

RUSSELL R. SHIPPEE PRESENTS

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Russell R Shippee

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

"Change your thoughts and you change the world"

Norman Vincent Peale 1898-1993

Dear Russell,

This week is affirmations. Sure, we do not need them, we are beyond them. The only problem is we do need them and they work. We need only allow them to work.

I am away so this letter was done before I left. Ideally, I am not eating too much while away. Having to report to you makes it easier to eat healthy. Do you have someone that you report to? It is good to have a compassionate friend to report to that can support you in your goals and challenges.

While away I will be working on my year end goals. There is always some quiet time to get things done. So, I will use the time accordingly. I hope you are all doing the same. It is amazing what we can get done if we only focus on it.

Next week the quotes will change. Do read the quotes again. Repetition is good. we can see a thing again and yet, we are seeing it for the first time.

Next week will be about farming. While it may seem there are not many farmers left we are all farmers.

Be *the* BEST You Can Be,

Russell R Shippee

Helping You, Motivating You, Encouraging You, to Be

the BEST You Can Be

Feedback

Just want to say that I am really enjoying your inspirational words and quotes.
When I read them I feel comforted and inspired!

Thanks for the many words of wisdom. KL

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Affirmations

Write and then read your affirmations daily. Write and then read your goals daily. Create a vision board with your intentions and then view it daily.

There are many ways of working with and using affirmations. Some consider them goals, some consider them intentions, and some consider them visualizations. Some think of them as all three things combined into one.

Our subconscious believes what we tell it and repeat to it. Our subconscious takes our direction and makes those things happen. That is why we need to be positive, to think, act, and be what we want to be. If we say something but do not believe it our subconscious will not believe it either.

Affirmations keep us focused on our goals and intentions.

So, be sure to have your goals written along with positive affirmations. Putting something in writing makes it real as does reading and reviewing it on a daily basis.

No, it is not just about money. It is about what you want in life, what you want to be, what you want to accomplish, and what you want to acquire.

Some samples might be:

I am 183 pounds

I am a doctor
I am a published author
I have a 50ft sailboat
I live on the water in a house that looks like X
I am a graduate of X school
I am married to a wonderful supportive spouse
I earn \$X dollars annually
I am the CEO of X company

This is your life to live and to create the life you want. If you want it then focus on it and use the tools available to obtain it. The subconscious is our most powerful tool. We need to instruct it with clear instructions, such as affirmations, intentions, and visualizations. Then the subconscious will create it for us. The problem is when we try to control it. The subconscious is responsible for our bodily functions that keep us alive. The subconscious does our breathing, processing food, and our motor coordination. We need only think about picking our arm up and the subconscious directs the muscles to make it happen.

When we think about the power of the subconscious and what it does for us we realize how powerful it is. Affirmations use the subconscious to create the life we design for ourselves. If we allow negative thoughts we will reap the results of those thoughts.

Our subconscious is like a field in which we plant our desires. If we allow weeds to grow that is what we will get. If we focus on our goals and intentions then the subconscious will produce the results we desire. It is that simple.

Why not try affirmations? What do you have to lose? You have nothing to lose and everything to gain.

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