

RUSSELL R. SHIPPEE PRESENTS

Bethe BEST You Can Be.net

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Cathy & Russell Shippee

Quote

"If you are willing to only do what is easy, life will be hard. But, if you are willing to do what is hard, life will be easy."

Unknown

Dear Friends,

The formal wedding pictures are coming soon. Here Cathy and me at the church and below one of the 'I' taken by a friend.

Thanksgiving in the USA is next Thursday. Enjoy family, the meal, and reach out and call someone you owe a call to? Who would enjoy hearing you?

Last year I wrote an article on relatives and it struck a nerve. One reader made it a point to be his sister who was always looking for a fight. He reported back that it felt good to be nice, his sister could not understand it, and that made him smile. You can review it [HERE](#) Click and read the 11-15-07 newsletter There will be no newsletter next week

Yes, you are better than you think you are. Yes, people appreciate you more than you know. Yes, you are taking care of yourself.

Lately I have been more aware of people speaking to themselves in negative terms and belittling themselves. Don't. Don't even suggest you do not measure up. . . don't then keep working at it and know you are working



Cameron's Comments

So, I told my grandfather and father to smile and then I started to point something out to them. I am not sure they were paying attention.

I smile and play the audience. I go to someone who wants me and then I go back to the one who is hurt I left them. Sure, I play the crowd, but I enjoy making people happy, and paying attention does that. By going back it helps to prevent the one I left from feeling left out or hurt.

Don't you do the same?

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

Congratulations to you and your entire family Russell! As always, your words inspire me, and your message fits so easily into my daily life. Thank you for my weekly "uplift!". DR

I do enjoy reading your newsletter, so keep them coming! FS

towards the goal of meeting your expectations.

You have to know inside your being that you can before it can express itself in the world. So, know it, speak positively, and it will be - it will not in the real world, and yes, it will take practice and effort.

It is time for a discussion of exclusion below. It was in the fact that the wedding list is limited and had many friends who were 'excluded'. No, in reality we wanted them, but there was not the space, was not our wedding but Chris and Shannon's, picked who they had a relationship with.

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

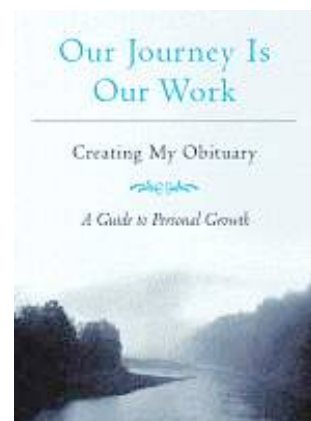
Do not miss the wedding humor at the very bottom of the newsletter. It's funny.

Remember, we'll be fine in 09.

Enjoy the Journey,

Russell R Shippee

**Helping You, Motivating You, Empowering You
the BEST You Can Be**



Learn to Create and Enjoy the Journey.

Buy it [HERE](#)

Do you have any friends who would enjoy the positive focus and empowerment of this newsletter?

If so, be a friend and forward this newsletter to them telling them to subscribe.

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Exclusion

So, you were excluded.

Is it because they hate you, they dislike you, you do not measure up, you are not smart enough, you are not fun, you do not have enough money, or what?

Whenever people are not included they seem to jump to conclusions, and their endless tapes go around and around as to why they were excluded and what is wrong with them. People lose sleep and change their lives over being excluded. It can create long hurt and resentment. Too often, it is not spoken and festers in the background causing mental and even physical problems and issues.

Yes, at times we are all 'excluded' from something. It happens to everyone.

First, is it exclusion? Sure, it can be. Most often, it is not.

Most often it is about inclusion and not exclusion. Rarely is one excluded on purpose unless there are serious interpersonal issues going on. The real issue in inclusion is where one stands on the list.

We all know a lot of people, and none of us can invite everyone to every event. Most often the list of invited people is based on criteria which is driven by the event.

For example:

If you are raising money, you invite those most likely to give and especially those that can give a lot.

If it is a cocktail party, it would probably include your closest friends and then those who have invited you want to pay them back, and then other friends. It may also include business associates and new relationships.

If it is a small wedding, it is usually based on relatives and close friends of the bride and groom. It also includes the parents and their friends.

If it is a business function, the list is based on the objectives of the event.

If it is a birthday party, it is based on who is close to the birthday person.

What about when someone gets a promotion you wanted? Sure, you might have been the best choice if politics came into play. That is life. Perhaps they were just looking for a different skill set. We are all unique, we all are better at some things than others. It may have been the job required their skills and not yours. Being excluded does not make you any less valuable to the firm. You should be in the role where you can add the most value. To take or be given a job that is not right for you is to set you up to fail. Yes, not being selected may be the stroke of good luck you were hoping for.

If you are not included that does not mean they hate you, dislike you, or that you do not measure up. You were based on the criteria that others had a higher ranking, so to speak, than you did.

The ranking is based on the event and is not a measurement of you as a person. As a person we are all unique. As a person no one is better than another. We do all have different skills and attributes.

Often you can find yourself not included due to space limitations. Remember when you 'excluded' someone you liked and would have liked to include but could not at that particular time? Yes, the other person has their own issues. It just may be you they wanted to include but could not for reasons outside their control.

We cannot be all things to all people, and we cannot fit into all situations. Celebrate who and what you are, where you do fit. You will find you fit and are included where you belong, where you are most comfortable, where you enjoy yourself, and where you add value.

Humor

Wedding Bell Wisdom

Collection of kids' wisdom about love and marriage have been around for a long time and when my friend colleague, Paul Simpson sent me these, I thought they were too cute to pass up. I share these in the hope you'll get a nice chuckle from them:

HOW DO YOU DECIDE WHO TO MARRY?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like and she should keep the chips and dip coming. Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before you find out later who you're stuck with. Kristen, age 10

WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know their person FOREVER by then. Camille, age 10

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids. Derrick, age 8

WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both do not want any more kids. Lori, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have some say if you listen long enough. Lynette, age 8

On the first date, they just tell each other lies and that usually gets them interested enough to go for a date. Martin, age 10

WHEN IS IT OK TO KISS SOMEONE?

When they are rich. Pam, age 7

The rule goes like this: if you kiss someone, then you should marry them and have kids with them. It's a hard thing to do. Howard, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

I don't know which is better, but I'll tell you one thing. I'm never going to have sex with my wife. I don't want to be all grossed out. Theodore, age 8

It is better for girls to be single but not for boys. Boys need someone to clean up after them. Anita, age 8
And the #1 favorite is

HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a truck. Ricky, age 10

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