

RUSSELL R. SHIPPEE PRESENTS

# Be the Best You Can Be

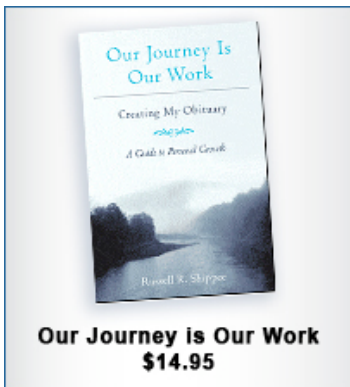
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Thursday, December 31, 2009  
Winter Edition #107



Russell R. Shippee  
Author, Speaker, Life Coach  
Cameron and Russell being kids  
celebrating Christmas.



Order the book and get the  
workbook,  
*Living my Life on Purpose* FREE.

Dear Russell,

*The end. The beginning.* Which is it?

It is both. The end is the beginning and the beginning is the end. Celebrate both.

If you look back over the recent newsletters (hit the "newsletters" tab above) you will remember we talked about questions and answers. Yes, you already know the answer. You might want to review those articles. Then, you can tackle the questions below. You already know the answers to the questions below. You might not want to share them or write them down. But, reviewing them will help 2010 be your BEST year yet. You do not have to share the results.

- What did you accomplish this year?
- What did you learn this year?
- What relationships did you advance, stop, make, cancel, or postpone?
- What are you most proud of?
- What are you least proud of, and how will you prevent that from happening in 2010?
- What did you invest your time in?
- What did you do that was a waste of time?
- What did you fail to accomplish? In 2010 what will you change to accomplish it?
- What was your biggest surprise?
- What would you do differently if you could relive 2009?
- What was your biggest FEAR all year? How will you address it in 2010?
- What are your goals for 2010? Personal? Family? Community? Work?

Write your obituary today. Every year, on the 31st or the 1st write your new obituary. Updating it annually will keep it current and will show you what you have done in the past 12 months.

The above questions are meant to be positive to help you better plan for 2010. If you were perfect, you would not be on earth. We are here to learn, grow, and do our best. Our current best may well not be as good as our current best next year. Take the positive side of the questions and work with them. The answer is in the question.

Address the questions in private. Discuss them with a coach, master mind group, or non judgmental friend. You will be amazed at what you learn and what you say when you express your feelings out loud. It'll be great.

Take the calendar out. Schedule vacations, schedule events you know about. Schedule exercise. Schedule any classes you will take. The calendar is part of the plan and shows you what time is taken and what is available. NOW is the time to do it. NOW is the time to schedule a vacation, a get away, or that special birthday or anniversary celebration. It will feel good.

Use it for your goals. Tele-seminars scheduled below to assist you with this workbook.

Teleseminar Schedule  
Lifetime Goals – Jan 2010  
1-21 2PM EST  
1-22 10 AM EST

### Quotes

*"In order to profit from your mistakes, you have to get out and make some."*

– Unknown

*"Man is so made that when anything fires his soul impossibilities vanish."*

– Jean De La Fontaine

*"A man can get discouraged many times, but is not a failure until he blames somebody else and stops trying"*

- Burroughs

*"You always have two choices: your commitment versus your fear."*

– Sammy Davis Jr.

In the last letter, I asked you to add your friends to the mailing list – with their permission. Did You? If not, it's not too late. Do it today. Share the questions with them. Everyone who answers them will win. Everyone will be better off. NOW is the time to add them.

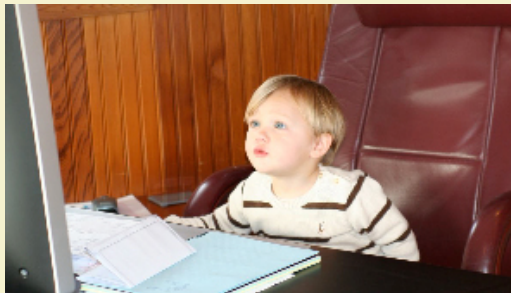


PS You are not avoiding the above questions pretending you are too busy -- are you?

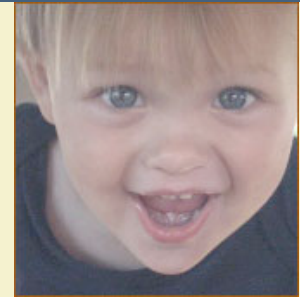
### Cameron's Corner

#### I DID -- DID You?

Here I am at the desk writing my goals and reviewing them for 2010. My typing is better than my handwriting at the moment. Perhaps I need my own desk and computer as Grandpa gets anxious when I use his. He stands over me and I need space. Don't you?



Kids do things twice, as we learn by seeing and then we copy what we see. It is nothing new to us but Grandpa seems to think it is good to remind you. He doesn't like me to question his judgment so I occasionally hold back and this is one of those times. If you already knew tell him yourself.



*Christmas was great. Everyone likes to see the excitement on a kid's face and, being a kid, I get the gifts so they can see me smile, and smile I do. Thanks. My parents say I need to share at least one gift with those less fortunate. I do think it is a good idea. Do you share one of your gifts with someone less fortunate?*

[Download Cameron's Corner](#)

### HAPPY NEW YEAR 2010



[Start 2010 right!](#)  
[Create a group or join another. Teleseminar classes are accessible](#)

### Spotlight Article

#### TWICE

*Everything is done twice.*

First, it is done in your mind. Then, it is done in your physical presence.

To do something you must first see it in your mind's eye, and then it is created. The key, the secret, the ingredient most missing, is the seeing in your mind's eye first.

First, one must dream, must imagine, must create, without judgment, in their mind's eye. Only then can what you dream become a reality. Only then can you do it.

Not doing anything? Not interested? Not engaged? Go into your mind, go into your dreams, let yourself be a kid to create in your mind. Create and allow yourself without judgment, without limitations, without all the 'cant's'. Age, money, knowledge, and all of these things should not stop the dreaming, the creation in your mind's eye.

If the vision, the dream, is dramatic and powerful enough, you will find a way. You will earn the money, you will learn the skills, or you will hire the skills. Age is a state of mind.

[from anywhere in the world and scheduled on an ongoing basis. Click to contact.](#)



First, we must create in our minds eye. We can, and we always do. The key is to consciously create what we want and not what we think we are or what we think we deserve or what others have in their mind for us. What do we want? What feels good to us? What attracts us? What gives us energy? What empowers us? What will get us up and going with excitement in the morning? What makes us feel like a kid? These are the things we need to embrace, these are the things life has in store for us.

For years I had always had a picture of my ideal boat in my mind. Finally, I thought I saw it in a for sale listing and went to take a first hand view. As we rounded the corner, I saw her at anchor. Immediately, I knew it was the boat I had seen in my mind's eye. I also knew she was mine. Sure, I bought her, she was already mine.

What can you remember seeing in your mind's eye, and then it happened? Once you saw it, did it not come quickly? Wasn't it easy?

It's time to live 2010 before it arrives. It's time to see in your mind's eye what you can and will do with 2010. Create and see what you want, write it down as a goal, and work on that which you saw, and it will come to pass. Live 2010 now as ideally you want to see it, and then proceed to actually live it as you saw it.

So, see it, visualize it, and then do it, allow it, accept it.

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*Unleash the Power of Your Brain*