

Q-Tip 2/27/17

Good Morning my friends,
As we close February the tip for today is remembering our goal of positivity so we start the new month of March on that same track.

KEEPING IT POSITIVE

“A positive attitude may not solve all your problems, but it will annoy enough people / to make it worth the effort.” Herm Albright

People with negative attitudes are easily annoyed by people with positive attitudes. This may be because they see positivity as an implicit indictment-as if they were being charged with weakness, cowardice, or self-indulgence for giving in to their negativity. On the other hand, people with positive attitudes rarely seem annoyed by people with negative attitudes. This may be because negative people are such easy targets – there’s not much sport in taking them on.

NOTE TO SELF: Even with some of the crabbiest people I know – maybe especially with the crabbiest people I know – I’m going to stay positive today. It will be interesting to see how they react. (Linda Picone)

You will not be punished for your anger; you will be punished by your anger. Buddha

In closing I also wanted to share an extra thought written by Joel Osteen

TAKEAWAY TRUTH

None of us will reach our highest potential without help from others. We need one another. You can be the one to tip the scales for someone else. You can be the one to stir up their seeds of greatness

by reaching out to them, encouraging them, and offering help without asking for anything in return.

I would like to take this opportunity to thank each and everyone of you because without your support, teamwork and positivity I would not have been able to perform my job to its fullest. We are a family and family should always support each other no matter what.

February is just about over, new month ahead, let's keep on rockin' and rollin', because that is what we do at QSPAC.

Take care and have a great week
Susie Q for QSPAC signing off.

Q-Tip 2/20/17

Dear All,

As I was compiling this week's tip I happened upon a few readings that I believe pertain to us all on a daily basis and was so inspired by the messages I wanted to share.

EXCUSES

"it is better to offer no excuse than a bad one." George Washington

We all make mistakes. The problem isn't so much making the mistakes as the lengths to which we sometimes go to defend ourselves when we make them. However deep the hole that making the mistake has put us in, it just gets deeper the more we try to explain ourselves. If we would simply say, "I was wrong" and move on, we wouldn't waste so much of our time and energy, and the people around us would respect us more.

Note to self:

I will try to calmly admit any mistakes I make today and then move on. (Linda Picone)

KIND WORDS

“One kind word can warm three winter months.” Japanese Proverb

It’s easy to say something nice—and even easier to neglect to do so. We glow when someone tells us how much they appreciate something we’ve done, even if what we’ve done is as inconsequential as holding open a door. But in our busy rush, we don’t always think to pass such kindnesses on to others.

Note to self:

I will offer kind words to others as often as I can. (Linda Picone)

AWAKENING

There is only one time when it is essential to awaken. That time is now.” Buddha

Even with our eyes open, we sometimes go through our days as if we’re sleepwalking. These are the only days we have; we need to be aware of them.

Note to self:

I will be awake, really awake, today. (Linda Picone)

I hope you feel the same as I do after reading these today. We all make mistakes in our daily lives, whether it be in our personal life or on the job. By all of us trying to use “kind” words in dealing with any given situation, we not only help one another accept the error but also to move on. Thus helping us “awaken” to what should be important, striving to be a better person. This kind of positivity is infectious and before you know it the people around you are just as positive.

Wishing everyone a very HAPPY and POSITIVE week

Suzie Q for QSPAC signing off

Q-Tip 2/13/17

Good Morning my friends,

DECIDING TO BE HAPPY

“Most folks are about as happy as they make up their minds to be.”

Abraham Lincoln

I’d be happy if only” There’s always something we’re waiting for – the right relationship, the right job, the right living situation; a child, a raise, a change of seasons – to make us happy.

When we look around, though, we see plenty of people who are happy even without any of the things we want. They simply decide to be happy now, rather than postponing their happiness for a time that may never come.

NOTE TO SELF: Happiness is a state of mind, not a set of circumstances. I can – and will – choose to be happy today. (Linda Piccone)

We are what we think. With our thoughts we make the world. Buddha
It may have been difficult to get yourself together this morning. What to wear, what to pack for lunch, the long drive in traffic to get into work. Taking the words above to heart..... JUST BE HAPPY, that you are able to get up out of bed and head to work. Think of the many people that would love to do just that but are unable to for various reasons. If you think about it for a minute you will find you truly have many things in your life that make you happy. So let’s focus on JUST BEING HAPPY. (S.H.)

Wishing everyone a very great week.

Suzie Q for QSPAC signing off.

Q-Tip 2/6/17

Good Morning my friends
KINDNESS

“Three things in human life are important.
The first is to be kind.
The second is to be kind.
The third is to be kind.” (Henry James)

Doctors pledge to “first, do no harm.” We can go one step further:
First, we will be kind. Let us approach every situation looking for ways
to be kind to others. Even if our kindness isn’t returned, we will be
better for setting an example and living up to our principles.

NOTE TO SELF: Today I will do at least one kind thing for someone
else. (Linda Picone)

Be a rainbow in someone else’s cloud (Maya Angelou)

However many holy words you read, however many you speak, what
good will they do you if you do not act on upon them? (Buddha)

Wishing everyone a great week

Suzie Q for QSPAC signing off