

RUSSELL R. SHIPPEE PRESENTS
BetheBESTYouCanBe.net



Russell's Lobsters

Quote

If not NOW

When?

Talmud

Quote

Money can't buy Life

Bob Marley

on his death bed at age 36 to his son

Dear Russell,

My 'compensation' for this letter is your feedback. When I hear that the messages and the quotes have helped, have made a difference, have provided an insight; why, I feel terrific.

Yes, some also reconfirm spelling errors and the like. UGH! I was sure the letter last week was fine, until I received my copy and the spelling error I had missed popped out at me. I will work on that.

What is your passion? What do you truly want to do? What would you jump out of bed most eager to do? Might it be running a lobster shack? Might it be becoming the President of the United States? Might it be coaching the local sports team?

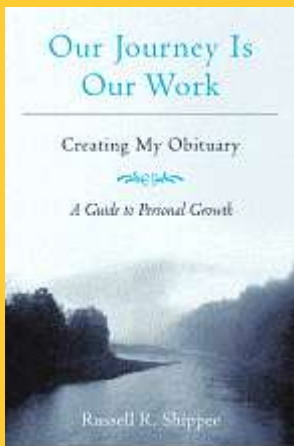
What matters is doing what your passion leads you to do. No, it does not have to be today. Today, you can take one small step towards the goal. Today you can visualize it and start a list of the steps necessary. NOW is the time. Today is the opportunity.

In our family we have a saying "I'm too busy." We all have the same 24 hours a day. We all have stresses and interruptions. We all handle them differently. There is also another saying, "Nothing urgent is ever important and nothing important, is ever urgent." Forgetting the exceptions, there is value in this quote. Don't let someone else's urgency keep you from doing what is most important to you.

NOW is all we have. The past is an ever changing memory and the future never comes. Live in the NOW.

Be Well,

Russell R Shippee
BetheBestYouCanBe



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

Feedback

Thank you for the Abundance principles. Your inspirational instructions motivated me to implement an action plan for some personal projects. DC

525,600 minutes in 1 year

525,600 is the number of minutes in a year. It holds far more value, far more abundance, than money. If you had an extra year to live what would you do?

Do it NOW.

NOW

Now is all we have. Now is all we will ever have. Now is all we ever had. Tomorrow never comes. The past is gone.

This moment is all there is. We need to learn to be in the moment. Often we are numb to the moment, because we are living with a past memory or thinking of what we need to do later. Dwelling on the past or the future does not allow us to be fully in the moment. We miss what is going on. We are stressed, worried, and pre-occupied.

Peace, relaxation, and focus can only be accomplished when you are in the now.

The past is gone, and the future never comes. Give your full attention to the moment and what you are doing. That way you will be able to do your best, and you will enjoy what you are doing.

Do what needs to be done now. Tomorrow never comes. If it is worth doing, it is worth doing now. Why delay? If it is of value, then do it. If you wait, you stand a better chance of not getting around to it. If you wait, you will delay the benefit of what you were going to do.

Are you climbing the right mountain? Are you satisfied and fulfilled? Stop, listen, feel, allow the discomfort, look within, look in the dark corners, and the truth that you already know will be

waiting for you. Now is the time to find and climb the right mountain.

Now is the best time for interaction. We do not know when a loved one will cross over. If we want to speak to him in the human form, we need to do it today. If it

is on our minds, it very likely will be on their minds also. Why not address it with words? Subconsciously we have already spoken and connected. However, it is also of great value to connect with words.

If we do it now, we can reap the benefits longer. If we do it now, we can all feel better now. If we do it now, we do not have to worry about doing it in the future.

Finally, you will begin. You will face your true self, and you will face your fear. You will do what you fear because you know it is right for you. The key is to do it now, when you know it is right, and not delay it for the tomorrow that never comes.

Do it now.

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