

Q-Tip 8/28/17

Good Morning and Happy Monday my Friends,
Another month is almost over and school has begun in many areas. Incredible how time is flying by. Summer will soon be ending and one of the best seasons on the horizon. Fall signifies warmth, so I hope today's inspirational notes create that same feeling in your hearts and souls as we approach a new month.

From: (THE POWER OF POSITIVITY)

When you focus on your problems, you will have more problems.
When you focus on possibilities, you will have more opportunities.

One smile, can start a friendship. One word, can end a fight. One look, can save a relationship. One person can change your life.

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

The meaning of life is to find your gift. The purpose of life is to give it away.

Do good and good will come to you.

Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice.

From: (OLD SOUL QUOTE TRIBE)

Forgive people in your life, even those who are not sorry for their actions. Holding onto anger only hurts you, not them.

From: (LILAC & LAVENEDER)

Do everything with a good heart & expect nothing in return and you will never be disappointed.

A beautiful face will age and a perfect body will change, but a beautiful soul will always be a beautiful soul.

People are not beautiful for the way they look, walk or talk. They are beautiful for the way they love, care and share.

No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind.

The one who has conquered himself is a far greater hero than he who has defeated a thousand times a thousand men. (BUDDHA)

The giant tree starts out as the tiniest shoot; the tallest tower starts out as a single brick. (LAO TZU)

Only when you can be extremely pliable and soft can you be extremely hard and strong. (ZEN SAYING)

As we move forward to a new month, two very special quotes , From: (LESSONS LEARNED IN LIFE)

Never be a prisoner of your past, it was a lesson not a life sentence.

To be happy you must: Let go of the what's gone. Be grateful for what remains. Look forward to what's coming next.

Let these words encourage as we begin September this week. The past is just that, the past, close that chapter and start a new one. If we learn from our past and continue to grow mentally, physically and spiritually , imagine the bright future lies ahead of us.

Wishing everyone a happy final week of August,

Susie Q for QSPAC signing off

Q-Tip 8/21/17

Happy Monday my friends,

We have been focusing our messages on changing our mental outlook but we should not forget the changes also need to happen physically. Have you ever noticed that when you are not in the right frame of mind, you also do not feel well, and vice versa? So our TIP today will center on taking care of our physical well being, as well as, our mental and spiritual.

LAUGHTER

“The most wasted of all days is one without laughter.” (E.E. Cummings)

Luckily, laughter is easy to come by. It doesn't cost anything. It's available to everyone, regardless of race, creed, or religion. It's contagious and spreads easily. And if we can't find something to laugh at, we can always laugh at ourselves.

NOTE TO SELF: I'm ready to laugh right now.

As soon as you have made a thought, laugh at it. (Lao Tzu)

A day without laughter is a day wasted. (Charlie Chaplin)

Health does not always come from medicine. Most of the time it comes from peace of mind, peace in the heart, peace of soul. It comes from laughter and love. (Essence of Life)

Laughter and a sense of humor are good for emotional, physical and spiritual health. According to Paul E. McGee, PhD, “Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.” The ability to laugh at your own mistakes is associated with mental flexibility and the ability to shift perspective. This can be an invaluable tool to leading a more satisfying and fulfilling life.

This message is not about laughing off mistakes and doing nothing to make it right, but to accept it and not let it bring you down, where it not only cause physical harm, but mental and spiritual as well. Make

peace with the error and remind yourself to move forward and do better next time. Let's all laugh a little more and love ourselves and others a little harder as we continue our path in becoming that stronger, healthier person we were meant to be.

Laughing is and always will be the best form of therapy. (Positive Outlooks)

Wishing everyone a happy and fun week.

Susie Q for QSPAC signing off

Q-Tip 8/14/17

Happy Monday My Friends,

Our Q-tips have been a mixture of many types of encouragement and positivity. Some on a lighter note and others not so much. Today's words are once again on that deeper level of awareness.

CRITICISM

"Don't find fault, find a remedy." (Henry Ford)

We spend a lot of time knocking others for what they have done wrong without offering much in the way of useful ideas ourselves. Problems need solutions. We may not have the answer, but we can at least offer ideas and support to those trying to work through their problems.

NOTE TO SELF:

Before criticizing, I need to find a way to help solve a problem.

It is not the pointing finger. It is the direction. (Zen saying)

Be careful with your words. Once they are said, they can only be forgiven, not forgotten. (The Purple Flower)

A good solution applied with vigor is better than a perfect solution applied ten minutes later. (George Smith Patton, Jr)

I am going to let today's messages speak for themselves. My only comment, WORDS are very powerful. We can use them to wound, or we can use them to heal. Our goal towards positivity and self-awareness should be to choose them wisely always.

Before closing I would like to share some good news. Not sure if you have had the time to invite customers to our website to enjoy the Q-Tips as we do but I have been able to reach out to a few and happy to say, we have a small following. I would like to share a note one customer sent to me.

ATTITUDE

"The longer I live, the more I realize the impact of attitude on life. Attitude to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes. (Charles Swindoll)

I have to say, who would have thought that our QSPAC name now has two separate meanings.

Quality Service People Accountability Communication

Q (the circle of the Q is our family) S (solidarity) P (positivity) A (attitude) C (caring)

Wishing everyone a very happy week

Susy Q for QSPAC signing off

Q-Tip 8/7/17

Good Morning My Friends,

As we begin this month of August we have 2 messages towards our goal of positivity. MISTAKES/SUCCESS

SELF-DISCLOSURE

“If you do not tell the truth about yourself, you cannot tell it about other people.: (Virginia Woolf)

When we recognize our own flaws-and our own strengths-and can share them with others, we have more credibility when we assess the flaws and strengths of those around us. In fact, we have more credibility in all that we do when we are honest about ourselves with others.

NOTE TO SELF:

I know what I do well and what I don't do well. I know the mistakes I've made in the past and the successes I've had. I don't need to paint a false picture to others. I can tell my story just as it is.

It takes a wise man to learn from his mistakes, but an even wiser man to learn from others. (Zen saying)

Dont' spend time thinking about what's wrong with you. Focus instead on what's right with you and build upon it. (Joel Osteen)

In our journey toward self-improvement our first message is about mistakes. No one is exempt from making a mistake and I am certain

no one is ever pleased with themselves when this happens. The best we can do is OWN it, CORRECT it, LEARN from it and move forward. That is what is most important.

Our second message : SUCCESS (definition-the accomplishment of an aim or purpose) Often success is viewed as someone who has gained public notoriety, such as a musician, author, world leader. But have you helped a friend or family member through a difficult time? Have you been kind to a stranger? Have you assisted a co-work with a project without hesitation? Have been able to calm an unruly customer and possibly even make them smile? That my dear friends is SUCCESS. Each and every one of us has our own individual story. So OWN it, and be PROUD. You are a success.

Wishing everyone a great week

Susie Q for QSPAC signing off