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Cameron Shippee

Quotes

"You are who you are when no one is looking"

unknown

Dear Russell,

Yes, Cameron is sure smiling and enjoying himself just sitting in a bag. Can you do the same? You don't need a big expensive car just to smile, do you?

Smile and the world smiles with you. Frown and you frown alone. Would you rather be with a happy smiling person or a grumpy one? Well, which one are you? You can be who you want to be. So, smile, and make yourself a welcome addition to any group.

Hey, if you smile you'll get more customers, friends, and be busier. Do you want to sell more, have more friends, and be called more often? Well, smile. Be a welcome addition.

I am smiling as more people have signed up. Welcome! Please provide feedback.

Peter Drucker said, "The most important thing in communication is to hear what is not being said." Boy, is that ever true. Stop and think about it when you talk with others. What is the real message? What is it that you need to hear? Is that why God gave us two ears and only one mouth?

So, what have we changed in the newsletter? Send me an email and tell me. Did you miss it or catch it? What in life is passing you by because you are moving so fast?

"I live by this credo: Have a little laugh at life and look around you for happiness instead of sadness. Laughter has always brought me out of unhappy situations. Even in your darkest moment, you usually can find something to laugh about if you try hard enough."

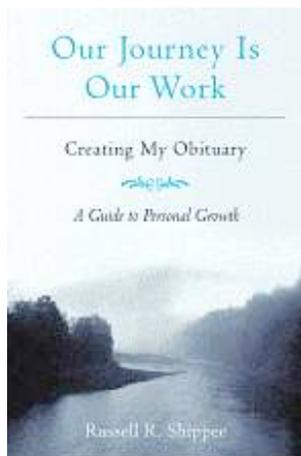
Red Skelton

"There is little success where there is little laughter."

Andrew Carnegie

"Happiness resides not in possessions and not in gold; the feeling of happiness dwells in the soul."

Democritus



Learn to Create and Enjoy the Journey!

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Enjoy the Journey,

Russell R Shippee

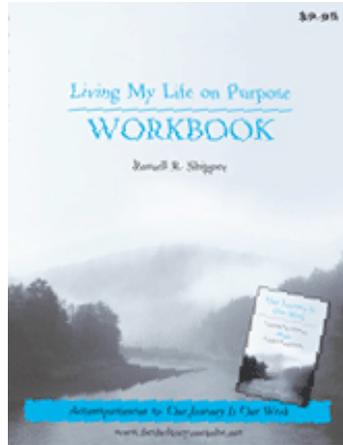
Helping You, Motivating You, Empowering You, to Be the BEST You Can Be

Feedback

This newsletter is one of my favorite newsletters! Life is strange...I woke up this morning and said to (names deleted), this has been the best time of my life! Then I log onto my computer and find this! SM

I sent the endless tapes newsletter to several friends. It is so true. SB

SB, have them sign up for their own copies!



Only 14 more can attend -- Will you be one of the lucky ones?

Wednesday October 15th at 2:00 PM EST there will be a webinar (telephone lecture with a computer screen power point presentation) on *Living My Life on Purpose*.

Who should attend

Those wanting a life of purpose

Those searching for their purpose

You, if you want an insight into yourself

To sign up hit reply to this newsletter and indicate you'd like to attend. It is first come first serve. Yes, there is only room for 14 more due to limited telephone lines.

The Notebook

Simplicity in life and finding things is the notebook.

I use a spiral bound notebook and have done so for almost 40 years. I date each page and list the time of all telephone calls. A check mark is put beside things that are finished and the top of the page is checked when all items on the page that need to be addressed have been. Yes, I keep them and file them by date. You

only need to go back once to find a name or number to make it worthwhile.

The notebook replaces all those scraps of paper you cannot find when you need them. It also eliminates the mess of all sorts of paper all over the place. Everything is in one neat notebook that can be closed and put out of sight as needed. Plus, it is low tech and you do not have to have the computer with you.

Put the notebook by the phone and make notes, as needed, in the notebook. Put numbers and names of people and people to call back. Make notes on prices given, makes, models, and details. A written notes eliminates confusion later and less confusion is less conflict.

By making notes you will have access to the facts when needed. Nothing helps an argument more than confirming on what date and what time someone said something. The notes give you the confidence to stand up to what was said and quoted.

Take the book to meetings and make notes. Keep it with you to make notes from the cellphone calls. Make notes to yourself in ideas and inspirations that come to you. It is hard to lose the notebook.

When you have returned the calls and finished a page put a check mark on the top. That means all calls have been returned or projects started, done or in process.

People remember when you say you will do something. Perhaps you don't always remember. A note in the notebook will help you to remember and make you look good as a person of your word.

Sure, names and numbers need to be put into computer databases, and if you can do that while on the phone, you don't need to do it in the notebook. The same goes for file and quote documentation for those who have it in their offices. However, when it is not

available or easy, the notebook does the work. Check the item off when you have put it in the computer.

Is a notebook for you? Will it help you? Well, try it for two weeks. You have nothing to lose and everything to gain.

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