

RUSSELL R. SHIPPEE PRESENTS

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Russell R Shippee

Quotes

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned".

Buddha

"Keep your face to the sunshine and you cannot see the shadow."

Helen Keller

"A life spent making mistakes is not only more honorable, but more useful than a life

Dear Russell,

Judgment is the focus today. I know I have done an awful lot of judging in my lifetime. How about you?

Judgment makes me think of the story of those who live in glass houses. Most of us do. Too often, in hindsight, I have found that my initial judgment was wrong. How about you?

So, what are you grateful for today?

What do you wish will change? How are you going to change it? No, we cannot change another but we have total control over our reaction to what others do and not do. Perhaps there is something you can change your reaction to?

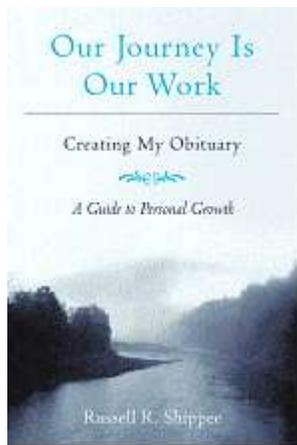
What have you done to advance yourself? What step, be it little or big, have you taken? What is the next step you will take? We need only take one step at a time. Have you made your plan?

Is it time to review the previous newsletters? Read them [Here](#). Interestingly, every time we read an article we read it for the first time. Our understanding and reaction is based on where we are in the moment that we read it. Try it. Read your favorite, or your least favorite, again and tell us the differences.

Summer in the USA is fast coming to an end. Knowing we are all kids what are you going to do to take advantage of summer ending?

spent doing nothing."

George Bernard Shaw



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Be Well,

Russell R Shippee
BetheBestYouCanBe

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

Labor Day Goals

As we change our mindset from summer to fall and the approaching year end many people set goals for the balance of the year.

Me, I am going to eat right. I am going to eat healthier food and less of it. No, not a diet, but a change of eating habits. Yes, I intend to lose those extra pounds.

Join me? I am committing myself publicly to losing 20 pounds. Why? Because I have made the mental commitment to do it. You are my witnesses. Join me? Just hit reply and tell me how much you will lose. No, I will not share your name or goal.

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Thanks for having your friends sign up. Every week we add people. Who should you recommend this to? Who do you know it would help? Who do you know that would enjoy it?

Judgment

How many situations or people have you judged today?

Most of us judge others and situations all day long. We are judge and jury. We know what is correct, we know what is best; we know others are waiting for us to tell them what is correct.

Well, who says we have any right to judge another? Who says we are correct? Who is truly waiting for us to pass judgment?

No, we are not always correct and we know it. Think back to a situation in which you held a firm position only to change your mind later. It may have been that further facts changed your mind. It may have been the space or emotions you were feeling at the time. As those emotions changed you may well have changed your opinion as to what was right.

We all change. When we know better we do better. When we know better we might change our opinion. In hindsight, perhaps we should not be so fast to pass judgment.

It seems we are hard wired to make judgments. We make them daily. Some days we do a better job than others. We need to make them for ourselves and to live in this world.

We do not necessarily need to make judgments for others. We do not need to direct them. Everyone is entitled to their opinions which are correct for them at the moment based on their past and their current feelings and emotions. Those too will change and their opinions may well change.

Look back on your life and your judgments. You will be able to remember some that you felt strongly about that you now realize were wrong and have changed your mind about them. Yes, it is going to happen again and again as you learn, grow, and develop. That is part of life's lessons for all of us.

We are all here to learn and we learn at our own pace. If we do not learn the lesson we repeat it until we learn it. We have to learn it for ourselves. Perhaps, we should focus on ourselves and let others focus on themselves.

Sure, we can help and assist when asked. We can discuss and we can express our point of view. In expressing ourselves we do not need to judge. We should listen and leave room for different opinions.

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