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Russell R Shippee

Quotes

"A good rest is half the work."

Yugoslav Proverb

"The time to relax is

Dear Russell,

Is it the beginning or the end?

Is it the end of summer? Is it still summer? Is it the beginning of fall? It is what we believe it is. It is different to different people. Yes, our belief is our reality.

What is your belief? What are your tapes, your endless tapes telling you?

Each day is a new beginning. Just because you did not meet your goal yesterday does not mean you can't do it today. Yesterday is history. Tomorrow never comes. Today is all that matters. Today is the day you decide. Today is the day to work on those goals that need attention.

One beautiful morning a client was leaving and said, "have a great day - unless you have planned otherwise," and laughed as she left. Yes, it is so true. We decide the day we will have, and then we live it. So, make it a great day. Why would we do anything else?

Why do I mention Cameron so often, and why have I used his picture again today? Because he is a teacher for us. All

when you don't have time for it."

Sidney J. Harris

"I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently."

Ernest Hemingway

"We are always getting ready to live, but never living"

-- Ralph Waldo Emerson

"When you change the way you look at things, the things you look at change."

Tao observation

babies are teachers. Babies are smiling, free spirits. They do not judge, and they appreciate the smallest of gestures. They communicate without words and show appreciation. We need to be more like children. Be sure to read about his lesson to us below.

Some of us might be concerned we played this summer and are 'behind'. Let's realize we needed the rest and recreation, and we can now move forward with renewed energy and accomplish much. Starting NOW.

Be the BEST You Can Be,



Russell R Shippee

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

Feedback

I enjoy reading the inspirational emails you send out. They help in focusing direction. JA

Hi Russ! Just have to respond to 'you can get things done'. I belong to flylady who advocates that you can get anything, any job done in small increments of time. She breaks up jobs or whatever to smaller parts (15 min.) at a time and over a day or a week, by chipping off whatever it is needs to be done- it gets done! Instead of looking at a job that is 'too big to handle today', just work on it 15 min at a time. It does work! JD

Thanks for the meeting Russell. Great article on guilt. Today I am going to

enjoy the family. I love the picture of Cameron. M

"Winning is finishing" Rev. Phil Tierney



First, we can learn from Cameron that a smile wins every time. Let's smile. Smiling makes friends. Why don't we smile more? Let's!

Cameron is also winning and showing us how to win. He can now crawl backwards and sit up. He works at it, works at it, falls, gets up, and works some more. He can go backwards crawling, but he wants to go forward. He is close to getting it, and he keeps trying and trying. No one has told him he failed. No one has told him he can't do it. He knows he can do it. He knows, instinctively, to keep trying. He was tired last night but he kept working at it.

So, if he knows to smile, can communicate without words, and keeps trying and trying then we can also. We knew the same when we were young. Now, we know more. Or, do we know less? Anyway, we can be kids, we can smile, and we can keep going until we finish.

We all have our own Olympics. The only way to fail is to stop. So, let's keep going, let's keep learning, and let's keep working towards that goal. Be it to crawl forward, or something else.

Endless Tapes

Our tapes, our endless tapes, are those stories we tell ourselves over and over again. Often, it has to do with a situation we constantly relive, and we carry it forward in our mind and play it again and again. We relive the story and a future that we imagine.

How often do you play your endless tapes in your mind? How often does the same story play over and over and over in your mind?

How often did you make it up or assume it? How often have you made it real in you mind and then did so in life? How often did you find out your tape was wrong?

So, why do you play the endless tapes? Why do you assume and get carried away with the

story and what you will or will not do about it?

The tapes are a distraction and a hindrance. The tapes have no good value. How often do you play and replay the same tape of hurt and anger? How often do you play the tape of justification of why you did or did not do something?

How often have you let a day or a week or longer be ruined by an endless tape that was wrong?

It is time to stop the tapes. It is time to take control of the mind and use it for something constructive and positive. The mind will not remain empty, and it is up to us to use it constructively.

Replace the tape with positive constructive thought. Plan something. Study something. Create something. Think about the good times with friends. Read a good book right now. Focus fully on what you are doing, be it driving, cooking, or building something. Being in the now, fully focused on what you are doing, will bring peace. What you are doing will be better done, and you will see more and learn more about whatever it is, when you are fully focused on it in the now. Even driving, you will see more in the scenery, even if it is your normal route, than you will with endless tapes running.

There is much you can do in the now. Being in the now and focusing on what you are doing will bring pleasure. The tapes add no value and detract from what you are trying to do in the moment.

How do I stop the tapes? Replace the tape with a new thought as discussed above. Sure, it will not last long when you first try it. So, every time you realize you are back in the tape, stop and change your focus. Just noticing you are in a tape is positive. Knowing you are in a tape allows you to step back from it, recognize it, and change it. The more you recognize and change it, the less frequently it will happen, and the easier it will be to change.

Changing the tape is a new habit. After a period of time it will be automatic, and the endless tapes will become less and less frequent. You will be more focused, more productive, more alive, and happier.

Yes, stopping the tapes and replacing them is one of the best things you can do for yourself. Try it for 30 days and you will wonder why it took you so long to do it.

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