

RUSSELL R. SHIPPEE PRESENTS

Be the Best You Can Be

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Thursday, August 20, 2009
Summer Edition #97



Russell R. Shippee
Author, Speaker, Life Coach



There is great satisfaction and

Dear Friends,

Thanks to all the new subscribers as well as you regulars. Our mailing listing is growing nicely, thanks to your recommendations to your friends. Please continue to do so.

We did get out on the boat for a few nights, and it was great. Sitting on a boat in a harbor, watching all the other boats, is so much fun. There are all sizes, shapes, and types of boats. We spent one night at Block Island, and the island was packed with boats and people. It looks like the economy is coming back in the USA.



(starting picture on far left)

KATY
JOHN
and
CATHY
(yellow cap)

Priorities seem to be an issue for many right now, so that is the subject of the article below. We all struggle with too much to do, too much we want to do, and too little time. This all creates stress we do not need. The article below will help you as it has helped me and others. Have you learned to say NO?

Last week we looked at the end. The article hit a nerve with many, and many have indicated they are taking action. Great! Now, add in priorities, so the action is focused and appropriate for you.

A number of you have recently acquired the Living My Life on Purpose Eworkbook. So, we have scheduled more classes to review the workbook. Be sure to sign up, sign up even if you do not yet have the Eworkbook. Just sign up!

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

PS: Have you signed up for a free teleclass?

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 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?

[Click here to Sign Up NOW for a FREE TeleClass.](#)

["Living My Life on Purpose" begins 8-24-09 9am EDT 9-01-09 10am EDT or 9-01-09 4pm EDT or 9-8-09 10am EDT](#)

["My Plan" begins 8-25-09 9am EDT 8-26-09 11:30am EDT or 9-02-09 9 EDT](#)

Quotes

"Strategy without action is a daydream - Action without strategy is a nightmare."

— Chinese Proverb

"Man is free at the moment he wishes to be."

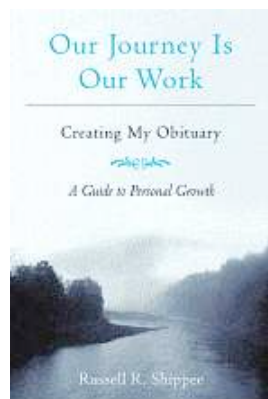
— Voltaire

"It is never too late to be what we might have been."

— George Eliot

"The person who says it cannot be done should not interrupt the person doing it."

— Chinese Proverb



Cameron's Corner

I have priorities, too. Sometimes they conflict with my parents', especially around the time they feel it is my bedtime. We negotiate.

Grandpa and I also negotiate on our priorities as they sometimes conflict. Grandma says grandpa is just stubborn. Some think she has a point. Me? well, I know when to be quiet.



The whole family went to the beach and I was all over having a blast. Finally, I just fell asleep. It takes a lot of energy to keep your parents and grandparents running after you.

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

— FEATURE ARTICLE —

PRIORITIES

What are your priorities?

Is it to survive the day? Is it to respond to whatever comes? Is it to do what others ask you to do?

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TeleClass Schedule
All times are EDT

**LIVING MY LIFE ON
PURPOSE**

8-24-09 9 am

9-1-09 10 am

9-1-09 4 pm

9-8-09 10 am

MY PLAN

8-25-09 10 am

8-26-09 11:30 am

9-2-09 9 am

[Reply to this
newsletter and tell
us what class to
sign you up for at
No Charge!](#)



Bouncing from one item to another is exhausting and unfulfilling. Just doing what comes along leaves people feeling they accomplished little, if anything, at the end of the day.

Do you want to accomplish something today and feel good about it, and yourself, at the end of the day?

More is too much. More running, more jumping from one thing to the next, and more rushing are not the answer; nor is allowing others to control you.

The answer is to plan the day based on your priorities. Less is more. Less gives you the opportunity to enjoy what you are doing, to enjoy those you are doing it with, and to do your best.

A farmer knows when he has to plant his crops based on the weather and season. He plants when it is time. One cannot plant a month late and expect to catch up for harvest time. No, farmers plant when required and allow the crop to grow in it's own time and then harvest.

Be a farmer. Allow the proper time to do what you are doing. There is no value in rushing, doing something poorly, and knowing you did not invest the time to do your best.

Everyone has 24 hours in a day and everyone controls what they do with that 24 hours. Sure, some give control to others, but that is a conscious decision to turn over control to another. Yes, you are in control of your life.

Plan your day based on your priorities and say NO to those things that have little or no value. Say NO to the unimportant so you can do the important.

For those caring for children at home, the priority is the children. They need time and attention. So, say NO to those things you'd like to do but are not as important as your children. The time will come when the children are in school and you will change your priorities to have time for other things.

For those with a busy career you can set a priority of how many hours you will work. Sure, there are emergencies but on a daily basis you can decide. You might even change careers.

As summer is coming to an end in New England priorities are an issue. For me, it is a desire to spend more time sailing, golfing, and at the beach with the family. It is also working and gearing up for a busy fall. Plus, this summer I had the opportunity to babysit my grandson. I changed my priorities as he was more important. The opportunity won't last forever and I do not want to miss the chance now. We all feel the pull of various priorities.

So, I schedule my priorities trying to balance them as best I can. The key is to first eliminate those things that do not add value and are not important. Do I need to go to that meeting? Can I delegate the task? Can I schedule it for October? Is it needed at all? What is most important?

We can't do it all, we can't go to all the events, and we can't burn the candle at both ends. Choose based on your priorities.

Focusing on your priorities, giving them the needed time, and doing less, will leave you energized, happier, and fulfilled at the end of the day.



Today Is *Your* Day To Win
THINKRIGHT *Now!*
 INSTANT INNER POWER

Help Yourself

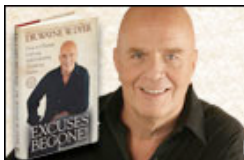
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