

RUSSELL R. SHIPPEE PRESENTS

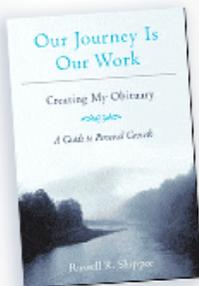
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Thursday, November 5, 2009
Fall Edition #103



Russell R. Shippee
Author, Speaker, Life Coach



Our Journey is Our Work
\$14.95

Dear Friends,

Last week's letter asked the questions. This week we discuss the answers.

If you did not read last week's newsletter entitled "*Questions*"? . . .

[CLICK—IT'S HERE!—Take the time to read "Questions" and then email me.](#)

Did you answer the questions? Did you avoid them? Were you too busy? Or, were you just uncomfortable?

It's time, and the time is NOW.

"To reach a port, we must sail—sail, not tie at anchor—sail, not drift."—Franklin Delano Roosevelt

Franklin Roosevelt said it above better than I can. We need to know where we are going, to answer the questions, and to set sail. Sure, there are storms, tides, winds, and obstacles. That is what makes the journey so exciting and attractive. Don't you want to live, truly live? Remember, we'll never get out of this alive anyway!

You have 58 days left in this year. You have plenty of time to accomplish something worthwhile. Finish that project, start the new one. Me, I'll be at my desired weight plus other goals. What about you?

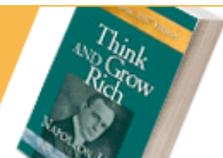


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Quotes

"To reach a port, we must sail—sail, not tie at anchor—sail, not drift."

– Franklin Delano Roosevelt

" Three grand essentials to happiness in this life are something to do, something to love, and something to hope for."

– Joseph Addison

"Even if you're on the right track, you'll get run over if you just sit there.."

– Will Rogers

"A journey of a thousand miles begins within a single step."

– Chinese Proverb

CAMERON'S CORNER

He tells "YOU" to set sail,
He tells "ME" to slow down.

I'm just following what he tells you. Doesn't he know
I read the newsletter?

Plus, I think he's right. Life is far more interesting and
I learn more. So, when he says stop I'll give him my
new favorite words, "No Way."



[Get a Question
or Comment
for Cameron's
Corner.](#)



**My goals are expanding. My parents will be proud
I am talking more and now I am going to the
library for stories and also to an art class.**

It was a sad week for Grandpa. He took the sails off the boat and prepared it for winter. I told him to be thankful for the wonderful sailing season he had. It's great giving him his own advice.



TeleClass Schedule All times are EST

● MY LIFE GOALS

11- 9-09 10 am
11-13-09 10 am

● WORK LESS - ACCOMPLISH MORE

11- 9-09 2 pm
11-11-09 2 pm

— FEATURE ARTICLE —

Answers

You already have the answers

Remember the story of the farmer looking for gold? He sold his farm, traveled out west, mined the rivers for years and never found gold. Back home, at his old farm, the new owner found gold in the river that ran through the farm.

You already know the answer. The answer is within. If you know the question, you know the answer. It may not be in your head, your head may give you misleading answers, but your heart knows. Your heart knows the answer, and knows the right answer.

Why do people avoid the answer their heart gives them? We've been trained to listen to our

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left brain logical, methodical brain. In fear we analyze and analyze and over analyze. We look for others to give us the answer, and we look for the socially acceptable answer. We look for the safe answer.

We look, we search, we ask, and we try to come up with the answer society wants us to have and the one with the least fear and risk in it. But that may not be the right answer.

Our hearts give us the right answer. Often, we do not want to listen. We do not want to take the risk. We are afraid to do what we know is right. Upsetting the apple cart is not how we were brought up. But, that might be the answer.

Let go of the 'shoulds', let go of what you think people will say, and let go of your fear. Then, and only then, can you do what is right for you. The answer is not for anyone but you. The answer is what is right for you, and it may or may not be right for another person.

You may not like the answer. But, you may also know it is the right one. If you like it, then it is easy to do and follow. The problem comes when your heart and your gut, give you the answer you know is right, and you do not want to face it.

How many times come to mind that you knew the right answer, did not follow it for whatever reason, and ended up paying a price for it? How did you feel? Did you not go back and do the right thing, the answer that you knew was right? Or, after reading this are you going to do it?

The sooner you face the right answer, the better off you will be, and the less stress you will suffer. You can't avoid the right answer forever, as it will always be staring you in the face. You can pretend to avoid it, but it is lurking right under the surface.

Accept the answer and address it. You know you'll feel better, you'll feel the progress, and it will be a win win for all involved.

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