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Russell R Shippee

Dear Russell,

Apparently my spam filter is NOT the BEST. Our website genius has determined that some of your responses have been blocked! Ideally, it will be resolved today. If I did not respond to you please accept my apology and resend the email. Thanks.

Intention is the word of the day. It is the start, the first step, in moving forward. If we get the intention right the rest will follow.

Quotes

"If you think you can do a thing or think you can't do a thing, you're right."

Henry Ford

"Once you make a decision the Universe conspires to make it happen"

Ralph Waldo Emerson

"Destiny is not a matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved"

William Jennings Bryant

What is your intention for the rest of 2007? What steps do you need to take NOW to be proud of what you did in 2007? Sure, it is overwhelming if you look at it as one big project. All we need to do is take the first step. Take that step, enjoy the success of it, and then take the next step. You'll be amazed.

For those who have joined me, how is the new way of eating working? I have lost over 7 pounds in spite of not always making the right decision. It is getting easier and I do feel better. Here's hoping the same for you. It does get easier and easier.

Thanks to those who responded to the **BEST** logo survey. It seems that some are concerned about wearing something that says just **BEST** on it. So, please hit reply and vote for:

1. No, I would not wear or give the logo wear to anyone
2. Yes, I vote for the logo wear just saying **BEST**

"Change your thoughts and you change the world"

**Norman Vincent Peale
1898-1993**

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Be sure to tell a friend to join.

3. Yes, use the whole logo **Be *the* BEST You Can Be**

Thanks for the feedback.

Yes, labor day in the USA is over and that means the unofficial end of summer. It is time to get back to doing what we intend to do.

Be *the* BEST You Can Be,



Russell R Shippee

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

Feedback

I try to work on "judgment" daily as it is one of my greatest flaws. Thanks for the helpful words. I love the newsletters. Always read them.... L

Thank you Mr. Shippee. Your Newsletter made my day! D

Intention

What are your intentions?

Do you have intentions that you hold firm, day in and day out? Or, are your intentions one way for today and another way for tomorrow?

We manifest our intentions. However, to do so they have to be consistent intentions that we focus on and work towards. A quick desire that is here now and gone tomorrow is not an intention and not something that we can expect to manifest. An intention is something that we work towards during the good times and the bad.

Edison intended to create the light bulb. He found 10,000 ways that it would not

work until he found the one that would. While the results were not overnight he did succeed. He kept his intention in focus and did the work necessary. Look at the great people in history and the lifetime they spent against great odds to fulfill their intentions.

Without focused intentions you will drift from one thing to another on the sea of life. People and events will take you from one thing to another and you will not find satisfaction or fulfillment.

When it is not our intention to succeed we won't. When it is not our intention to give it our all we won't. When it is not our intention but someone else's for us we will not give it the attention and focus we would were it our own intention.

Be suspicious of people who tell you they will try. Trying does not indicate they are willing to or believe that they can do it. The intention is not there and without the intention and the commitment to do it, one will find that success is less likely.

Beware of your intentions. Intentions are most likely what will be. Even negative thoughts and focus come into being. If we focus on the not wanting something it is in effect an intention and more likely to happen.

We need to guard our thoughts, what we focus on, and what we spend time on, as they are our intentions. Our intentions have a good chance of becoming true.

Without intentions you drift meaninglessly in life. Positive intentions produce positive results. Negative intentions produce negative results.

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