

Q-Tip 4/27/20

Happy Monday My Friends,

Based on the current news seems we are going to be keeping the stay at home in place for awhile. It is sad because as a person we thrive on human contact. Although we are still able to come to work or go to the store we must still use safe distancing. One thing I think I miss most is being able to hug someone. There is nothing better for the soul than a great big heartfelt hug. I am going to do my best to continue to send words of positivity on Monday's and in these trying times we must never lose our sense of humor so will continue when I can to keep us smiling and laughing on Friday's. Lately there is very little celebrations happening, but one thing we can do is celebrate ourselves. We are each a special individual with special characteristics so today's positivity is about you.

CELEBRATION

"I celebrate myself, and sing myself." (Walt Whitman)

Let's try saying something as simple and powerful as "I celebrate myself." It's a bit unusual, perhaps even embarrassing, isn't it? Sounds kind of egotistical. When others celebrate us, it feels pretty good, but to celebrate ourselves....? Children enjoy celebrating themselves. When a baby first finds her own toes, she is completely delighted. When a toddler realizes that he can make sounds that bring him rewards, he beams proudly. Why can't we take a similar delight in the simple wonder of being alive? Our life is a great gift worth celebrating.

NOTE TO SELF: At least once each day, I will offer a quiet celebration of the miracle that is me. (Linda Picone)

The best day of your life is the one on which you decide your life is your own. No apologies, no excuses. No one to lean on, rely on or blame. This is yours – It is an amazing journey – and you alone are

responsible for the quality of it. This is the day that your life really begins. (Bob Moawab)

You only live once, but if you do it right, once is enough. (Mae West)

Believe I yourself, never give up, and go about your business with passion drive and enthusiasm. (Peter Jones)

Be weird, Be random. Be who you are. Because you never know who would love the person you hid. (Unknown)

Sending everyone a BIG HUG!!!! Have a wonderful week,

Susie Q for QSPAC signing off

Q-Tip 4/20/20

Happy Monday My Friends,

The new way of life lately is beyond our own control but what we do have the power over is our thoughts, actions and spirit. So I am hoping these words of encouragement will help keep your spirits, hearts and mind on a positive path.

One minute of anger weakens the immune system for 4-5 hours. One minute of laughter boosts the immune system for 24 hours. (Quote Find)

Challenge: When a negative thought enters your mind, think three positive ones. Train yourself to flip they script. (Science & Metaphysics)

Day is over, night has come. Today is gone, what's done is done. Embrace you dream, through the night, tomorrow comes with a whole new light. (Rising Back Again)

NOTE TO SELF: Keep going. You're doing great. You might not be where you want to be yet, but that's okay. Just take it one step at a time and keep believing in yourself. And remember no matter what

happens, you can still enjoy your life and be happy. (Positive Healthy Inspiration)

LOVE is like a tree. Where you plant seeds of love, it branches out in all directions. (Positive Healthy Inspiration)

When life shows you a hundred reasons to break down and cry, show life you have a million reasons to smile and be thoughtful. (Positive Healthy Inspiration)

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

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

Q-Tip 4/13/20

Happy Monday my friends,

I hope today's quotes will inspire and encourage you through the week.

We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have. (Friedrich Koenig)

Life is not about waiting for the storms to pass. It's about learning how to dance in the rain. (Vivian Greene)

Take care of your body. It's the only place you have to live. (Jim Rohn)

Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive. (Harold Thurman)

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all. (Dale Carnegie)

Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.(Roy T. Bennett)

You can never quit. Winners never quit, and quitters never win.(Ted Turner)

Keep your fears to yourself, but share your courage with others.
(Robert Louis Stevenson)

You must be the change you wish to see in the world. (Gandhi)

We all are faced with fears and may have many concerns, some more serious than others but if we continue to be positive and show our strength and courage to others it will become just as infectious as this pandemic we are facing.

[Stay strong, stay safe and stay well my friends,](#)

Susie Q for QSPAC signing off

Q-Tip 4/6/20

Happy Monday My Friends,

Hope everyone had a good weekend. Another week and the reports of the virus are taking up so much of the news and although we still have a ways to go, we need to try our best to stay strong and positive. Just a few quotes today to help us all feel a little encouragement until we can through this pandemic.

We generate fears while we sit. We overcome them by action. (Dr. Henry Link)

In the midst of movement and chaos, keep stillness inside of you.
(Deepak Chopra)

Tough times never last, but tough people do. (Dr. Rober Schuller)

Be good to people for no reason. (Daily Vibes)

Everyday may not be good, but there's something good in every day.
(Alice Morse Earle)

Seven things money can't buy: A happy family, true love, passion, time, knowledge, respect, inner peace. (Steve Aitchson)

A family doesn't need to be perfect, it just needs to be united.
(Motivational Quotes Journal)

(This can apply to us also at QSPAC and a nation. We need to stand united no matter what is happening, just as we are seeing in the world today. It takes all of us to beat this thing and as long as everyone follows the proper procedures set up by our government we can get through these trying times.)

Wishing everyone a Happy Easter, enjoy family, stay well, stay safe,
Susie Q for QSPAC signing off