

## Q-Tip 3/27/17

Happy Monday my friends,

We made it through first quarter inventory so what a great time to relax and enjoy some words of encouragement.

### POSITIVE ATTITUDE

“A strong positive mental attitude will create more miracles than any wonder drug.” (Patricia Neal)

We don't understand entirely why positive thoughts impact our bodies in positive ways; we just know that they do. Research has shown that people who are sick improve more quickly when they have a positive attitude rather than a negative attitude. And we all know the power of the placebo effect. A positive attitude by itself may not cure an illness, but at the very least it helps us cope better. If a positive attitude can help us when we're sick, how might it benefit us when we're not sick?

NOTE TO SELF: I can face whatever comes today with a positive attitude. (Linda Picone)

It is not the Path. It is the Walking (Zen saying)

If you want a certain thing, you must be a certain person. Once you are that certain person, obtaining that certain thing will no longer be a concern. (Zen saying)

Let' be that certain person and approach each and every situation with positivity whether it be at work or in our personal life. Start your own miracle today.

I regret to inform you but you will not be receiving a Q-Tip next Monday as I will be away on vacation meeting my great niece Emma for the first time. Although I am known as the fun aunt, (just ask my 3 great nephews LOL) I do try to show them positive ways to handle their little situations. If we teach the young at an early the power of positive thinking just think what the future will hold for them.

P.S. I will send a Q-Tip Wednesday morning when I return to the office. Better late than never right ???

(Although my tips are written with the intention to inspire everyone I would like to dedicate this particular message today to my C.S. team in NC)

Have a wonderful week, until next time this is Susie Q for QSPAC signing off.

### Q-Tip 3/20/17

Good Morning my friends,

We have a couple of messages this week, which I felt would go hand in hand very well.

JOY IN LIVING – “When you arise in the morning, give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself.” (Chief Tecumseh)

Starting the day with a positive thought sets the tone for everything that follows. Instead of focusing on our troubles and worries, we can think about our blessings-how lucky we are to have a warm, dry place to sleep; good food to eat; nice clothes to wear; a job to go to; family and friends to support us; a new day to enjoy; fresh air to breathe. And, most of all, how lucky we are just to be alive.

NOTE TO SELF: I will take a few minutes when I first wake up to think about the many good things in my life. (Linda Picone)

THANKFULNESS-“Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little. And if we didn’t learn a little, at least we didn’t get sick. And if we got sick, at least we didn’t die. So, let us all be thankful.” (Buddha)

In closing I would like to add another note in celebration of spring: “Sitting quietly doing nothing, the spring comes and grass grows by itself.” (Zen proverb)

Let’s take the time , just a few minutes of our day, to sit quietly and reflect on the proverb above and how like the growth of the new spring grass each and every one of us may have grown or continue to

grow on our journey toward living a better, happier and more positive life.

Wishing everyone a great week and happy first day of spring

This is Susie Q for QSPAC signing off.

### Q-Tip 3/13/17

Good Morning my friends,

#### THOUGHTS OF CHANGE

“Change your thoughts and you change your world.” Norman Vincent Peale

There’s no great mystery behind the power of positive thinking. If we assume before the fact that we can’t accomplish something, we almost certainly won’t. If we believe that we can, we are much more likely to succeed. At least, we’ll make the effort. We talk ourselves out of interesting opportunities all the time – when we ought to be talking ourselves into them.

#### NOTE TO SELF:

If I catch a negative thought crossing my mind, I can toss it out and replace it with a more positive one. Linda Picone

Mind your thoughts, as they become your words. Mind your words, as they become your actions. Mind your actions , as they become you.

Buddha

In keeping with the above words of encouragement I would like to share one more thought:

“They say that time changes things, but you actually have to change them yourself.” Andy Warhol

So my dear friends, with spring approaching and the new growth it represents , let’s apply that to our own personal growth with changes

in our thought and words toward one another. As we grow within so does our company.

Wishing each and everyone a wonderful week.

Susie Q for QSPAC signing off

### Q-Tip 3/6/17

Good Morning my friends,

There is no limit to the number of friends a person can come to know in their lifetime. Never take that for granted for there are those that may never know or understand what a treasure a friendship truly is.

#### FINDING OTHERS

“Friendship is born at the moment when one person says to another, “What ! You too ? I thought I was the only one.” C.S. Lewis

Some friendships grow over the years. Others form in an instant. The commonality of all these friendships is – well, commonality: the recognition of the special things we share in common. Friends assure us that we are not alone in the world – that, as improbable as it may seem, there are other people with quirks, habits, beliefs and preferences similar to ours. People who agree with us about politics. People who think our jokes are funny. People who like to eat the same food we do.

NOTE TO SELF: I love my friends, and I try to show it. Today, I will talk to at least one friend about how much I value our relationship. Linda Picone

Being deeply loved by someone gives you strength while loving someone deeply give you courage. Lao Tzu

We make a living by what we get, but we make a life by what we give.  
Winston Churchill

I have come to know each of you and want to share that I do value that friendship, how lucky am I to have such a wonderful group of people I can call friends.

Let's continue to support and appreciate each other and tell each other just how much their friendship means. It's very easy, just say it.

Have a great week my FRIENDS

Susie Q for QSPAC signing off.