

RUSSELL R. SHIPPEE PRESENTS

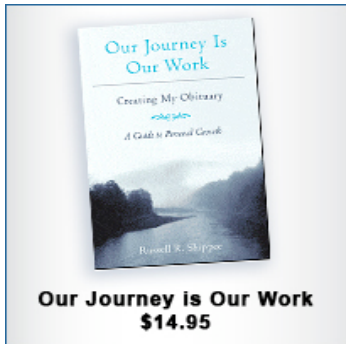
# Be the Best You Can Be

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Thursday, Jan. 28, 2010  
Winter Edition #109



Russell R. Shippee  
Author, Speaker, Life Coach



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Dear Friends,

Thanks to those who wrote in that they haven't written their goals yet. Thanks for acknowledging it to yourself. The first step is to acknowledge and then to act. Believe me, you are not alone.

One of my goals was to relax and ignore email while away last week. I failed. I stayed connected and worked, as well as relaxed. So, I could have done better on the goal; but I also felt good keeping important projects moving along. We have to have goals; and we have to be able to change and adjust as needed.

My role is that of a mirror so you can see yourself, be kind to yourself, and take action. We all need someone to be accountable to and who will help us. Be it a friend, a coach, or a master mind group -- we all need someone. If not, we slip. Yes, if we are human, we slip. We need to help one another, holding one another accountable to our commitments but without judgment.

Do you fear writing your goals? Are you afraid to write them in case you don't reach them? Well, you already know what they are; and you already know if you are going to reach them. You can't fool yourself. Why not give yourself a chance? Write them, read them daily, and work on them. If you don't work on them and focus on them, you're not likely to accomplish them. It's that simple.

Progress, one step at a time, is the key. It is so simple, once you start you will wonder what took you so long. You probably spent far longer agonizing over it than writing it down, or in some cases, doing it.

Think about the progress kids make. Cameron just turned two and, in spite of watching him, I am amazed at all he has learned and accomplished in the past year. Gosh, maybe more than me!

A handwritten signature in blue ink that reads 'Russell'.

*p.s.* The offer of the free workbook with the book expires on January 31st. Don't miss out. Get it and use it with the tele-class.

[TeleSeminar Schedule](#)  
**LIFETIME GOALS**  
**February 2010**  
**2-3 2 PM EST and 2-5 10 AM EST**



*"The secret of getting ahead is getting started.."*

— Agatha Christie

*"If one does not know to which port one is sailing, no wind is favorable."*

— Seneca

*"What is the difference between an obstacle and an opportunity? Our attitude toward it. Every opportunity has a difficulty, and every difficulty has an opportunity.."*

- J, Sidlow Baxster

*"You cannot be lonely if you like the person you're alone with."*

— Wayne Dyer

## Cameron's Corner

*I went to school.* First came art and music class. Now it's school (or, daycare).

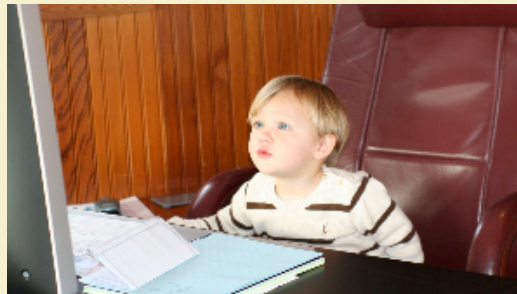
With my grandparents away and my parents working- yes, I went to daycare!

Of course, in this letter I have to say I missed my grandparents terribly, but to you, my readers, it was a challenge, a new adventure, and fun.

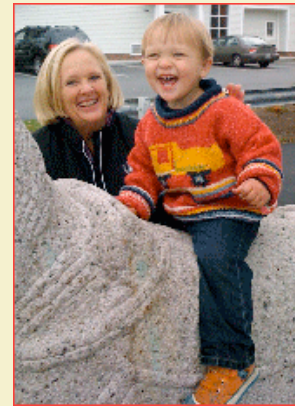
That Grandpa, he asked me if I was afraid to go to daycare. 'Why?,' I asked. 'Kids are fearless.' It is adults that are always fearful of what others will think. What if they fail? What if someone doesn't like them? Kids don't have all that baggage and worry. I sure hope I don't get it when I get older.

How can we grow and develop if we don't try things? We just keep trying till we get it right.

Now Grandpa wants his desk and computer back. Maybe he's afraid I'll take over. Maybe he's right!



*Now I need an iPhone.* With art, music, and daycare I now need to keep a schedule. I'd like an iPhone. Because I am talking I should have a phone to call as a safety feature. So, why not one with my busy schedule. Plus, if you email me, why I can respond quickly.



*Thanks for my birthday wishes. I had two great parties. One for the relatives, adults and kids, and then another for kids who are friends. The best part is playing with others and sharing with them -- sharing cake and ice cream. My dad's birthday is on Sunday, so I am getting ready for another party. Hmm, for his birthday, maybe he'll give me an iPhone so I can call him?*

[Questions/Comments  
to Cameron's Corner](#)

## SET GOALS



**AND MAKE  
PROGRESS**

**Start 2010 right!**

## Spotlight Article

### PROGRESS

Have you made any progress yet this year?

Have you decided what to do and written it down? If not, are you willing to do it? If you write it down, it will help you to accomplish it.

Progress is just one step towards a goal or objective. You make progress when you get out of bed in the morning and get dressed.

There are no unreasonable goals. There are unreasonable timelines. You do not have to start and reach a goal the same day. You do not have to be overwhelmed at the size of the goal or the work to reach the goal.

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State the goal. Write down the steps in the order needed and, if you want, an estimate of the time it will take. Then you can put the tasks in your calendar. Sure, you have lots to do and obligations. Just schedule what you can do, when you can do it. Stretch yourself; but don't stress or overload yourself.

Progress is doing one thing at a time. Progress might be taking one course towards a degree. Sure, it might take years, but we all have to start someplace. Start with the first course.

One friend has a goal of making her bucket list. Well, sit down and write it. You can always add to it later or change it. But start. We all have a good idea of those things on our bucket list. There is power and excitement in writing them down. Once written, you can see and feel what is the most important and start the plan to do it.

Small steps pay big dividends. It is human nature to feel good when you accomplish something. Seeing progress, you are inspired to continue. The progress, the success of progress, spurs one to further action.

You can get tired thinking the same thoughts, wishes, and desires all the time. Not seeing any progress is frustrating. But, the frustration is really that you are not doing anything. You are just repeating the same 'endless tapes' about your wishes and desires. If you take one step of action, you will feel great. One step leads to another.

Start NOW. Make the decision. Write it. Schedule some action on the first step.

Do you think you can't do it? If so, you can't. But, if you think you can, you can. You can start, you can try, and you can learn. What is worse – thinking you can't and not making any effort, or, thinking you can and starting to practice? You'll find satisfaction in the progress when you work at something. You'll be proud, and you'll be inspired to do more.

We encourage little children and watch them try, learn, take steps, and reward their progress. Why not the same for you? Why can't you be a kid and do it? You can.

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