

RUSSELL R. SHIPPEE PRESENTS

Be the Best You Can Be

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Thursday, October 15, 2009
Fall Edition #101



Dear Friends,

Thank You for all the positive comments regarding our 100th newsletter. Our readership is UP.

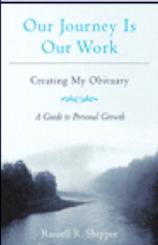
A prospective client asked, "Are you a business coach or life coach?" This is a great question. See, you are a business. Your business is you. You might also own a business or you might hire yourself out to another business. I am a business life coach who knows that you are a business.

It is true I am not accepting new individual clients but am focusing on group coaching. There is more value for everyone and it is less expensive. We all help one another, as life should be. Afraid to join a group? Sure, I understand. Try it. You'll be surprised.

Be sure to review the products offered as they are recommended. I am checking out a new one that appears to have a huge benefit. I'll finish my testing before I tell you about it. The testimonials are wonderful; but I still like to test these things myself before I recommend them.

Russell R. Shippee
Author, Speaker, Life Coach

SPECIAL OFFER

 <p>Our Journey Is Our Work</p> <p>Creating My Obituary مكتوبتي A Guide to Personal Growth</p> <p>Russell R. Shippee</p>	<p>Order ONE Book and Receive TWO including the Workbooks!</p> <p><i>This offer is good until 10-20-09</i></p>
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AWARE – ACCEPT – ACTION:
Be aware of where and what you are.
Accept it.

Take necessary action to make changes you desire.

Quotes

"It is always your next

CAMERON'S CORNER

move.”

– Napoleon Hill

“Ah, but a man’s reach should exceed in grasp, or what’s a heaven for?”

– Robert Browning

“Life is a great big canvas, and you should throw all the paint on it you can”

– Danny Kaye

The 6 most important words:

I admit that I was wrong

The 5 most important words:

You did a great job

The 4 most important words:

What do you think?

The 3 most important words:

Could you please...

The 2 most important words:

Thank You

The most important word:

We

The least important word:

I

– unknown

Grandpa thinks I am getting more and more aggressive each day. That may be why he let me do the letter and he wrote about being aggressive. How are we to ever learn and grow if we don't aggressively engage with life? I sure didn't come here to sit in the corner and watch the world go by. How about you?

It's getting cold here in New England but Grandpa is still sailing, just not as often. We've had a lot of wind and rain and he's been busy. He even tries to work ingoring me. He can't. I make sure I play in his office.



LUNCH BREAK - A kid's gotta eat!

Be a kid, be aggressive. Live life like you were a kid – to the fullest every day. You'll be glad you did.



Yes, I left the important words in the quote section for this issue, also. Read them again and again. There is great wisdom in that quote for you, over age 5 people.

[Get a Question or Comment for General? Click here.](#)



TeleClass Schedule All times are EDT

MY LIFE GOALS

10- 16-09 3 pm

10-19-09 3 pm

10-26-09 9 am

WORK LESS – ACCOMPLISH MORE

10-16-09 11 Am

10-19-09 10 Am

10-26-09 11 am

[Reply to this newsletter and tell us what class to sign you up at no charge.](#)

– FEATURE ARTICLE –

DO YOU STAY AGGRESSIVE ENOUGH?

Matthew 7:7-8 *“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh, receiveth; and he that seeketh, findeth; and to him that knocketh it shall be opened.”*

Be aggressive, be all that you can be.

If not aggressive, what? You miss all the shots you don't take, you have to engage to win, you have to engage to practice and learn.

Whom do you admire? Someone who sits on the sidelines? Whom do you respect? Someone who never does anything? Who is fun to be with? I bet it is someone who is always doing something.

Life is meant to be lived. To live, one needs to be aggressive, doing, trying, and engaging in life itself. Aggressive does not mean winning at the expense of another, pushing another out of the way, or hurting another. Aggressive means engaged with life itself, doing your best, making your best effort, and stretching yourself.

What professionals do you admire and respect? Be they athletes, actors, or just the local professional, I bet it is their aggressive action and risk taking that you admire. I bet it is what they do, what they stand for, and what they attempt.

So, what about you? Are you fully engaged? Do you reach and stretch? If so, you know how good it feels, how rewarding it is, and how often you do better than you imagined.





Yes, engage and you will feel good, have more energy, and a better self image. It is a win win situation for you. Engage and live life as it was meant to be lived.

Yes, there are risks in being aggressive. You might not succeed the first time and you may have to practice. You might learn that you need more practice or more strength. The risk is learning what you need to do in order to engage in a particular activity.

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I was playing tennis for the first time in many years last night and found myself less than aggressive. I was not reaching and not covering my side of the tennis court, thinking the other player, the better player, would do it. Well, I was wrong. I started to aggressively guard my side of the court and I found myself hitting shots I did not realize I could hit. The more I played, the more aggressive I was, the more I hit. By the end of the match I felt great. I had hit some good shots as well as the expected not so good shots. But, it was the good ones that will make me go back.

Aggressive is also the salesman making the call. Some people do not call so they can't be told not. Call and find out. Call and you'll be surprised. Be aggressive, make the offer, and you will find more than expected buying from you.

Be aggressive in your goals. Aggressive goals call for aggressive action and aggressive action leads to success. The stronger the goal, the stronger the resolve and the better the results. An aggressive stretch goal is far more rewarding than a small boring goal. Be aggressive, engage fully in life. You'll be glad you did.

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