

Q-Tip 8/27/18

Happy Monday my friends,
Did you just ever have one of those days or even weeks, where everything you try to do seems to go badly. Kind of makes you feel like you let someone down or even yourself. I am sure all of you have heard the saying, "Turn that frown, upside down." So I hope today's message encourages you to try and remember that, next time you feel like a failure.

FAILURES

"I have not failed. I've just found 10,000 ways that won't work."
(Thomas Edison)

We should drop the word failure from our vocabulary. It's misleading to think about our efforts in a strictly binary way-as either successes or or failures. Life is not this simple. Do babies fail when they try to take their first step and fall? That first step (and the tumble to the ground that inevitably follows it) is an integral and unavoidable part of the process of learning.

NOTE TO SELF:

I will reframe my failures as necessary steps on the path to learning and growth. (Linda Picone)

Do not shine like jade; instead be humble like a rock. (Lao Tzu)

Sit, walk or run, but don't wobble. (Zen saying)

There is no such thing as failure. There are only results. (Anthony Robbins)

Twenty year from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. (Mark Twain)

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

Q-Tip 8/20/18

Happy Monday my friends,

This week I want to focus on something that seems a small gesture on our part, but could make a large impact in someone else's day. It could be a thank you, a smile, an atta boy, a kind or positive word is all it might take to show how much that other person is appreciated. We all need that once in a while. Just think, if each of us do that for each other what a more productive and happy environment we will have to work in, not to mention our lives outside the workplace.

APPRECIATION

"You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime." (Dale Carnegie)

We've had our words come back to us, years later. We are embarrassed and rueful when we realize that something we said casually caused long-lasting hurt. And we're pleasantly surprised when we learn that a few positive words turned out to be exactly the solace someone needed. We didn't know that we could make so much difference in another person's life. We need to be mindful of what we say-and what we fail to say.

NOTE TO SELF:

I love it when someone says something positive to me. I will make sure I "pay it forward" and never hold back on offering encouraging and supportive words to others. (Linda Picone)

One is not called noble who harms living beings. By not harming living beings one is called noble. (Buddha)

One kind word can warm three winter months. (Japanese saying)
You never know when a moment and a few sincere words can have an impact on a life. (Zig Zigler)
You must be the change you wish to see in the world. (Mahatma Gandhi)
Before closing I want to send a sincere thank you to all of you for being a great part of this family and a friend to me as well.
Wishing everyone a great week
Susie Q for QSPAC signing off

Q-Tip 8/13/17

Happy Monday my friends,
Hope everyone enjoyed their weekend. How often have you listened to someone speak about their ideas or plans for something and yet you are not really listening? How badly we would feel if we knew the same was being done to us when we feel we have something we want to discuss or share that is important to us. We have all heard the saying, "treat others as you would like to be treated yourself." Maybe this week we can work on being better listeners and more supportive of each other, whether it is work related or even personal. We need to be there for each.

COURAGE AND LISTENING

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." (Anonymous)

We stand behind our principles, and we're not afraid to tell people what we think. We've even gotten in trouble for that from time to time because people aren't always that interested in what we think. What we may need to do a bit more of is to listen-relay listen-to what others

think and to give what they say serious consideration. Sometimes we're so busy planning the next thing that we want to say that we barely hear what anyone else has to offer.

NOTE TO SELF

I won't falter in my willingness to put myself on the line, but I realize that others may feel just as strongly about their positions. I will listen to and respect their thoughts-even if I still don't agree.(Linda Picone)

The ignorant man is an ox. He grows in size, not in wisdom. (Buddha)

Sometimes you must yield in order to win, and sometimes maintaining a low place leads you to win. (Lao TZU)

People have been know to achieve more as a result of working with others than against them. (Dr. Allan From)

I do not agree with what you say, but I will defend to the death your right to say it. (Voltaire)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

Q-Tip 8/7/18

Happy Tuesday my dear friends,

TAKING RESPONSIBILITY

"God gives the nuts, but He does not crack them." (German proverb)

If only the right opportunity were to come along, we think to ourselves, we could make a real success of things. We look with envy at others we see as being more successful. They must have gotten a big break somewhere along the way.

Chances are that we already have more opportunities than we realize. It's up to us to start recognizing these opportunities and taking advantage of them. This means actually working hard to turn opportunities into success.

NOTE TO SELF:

Ultimately, the responsibility for my success is on me, no matter what circumstances I face or what difficulties I have to overcome. (Linda Picone)

As he succeeds, he takes no credit. And just because he does not take it, credit never leaves him. (Lao Tzu)

A disciplined mind brings happiness. (Buddha)

Success is how high you bounce when you hit bottom. (George Smith Patton, Jr)

The man who can drive himself further once the effort gets painful is the man who will win. (Roger Bannister)

It is very easy to feel left out of things, or not as good as someone else, or felt you deserved a position more than someone else. But if you stay true to yourself, work hard, and don't give up no one can stop you being the most successful person you were always meant to be. Redirect your mind set, because maybe this is not your time. By never giving up, whatever it is you are searching for, will be and always has been there for you to reach out and grab.

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off