



RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Russell Shippee

Quotes

**We are all in the gutter
but some of us are
looking at the stars."**

Oscar Wilde

Dear Friends,

Did you stumble with the stock market? It is what it is, and we can't change that. We can change how we view it and how we move forward.

Are you one of the many who are now saying they expect to work more years than they had anticipated?

If you are in the right job and obtain satisfaction and a sense of accomplishment from what you do, then it is not bad but, perhaps, good. Being productive and engaged is rewarding and satisfying. Too much vacation is not as much fun as it seems.

As we all stop to look at our wealth, let's remember the first wealth is health and the second is relationships, family and friends. Then comes money. Sure money is important, critical actually, but not as much as health and relationships.

If we are going to work, let's be sure to work smarter rather than harder. Let's do it with a positive outlook and make the best of it. Let's be sure to serve others as we want to be served.

***Empower others, and you will be empowered.
Serve others and you will be served.
Smile at others, and they will smile at you.***

"Life is a succession of lessons which must be lived to be understood."

Helen Keller

"The harder you fall the higher the bounce."

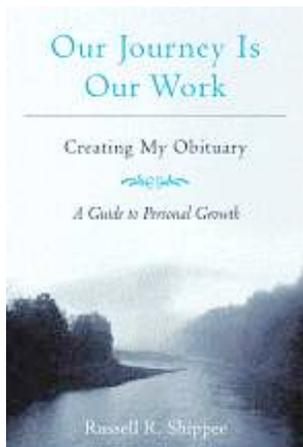
Horace

"It's not that I'm so smart, it's just that I stay with problems longer."

Albert Einstein

"The quickest way to double your money is to fold it and put it back in your pocket."

unknown



Let's find the opportunity, the silver lining in what is going on. It is always there so we need only to find it. When we look back on these times we will see they are not as bad as some of us feel they are.

So, what small step can you take today to help yourself and others?

Remember, we'll be fine in 09.

Enjoy the Journey,

Russell R Shippee

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

Teaching

Cameron is still teaching me the value of a smile. Cathy and I are now babysitting 3 days a week. We love it. I now realize, with his smile, Cameron is in control. He rules and he makes himself known and expresses what he wants. He gets it with his smile. He makes us glad we are investing time in caring for him and he is enjoying it, we believe, as much as we are. Yes, there is a great life lesson for all of us in kids. My mother told me, "be a kid". Now, finally, I understand her message. How often are we told things, think we understand, and then find our years later the true meaning? For me, many times. How about you?



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Do you have any friends? I mean, do you have any friends who would enjoy the positive focus and empowerment of this newsletter? Today many can use the positive focus. If so, be a friend and forward this newsletter to them telling them to subscribe.

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Stumble

We all stumble.

We all get off course and back on course.

It is what you do with the stumble that counts - not the stumble. The stumble is part of the lesson.

I stumbled. I am behind on my goals and I am frustrated with myself. How often have you said that to yourself?

You stumbled, I stumble, and we all stumble. There is nothing wrong in stumbling, and there is no reason to be upset with yourself.

The issue is what you are going to do about it. If you are going to sit, feel bad for yourself, and unworthy, you will not succeed. Knowing that you have stumbled is a great sign. It is a sign you know, you understand, and it is the knowledge with which you can move forward. Yes, knowing is a great sign. With the knowing comes the opportunity to create and move forward.

It is all about the now. The past is history and can and should be used to guide us forward rather than holding us back. If we take the lessons from the past and apply them today, we will be less likely to make the same mistake again. The past lessons, if we use them, help us to do better today.

The only possible chance you have of failure is if you stumble and do not get up and move on. To stumble is to be stopped in the moment to see what needs to be done to succeed. Yes, the stumble is a sign to help you get back on track and is helpful. Pay attention.

When you stop to take a close look at your stumble and lack of being on target, you will see why. You might have simply changed objectives as something more important came up,

and you can acknowledge that and keep going. It is not uncommon to have a family emergency which is more important. If so, change the due date of the goal knowing you did what was proper for you.

Perhaps you stumbled because you did not have the training needed, the proper tools, or the proper team. All of these things can be acquired, and it is good that you saw the needs and were able to address them. The sooner the issues are addressed the better.

Yes, you might have found that you just spent too much time in front of the TV or playing. Well, how much is enough is for you to decide. If you feel you stumbled, you may not be satisfied with your actions. Dissatisfaction is the first step in change. Give yourself credit for seeing the need to change and then changing.

See the positive side to a stumble and use it to your advantage.

