

Q-Tip 1/6/20

Happy Monday My Friends,

What a better way to start off this New Year than with words of encouragement. With a strong positive attitude and outlook, we can make this the best year ever with many more to come.

This is the Year of the Rat, according to the Chinese horoscope: The **meaning** of the **rat** represents the strength that you possess, and adaptability you **can** demonstrate when push comes to shove and it **is** similar to the praying mantis **spirit animal**. When you have the **rat totem**, you **are** not afraid to get your hands dirty to **do** what needs to be done and to accomplish your goals.

This leads to our inspirational letter today.

EXCELLENCE

“The secret of joy in work is contained in one word-excellence. To know how to do something well is to enjoy it.” (Pearl S. Buck)

It doesn't matter what the work is—cleaning windows, delivering the mail, or designing rockets. We can find joy in any kind of work if we focus on the quality of our work. On the other hand, we're not likely to find joy in work that we do sloppily or ineptly. We may not be excellent at everything we do, but we should always strive for excellence. And when we do, we may surprise ourselves at how much enjoyment we can take in even the most mundane tasks.

NOTE TO SELF:

I do many things well, some of them more significant than others. But I can enjoy any task if I focus on doing it well. (Linda Picone)

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

Success is stumbling from failure to failure with no loss of enthusiasm. (Winston Churchill)

Limitations live only in our minds. But if we use our imaginations, our possibilities are endless. (Jamie Paolinetti)

Wishing everyone a wonderful year and a wonderful week

Susie Q for QSPAC signing off