

Q-Tip 2/25/19

Happy Monday my friends,
As we start this last week of February , let's take a little time for quotes of encouragement and positivity to carry with us into a new month.

No book is a chapter, no chapter tells the whole story, no mistake defines who we are. Hope makes our lives page turners. (UNKNOWN)

Your angels are always with you, every minute of every day. You are never alone. You are always loved and watched over. (White Ribbons of Peace)

When you hold grudges, your hands aren't free to catch blessings. (White Ribbons of Peace)

When something bad happens to you, you have three choices: You can let it define you, let it destroy you, or you can let it strengthen you. (Simple Reminders)

Sorrow looks back. Worry looks around. Faith looks up. (Ralph Waldo Emerson)

Life isn't meant to be easy, it's meant to be LIVED. Sometimes happy, other times rough...But with every up and down you learn lessons that make you STRONG. (Rising Back Again)

No act of kindness, no matter how small is ever wasted. (AESOP)

You must expect great things of yourself before you can do them. (Michael Jordan)

I never dreamed about success. I worked for it. (Estee Lauder)

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

Q-Tip 2/18/19

Happy Monday my friends,

Let's take a few moments to reflect and be inspired as we begin this week in a positive and cheerful manner. Let's make this a great week for not only ourselves, but our friends , family, co-workers, and possibly a stranger.

No matter how badly someone treats you, never drop down to their level. Remain calm, stay strong and walk away. (Bobby J. Maddingly)

BE STRONG enough to walk away from what's hurting you, AND BE PATIENT enough to wait for the blessings you deserve. (Inspire Positive Soul Sensations)

My father said there were two kinds of people in the world. The givers and the takers. The takers my eat better, but the givers sleep better. (Marlo Thomas)

Forgive people in your life, even those who are not sorry for their actions. Holding on to anger only hurts you not them. (Love Wide Open)

Always chose to heal, not to hurt. To forgive, not to despise. To persevere, not to quit. To smile, not to frown. And to love, not to hate. (Quotes For You)

Self-care is not selfish. You cannot serve from an empty vessel. (Daily Vibes)

Life is ironic: It takes SADNESS to know what HAPPINESS is, NOISE to appreciate SILENCE, and ABSENCE to value PRESENCE. (Family-Love-Home)

I was raised to treat the janitor with the same respect as the CEO.
(Positive Words)

Please try to remember this throughout each and every day:

BE SOMEBODY, WHO MAKES EVERYBODY, FEEL LIKE A SOMEBODY
(The Graphics Fairy)

Wishing everyone a wonderful week

Susie Q for QSPAC signing off

Q-Tip 2/11/19

Happy Monday my friends,
I hope these words of encouragement today, help you through your week in a happy and positive way.

Never make someone a priority when all you are to them is an option.
(Maya Angelou)

Life is short. Time is fast. No replay. No rewind. So enjoy every moment that comes. (Inspire Positive Soul Sensations)

You gotta train your mind to be stronger than your emotions or else you'll lose yourself every time. (Simplereminders.com)

Speak to children as if they are the wisest, kindest, most beautiful & magical humans on Earth, for what they believe is what they become.
(Brooke Hampton)

Due to the length of this next part I will end our weekly letter because I happened upon this poem and it truly has left a mark on me and in turn hope it does for you as well.

DON'T QUIT

When things go wrong, as they sometimes will,

When the road you're trudging seems all uphill,
When the funds are low and debts are high,
And you want to smile but you have to sigh,
When all is pressing you down a bit,
Rest if you must, but don't you quit.
Success is failure turned inside out,
The silver tint on the clouds of doubt,
And you can never tell how close you are,
It may be near when it seems so far.
So stick to the fight when you're hardest hit,
It's when things go wrong you must not quit. (John Greenleaf Whittier)

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

Q-Tip 2/4/19

Happy Monday My Friends,
Today is the Chinese New Year's Eve. In honor of the holiday our letter today will be Asian themed, words of positivity and encouragement.

It does not matter how slowly you go as long as you do not stop.
(Confucius)

The person who says it cannot be done should not interrupt the person who is doing it. (Chinese Proverb)

What is the difference between, "I like you" and "I love you"?
Beautifully answered by Buddha: "When you like a flower, you just

pluck it. But when you love a flower, you water it daily. One who understands this, understands life.”

CHANGE: To begin a new, you must say farewell to who you once were. To open a new door you must close an old one first. That can be heartbreaking and scary, but it is necessary if you are to change and grow. Say goodbye to the old you, and rise up as a stronger, and more magical you, walk through the doorway to a new happier life. (Buddhist Journal)

Switch your mentality from I'm broken and helpless to I'm growing and healing and watch how fast your life changes for the better. (Buddhism & Meditation)

May you be filled with loving kindness. May you be safe from inner & outer dangers. May you be healthy in body and mind. May you find peace & truly be happy. (Buddhism & Meditation)

We don't grow when things are easy, we grow when we face challenges. (Buddhism & Meditation)

When I let go of what I am, I become what I might be. (Lao Tzu)

Our greatest glory is not in never falling, but rising every time we fall. (Confucius)

When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment, he needs help. (THICH NHAT HAHN)

THE SECRET OF LIVING WELL AND LONGER IS: EAT HALF, WALK DOUBLE, LAUGH TRIPLE AND LOVE WITHOUT MEASURE (Tibetan Proverb)

Wishing everyone a wonderful week – Gong Xi Fa Tsai

Susie Q for QSPAC signing off