

Q-Tip 7/31/17

Happy Monday My Friends,

I would like to open our month end special Q-Tip with a message from
“Power of Positivity”

Goodbye July, Hello August, Please be a good month and bring smiles and happiness to my family and friends.

From “The Essence of Life”

Life is about balance. Be kind but don't let people abuse you. Trust, but don't be deceived. Be content, but never stop improving yourself. Be humble, but don't let anyone take you for granted..

Be an example. Show kindness to unkind people. Forgive people who don't deserve it. Love unconditionally. Your actions reflect who you are.

Life is so precious. One day, one hour and one minute-will not come again. Avoid fights if you can, forgive quickly and speak kind words to everyone.

Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth and your heart for love.

From “The Power of Positivity”

Maturity...Is when a person hurts you and you try to understand their situation rather than hurting them back.

Sometimes the bad things that happen in our lives put us directly on the path to the best things that will ever happen to us.

One of the most beautiful things we can do is to help one another. Kindness doesn't cost a thing.

From “Lilac and Lavender”

Life is not about being rich, being popular, being highly educated or perfect. It is about being real, being humble, being loving and being kind.

Help people even when you know they can't help back.

It's not life. It is living (Zen saying)

From a withered tree, a flower blooms. (Zen proverb)

Knowledge is learning something every day. Wisdom is letting go of something every day. (Zen proverb)

We are shaped by our thoughts. We become what we think. When the mind is pure, joy follows like a shadow that never leaves. (Buddha)

In closing a thought to carry you through the new month from the "[The Essence of Life](#)"

You have a choice each and every single day.

I choose to feel blessed.

I choose to be grateful.

I choose to be excited.

I choose to be thankful.

I choose to be happy.

Wishing everyone a positive month of August.

Susie Q for QSPAC signing off

Q-Tip 7/24/17

Happy Monday My dear friends

Today's encouragement will focus on one of the simplest ways of growing to be that better person.

LEARNING FROM MISTAKES

"To make no mistake is not in the power of man; but from their errors and mistakes the wise and good learn wisdom for the future."

(Plutarch)

Our resume doesn't show the mistakes we've made, which is unfortunate, because our mistakes tell a story of their own. Not of failure, but of opportunities for growth and change. It's not that we've made mistakes that matters, but how we've learned from our mistakes.

NOTE TO SELF:

I hate making mistakes, but I know they're inevitable. Instead of beating myself up over them, I'll use them as learning experiences.

(Linda Picone)

Perfection is the willingness to be imperfect (Lao Tzu)

Failure is simply the opportunity to begin again, this time more intelligently. (Henry Ford)

No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying. (Anthony Robbins)

I for one, need to realize the importance of the words above. I am my own worst critic. When I make a mistake it bothers me deeply as I am sure all of us do. So instead of berating ourselves over it, accept the mistake, find a way to avoid it happening again and then take a

totally different approach and say to ourselves, “ I have learned a valuable lesson and do not intend to make that same mistake again.” How refreshing to loosen the burden and move forward.

Wishing everyone a wonderful week.

Susie Q for QSPAC signing off

Q-Tip 7/17/17

Happy Monday my friends,
Hope everyone enjoyed their weekend.

This is a special tip for all my friends that may be going through a difficult time. In our journey towards becoming the best we can be, often times we may judge one another for their opinions or views. It is alright to have differences of opinions or to speak them. That does not justify uncharitable remarks or actions. Everyone has an opinion and if you find yourself in disagreement , the situation should be handled in as positive a manner as possible.

OPPOSITION

“A certain amount of opposition is a great help to a man. Kites rise against, not with, the wind.” (John Neal)

We like it when other people agree with us. But we tend to make our biggest mistakes when no one offers any alternative ideas for what we’re planning to do. Even though we don’t like it much when others question our ideas, it’s often what prods us to look harder at those ideas, to refine and improve them.

NOTE TO SELF: I am glad that some people in my life are willing to argue with me, even when-or especially when-I’m convinced I know exactly what I’m doing.(Linda Picone)

It takes a few seconds to hurt someone. But it can take years to repair the damage. (Workingwomen.com)

Do not speak-unless it improves on silence. (Buddha)

I believe we all try our best to offer our opinions and views with good intentions in mind. We just need to remember that sometimes we should be more mindful of how we are presenting those views.

We find comfort among those who agree with us, growth among those who don't (Frank Clark)

It is our choices that show what we truly are, far more than our abilities. (J.K. Rowling)

Wishing everyone a wonderful week

Susie Q for QSPAC signing off

Q-Tip 7/10/17

Leave a reply

Happy Monday My Friends,
ACHIEVEMENT AND SUCCESS

"My mother drew a distinction between achievement and success. She said that achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others. That is nice, but not as important or satisfying. Always aim for the achievement and forget the success." (Helen Hayes)

We enjoy it when our work is recognized by others. Our boss tells us we've done a good job. Our friends are impressed by something we've

just shown them. A teacher praises an essay we've written. This kind of recognition helps motivate us, as any good teacher, parent, or boss knows. But when we do our best-whether recognized by others or not-the feeling is better than any compliment or collection of gold stars.

NOTE TO SELF:

I celebrate my own work when I know I've achieved my best. (Linda Picone)

It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you. (Buddha)

Don't judge each day the harvest your reap, but by the seeds you plant. (Robert Louis Stevenson)

Nothing is impossible, the word itself says, "I'm possible!" (Audrey Hepburn)

All these words of encouragement today may seem random, but I felt they were all telling the same story only in different ways. We always appreciate praise for what we do. And sometimes that is exactly what we need. But if you stop a moment to reflect and remember that great feeling of achievement or accomplishment you get when you know you gave your all toward obtaining a specific goal you may have set for yourself, or completed a challenging job assignment, and that is something that lasts much longer than the momentary praise we can ever receive.

Wishing everyone the best week ever.

Susie Q for QSPAC signing off

Q-Tip 7/3/17

Happy Monday My Friends,

As we begin another month of motivation our message this week will be focused on growth toward being a better person by learning from our experiences.

EXPERIENCE

“Experience is not what happens to a man; it is what a man does with what happens to him.” (Aldous Huxley)

We all know people who have gone through experiences that should have made them stronger, more interesting, more confident, or more empathetic. Yet somehow they’ve passed through the experiences seemingly unphased.

We should see such people as cautionary examples of what happens when we fail to actively engage the world. Our experiences are not going to do anything for us unless we choose to do something with our experiences.

NOTE TO SELF:

I will try to see every experience as a chance to learn about myself and grow into a better person.

All that we are is the result of what we have thought. The mind is everything. What we think we become. (Zen saying)

Today is life-the only life you are sure of. Make the most of today. (Dale Carnegie)

I feel for many of us, when we go through experiences, especially bad ones, we tend to brush it off, when in all actuality we should have considered how and what can we do with this to make it more meaningful. We should try to remember when bad experiences happen why not turn it around into something good. The exact same

with good ones, keep them close to your heart and share that same feeling and experience with others. Personal growth on this inside, is reflected in growth on the outside of each of us, by our words and actions. We need to keep our chain of positivity always moving forward toward being the great person we were always meant to be.(SH)

Wishing everyone a wonderful week.

Have a Safe and Fun Fourth of July holiday.

Susie Q for QSPAC signing off