels right, change to what is right for you. To be it, you must first act it, and in the acting you will become it.

Help Yourself

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



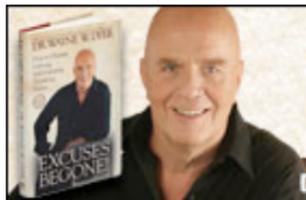
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