

From: Russell Shippee <rshippee@lighthousepartnersllc.com>
Subject: **Newsletter - Confidence-7-3-08**
Date: June 30, 2008 11:14:39 AM EDT
To: rshippee@lighthousepartnersllc.com
Reply-To: rshippee@lighthousepartnersllc.com



To see the version with all the graphics and pictures please click [Here](#) 6-5-08 #50

[Join Our Mailing List!](#)

Empower yourself, your friends, your relatives, and your associates.
Sign up today - no obligation - no cost - Priceless Value

Many have signed up in the last two weeks. Thanks!

Dear Russell,



Russell & Cathy 4th of July

NO, I had no idea how much so many of you would enjoy and benefit from the article on NO. Maybe it was partly in missing me?

NO, I had no idea it would spur so many to join the newsletter. Welcome to all our new subscribers.

Yes, confidence is the word. Remember, GOD did not make any junk!

For those of us in the United States tomorrow is the 4th of July and our Independence celebration. Think of the confidence our forefathers had. Think of what they did for us.

What bold, confident, empowering things are you going to do in July? No, not just refrain from that extra hot dog on the grill.

Some 'friends' wanted me to be sure to tell you all that Cathy and I came in LAST in a golf tournament. Well, it was all me - not Cathy. Did it shake my confidence? No. I do not live and die on my golf game. Years ago we won. This year we were the big losers. So, our time to win is coming. I need only to invest the time in practice. Yes, practice.

Coming in last means there is a lot of room for improvement. Some things are worth the effort and others are not. It is a personal choice. Make your choice and make the effort.

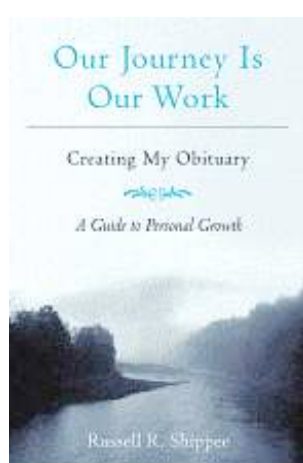
Many take time off in July. It is a great time to recharge and reassess where you are and where you are going. What changes do you need to make to reach your goals?

More power to all of you using NO to enhance your lives, your careers, and your abundance. Please share it with others.

Be the BEST You Can Be,

Russell R Shippee

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



Priceless

Order today and get we will email you the workbook *Living My Life on Purpose*

Offer expires on 7-11-08

[BUY the Book HERE - NOW](#)

"Many people talk about how to live life purposefully but few do it in a way that Russell Shippee does. If you are wanting to change your life for good and catapult yourself into a fully empowered life, you will want to read his book, "Our Journey Is Our Work: Creating My Obituary." If you want your life to be filled with accomplishments that help others, the confidence to overcome obstacles, and the courage to live your dream, Russell's book will inspire you to do so."

Dr. Pat Baccilli "The Oprah of talk radio"

Quotes

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

Winston Churchill

"Do you want to know who you are? Don't ask. Act! Action will delineate and define you."

Thomas Jefferson

"When the student is ready the teacher will appear."

Ancient Chinese proverb

"He has all the virtues I dislike and none of the vices I admire."

Winston Churchill

"When you finally trust yourself, you will know how to live."

Goethe

D N F

DNF, in sailboat racing, means did not finish the race.

We raced Golden Goose in a race from Newport, RI to Cuttyhunk, MA.

Yes, we had to drop out as the wind was so light we could not finish in the allotted time.

Yes, we were successful. We had prepared and we were on the starting line on time. The wind, or lack thereof, we could not control. We still had fun and it was a great experience.

Sure, we would have liked to win, but the doing was the success.

How can you relate this to your life and what you are doing?

FEEDBACK

I think every 2 weeks agrees with you - this was very powerful! I had never thought about no in these terms, either as a giver or receiver. RM

Two private investors both told me how it helped them with the key employee of one of their investments. They need private coaching to truly empower their investments. Don't you agree? Do You? Does someone you know?

Welcome back! I love the story about your daughter. Fortunately, Georgetown Medical School made the correct decision enabling me to avoid a trip to Washington to inform them of their "mistake". SF

What is your dream? its too late, cant/wont ever happen

When will you make it real? out of my hands

What is holding you back? cant make other people want to have the same "dream" you want (initials not provided)

In reply,

If you believe it won't happen, well then, it won't.

No, we have control and once we understand that we can move forward and we can and are empowered.

Correct, it is our dream, our desire, and our drama. Others will come and go. When we change to live our dream, our purpose, some will change with us and some will leave. This is OK and as it is meant to be.

Yes, some of the pictures of me are ones taken over a year ago and some over 50 years ago. However, I do look younger now than I did a few years ago.

Confidence

Confidence is a state of mind, a presence, and a feeling. While you cannot touch or buy confidence you can feel it, see it, and know it in yourself or another. Confidence, or lack thereof, cannot be hidden. Confidence is often the difference in winning or losing.

Confidence can be seen in one's face, walk, stature, actions, speech and being. Confidence can speak louder than the clothes worn or the car

driven. While the clothes and cars are symbols and tools employed to create an image, true confidence needs no earthly props. Gandhi is an extreme but wonderful example. Beware of false confidence parading as true confidence. Many people present themselves as confident while inside having fears and doubts.

Confidence is the lack of fear as well as knowing who and what you are and living that life. This can be the local doctor quietly and effectively serving patients or the local teacher humbly serving while mentoring so many. Confidence is having faith in yourself and not obtaining your self worth from comments and opinions of others.

Confidence makes the difference between success and failure. Confidence gives one the focus and strength to do what one sets out to do. Knowing you can do something allows you to relax and do it while enjoying it without fear. With confidence you get out of your own way and your subconscious takes over and instinctively does the work. The subconscious has the ability to repeat what we have done successfully and do it with grace and ease. We need only to get our conscious mind and fear out of the way.

Lack of confidence creates a fear of failure. It is the fear that inhibits one and stops a person from doing that which one wants to and many times should be doing. Fear of failure stops us from living and engaging in life itself. When our conscious mind focuses on our fear of failure, we cannot do our best.

Our fear and lack of confidence haunts us and inhibits us. The only way to solve the problem is to move forward and do that which you fear. It is in the doing that your confidence will grow and develop. Sure, the first time is the worst time. We all have to do that in order to grow and develop.

Once we start, once we make the effort, we will find it is far easier and more enjoyable than living knowing we are not doing what we desire to do. Living with our fear and lack of confidence is living with something that will not go away until we take action.

Take action, NOW, do it now, and your confidence will grow and your fear will disappear. Action builds confidence. Start NOW.

[Forward email](#)

 [SafeUnsubscribe®](#)

This email was sent to rshippee@lighthousepartnersllc.com, by rshippee@lighthousepartnersllc.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

