

Q-Tip 3/30/20

Happy Monday my friends,

During these trying times it can be difficult to keep a positive outlook, but there are so many small things we can be happy for. For instance, spring is here and it is amazing to see the flowers beginning to bloom. The leaves that once were brown are now showing green. New growth springs new hope. We need to remember HOPE will get us through this. HOPE we are closing in on our peak and the virus begins its downward spiral. HOPE that things can get back to a sense of normalcy whatever the new norm should be. Take joy in the small things as that may be the best medicine we all need right now.

SIMPLE DELIGHTS

“Teach us delight in simple things.” (Rudyard Kipling)

We don't need money or fancy toys to have a good time. The world is full of things that can delight us-the sound of a spring robin, the scent of a flowers, the smile on a child's face.

NOTE TO SELF:

I will count the things that delight me today-and I be I find that most of them are simple things.(Linda Picone)

He who looks outside, DREAMS; who looks inside awakens. (Carl Jung)

Whatever the mind of man can conceive and believe, it can achieve. (Napoleon Hill)

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover. (Mark Twain)

A man who dares to waste one hour of life has not discovered the value of life. (Charles Darwin)

If you want to lift yourself up, lift up someone else. (Booker T. Washington)

Wishing everyone a safe and wonderful week,

Susie Q for QSPAC signing off

