

Q-Tip 3/26/18

Happy Monday my friends,

As we jump into spring and prepare to celebrate the Easter holiday this weekend, which in many cultures and religions, is considered a resurrection or rebirth, our message today will focus a new outlook or growth in our own lives.

A FULL LIFE

“One ought, every day at least, to hear a little song, read a good poem, see a fine picture and, if possible, speak a few reasonable words.”

(Johann Wolfgang von Goethe)

There are many simple, wonderful experiences readily accessible to us everyday. A few minutes listening to a favorite piece of music, reading a favorite book, or writing in a journal can be more pleasurable and fulfilling than activities requiring much more extravagant expenditures of our time and money.

NOTE TO SELF:

I will allow myself a few moments of pleasure and peace today. Maybe I'll visit a museum. Or maybe I'll listen to music. Whatever I do, I'll make sure I experience it fully. (Linda Picone)

Each of us should strive to awaken. Awaken! Take heed, do not squander your life. (Dogen Zenji)

Each moment of the year has its own beauty, a picture which was never before and shall never be seen again. (Ralph Waldo Emerson)

The optimist sees the rose and not its thorns; the pessimist stare at the thorns oblivious of the rose. (Kahlil Gibran)

Wishing everyone a great week and a Happy Easter holiday.

Susie Q for QSPAC signing off

Q-Tip 3/19/18

Good Morning My Dear Friends,

One of the hardest things in life is being kind to others that just don't seem to fit in to our way of thinking. Or possibly their mannerism feels abrasive or condescending. Our focus this week, as we continue our growth toward positivity, is to reach out and be the bigger person and accept these people for who they are and not what we may want them to be. One small act of kindness could be the start of a new friendship.

OPENING A HAND

"You can't shake hands with a closed fist." (Indira Gandhi)

We sometimes have to act polite towards a person we dislike or who had hurt us. So we put on a fake smile and do what we need to do to make things okay. Instead of putting on a fake smile, though, what if we tried smiling for real? Is there something we might like about this person if given a chance? Do we really have a good reason to dislike the person in the first place? Maybe we won't become great friends. But we'll never know unless we open ourselves to the possibility.

NOTE TO SELF:

The next time I encounter someone I don't particularly like, I will be genuinely interested in what the person thinks and says. This may show me a new side of the person. (Linda Picone)

Hate is not conquered by hate: hate is conquered by love. This is a law eternal (The Dhammapada)

Take the first step in faith. We don't need to see the whole staircase; we just need to take the first step. (Martin Luther King)

You never know when a moment and a few sincere words can have an impact on a life. (Zig Ziglar)

Wishing everyone a wonderful week

Susie Q for QSPAC signing off

Q-Tip 3/12/18

Good Morning my friends,
This week's focus is confidence in ourselves. No matter what happens in our lives, the important thing to remember is to tell yourself daily, "I MATTER" and truly believe in yourself.

SELF-CONFIDENCE

"Did you ever see an unhappy horse? Did you ever see a bird that had the blues? One reason why birds and horses are not unhappy is because they are not trying to impress other birds and horses." (Dale Carnegie)

Our gut is sticking out. Are we wearing the right clothes? The car looks pretty battered. Is it time to get a new one? We said a witty thing at work. Did our coworkers notice? Some days we act as if we're on stage, performing for an audience. Even when we think we're doing well, we can't be happy until we know what our audience thinks of our performance. The problem is, we can never know for sure before-or even after the fact-what other people are really thinking.

NOTE TO SELF:

What others think of me matters, but it shouldn't matter as much as what I think of myself. (Linda Picone)

Your worst enemy cannot harm you as much as your own unguarded thoughts. (Buddha)

Too many people overvalue what they are not and undervalue what they are. (Malcom S. Forbes)

Do you really want to be happy? You can begin by being appreciative of who you are and what you've got. (Benjamin Hoff)

So this week put a note on your desk as a daily reminder that you are important and what you say, do, and think matters.

Wishing everyone a great week

Susie Q for QSPAC signing off

Q-Tip 3/5/18

Happy Monday my friends,

There are many forms of love. There is the love for family and their is love for friends. Love is a very powerful emotion. Let's direct our love, as an extended family, toward each other. If someone has hurt or offended you in the past, I say, "Let it go and leave it in the past." If we can start right here amongst ourselves, think how much better we will be able to continue toward our goal of being that positive and healthy person.

LOVE

"Who, being loved, is poor?" (Oscar Wilde)

The Beatles sang that money can't buy love. It's true. Love is its own sort of wealth, more precious than any material wealth. And if we were to sit down and really tally this wealth, we might be surprised at how well off we are. The love of a spouse or partner, of family members and friends-these accounts can quickly add up. One thing we have to remember, though: Love is like friendship. We can't expect to receive it unless we're willing to give it in kind.

NOTE TO SELF

I will say "I love you" at least once today. And I'll mean it. (Linda Picone)

What is most needed is a loving heart. (Buddha)

We are not held back by the love we didn't receive in the past, but by the love we're not extending in the present. (Marianne Williamson)

You never lose by loving. You always lose by holding back. (Barbara DeAngelis)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off