

Q-Tip 4/24/17

Happy Monday my friends,

Since this is the last Monday of April, this Q-Tip will be a bit longer than usual. We have all been working toward a more positive commitment to ourselves, our friends, our family, and our job so I was truly inspired by many authors this week. Hope you are too.

RESILIENCE

“It’s not whether you get knocked down, it’s whether you get back up.”
(Vince Lombardi)

Watch a baby learning to walk. When she first goes from crawling to walking, she’s down more than she’s up. There may be a few tears, but she quickly bounces back up, ready to try again. The urge to walk, to explore the world in a new way, keeps her going. Wouldn’t it be great if we could maintain this same kind of spirit? A baby doesn’t think, “Gee, I fell. Now, I’ll never learn to walk.” As adults, we sometimes let our failures discourage us. If something goes wrong one time, we think it will always go wrong. We don’t get up to take the next step.

NOTE TO SELF: I know I’ll fail once in a while, but I can learn from my failures. When I try something new that I fear I’ll fail at, I’ll remind myself that I’ve succeeded in the past by persisting. (Linda Picone)
No matter how hard the past, you can always begin again (Buddhist proverb)

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties. (Harry Truman)

Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future. (Deepak Chopra)

Today’s messages come down to two words for me, with an optimistic attitude and persistence we can accomplish anything we set our minds to.(SH)

Wishing everyone a wonderful week
Susie Q for QSPAC signing off

Q-tip 4/17/17

Happy Monday My Friends

Hope everyone enjoyed their weekend. Time to start the week off with a little encouragement.

CHANGING OUR LIVES

“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.” (William James)

Some call it visioning. Others call it dreaming, reframing, visualization, positive thinking, or cognitive therapy. And still others just do it and don't call it anything. It's the art of deliberately picturing something that we desire—a behavior, goal or outcome—so that it's more likely to come about.

Thinking alone isn't going to make something happen, of course. But once we have a vision, we can begin to act in ways that will make the vision become real.

NOTE TO SELF: I have a picture of how I want my life to go. What do I need to do to make it happen? (Linda Picone)

If you want a certain thing, you must first be a certain person. Once you are that certain person, obtaining that certain thing will no longer be a concern of yours. (Zen saying)

If we take the time to reflect on the words above and truly work on changing our inner selves, we then would be able to approach each day or situation in a more pleasant and positive manner. (SH)

Wishing everyone a wonderful week
Susie Q for QSPAC signing off.

Q-Tip 4/10/17

Happy Monday My Friends,

I wanted to start our week off with a HAPPY message.

NEAR TO HAPPINESS

“To be kind to all, to like many and love a few, to be needed and wanted by those we love, is certainly the nearest we can come to happiness.” (Mary Roberts Rinehart)

There is not great mystery to being happy. Happiness is within easy reach of all of us, though we don't always appreciate this fact. The secret to happiness is this: Treat others as you would like to be treated. That's about it.

Like a stick thrown to a dog, love and kindness keep coming back.

When we make others happy, we make ourselves happy.

NOTE TO SELF: I have a good life, with friends I love and who love me. (Linda Picone)

Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. (Buddha)

I, like many others, have used this same statement above, “I treat others as I want to be treated.” Sometimes I feel it is just that, words only. How often in our busy lives do we all have days that we may be busier than usual or under more stress and pressure and fail to remember just what our actions and words can do to one another. Maybe if we took an extra minute to think before acting or speaking we may just be that single candle that spreads it's light of happiness into someone else's day. (SH)

In closing : “Kindness is the language which the deaf can hear and the blind can see.” (Mark Twain)

Wishing everyone a HAPPY and wonderful week

Susie Q for QSPAC signing off

Q-Tip 4/5/17

Good Morning My Friends

TACT

“Tact is the knack of making a point without making an enemy.” (Sir Isaac Newton)

When we're right, we're right-and we want everyone to know it. Funny how others roll their eyes and cough a little behind their hands when we tell them just what we think. Discouraging how they don't agree with us right away.

There's no problem with having strong opinions-it shows that we care about things. But if we wield our opinions like clubs, we will never convince anyone that our opinions are right.

NOTE TO SELF:

When I'm in a conversation with others, I can tell them clearly what I think without being pushy about it. (Linda Picone)

Your worst enemy cannot harm you as much as your own unguarded thoughts. (Buddha)

I have many times felt , as some of you may have felt as well, that we were absolutely right about a situation. But reflecting on the words above, could our justification or portrayal of that circumstance been handled in a much better manner? If everyone could just take that extra minute to think before speaking others may be more receptive to listening and understanding our point of view or opinion. (SH)

I hope everyone had a good week so far, and hope the message above helps in ending the week on a positive note.

Take care everyone,

This is Susie Q for QSPAC signing off