

## Q-Tip 6/15/20

Happy Monday my friends,

Time is flying as usual, here we are half way through the month of June and although it seems many states are moving towards their next phases of re-opening there still seems to be many issues, safety concerns, and people are just getting weary of it all. Today I have chosen various quotes with different messages to help us all focus on staying positive, inspired and encouraged.

What you do speaks so loudly that I cannot hear what you say. (Ralph Waldo Emerson)

Someday is not a day of the week. (Denise Brennan-Nelson)

Very often a change of self is needed more than a change of scene. (Arthur Christopher Benson)

People who are crazy enough to think they can change the world, are the ones who do. (Rob Siltanen)

Remember that not getting what you want is sometimes a wonderful stroke of luck. (Dalai Lama)

The two most important days in your life are the day you are born and the day you find out why. (Mark Twain)

Don't think of it as failure. Think of it as time-released success. (Robert Orben)

The creation of a thousand forests is in one acorn. (Ralph Waldo Emerson)

You will never find time for anything. If you want time you must make it. (Charles Buxton)

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

One man with courage is a majority. (Thomas Jefferson)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

## Q-Tip 6/8/20

Happy Monday my friends,

Throughout our lives we all have probably been challenged to take a leap of faith and try something new. We go through our day, almost mechanically, with our same routines. But in order to grow and possibly help make this world a better place, we need to take that step and give it the best we have. It may be a bit uncomfortable or even cause some anxiety but you will never know how much more capable of things you are unless you take that leap.

### A LEAP IN THE DARK

“All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience.” (Henry Miller)

Our experience helps us make wise choices, and making wiser choices allows us to take fewer risks. But we stagnate unless we take an occasional leap in the dark-without planning for it, without analyzing it in advance. We don't know exactly where we're going to land. We just know we have to reach out, take a chance and see what happens.

### NOTE TO SELF:

I'm generally cautious, and that's a good thing. But I recognize that sometimes I just have to go ahead and try something new. Even if things don't go well, I will have learned something important from taking the chance. (Linda Picone)

Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish. (Sam Walton)

Only those who will risk going too far can possibly find out how far one can go.(T.S. Eliot)

If you could hit the mark, you must aim a little above it; every arrow that flies feels the attraction of earth. (Henry Wadsworth Longfellow)

The time for action is now. It's never too late to do something. (Carl Sandburg)

There is no such thing as failure. You either succeed or learn.(Kevin Kruse)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

### **Q-Tip 6/1/20**

Happy Monday My Friends,

Hope everyone enjoyed their weekend. With all that is going on in today's world and all the unrest that developed this weekend across the U.S. we need more than ever some powerful words of encouragement, positivity and something to uplift our spirits.

Having a rough day? Place your hand on your heart. Feel that? That's called purpose. You're alive for a reason! Don't give up!!! (Incredible Recipes)

Before you argue with someone, ask yourself, is that person even mentally mature enough to grasp the concept of different perspectives? Because if not, there's absolutely no point. (Tiny Buddha)

An arrow can only be shot by pulling backward. When life is dragging you back with difficulties, it means it's going to launch you into something great. So, FOCUS and KEEP AIMING. (Positive & Inspirational Quotes)

KINDNESS: is an act of love that has the ability to shift humility one heart at a time; and kindness and love is what the world needs right now. (Inspired Positive Life)

When you look at a field of dandelions, you can see a hundred weeds, or a thousand wishes. (Two Women and a Hoe)

Never regret a day in your life. Good days give happiness, bad days give experience, the worst days give lessons, and the best days give memories. (Positive Quotes)

When I let go of what I am, I become what I might be. (Lao Tzu)

Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. (Steve Jobs)

The person who says it cannot be done should not interrupt the person who is doing it. (Chinese Proverb)

It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live. (Mae Jamison)

Wishing everyone a safe and happy week,

Susie Q for QSPAC signing off