

Q-Tip 4/29/19

Happy Monday My Friends,

Isn't it wonderful to wake up in the morning realizing that life has given you another day to live. (Real True Words)

A hug a day will chase the stress away. Here's a HUG from me to you. (Mission of Angels)

The best things in life are free: family, friends, hugs, smiles, kisses, sleep, laughter, love and good memories. (Love Wide Open)

Pay attention to the small things that people do for you because they add up to big things in the end. (Be Positive, Be Real)

I admire people who always show kindness and help people, no matter if they are struggling with their own problems. They are truly a gift to this world. (Quote Find)

Life is too short....hug a little longer, love a little stronger, forgive a little sooner and smile a little sweeter. (Think Positive Power)

Always trust your instincts, they are message from your soul. (White Ribbons of Peace)

Before you SPEAK, let your words pass through three gates: Is it true? Is it necessary? Is it kind? (Think Positive)

If I can make one person laugh long enough to forget their problems then my day was not wasted. (Funkiology)

Don't start your day with the broken pieces of yesterday. Every day is a fresh start. Each day is a new beginning. Every morning we wake up is the first day of our new life. (Power of Positivity)

Create your own life and then go out and have it. (Buddhism and Meditation for Beginners)

When you wish good for others, good things come back to you. This is the Law of Nature. (Positive Healthy Inspirations)

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

Q-Tip 4/22/19

Happy Monday my dear friends,

Hope everyone enjoyed their weekend. Monday's, for me, seem to be the hardest day of the week to get up and motivated. But once up and about the day seems to get brighter. If you should feel the same I believe the following quotes will turn any negativity into positivity for today and the rest of the week.

If you have nothing in life but a good friend , you're rich. (Positive Compassion)

Choose to be optimistic, it feels better. (Dalai Lama)

I may not be the most important person in your life....I just hope that when you hear my name, you smile and say..."That's my friend." (Be Happy Enjoy Life)

LOVE: means nothing without action. TRUST: means nothing without proof. SORRY: means nothing without change. (Heidi Dellaire)

One of my favorite feelings is laughing with someone and realizing half way through, how much you appreciate them and their existence. (Positive Compassion)

If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl, but whatever you do you have to keep moving forward. (Martin Luther King, Jr.)

Happiness is when what you think, what you say, and what you do are in harmony. (Mahatma Gandhi)

If you want happiness for an hour – take a nap. If you want happiness for a day – go fishing. If you want happiness for a year – inherit a fortune. If you want happiness for a lifetime help someone else. (Chinese Proverb)

In closing, a quote from Dr. Seuss:

Life is too short to wake up in the morning with regrets. So, love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason. If you get the chance, take it. If it

changes your life, let it. Nobody said it would be easy, they just promised it would be worth it.

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

Q-Tip 4/15/19

Happy Monday my friends,
I hope everyone enjoyed their weekend. What a better way to approach the middle of April then with a few quotes of positivity and encouragement.

A lot of problems in the world would disappear if we talked to each other instead of about each other. ([Love Wide Open.com](http://LoveWideOpen.com))

One of the best feelings in the world is knowing that someone is happy because of you. (RealTrueWords)

Don't walk behind me, I may not lead. Don't walk in front of me, I may not follow. Just walk beside me and be my friend. (Think Positive)

A smile is a curve that set everything straight. (Phyllis Diller)

My goal is not to be better than anyone else, but to be better than I used to be. (Power of Positivity)

The tongue has no bones, but is strong enough to break a heart. So be careful with your words. (Zane Baker)

Before going to sleep at night, forgive everyone and sleep with a clean heart. ([Love Wide Open.com](http://LoveWideOpen.com))

We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained. (Marie Curie)

I believe every human has a finite number of heartbeats. I don't intend to waste any of mine. (Neil Armstrong)

If you are working on something that you really care about, you don't have to be pushed. The vision pulls you. (Steve Jobs)

Action is the foundational key to all success. (Pablo Picasso)

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

Q-Tip 4/8/19

Happy Monday My Friends,

Let's begin this brand new week with words of positivity and encouragement.

Be careful what you tolerate, you are teaching people how to treat you.
(True you Wellbeing)

OVERTHINKING is the biggest cause of our unhappiness. Keep yourself occupied. Keep your mind off things that don't help you.

"Think Positively." (Heidi Dellaire)

I would rather surround myself with people who make a lot of mistakes and have no problem admitting to them, than surround myself with people who think they make none. (Quote Find)

Wrinkles mean you laughed, gray hair means you cared, and scars mean you lived. (Zane Baker)

Always try to smile, because your smile can give other people a reason to smile too. (Say Yes To Positivity)

Remember, a person who DANCES WITH YOU IN THE RAIN will most likely WALK WITH YOU IN THE STORM. (Understanding Compassion)

You can't always have a good day. But you can always face a bad day with a good attitude. (Positive Energy)

Keep going...difficult roads often lead to beautiful destinations.
(Unknown)

You can't go back and change the beginning, but you can start where you are and change the ending. (Harlequin Flowers)

Call me crazy but I love to see people happy and succeeding. Life is a journey, not a competition. (Quote Find)

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

Q-Tip 4/2/19

Happy Tuesday and beginning of April my friends,
Nobody's perfect. We make mistakes. We say wrong things. We do wrong things. We fall. We get up. We learn. We grow. We move on. We live. (Mission of Angels)

When it rains, look for rainbows. When it's dark, look for stars. (The Fairy Village)

Never discourage anyone who continually makes progress, no matter how slow. (Plato)

Just one small positive thought in the morning can change your whole day. (Dalai Lama)

Don't write your name in the sand, waves will wash it away. Don't write your name in the sky, the wind may blow it away. Write your name inside the hearts of people you come in contact with. That's where it will stay. (Quote Find)

I opened two gifts this morning. They were my eyes. (Understanding Compassion) (I felt this was very special and needed to said)

REPEAT AFTER ME: I am grateful for the gift of another day. (Zane Baker)

Friends are angels who lift us up when we have forgotten how to fly. (A Thousand Petals)

How wonderful it is that nobody need wait a single moment before starting to improve the world. (Anne Frank)

Do what you can, where you are, with what you have. (Teddy Roosevelt)

I hope everyone has enjoyed these today.

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off