

RUSSELL R. SHIPPEE PRESENTS

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Russell, Cathy, Katy, Erin, and Christopher

Dear Russell,

Gratitude is the lesson of the week. We need to express our gratitude.

When I look at the picture on the left, I am filled with gratitude. Most important is a loving wife and three wonderful children. The picture also represents us traveling together, having fun, and making memories. The picture is almost 25 years old and it still fills me with gratitude.

Last Saturday, after the article on gratitude was written, we went to a celebration for a friend who has come home after being in a rehab for alcohol. The conversation was about gratitude and the gratitude the person and her family felt for all the support, encouragement, and positive words that were spoken. The whole family put a wonderful face on the value and meaning of gratitude.

What is your plan for the last quarter of the year? Have you put in writing what you WILL accomplish before year end? If not, today is the day you can do it. Don't know what it is? Well, sit down, think, and put it on paper. It will come to you. Start. To win the race, the first thing you have to do is start.

What, if anything did you do in the past week to be a kid? Hit reply and tell the rest of us about it. Did it empower you? Was it fun? To review last weeks article click [Be a KID](#).

PS told me RK dropped off the copy of *Our Journey is Our Work* he borrowed to read. Everyone should have their own copy! Buy several below so you can always have one handy to give to a friend who it can help. This week buy two copies and we will send you the ebook *Living My Life on Purpose* as a bonus.

Well, it is time for me to go and work on my golf

Quotes

"We become what we repeatedly do."

Aristotle

"A bend in the road is not the end of the road unless you fail to make the turn"

unknown

"If you want to feel rich, just count all the things you have that money can't buy"

unknown

"You are never too old to have a happy childhood"

Ruth

Feedback

"..Hope you don't have any cats lingering near that sandbox"
DN (last week I ended the letter on being a kid saying I was going to play in my sandbox)

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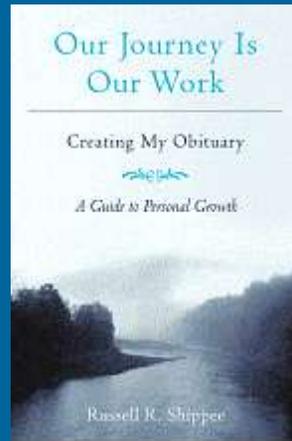
game. Remember, a quitter never wins and a winner never quits.

Be Well,



Russell R Shippee
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Gratitude

What have I shown gratitude for recently? What should I have shown gratitude for recently? What will I show gratitude for now?

Gratitude is being thankful, it is appreciation, and it is acknowledgement.

Every day we have many things to express gratitude for if we just stop and look for them. We should take a moment every day and make a list of what we are grateful for. For example: life itself, health, improving health, supportive family, loving family, a loved one, children, jobs, friends, a place to live, those who serve you, and those you serve. The examples are endless.

We can sit and feel bad for ourselves. We can sit and dwell on what is wrong or who has hurt us. We can live with the glass half empty or the glass half full.

In spite of the small things, the troubles, there is always much to be grateful for. If we look for the good, for the valuable, for the reasons we are fortunate, there is much we will find. Just listing those things we have gratitude for will boost our spirits. Just listing those things will reduce the value and the focus on those things that are not as good.

Try a daily list of that which is good. Try to record daily that which you are grateful for. You will find much and you will find yourself focusing on the positive. You'll be surprised at how much you have to be grateful for.

Now, think of the effect it will have on others. Think of the reaction you will get from those who you express gratitude to. What will they think of you? Will they work harder? Will they try even harder to please you? Will they be filled with pride? Yes, all of these things. There are so many who do so much with little, if any, acknowledgement.

Let's reflect on what we should be grateful for and let's express it to all of those who deserve it. We will feel better and the person given the gratitude will know they are of great value. This is truly a win win for all parties. It cost nothing but the value is priceless. The value is for you and the one to whom you are grateful. The value is for all of us.

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