

Q-Tip 7/31/18

Happy Tuesday my friends,
As we close July our message today, I found to be very enlightening and hope you do too.

KNOWLEDGE: (NOUN) facts, information and skills acquired by a person through experimental or education; the theoretical or practical understanding of a subject.

WISDOM: the quality of having experience, knowledge, and good judgment; the soundness of an action or decision with regard to the application of experience, knowledge and good judgment.

KNOWLEDGE VS. WISDOM

“Knowledge can be communicated but not wisdom.” (Hermann Hesse)

Knowing things is not the same as being wise. Knowledge is the accumulation of facts and information; wisdom is knowledge tempered by experience and perspective. We can acquire knowledge from others. Becoming wise is a journey that we each must travel on our own.

NOTE TO SELF

I want to learn as much as I can, from every possible source. This will help me be smarter and more knowledgeable. But however knowledgeable I may become, there is no shortcut to becoming wise. I have to live and experience success and failure, day by day.

First learn much, and then seek to understand it profoundly. (Talmud)

When you get to the top of the mountain, keep climbing. (Zen saying)

Wisdom is not a product of schooling but the lifelong attempt to acquire it. (Albert Einstein)

Wisdom is oftentimes nearer when we stoop / Than when we soar.
(William Wordsworth)

Just a little food for thought as we begin the month of August on our path toward self improvement and a more positive outlook in our daily lives.

Wishing everyone and great week,

Susie Q for QSPAC signing off

Q-Tip 7/24/18

Happy Tuesday my friends,
I know you have all heard the saying “Live your life like it might be your last.” Truer words were never spoken. Life is gift that each of us should hold dear. Who cares, what you wear or how you talk or what you look like. Why worry about such petty things. We are each given a life of choices ,it’s how we use them that should count. If we treat each other with caring, kindness , compassion and if needed patience, how much more enriched our lives will be.

TODAY

“Yesterday is ashes; tomorrow wood. Only today does the fire burn brightly.” (Eskimo Proverb)

We are here, right now, in the middle of today. We have many wonderful memories of the past, and we have hopes for what will happen in the future. But it’s today we are living.

NOTE TO SELF

I will not let today slip by without living it as fully as I can. (Linda Picone)

Do not go where the path may lead, go instead where there is no path and leave a trail. (Ralph Waldo Emerson)

A journey of a thousand miles must begin with a single step. (Lao Tzu)

How wonderful it is that nobody need wait a single moment before starting to improve the world. (Anne Frank)

Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakens. (Carl Jung)

Wishing everyone a Happy Today, Happy Tomorrow and Happy rest of the week,

Susie Q for QSPAC signing off

Q-Tip 7/16/18

Happy Monday my friends,

We all think we know best in many situations that arise in our daily lives. Although others may disagree we are certainly entitled to our own personal feelings and opinions. Advice and criticism can be given in ways that we may take offense to and possibly could be doing the same when we offer it to others. We must keep in mind, there is always a proper, positive and constructive way to offer advice, and hope that it is received in the manner it was intended, and likewise in return.

FINDING FAULT

“To find a fault is easy; to do better may be difficult.” (Plutarch)

We all like to criticize, even if we have no idea how we would do any better than those we’re criticizing. Sure, some people deserve to be criticized. But we could offer our criticism with a little humility, especially when we know that people are doing the best that they can and that we could probably not do any better ourselves.

NOTE TO SELF:

I will try not to criticize someone unless I can offer a better solution.

(Linda Picone)

No snowfall ever falls in the wrong place. (Zen proverb)

The superior man acts before he speaks, and afterwards speaks according to his actions. (Confucius)

You don't lead by hitting people over the head-that's assault, not leadership. (Dwight Eisenhower)

You don't lead by pointing and telling people some place to go. You lead by going to that place and making a case. (Ken Kesey)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off