

RUSSELL R. SHIPPEE PRESENTS

# Bethe BEST You Can Be.net

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Russell R Shippee

## Quotes

"My future is behind me"

unknown

"Life isn't about waiting  
for the storm to pass.  
It's about learning to  
dance in the rain"

unknown

"Don't audit life. Show  
up and make the most of  
it now."

unknown

Forgive and Forget

Dear Russell,

**Did you enjoy the article last week on the parachute packer? Did you think about those who pack yours? Based on the picture, I sure hope it was a friend that packed mine.**

What small beginnings, what small steps did you take last week? what ones did you not have time or courage to take? Can you, will you take them this week? If not, why not?

**I have broken the 191 pound barrier. How about you? It is getting easier and feels better to be eating healthy as well as eating reasonable portions. How about you?**

It is amazing that when we do that which we have been avoiding, we wonder why we waited so long. Thinking about it and worrying about it takes far more time and effort than just doing it. Plus, doing it ends up being easier and far more satisfying. It is a lesson we keep learning and learning. Just do it!

**Here we are in the last quarter of 2007 already. Please work to accomplish your goals by December 15th. Never do tomorrow what you can do today. Completing the goals by December 15th will allow you to enjoy the holiday season.**

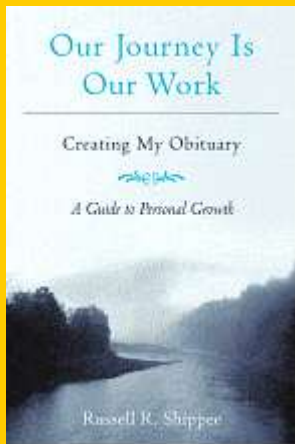
Like many of you that have written, I have reflected on those that packed my parachute. This past weekend, our daughter Katy hosted a weekend celebration in her new home for Cathy's birthday. Yes, our children pack our parachutes as we also pack theirs.

I also reflected on those at work who have been a great contributors to my success. While there are many today I'd like to recognize Carol Silvia. Carol was with me for 22 years. She did far more than her assigned duties. Most important was the fact that she was always there and always with a positive outlook. Today, I celebrate Carol. May you all celebrate the Carol that you have.

**Let's decide where to live today. Let's live in the NOW, knowing our**

Less is More

Attitude determines  
Altitude



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future is bigger and brighter. If we want it that way it will be that way.

Russell R Shippee

**Helping You, Motivating You, Encouraging  
You, to Be the BEST You Can Be**

### Feedback

Thanks for packing my chute all these years!  
And for the packing that you guys haven't done YET!  
Chris Shippee (our son!)

You know, I like getting these! PM 9-27-07

Excellent newsletter...inspiring!!! Thank you. Have a great  
week-end LP 10-4-07

Thanks, Russell - I love reading the newsletter! BF 10-7-07

Another great newsletter. And, yes, I do look forward to them too  
What a great lesson from Charlie Plumb. MM 10-4-07

. I love your newsletter. This is tiny but I have been setting  
timelines a bit and it helps So much! Like giving myself one hour  
to do some dreaded household task. MJ 10-4-07

Where do I buy the lingerie? (initials withheld) 10-4-07  
(this is referring to the quotation in the 10-4-07 newsletter -  
there is always one in every crowd.)

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## Where do you Live?

We live in the past, in the present, or in the future.

If we live in the past, we look back. We dwell on what was. We dwell on problems, what we did, what we did not do, what we wish we had done, what we wish we had done better, and we live with regrets and should haves.

Living in the past, we just might rewrite history. We might give energy to things that cannot be changed. We give life to that which is already gone. We even change our opinion of what happened in the past based on our feelings in the present.

Living in the future, we look forward. We look forward to what will be.

When I retire I will

When I finish X then I will

When I have time I will

When my ship comes in I will

When I win the lottery I will

How many people live for retirement, wait until retirement to do something and then die or are physically unable to do that which they have waited a lifetime to do?

Some of us spend too much time in the past. The past was for learning and lessons. The past and learning from the past is part of us and affects what we do and the decisions we make today. The past is part of us, and we need not dwell on it. The past was for learning and lessons. The past has helped to make us what we are today. We can only learn from the past, and we cannot live there.

The future never comes. When do we ever get to the horizon? The horizon is always in front of us. That is the same with the future. Planning for tomorrow is a good thing, as long as it is balanced with living life today.

The present, the NOW, is all that we have. It is the only thing that we can work with,

that we can change, that we can effect, that we can do with as we please. Even if we can't do it all right now in the present we can take steps. We can move toward the goal and the objective.

The present is all we have to work with. The present is all we can change. The present is a gift to us today to be used and appreciated.

Yes, we can live in the past, the present, or the future. The present is the only one that we can control and do something about. The present is a focus on the Now. It all happens in the Now.

Now is the time to take the first step. Now is the time to change your attitude. Now is the time to engage and create the life you want to live.

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