

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Russell Shippee

Quotes

"Do what you can, with what you have, where you are."

Dear Friends,

Did all our USA readers have a wonderful Thanksgiving? I hope so.

We do have much to be Thankful for. It is a good time of year to reflect on all the things we are thankful for. Yes, we have more than we realize and that is why it is good to reflect.

The worldwide financial markets may well be considered an obstacle to us all. We are all affected. However, how we handle it is up to us and makes the difference. Let's be pro active in working with what is.

Perhaps there is an opportunity and a benefit for you in all of this. Don't say no, but reflect on what it is. You can find it if you truly look.

December is a time to finish up on our 2008 goals and prepare for 2009. My weight broke 190 today and I am racing to my year end goal. Yes, December is time for sprints, the final push, to reach our goals. It feels good. Today my suit is on (see picture) working and enjoying it.

If a goal can't be accomplished due to the financial markets,

Theodore Roosevelt

"Don't find fault, find a remedy."

Henry Ford

"Always bear in mind that your own resolution to succeed is more important than any other one thing."

Abraham Lincoln

realize that the goal is achievable; but you may need more time. Yes, it is that simple.

Is not being able to retire as planned (as some are saying) an obstacle or opportunity? Make your work fun and rewarding and it won't be work and you won't want to stop. Plus, for me, working is a good excuse for my awful golf game. What about you?

Be the BEST You Can Be Bookstore continues to be a hit. If you haven't tried it, do so today. It is a great place to buy a gift that will keep on giving.

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

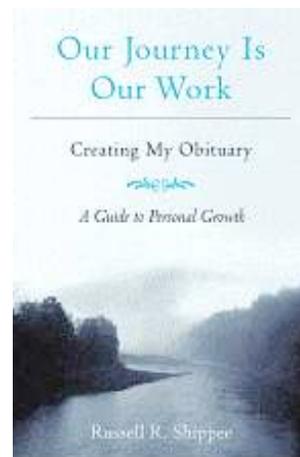


Cameron's Comments

I am so excited about my new front tooth. Every day is a day of progress and change.

The progress, the change, and the learning are all amazing and fun. I wonder if it will continue my whole lifetime?

This week I learned more about control. My smiles and attention make such a difference to those around me. It is easy to work the crowd just by paying attention. I go from one to the other trying not to leave anyone out.



Learn to Create and Enjoy the Journey!

Buy it [HERE](#)

My grandfather tried to explain obstacles. I tried to show him that obstacles are opportunities to learn and grow. They are part of the challenge and fun in life. I wonder if he was listening? Sometimes adults don't listen. I wonder why?

Billionaire Business System

I recommend that you check it out [HERE](#)

In these times I think you will find some great value.

Remember, the best investment is the one in yourself. Try it. You might just want to give it to a friend or family member.

If you want more time and better business practices then check it out [HERE](#).

Feedback

Russell

Thanks for Cameron's comments today.....Perhaps he will take after his aunt as he is already a great teacher.....

The comments reminded me of one of my favorite books.....I have copied below a quick summary for your reading pleasure.

All I Ever Really Needed to Know I Learned in Kindergarten
- by Robert Fulghum PK

YOUR MESSAGE THIS AM (Optimism) WAS GREAT AND I REALLY NEEDED THIS AT THIS TIME IN MY LIFE. GL

The Wedding Bell Wisdom is HYSTERICAL!!!! R
(see the humor on the web site in the 11-20-08 newsletter)

Join Our Mailing List!

Thanks to all who have joined and those who are joining. Be a friend and tell a friend to join.

Obstacles

What are the obstacles in your life?

Money
Education
Location
Family
Economy
Health
Timing
Ability

While the above list may not be complete, it covers many of

the items people consider obstacles. Or could we consider them opportunities? Could we consider them challenges to reaching our goal? Could we overcome them with focus, effort, and determination?

If we look to history we can see people who overcame these obstacles and became successful. Abraham Lincoln failed many times, lost in marriage, lost elections, and became President. While it appears he had many obstacles he overcame them and obtained the highest office in the country. Well, if one can do it that means others can do it. So, if it is possible, why not you?

History shows poor people without education becoming wealthy and educated. People have become wealthy in good and bad economies. Some have come back to good health. Others have overcome family issues to succeed. The obstacles may have caused more effort or a delay in reaching the goals. However, the obstacles need not stop someone. At worst, an obstacle is a slowdown.

If success were easy, it would not feel so worthwhile once achieved. In fact we are all successes. We just might measure ourselves in comparison to others rather than to our true self. We can do more and be more. We can and we will if we desire it enough.

The bigger your goals the bigger the obstacles, and the bigger the obstacles, the bigger the lessons, the learning, the challenge, and the joy in accomplishment. The challenge is motivating and stretches one to be the best.

Watch a baby. Babies have much to learn and their capacity to understand and process our words is not yet developed. They do not understand obstacles. They just work at the issue until they succeed. They learn to crawl, they learn to get to the

object they desire. They learn to walk. They learn to communicate without words to get food and diapers changed. They overcome the lack of words with sounds. Well, if a newborn can do it why can't we? Well, we can. The baby doesn't understand obstacles or excuses. Should we pretend to be babies? Should we not allow excuses?

Obstacles look big from a distance. However, if you do one thing each day towards overcoming the obstacle you will find it melting away in front of your eyes day by day. Beginning is the key. Take the first step. Take another step. Pretty soon you will be wondering why you thought there was an obstacle.

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