

## Q-Tip 3/5/19

Happy Tuesday my friends,

Let's start this new month of March with words of positivity and encouragement and make it special.

To succeed in life you need 3 things: a wishbone, a backbone and a funny bone. (Rita McEnfie)

It's not how much we give but how much love we put into giving. (Mother Teresa)

The best way to cheer up yourself, is to try to cheer somebody else up. (Mark Twain)

The Elimination Diet: Remove anger, regret, worry, resentment, guilt and blame. Then watch your health and life improve. (Charles F. Glassman)

Strong people don't put others down, they lift them up. (Michael P. Watson)

It's ok to be ok. Some days are just harder than others. (Quote Find)

When you talk, you're only repeating what you already know. But if you listen, you may learn something new. (Dalai Lama)

It's not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change. (Charles Darwin)

It's not the years in your life that count. It's the life in your years. (Abraham Lincoln)

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