



RUSSELL R. SHIPPEE PRESENTS

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Russell R. Shippee
Author, Speaker, Life Coach



There is great satisfaction and empowerment in getting your schooner. It opens you to all that you are and can be. It is symbolic and shows you all the doors that are

Dear Friends,

People cross over (die) every day. Since the last letter, two women I have known crossed over. Both left the world a better place. In following their deaths we heard even more stories of what they had done and accomplished. While they lived very different lives, both were amazing, and truly lived life to the fullest.

Also, uncle Ben, who was a Navy Commander and passed away in March, was given a full military funeral at Arlington National Cemetery. Impressive!

After drafting this letter, I heard of the death of a friend's mother. While I had no idea what else this woman accomplished, I know she raised a wonderful, caring daughter who, also, is an excellent mother. That, in itself, is success and a life well lived.

They are all role models for all of us.

Who has taught you as they crossed over? Following a death those of us left are often left with valuable lessons that can help us to live life to the fullest. Take a moment to reflect on the value created by those who have left. What is the message for us? What have they shown and taught us?

While adding value for others, we need to first care for ourselves. Only in caring for yourself can you help others. In caring for others, be sure your things are in order. Have a will and review it at least every 3 years and after major changes in your life. Have a list of where to find your important papers and things. Yes, write your obituary each January 1st. It'll be ready, and it's your report card on what you've accomplished in the last 12 months.

I just finished Mind Programing by Eldon Taylor. It is a 'must read'. Why? Well, get the book and you will find many reasons, insights, values, and ideas to help you and your loved ones. If you have not yet ordered and read Excuses Begone (see the link at the bottom) by Dr.Wayne Dyer then you must have some excuse. I wonder if it is valid? Get the book and find out. Read both books. You'll be twice as good!

We are sailing and enjoying the beach with the family as the weather in New England has finally turned to summer. Here's hoping it's the same for you..

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

open to you. Yes, if you can desire it, you can do it. If you can desire it, you can accomplish it.

What is your Schooner?

PS: A new group coaching program is starting soon. Want to be included? Email me for the details.

Quotes

To the world you may be only one person — but to one person you may be the world.

— unknown

The brick walls are not there to keep us out; the brick walls are there to give us a chance to show how badly we want something.

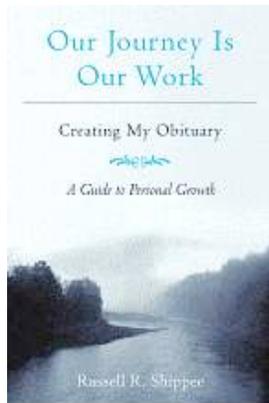
— Randy Pausch

Inside every older person is a younger person — wondering what the hell happened.

— Cora Harvey Armstrong

If you can find a path with no obstacles, it probably doesn't lead anywhere.

— Frank A. Clark



Live the Life You Desire with the Living My Life on Purpose Workbook

Cameron's Corner

Phew! Grandpa seems to be behaving at the moment. His friend came over with his 1929 Bentley and Grandpa let me sit in it with him. I had my hands on the wheel and Grandpa had his hands on me.



Thanks for writing to me. Because of you Grandpa let me write this week's article. Don't regret not reading it. And let please me know what you think by clicking on the blue box on the right.



I like this writing gig. I may write a book. What should the name be?

● *Life Lessons for Adults from a Kid's Perspective*

● *Lessons in the Sandbox*

● *Mentoring Grandpa*

● *Growing up as a Kid.*

Send me your ideas on the best name for the book. Thanks!

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

Okay, here's some of the feedback from last week . . .

Sorry you got lost in the fog . . . happened to us once . . . taking your 'do it now' advise and planning a trip to . . . BD

Now you have me thinking, 'What is my schooner?' The problem is that I think I have more than one! . . . WC

I do miss the weekly newsletter (now that it is every other week for the summer) . . . CW

— FEATURE ARTICLE —

Regrets

Regrets? I have none.

Like yourself, I came to earth to live life to the fullest, to learn, to grow, to share, and to enjoy the adventure. Do you remember that you did the same?

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MY PLAN

7-29-09 10 am EDT
8-05-09 10 am EDT

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What happened? When did you stop living life to the fullest? That must be the time you started with regrets.

What you have done in the past is gone, and how you view it changes as you change. Sure, I have already done some things you might think I should regret. Well, I may be sorry, I might wish I hadn't done them; but I also know I learned from them, and they were of value. If they keep me from making the same mistake again I should be thankful and have no regret.

Grandpa told me that at the end of earthly life many people have regrets. Some of the biggest regrets are things not done, risks not taken, and life not lived fully.

So, if these are the biggest regrets the older people have today, and you and I know it today, we can change today. Yes, today is the day, right here, right now, is the time to change. Change is as simple as changing your heart. Once your heart is changed you have changed.

There is a saying, "Throw you heart over the bar and your body will follow." Changing your heart changes your mind and your body and actions follow. It is that simple. Change is as simple as a change of heart. And, you can change it in an instant.

You now remember kids do not have regrets, but they do have lessons. You were a kid once and should be one now. You also know the biggest regrets are at the end of life. So, what are you waiting for?

Yes, you can change today. You can change your heart and work towards, from this day forward, that which you truly want to do, want to try, and want to accomplish.

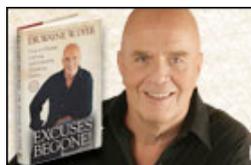
For me, it is talking. For you it might be a new job, to climb a mountain, to propose to someone, or who knows what. Start today. Start saving the money, start learning the skill, and start making the plan. It is all in the first steps.

Be a kid, have no regrets. You'll be glad you don't.



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