

RUSSELL R. SHIPPEE PRESENTS
Bethe BEST You Can Be.net



Russell R Shippee

Quote

In my beginning is my end

In my end is my beginning

T.S. Eliot

Quote

If you do not use your mind someone else will

Dear Russell,

THANKS to all who took advantage of the workbook offer. Please do send us your thoughts on the workbook. How did it help you? Did it clarify your thoughts? Did it help bring direction to your life? Did it add value? Any suggestions for improving it?

Welcome to the new subscribers and thanks to those who encouraged them to sign up. The more the merrier! Please add some friends this week. They will thank you for thinking of them.

Summer is in full swing in the USA. While it is a great time to be outside and to enjoy a vacation, it is also a great time to focus on yourself, what you can and should do, how you can help others.

What are you grateful for today? life itself? family? health? wealth? friends? ability to make a difference? a kind gesture extended to you? the chance to talk with a loved one? Yes, there are many things we can and should be grateful for. Yes, NOW is the time to reflect on them. NOW is the time to realize how fortunate we are.

What did you accomplish last week? No, not what was not done but what step, little it may have been, did you take? What are you going to do this week? Did you make a plan for the week? If not, stop and make one today for next week and keep it where you will see it. No, you may not get it all done but you will make progress. You'll be glad you did.

This weeks article is on *Abundance Worth Having*. No, money is not the key. Please hit reply after you read it and provide your feedback. Is it true? Does it pass your test of logic? Do you agree?

Last week was the celebration of Whitney Krozier's life. In spite of cancer as a young child her obituary at 23 shows a full and inspiring life. She cut the ribbon when the Providence Ronald McDonald house was opened. She was the keynote speaker at the 2001 Billy Andrade and Brad Faxon Charities fundraiser, receiving a standing ovation for her speech. She was starting a career as a mental health counselor. Pain may have slowed her but she never stopped. She is a wonderful teacher and inspiration to all who had the privilege of knowing her.

unknown

Feedback

-
Please tell us what you like, what you don't like, what helps you, and what you'd like to see

-
Just hit reply to the newsletter

-
We want to hear from you!

-
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Be a friend - tell a friend to sign up

Be Well,



Russell R Shippee
BetheBestYouCanBe

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

Feedback

In spite of not having the time, I do find I look forward to your quick inspirational material. Keep it coming.

(from a personal conversation)

Your newsletter fills me with anticipation for the next week's issue.

Walter Providence, RI

525,600

What would you do with 525,600? Please hit reply and tell us what you would do. Let's see what each of us would do. 525,600 may well be yours. How would you spend it?

Abundance Worth Having

If you were given six months to live, what would you do with your time? You would probably make valuable use of every minute, not to gain material wealth but to spend and enrich your time with family and friends.

Most people dream of a life of abundance with houses, cars, toys, and trips. These material things are valued and make us feel good.

Many feel abundant when they are able to purchase what they want, show off their new purchases, and talk of their latest trips. They strive to do better than the family next door or others at the club.

Sometimes friends are valued based on what they have and do. Jealousy may be part of it, but many people seek the status of being friendly with wealthy people.

Many people work hard to climb that slippery ladder of success. At times some people are fearful of the new day and the challenges. Will we earn what we need, will we get the promotion, or will we get hired? How can we save face? How can we make it look good to our peers?

People often focus on the abundance of things, positions held, associations based on money, board seats, and community respect. Occasionally people will even go into debt for the abundance of things.

Some people tire of the game, and the fun is gone. They have worked and worked and are burnt out. The value is gone, but the debts still continue. They wonder if this abundance, this game, is all there is to life. The fun and excitement are long past.

What is it they were after? Did they succeed? Is this all there is? What do we have to look forward to? Does the game ever end?

Can we ever win the game of money? The more we work, the more we spend, and the more we look around and compare. Someone has made millions and is the new envy of the neighborhood. Someone else bought the newest toy, and we wonder who will be next and if we should buy one also.

If you are tired of this rat race, this money game, this trying to keep up with and ahead of the Joneses, it might be time to redefine "abundance."

The *Oxford American Dictionary and Thesaurus* definition of abundance is:

1. a very great quantity, considered to be more than enough;
2. wealth; affluence;
3. wealth of emotion (abundance of heart);
4. overflow, superfluity, excess, surplus, too much, oversupply, glut

To me, abundance is what you take with you when you die. The principles are as follows: [\(continue to full article\)](#)

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