

Q-Tip 12/18/18

Happy Tuesday my FRIENDS,

As we near the Christmas holidays one of the joys we all have in life is friendship. We encounter many types of friends during our lives. Those we have a very close relationship with, those we have met possibly through a friend or someone you just casually happened to meet for a minute, but in the end, we still call them a friend. One of the things I believe that makes QSPAC a success is the bond we refer to as not only FRIENDS but a family unit as well.

THE GIFT OF FRIENDSHIP

“A friend is a gift you give yourself.” (Robert Louis Stevenson)

Friends give us their friendship and all that goes with it: laughter, support, loyalty, trust, companionship, sympathy, new interests. When we give friendship, we get friendship in return. It truly is a gift we give ourselves. Unfortunately, it's easy to become busy, self-absorbed, or cautious that we shut ourselves off to friends we already have. Opening ourselves to friendship takes time and commitment, and it involves some risk-but, oh, the possibilities!

NOTE TO SELF:

I will try to be open to new friendships, maybe even [unlikely](#) friendships. (Linda Picone)

Love does not make the world go round. Love is what makes the ride worthwhile. (Franklin P Jones)

You may be hurt if you love too much, but you will live in misery if you love too little. (Napoleon Hill)

The greatest good you can do for another is not just share your riches but to reveal to him his own. (Benjamin Disraeli)

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

Wishing all my dear FRIENDS a wonderful week,
Susie Q for QSPAC signing off

Q-Tip 12/10/18

Happy Monday my friends,
We all have heard or even professed “Treat others as you would have them treat you.” This will be our focus in today’s letter of inspiration and self-improvement.

“GOODNESS”

“Goodness is easier to recognize than to define.” (W.H. Auden)

We know people who appear to fit definitions of the word good, and yet we don’t really like them all that much. We also know people who don’t exhibit conventional notions of goodness, but we sense their warmth and generosity from the moment we meet them. We know that they are truly good. Goodness is an inner quality we sense in others—and want to have in ourselves.

NOTE TO SELF:

I try to be good, to myself and to others. I take as my model people I sense to be truly good. (Linda Picone)

It’s not what you look at that matters, it’s what you see. (Henry David Thoreau)

We are what we repeatedly do. Excellence, then, is not an act, but a habit. (Aristotle)

It is wisdom to know others; It is enlightenment to know one's self.
(Lao Tzu)

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

Q-Tip 12/3/18

Surprise my friends,
It has been a long time for our letter of positivity and thought what a better time to post again than this last month of the year.

Many of us have suffered a loss this year. We all know the saying. "Life is too short", well reflecting back on the loss, no matter what age the person was, we feel we still should have more time with them. Events happen daily that can become a stress nightmare, but one of the best ways to handle those situations is humor. Laughter is probably the safest and best medicine ever prescribed. So try to remember when the job or personal life push you down, pull a special funny moment either shared with family or friends and have a little chuckle. It will make a world of difference in your outlook.

"WIT"

"Wit is the only wall between us and the dark." (Mark Van Doren)

Without humor—without the ability to make fun of ourselves and the situations we find ourselves in—the world would be a very bleak place. With a twist of irony we can turn the bad things that happen to into amusing stories. And as we tell and retell these stories, we remind ourselves that we can bear almost anything that life can throw at us.

NOTE TO SELF:

I will use humor to get me through difficult times. (Linda Picone)

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

Humor is a serious thing. I like to think of it as one of our greatest earliest natural resources, which must be preserved at all cost.(James Thurber)

True wit is nature to advantage dressed, / What oft was thought, but ne'er so well expressed. (Alexander Pope)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off