

Q-Tip 4/9/18

Happy Monday my friends,

Today's message is about having confidence in ourselves even when the task at hand seems difficult. We have all encountered or will, a job or chore that seems totally out of our realm to accomplish. The key is to change our mindset and instead of saying "I don't know how I will get it done" start saying to yourself "Let me see how I CAN get this done."

PERSEVERANCE AND CONFIDENCE

"Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained." (Marie Curie)

We can come up with a dozen excuses for why we haven't accomplished more in our life. Not enough money. Not enough time. Family obligations. Personal problems. No support. No opportunities. Bad luck. Some people do seem to get more breaks than us, but many start with a lot less and face more daunting odds, yet somehow persevere.

NOTE TO SELF:

What goals do I really care about and what can I do to achieve them- with no excuses or explanations for why things are difficult? (Linda Plcone)

The gods help them that help themselves. (Aesop)

The superior man acts before he speaks, and afterwards speaks according to his actions. (Confucius)

The block of granite which was an obstacle in the pathway of the weak becomes a stepping stone in the pathway of the strong.(Thomas Carlyle)

Wishing everyone a happy and positive week

Susie Q for QSPAC signing off

Q-Tip 4/2/18

Happy Monday my friends

Have you ever saw something you wanted and just had to get it at any cost? Ever wonder what it is that makes us always wanting more? Today let's take a moment to be grateful and thankful for what we do have and not what we don't.

WANTING MORE

"It is not the man who has too little, but the man who craves more, that is poor." (Seneca)

How many things do we need to make us happy? Fewer than we think. In fact, doesn't it sometimes seem like the more "stuff" we have, the less happy we feel? More stuff means more that we have to take care of, more that can suddenly go wrong on us, more clutter around us. We can't get everything we think we want, but we can readjust our thinking to find happiness in the riches we already have.

NOTE TO SELF:

It's a good day to count my blessings, rather than the number of blessings I wish I had. (Linda Picone)

The root of suffering is attachment. (Buddha)

Time is more valuable than money. You can get more money, but you cannot get more time. (Jim Rohn)

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.(Oprah Winfrey)

Wishing everyone a great week

Susie Q for QSPAC signing off