

## Q-Tip 6/26/17

Happy Monday my friends,  
I want to do a little something this week for the closing of June and the months thereafter. As I compose the Q-Tips each week, I have been compiling many simple but meaningful quotes from various sources. They have inspired and encouraged me and hope they do the same for you.

### From "The Essence of Life"

Happy are those who take life day by day, complain very little and are thankful for the little things in life.

Be happy with the little that you have. There are people with nothing that still manage to smile.

Be grateful for every second of everyday that you get to spend with people you love. Life is so very precious.

Life is too short to worry about stupid things. Have fun. Regret nothing, and don't let people bring you down.

### From "Power of Positivity"

FIVE ETHICS OF LIFE:

LISTEN – Before you speak

EARN – Before you spend

THINK – Before you write

TRY – Before you quit

LIVE – Before you die

Be thankful for today because in one moment your entire life could change.

Someday you'll realize that every time you thought you were being rejected from something good, you were just being pointed toward something better.

Music in the soul can be heard by the universe. (Taoist Proverb)

Love the life you live. Live the life you love. (Bob Marley)

Learn from yesterday, live for today, hope for tomorrow (Albert Einstein)

People are unreasonable, illogical, and self-centered. Love them anyway. (Mother Theresa)

Have a heart that never hardens, a temper that never tires, a touch that never hurts. (Charles Dickens)

I have not failed, I've found 10,000 ways that won't work (Thomas Alva Edison)

[In closing,](#)

Thousands of candles can be lighted from a single candle. And the life of the candle will not be shortened. Happiness never decreases by being shared. (Buddha)

Wishing everyone a wonderful week

Susie Q for QSPAC signing off

**Q-Tip 6/19/17**

Good Morning My Friends,

Today's message will focus on the power within us all to be happy and enjoy each day. It's a gift.

## SEEKING and STRIVING

“I am seeking, I am striving. I am in it with all my heart.” (Vincent Van Gogh)

Greatness springs from deep commitment. Yet, as much as we may want to commit to greatness, our lives don't always seem to cooperate. We still have to get up every day and make breakfast, go to work, run errands, clean the house—all the quotidian activities that take up so much of our time. The solution is a simple one: commit fully to even the most mundane tasks. We can live our life, every part of it, in every moment, with all our heart. The alternative is to live much of our life without passion.

NOTE TO SELF: I will consider each day as a gift to be embraced with everything I have.

Go into each day positive and hopeful. But be realistic, knowing that most days will not go exactly as you planned. If you become stressed because you are off schedule, frustrated because someone offended you, or upset because your child wouldn't eat breakfast, you are giving away your power. Too many people these days have the wrong approach to life. They think they can't be happy unless they control all their circumstances and everything goes their way. That's not realistic. You have to come to the place where you can say, “I don't have to have my way to have a good day. My plans don't have to work out for me to be happy. Everybody does not have to treat me right for life to be enjoyable. I have already made up my mind: No matter what does or doesn't happen, I will stay in peace and enjoy this day.” No circumstances can take your peace. No interruption can take your enthusiasm. You have to give it away. The next time you're tempted to be upset or frustrated, ask yourself, [Is this worth giving my power away?](#) (Joel Osteen)

The only real failure in life is not to be true to the best one knows.  
(Buddha)

In closing remember: Today is a perfect day just to be happy” (The Power of Positivity)

Wishing everyone a very Happy week

Susie Q for QSPAC signing off

## Q-Tip 6/12/17

Happy Monday My Friends,

Last week’s Q-Tip we focused on building character and doing actions without expecting anything in return but as the saying goes there are two sides to a coin. As a stepping stone to further grow our character we should also be very open to sharing our appreciation, so for this week’s message to further developing character, let’s say:

THANKS

“No duty is more urgent than that of returning thanks.” (James Allen)

We take for granted that others know how grateful we are for their kindness and thoughtfulness towards us. We don’t really need to send a card or make a phone call, do we? But think how touched we are when someone sends us a special thank-you. Thanking others is not merely a social formality. It is an act of kindness and thoughtfulness in its own right.

**NOTE TO SELF:** If someone is kind to me, I can certainly take the time to write a thank-you note or to call them. (Linda Picone)

The heart that gives, gathers. (Lao Tzu)

Do every act of your life as if it were your last. (Marcus Aurelius)

Hugging is the most beautiful form of communication, that allows the other person to know beyond a doubt that they matter (Madly Odd)

We all truly matter and we should take the extra minute to not take each other for granted ever and just say THANK YOU. Two small words that could make all the difference in the world in someone's day.

Until next Monday, wishing everyone a wonderful week

Susie Q for QSPAC signing off

### Q-Tip 6/5/17

Happy Monday My Friends,

As we approach the half way mark for the year I want to start June's encouragement with our reputations.

#### DEVELOPING CHARACTER

"If you will think about what you ought to do for other people, your character will take care of itself. Character is a by-product, and any man who devotes himself to its cultivation in his own case will become a selfish prig." (Woodrow Wilson)

To develop our character we should first aim to do right by others. Being good to others is an action; becoming a good person is a result of this action. If our goal is merely to appear good in the eyes of others, we are acting selfishly. And little good comes from this.

#### NOTE TO SELF:

I will devote myself to helping others and not worry about whether I am perceived as a good person. My character will take care of itself if I take care of others.

Act without expectation. (Lao Tzu)

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. (Lao Tzu)

Often when helping a co-worker, customer or friend with a situation we may not always receive the praise or recognition we feel we deserve. That does not mean it was not appreciated. We should always do what we feel is the right thing regardless, as it is building our own personal character, and that my dear friends is all the praise and recognition we should need.

Wishing everyone a wonderful week.

Susie Q for QSPAC signing off