

Q-Tip 1/29/18

Happy Monday my friends

Normally our month end letter would consist of various motivational quotes. I chose to change that a little. While preparing this week I happened upon a story that inspired me to share with you. In life there are those type of people who are givers and those that are takers. What we should always try our best to remember: If you are a giver, give. Don't compromise your heart, nature or beliefs. (From: POSITIVE OUTLOOKS: (" If you give without expecting, you will never be disappointed."))

GIVING

"In charity theres is no excess." (Sir Francis Bacon)

As they saying goes, "Give until it hurts." But true, selfless giving-of ourselves as well as our possessions-should never hurt. The more we freely and willingly give to others, the more we give to ourselves.

NOTE TO SELF:

I will offer myself in some way that is helpful to others, without resenting the time or effort it takes. (Linda Picone)

To give up yourself without regret it the greatest charity.
(Bodhidharma)

No act if kindness, no matter how small is ever wasted. (Aesop)

You cannot do a kindness too soon, for you never know how soon it will be too late. (Ralph Waldo Emerson)

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.(Ralph Waldo Emerson)

Wishing everyone a wonderful week.

Susie Q for QSPAC signing off

Q-Tip 1/22/18

Happy Monday my friends,

Sometimes we let things bother us enough that it takes over our thoughts and actions when in reality there is not much we can do about it. Today's message is about separating those things we can control and letting go of the things we cannot.

LETTING GO

"Pick battles big enough to matter, small enough to win." (Jonathan Kozol)

The flip side of "don't sweat the small the stuff" is fighting for the things we care about. At the same time, we should try to avoid battles we have absolutely no chance of winning. In general, things that help us be the person we most want to be are the things worth fighting for. Those that don't have much impact-or that may even detract from our best self-need to be let go.

NOTE TO SELF:

Of the possible battles I may face today, which really matter? And of those that matter, which will make the biggest difference if I fight them? (Linda Picone)

Look within! The secret is inside you. (Hui-neng)

When you change the way you look at things, the things you look at change. (Wayne Dyer)

When it is obvious that the goals cannot be reached don't adjust the goals, adjust the action steps. (Confucius)

Wishing everyone a wonderful week

Susie Q for QSPAC signing off

Q-Tip 1/15/18

Happy Monday my friends,

While preparing this week's letter I came upon this inspirational note that had such an impact on me I am hoping it does for you as well.

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 a 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.

Nature does not hurry, and yet all things are accomplished. (Taoist proverb)

Finish each day and be done with it. You have done what you could. (Ralph Waldo Emerson)

To be happy you must: Let go of what's gone. Be grateful for what remains. Look forward to what's coming next. (Lessons Learned in Life)

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

Q-Tip 1/8/18

Good Morning my dear friends,
Ready to start the New Year with our first letter of encouragement.
The world is constantly changing just as our lives do. It's how we react to the change that is important. We can focus and accept change graciously and grow or we can sit back, do nothing and watch as things pass us by.

THINGS CHANGE

"Sometimes our fate resembles a fruit tree in winter. Who would think that those branches would turn green again and blossom, but we hope it, we know it." (Johann Wolfgang von Goethe)

When our lives are difficult, we feel as if things will never change. This, in turn, makes it harder for us to take the steps that might create the change we want. When we look back on our lives, we can see that we've had both good and bad times. Somehow, we survived the bad times, and things eventually got better. The passage of time helped, but we also acted in ways that moves us towards a happier place.

NOTE TO SELF:

My life is filled with ups and downs. If today is a bad day – or this week is a bad week – I know it's not forever and that I will come through it.(Linda Picone)

Health for both mind and body comes from not mourning over the past, not worrying about the future, but to live the present moment wisely.
(Zen saying)

No matter how you feel – get up, get dressed, show up and never give up. (Lessons Learned in Life)

For each of you my friends, DON'T GIVE UP. DON'T QUIT. FORGET THE PAST. REMEMBER THAT 2018 IS FULL OF BLESSINGS.(Beauty of Life)

Wishing everyone a wonderful week.

Susie Q for QSPAC signing off