

Q-Tip 12/18/17

Good Morning my dear friends,
How fast the time as gone. This is our final Q-Tip for 2017. I thought it befitting to end our year with a message of peace and love.

From the Purple Flower:

To all the people who are loving and kind to me THANK YOU for the sunshine you bring into my life.

From the Simple Things in Life:

In case no one told you today:

You are beautiful, You are loved, You are needed, You are strong, You are enough. DON'T GIVE UP!

From the Power of Positivity:

Don't let anyone rent a space in your head, unless they're a good tenant.

Family is like branches on a tree, we all grow in different directions, but our roots remain the same.

From Simple Reminders:

HUGGING is the most beautiful form of communication that allows the other person to know beyond a doubt that they matter.

Hatred does not cease by hatred but only by love; this is the eternal rule (Buddha)

The secret of contentment is knowing how to enjoy what you have and to lose desire for the things beyond your reach. (Lin Yutang)

And in the end, the love you take is equal to the love you make. (Paul McCartney)

I count myself in nothing else so happy / As in a soul remembering my good friends. (William Shakespeare)

There might be some credit in being jolly. (Charles Dickens)

In closing, although these are not my actual words the following two sentiments come from my heart to each and everyone:

Lessons Learned in Life:

This Christmas I would love for the person reading this to be happy, healthy, loved and have their wishes come true for 2018.

My Own Little World:

Believe in life. Believe in your dreams. Believe in miracles. Believe it's possible. Believe in friendship. Believe in peace. Believe in love. Believe in yourself.

Wishing everyone a great week and wonderful holiday season.

Susie Q for QSPAC signing off.

Q-Tip 12/11/17

Happy Monday my friends,

As we are near the end of 2017 our weekly Q-tips have dealt with various ways for us to grow and improve, not only as co-workers but as friends and family, but first and foremost , we must BELIEVE in ourselves. Only then can we tackle any situation that comes our way.

INTENTION

"Others have seen what is and asked why. I have seen what could be and asked why not." (Robert F. Kennedy)

The first step to accomplishing any task is believing that we can. We begin with this belief and then figure out what we need to do to complete the task. But believing in our ability to accomplish something sometimes requires considerable will. For one reason or another, there may be many voices telling us we can't or shouldn't attempt a particular task. If we listen to these voices, we have failed before we even try.

NOTE TO SELF:

I will believe in my ability to do what needs to be done, and I will figure out a way to do it. (Linda Picone)

Each small task of everyday life is part of the total harmony of the universe. (St. Therese of Lisieux)

Whatever you are, be a good one. (Abraham Lincoln)

The mind is everything. What you think, you become. (Buddha)

Strive not be a success, but rather to be of value. (Albert Einstein)

And that my dear friends concludes our uplifting positive outlook for this week.

Wishing everyone a wonderful week

Susie Q for QSPAC signing off

Q-Tip 12/4/17

Happy Monday my friends,

This is our last month of 2017 for Q-Tips and wanted today's letter to reflect on the past and looking toward the future.

STUDYING HISTORY

"We can chart our future clearly and wisely only when we know the path which has led to the present." (Adlai E. Stevenson)

We didn't just arrive at this point in our lives; we have a history. What brought us to this place? What things did we do along the way that turned out to be mistakes, and what things turned out to be wise? Before we makes plans for where we want to go next, it's good to look back at the journey we've already taken. We don't have to repeat the same mistakes. Instead, we can use the last ideas we've had in the past to map our way into the future.

NOTE TO SELF:

I'll use my past as a guide to what I will do next. (Linda Picone)

The way to do is to be. (Lao Tzu)

We are shaped by our thoughts. We become what we think. (Buddha)

Man's mind, once stretched by a new idea, never regains its original dimensions. (Olive Wendell Holmes, Jr)

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

Never regret anything that has happened in your life. It cannot be changed, undone or forgotten. So keep it as a lesson learned and move on. (Lessons Learned in Life.com)

Life doesn't allow for us to go back and fix what we have done wrong in the past, but it does allow for us to live each day better than our last. (Power of Positivity)

Wishing everyone a wonderful week.

Susie Q for QSPAC signing off.