

Q-Tip 1/28/19

Happy Monday my friends,
Time to start our week off with words of inspiration and positivity.

Your dream doesn't have an expiration date. Take a deep breath and try again. (P. Hollingshead)

I may not have everything, BUT, I'm abundantly blessed. Life is nothing without a grateful heart. (Inspire Positivity)

I've always loved butterflies, because they remind us that it's never too late to transform ourselves. (Drew Barrymore)

One day you will thank yourself for never giving up. REPEAT DAILY: everything starts with me. I have the power to change today. I take responsibility for my life. Great blessings are headed my way. (Itsnewday)

To make a difference in someone's life you don't have to be brilliant, rich, beautiful or perfect. You just have to care. (Mandy Hale)

Friends are angels who lift us up when we have forgotten how to fly. (A Thousand Petals)

Keep going, and don't worry about your speed. You're making progress even if it doesn't seem like it. Forward is forward, no matter how slow. (Lori Deschene)

To be rich is not what you have in your bank account, but what you have in your heart. (Simple reminders.com)

When friends become family, know you are blessed and know what you have is rare. (Anna Grace Taylor)

Everyone needs a hug. Its fat free, sugar free and has no calories. It requires no batteries and relieves pain. So here's a HUG from me to you. (Understanding Compassion)

Wishing everyone in this last week of January, a wonderful week,
Susie Q for QSPAC signing off

Q-Tip 1/21/19

Happy Monday my friends,
Hope everyone enjoyed their weekend. Some quotes of inspiration to start off your week with a positive note.

Shout out to friendships that are strong enough to withstand busy spells, mood swings and weird distant phases. True friendship is rare. (Lessons Learned in Life)

Surround yourself with people who push you to do better. No drama or negativity. Just higher goals and higher motivation. Good times and positive energy. No jealousy or hate. Just bringing out the best in each other. (Attitude to Inspiration)

Don't let a difficult person or situation get to you. Both are powerless without your reaction. (The Purple Flower)

You can't calm the storm...so stop trying. What you can do is calm yourself. The storm will pass. (Timber Hawkeye)

You are much stronger than you believe you are, but sometimes it takes a lot of heartache to know that. (Steven Aitchison)

What does it mean to "hold space" for someone else? It means that we are willing to walk alongside another person in whatever journey they're on without judging them, making them feel inadequate, trying to fix them, or trying to impose the outcome. When we hold space for other people, we open our hearts, offer unconditional support, and let go of judgment and control. (Unify)

Tell someone you love them today because tomorrow is not promised. To my friends and family, "I LOVE YOU." (Understanding compassion)

"Happy people are beautiful. They become like a mirror and they reflect that happiness." (Drew Barrymore)

Wishing all my dear friends a wonderful week

Susie Q for QSPAC signing off

Q-Tip 1/7/19

Happy Monday my friends,
Quotes of inspiration to start your week:

You never know through which door success will enter...your job is to keep opening doors and expecting great things to happen. (Power of Positivity)

Every success has a trail of failures behind it, and every failure is leading towards success. You don't fail by falling down, you fail by not getting up. You can look backward but keep pushing forward. (Positive Outlooks)

Small moves can have huge gains. (Janet Lee Logan)

LOVE: what you have.

NEED: what you want.

ACCEPT: what you receive.

GIVE: what you can.

BE: grateful for everything.

Always remember, what goes around comes around (Unknown)

NOTE TO SELF: I am not perfect, but I am honest, loving and real. I don't try to be who I am not, and I don't try to impress anyone, I AM ME (Positive Plus)

Wishing everyone a great week

Q-Tip 1/3/19

Happy New Year My Friends,

This year the letters I post will be a bit different. Sometimes just a short sentence or two of strong and meaningful quotes might help us to remember we have the power to control and change our lives for the better every day. I hope these messages will help you get through your day, your week, your month in a happy, healthy and positive note.

“Remember, you can't reach what's in front of you until you let go of what's behind you. (NAMETESTS)

Get out, get out, get out even more! Because there are people you've yet to meet, laughs you've yet to share, stories you're left to live, and riches you've yet to tap, that will not find you under any other circumstances. (The Universe: Love your life)

Whether one believes in religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion. (Dalai Lama)

If you want 2019 to be your year; don't sit on the couch and wait for it. Go out. Make a change. Smile more. Be excited. Do new things. Throw away what you've been cluttering. Unfollow negative people on social media. Go to be early. Wake up early. Be fierce. Don't gossip. Show more gratitude. Do things that challenge you. Be brave. (Unknown)

“I wish you health, I wish you well, and happiness galore. I wish you luck for you and friends; what could I wish you more? May your joys be

as deep as the oceans, your troubles as light as it's foam. And may you find sweet peace of mind, wherever you may roam. (IRISH TOAST)

Wishing everyone a great rest of the week,

Susie Q for QSPAC signing off