

Q-Tip 2/26/18

Happy Monday My Friends,

As we go through our days, some seem to be better than others. Whether at home or on the job. The ability to know when to let the bad days go and focus on the good, can be a challenge. And yet sometimes we forget those bad days can actually help us grow and look forward and appreciate the good ones. Today's message is all about:

A BALANCE IN LIFE

"There are as many nights as days, and the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness." (Carl Gustav Jung)

Wouldn't it be wonderful if we never had a problem or a bad day? And yet the sunshine after a storm is often brighter and more pleasurable than the sunshine after a string of cloudless days. Happiness that follows troubled time can be more intense-or at least more appreciated-than happiness in the midst of an easy time.

NOTE TO SELF

If I feel like things are not going well right now, I'll think about how good it's going to feel when I get through this-and I WILL get through this.(Linda Picone)

Where there is great doubt, there will be awakening; small doubt, small awakening, no doubt, no awakening. (Zen saying)

Pick yourself up, dust yourself off, start all over again. (Frank Sinatra)

Two men looked out from prison bars, one saw mud, the other saw stars. (Dale Carnegie)

Many of life's failures are people who did not realize how close they were to success when they gave up. (Thomas A. Edison)

Wishing everyone a great week

Susie Q for QSPAC signing off

Q-Tip 2/19/18

Happy Monday my friends,

We all have fears in life, whether it is real or imagined. Do you fear speaking up for yourself when confronted or maybe fearing to voice your ideas. A Today's letter is about tackling fears.

COURAGE

"Courage is doing what you're afraid to do. There can be no courage unless you're scared." (Eddie Rickenbacker)

Some of us seem to never fear failure. But do we just hide our fear really well? Others of us acknowledge our fear, even when doing so may feel embarrassing. We may be afraid of falling flat on our faces, but we stand up straight and do our best.

NOTE TO SELF

It's okay for me to be afraid. I can admit this to myself and others and still tackle the things that frighten me. (Linda Picone)

Trust in our truth. Faith in ourselves. And a little bit of surrender. (Zen saying)

Remember no one can make you feel inferior without your consent. (Eleanor Roosevelt)

The impossible is often the untried. (Jim Goodwin)

Let's start today. If you approach certain situations with a positive attitude and speak your truth with a humble, honest heart, it will be most difficult for the person receiving your words not to listen in like manner.

Wishing everyone a great week

Susie Q for QSPAC signing off

Q-Tip 2/12/18

Happy Monday My Friends,
Celebration of the Chinese New Year is February 16th. This is the year of the dog. Dogs are honest and loyal. They are the truest friends and most reliable partner. We need to see each other as that most honest, loyal and reliable partner and the growth of our company will outlast the competition. I drew inspiration this week from the Wise Men of Asia.

THANKFULNESS

"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful." (BUDDHA)

Doesn't it seem as if the people with the most problems are often this who are the most thankful for what they have? Facing a crises tends to make us appreciate the things we take for granted. Our challenge is to appreciate what we have, even without a crisis to prompt us.

NOTE TO SELF

I will start and end today thinking about how fortunate I am, right here, right now. (Linda Picone)

If you correct your mind, the rest of your life will fall into place. (Lao Tzu)

Everything has beauty, but not everyone can see. (Confucius)

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment. (BUDDHA)

(Ping ying Mandarin) Gong-shee faa-tseye (Happy New Year!!!)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

Q-Tip 2/5/18

Happy Monday my friends,

Hope everyone had a great weekend. Today's message is about LIVING. So many times we wish our lives away waiting for the next day and the next day. But we need to stay in the moment and live each day to its fullest for tomorrow is not promised.

LIVING EVERY DAY

"May you live all the days of your life." (Jonathan Swift)

How often do we ask ourselves, as if waking from a dream, "Where has the time gone? What happened to yesterday? last week? last month? last year? Our lives are all that we have on earth, and yet how many days do we let slip by without living them as fully as we might?

Living every day doesn't have to mean trying to achieve something significant every moment that we're conscious. No one could sustain a life like that. It just means doing something each day that adds value to our lives and the lives of others.

NOTE TO SELF

I will do something today that will make me feel that I have really lived it. (Linda Picone)

Flow with whatever may happen, and let your mind be free: Stay centered by accepting whatever you are doing. This is the Ultimate. (Zhuangzi)

He lives long that lives well; and time misspent is not lived but lost. (Thomas Fuller)

If you want to make good use of your time, you've got to know what's important and then give it all you've got. (Lee Iacocca)

Wishing everyone a wonderful week

Susie Q for QSPAC signing off