

Q-Tip 7/22/19

Happy Monday My Friends,

I would like to start our week with a powerful message. Sometimes we may find ourselves feeling that certain people have everything. They get the best cars, the best houses or the best jobs. Instead of feeling happy for them do we often feel a need to be above them, no matter what? With those kind of thoughts you are only hurting yourself instead of being the person who you were meant to be, and be grateful and thankful for that. You do matter, even if you have difficulty believing it all the time. YOU are YOU, and that will not change, so be proud.

KEEPING OURSELVES DOWN

“As long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you otherwise might.” (Marian Anderson)

Does someone else always have to lose in order for us to win? Sometimes we act as if that’s the case. We scheme covertly or overtly, trying to make sure that some rival—for affection, for position, for attention—doesn’t get what he or she wants. We drop hints, gossip, hold back information. But when we try to keep others down, we also keep ourselves down; we become meaner and smaller than our best selves. All too often, our machinations fail anyway. Others see our meanness for what it is, and we lose out on opportunities we might otherwise have had.

NOTE TO SELF:

Helping someone else rise might well help me rise, too.

Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic key to living your life with integrity. (W. Clement Stone)

If you don’t like something, change it. If you cant change it, change your attitude. (Maya Angelou)

If you want to lift yourself up, lift up someone else. (Booker T

Washington)

If you can dream it, you can do it. (Walt Disney)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

Q-Tip 7/15/19

Happy Monday My Friends,

Do you find yourself sometimes, just going through the motions? Like it's just the same routine day after day? If you were to take a minute right now and look around you, what might you be able to see or do differently. Life is a precious gift and how sad that we do not find pleasure sometimes in just the smallest of things. For instance, how great was it to see the sun today? How great it felt to be able to get in your car and drive to work and not be home bedridden with a debilitating illness? Today's message will I hope inspire all to, as the saying goes, "STOP and smell the roses."

BLINDNESS

"One may have good eyes and yet see nothing." (Italian Proverb)

Driving the same roads over and over, we stop noticing the people, homes, yards and buildings along the way. We work with the same people for years but never see them as anything more than a reflection of the work they do. We've gotten so used to doing things a certain way, we can't see that there are better ways of doing these things—if we would just open our eyes. To truly see what's around us, we have to make an effort. Life is too short to take the world for granted.

NOTE TO SELF:

I will deliberately open my eyes to the world.

The way I see it, if you want the rainbow, you gotta put up with the rain. (Dolly Parton)

The empires of the future are the empires of the mind. (Winston Churchill)

Whatever the mind of man can conceive and believe, it can achieve.
(Napoleon Hill)

When you come to a roadblock, take a detour. (Mary Kay Ash)

Once you choose hope, anything's possible. (Christopher Reeve)

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

Q-Tip 7/8/19

Happy Monday My Friends,

In last week's letter, we discussed success, in our personal lives and our work lives. This week's message is along the same train of thought and how not to give up and keep pushing through towards attaining that goal.

TRYING AGAIN

"Big shots are only little shots who keep shooting." (Christopher Morley)

Few people simply leap to the top of their profession. Most get their incrementally—step by step, experience by experience, and even mistake by mistake. If we give up, we fail for certain. To have even a chance at success, we have to keep reloading and taking aim at our target.

NOTE TO SELF:

Instead of complaining about how frustrating my failures are and how others seem to have it so much better than me, I will just keep plugging along towards what I want. (Linda Picone)

The reward of a thing well done is to have done it. (Ralph Waldo Emerson)

Trust yourself. You know more than you think you do. (Benjamin Spock)

What counts is not necessarily the size of the dog in the fight— it's the

size of the fight in the dog. (Dwight D. Eisenhower)
Mistakes are the portals for discovery. (James Joyce)
Wishing everyone a wonderful week,
Susie Q for QSPAC signing off

Q-Tip 7/1/19

Happy Monday My Friends,

In life, whether it be our own personal lives or our work lives, we all strive in one way or another for success. What a great feeling to have accomplished a personal goal or a work goal. It is all the same. What a great sense of pride we feel. Many have been able to put these thoughts into words so I would like to begin this new month of July with quotes of encouragement featuring:

SUCCESS

Success is the ability yo go from one failure to another with no loss of enthusiasm. (Winston Churchill)

You have brains in your head, You have feet in your shoes, You can steer yourself any direction you choose. You're on your own. And you know what to you know. And YOU are the guy who'll decide where to go. – Dr. Seuss (Theodore Geisel)

The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. (Cecile B. DeMille)

The future belongs to those who believe in the beauty of their dreams. (Eleanor Roosevelt)

Eight per cent of success is just showing up. (Woody Allen)

This last quote is something we all need to remember in order to help in QSPAC's success:

There is only one boss: the customer. And he can fire everybody in the

company, from chairman on down, simply by spending his money somewhere else. (Sam Walton)

Wishing everyone a wonderful week and Happy Fourth of July holiday,
Susie Q for QSPAC signing off