

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Russell R Shippee

### Quotes

"Independence? We are all dependent on one another, every soul of us on earth."

George Bernard Shaw

"Burn the candles, use the nice sheets, wear the fancy lingerie. Today is a special occasion"

unknown

"The greatest good you can do for another is not just to share your

**Dear Russell,**

What did you plant and what did you harvest this week? Did you plant more than you harvested? Your future should always be brighter than the present. It is easy. Plant more today. It's fun.

**It always amazes me how much I can get done when I have a goal, a time line, and focus. Do you feel the same?**

**If not, do you set a goal with a time line? If not, try it. Remember the old saying, "if you want something done give it to a busy person." Remember, work expands to fill the time allowed.**

**This week the lesson is from Charlie Plumb. You can view his website [Here](#). The lesson is important and powerful for all of us. Perhaps after reading the article there are a few people we should call. Perhaps more.**

Be SURE to hit reply and tell us how much weight you have lost. Has anyone reached their goals yet? Any success story you would like to share? any insights? and questions?

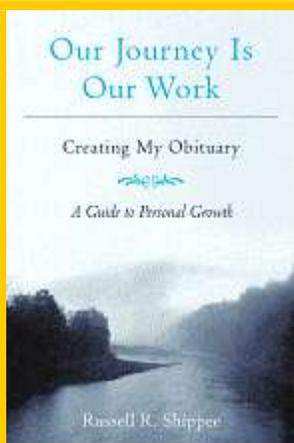
**If you could not fail what would you do today?**

**If you were not afraid of what others would say what would you do today?**

**if you had confidence what would you do today?**

riches, but to reveal to him his own"

Benjamin Disraeli



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**DO IT    START IT    TAKE THE 1ST STEP**

As James Allen said, "Most beginnings are small, and appear trivial and insignificant, but in reality they are the most important things in life."

**THANK YOU** for the continual feedback. Several times this week I have been told how they look forward to the Thursday newsletter. Is my newsletter one of this small steps?

Read and reflect on the poem below. It is true. It works.

Be *the* BEST You Can Be,

Russell R Shippee

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

**Randy Pausch - Journey**

***His last lecture -- His Life Lessons for US***

For you - For your friends - For you family

view it [NOW Right HERE](#). It is a gift to us.

It is on the left side... view lecture

"I bargained with Life for a penny,  
And Life would pay no more,  
However I begged at evening  
When I counted my scanty store.

For Life is a just employer,  
He gives you what you ask,  
But once you have set the wages,  
Why, you must bear the task.

I worked for a menial's hire,  
Only to learn, dismayed,  
That any wage I had asked of Life,  
Life would have willingly paid."

## Book Excerpt

### ***INSIGHTS INTO EXCELLENCE***

#### **Packing Parachutes - Excerpt from Chapter 16**

By Charlie Plumb

Recently, I was sitting in a restaurant in Kansas City. A man about two tables away kept looking at me. I didn't recognize him. A few minutes into our meal he stood up and walked over to my table, looked down at me, pointed his finger in my face and said, "You're Captain Plumb."

I looked up and I said, "Yes sir, I'm Captain Plumb."

He said, "You flew jet fighters in Vietnam. You were on the aircraft carrier Kitty Hawk. You were shot down. You parachuted into enemy hands and spent six years as a prisoner of war."

I said, "How in the world did you know all that?"

He replied, "Because, I packed your parachute."

I was speechless. I staggered to my feet and held out a very grateful hand of thanks. This guy came up with just the proper words. He grabbed my hand, he pumped my arm and said, "I guess it worked."

"Yes sir, indeed it did", I said, "and I must tell you I've said a lot of prayers of thanks for your nimble fingers, but I

never thought I'd have the opportunity to express my gratitude in person."

He said, "Were all the panels there?"

"Well sir, I must shoot straight with you," I said, "of the eighteen panels that were supposed to be in that parachute, I had fifteen good ones. Three were torn, but it wasn't your fault, it was mine. I jumped out of that jet fighter at a high rate of speed, close to the ground. That's what tore the panels in the chute. It wasn't the way you packed it."

"Let me ask you a question," I said, "do you keep track of all the parachutes you pack?"

"No" he responded, "it's enough gratification for me just to know that I've served."

I didn't get much sleep that night. I kept thinking about that man. I kept wondering what he might have looked like in a Navy uniform - a Dixie cup hat, a bib in the back and bell bottom trousers. I wondered how many times I might have passed him on board the Kitty Hawk. I wondered how many times I might have seen him and not even said "good morning", "how are you", or anything because, you see, I was a fighter pilot and he was just a sailor. How many hours did he spend on that long wooden table in the bowels of that ship weaving the shrouds and folding the silks of those chutes? I could have cared less...until one day my parachute came along and he packed it for me.

So the philosophical question here is this: How's your parachute packing coming along? Who looks to you for strength in times of need? And perhaps, more importantly, who are the special people in your life who provide you the encouragement you need when the chips are down? Perhaps it's time right now to give those people a call and thank them for packing your chute.

Click [Here](#) to view Charlie's website

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