

Q-Tip 6/25/18

Happy Monday everyone,

How many of us feel we need to do everything ourselves for ourselves? We all have friends, whether they are just acquaintances or true long time relationships. When they were in need how great did that make you feel to be able to help them out, could have been a small favor or possibly something big. Knowing this we need to be gracious and humble enough to accept that in return from them so they are able to have that seem sense of worth.

DOING FOR OTHERS

“There is nothing to make you like other human beings so much as doing things for them.” (Zora Neil Hurston)

We like ourselves better when we help others, but the astonishing thing is that we also tend to like others better. It is something of a gift when people allow us to help them. We appreciate the givers of the gift.

NOTE TO SELF:

I will help others and realize that they are giving me a gift that I welcome. (Linda Picone)

Everything has its beauty , but not everyone sees it. (Confucius)

Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think. (Dale Carnegie)

Snowflakes are one of nature's most fragile things, but just look at what they can when they stick together. (Vesta Kelly)

Wishing everyone a wonderful week

Susie Q for QSPAC signing off

Q-Tip 6/18/18

Happy Monday my friends,

We often want things that may be out of our reach. And maybe even feel sad or down because we can't have them. But if you would turn that negativity into one of positivity you may realize it's not about what you have materialistically, it's what you possess inside you that really matters after all.

DESIRE

"If men could regard the events of their own lives with more open minds, they would frequently discover that they did not really desire the things they failed to obtain." (Andre Maurois)

We desire things we think will make us happy. Maybe it's something we want to own—a larger house, for example. Or maybe it's something we want to do—swim the English Channel. But often, fulfilling our desires is less satisfying than we'd imagined. Why is this so? Some of the things we think we want exist largely in our imagination. No reality could ever compete with the fantasy we've created about the objects of our desire.

NOTE TO SELF

I will not let my desire for things I don't have keep me from appreciating those I do. There's a good chance I don't really want some things as much as I think I do. (Linda Picone)

The reality of the building does not consist of the roof and walls but the space within to be lived. (Lao Tzu)

The root of suffering is attachment. (Buddha)

Change your thoughts and you change your world. (Norman Vincent Peale)

The purpose of our lives is to be happy. (Dalai Lama)

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

Q-Tip 6/11/18

Happy Monday my friends,
Now that summer is approaching, there is always so much to do on the weekends, whether gardening, going to the beach or pool, or just enjoying the outdoors with family or friends. I am sure many of us found it hard to get up today and get our head back in the work mode. Although, you may not have felt it this morning, each and everyone of us should be thankful we have a job to go to. If you think about how many people that have been effected by storms that had devastated their homes and families or loss of a job due to bad economy we all might reconsider just how lucky we are to still be employed.

THE BENEFIT OF WORK

“Work banishes those three great evils: boredom, vice and poverty.”
(Voltaire)

Maybe the Puritans had it right: Work in and of itself is important. We're usually happiest when we're working-even as we're complaining that we need more time off! Of course we can work too hard, and we're often tempted to do so. But working hard and staying busy puts food on the table, keeps us out of trouble, improves our outlook on life, and reminds us that we are useful and needed.

NOTE TO SELF

I complain about work, but I realize I am lucky to have it. (Linda Picone)

Resolutely train yourself to attain peace (Buddha)

Time is a created thing. To say, "I don't have time," is like saying, "I don't want to." (Lao Tzu)

You can't use up creativity. The more you use, the more you have. (Maya Angelou)

There is no passion to be found playing small. (Nelson Mandela)

Wishing everyone a great week

Susie Q for QSPAC signing off

Q-Tip 6/4/18

Happy Monday my friends, At times, we all will encounter some difficulties in our lives and think, how will I ever get through it. Sometimes we may even feel that we are not a deserving person to have a stress free life. Or look at others and perceive them to seem to get everything they [...]

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