

RUSSELL R. SHIPPEE PRESENTS

# Bethe BEST You Can Be.net

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Russell, Cathy, Karen, and Hal stuck on a mountainside

## Quotes

"Your friends love you anyway"

"A balanced diet is a cookie in each hand"

"Thou shall not weigh more than the refrigerator"

"Life is like riding a bicycle. To keep your balance you must keep moving."

Albert Einstein

"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."

Dear Russell,

Have you been thinking about who packs your parachute. Please send us your quote or a story. Just putting it on paper will be of value for you.

**We all do live too often in the past. We also live too often in the future. NOW is where we should live. Are you working on that? Do you agree?**

This week is about being stuck. Many of us feel that way and feeling makes it so when it is not. I had felt I was stuck when the lift in Charmonix was not working and we were stuck on the glacier. We scaled the mountain tied together. I would have never believed I could do it as I am afraid of heights. We were 'stuck' so we did what we had to do. Yes, we can do far more than we ever imagine. The picture is real and untouched. It was taken by our guide who tied us together to climb out.

Being tied together made us responsible for one another. it gave us the courage to survive and do what we never realized we could do.

**Holiday shopping time is here. This year I am going to give things of lasting value, things that will help others, and encourage others. I will be bringing some ideas to you. One is below.**

***Empowering ourselves and others is the greatest gift we can give. We have the power to give it so let's do so.***

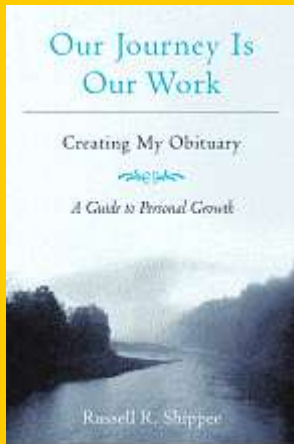
Plus, you will not be 'stuck' wondering what to get people. Watch the newsletter for good options. When we find them we will share them with you.

**Please remember to share your parachute story with us. This is YOUR newsletter. Contribute and make it the BEST!**

Be *the* BEST You Can Be,

Willaim Arthur Ward

'Don't wait for your ship to come  
in ..  
swim out to it"



*Russell*

Russell R Shippee

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

### Feedback

More great words of wisdom - who writes for you? (initials withheld)

Thanks also for your newsletter. They do get me thinking... (not an easy task!) (initials withheld)

Last two messages are exceptional. Sent the parachute one to my brother, the Admiral. Keep up the exceptional work. BW

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## Stuck

Are you stuck? Can you move? Do you feel stuck?

Life is vibration, light, and flow. Life is the allowing and the accepting. To be stuck is to fight the natural flow of things.

Why are you stuck? Why can't you move? Usually the answer is fear. It is the fear of the unknown, the fear of failure, and the fear of ridicule.

Some say they do not know how to do something. The answer is simple. One can research and one can reach out and ask someone who has done it. The answer is always available. Some answers are easier to find but they are all available to those who make the effort.

What can you do if you are stuck? Move. Take action. Take one small step. The step can be as simple as making a phone call or opening a book. One small step will make you feel great. One small step tells you that you are not stuck and you have options.

What if you 'can't'? There is no such word as can't. You can, I can, and the other person can. If one can do it another can, also. It is a matter of confidence, effort, and practice. It is that simple and that difficult all in one.

Know that you are not stuck. You may feel stuck. You may act stuck. You may allow yourself to be stuck. However, you are not stuck. You are moving to stay in the same place. So, move, reach, and take a chance.

How many times do you remember being fearful of doing something and putting it off and worrying about it? Do you not also remember it took less time to do and it was not nearly as hard as you had imagined it to be? Yes, we build things up in our minds to be bigger and more time consuming than they are.

The time spent worrying over something can be spent doing it. Then, the fear will disappear as it will be done. It will usually take less time than the time spent worrying about doing it.

So now you know you are not stuck. Now you know the only problem is you and your perception of the situation. So, are you going to change your perception? Are you going to take one small step? If not, there is no one to blame but yourself.

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