

## Q-Tip 5/29/18

Happy Tuesday My Friends,

Due to holiday yesterday I am posting our letter today. How many times have you be confronted with making decisions you regretted , whether it was done in haste without thinking it through or due to the fact that you were not in the proper frame of mind to think clearly and thoughtfully. Our message today will I hope help us all think first before acting.

### MAKING DECISIONS

“Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decision when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.” (Robert H. Schuller)

When things are going wrong, we want to change them right away. So we buy something we don't really need. Or we throw away something that we do really need. Or we decline an opportunity because we're afraid that something else might go wrong. Or we make the same mistake again, thinking we'll do better this time.

### NOTE TO SELF:

If I'm in a bad mood, I will put off making important decisions until my outlook and judgment improve.(Linda Picone)

Learning without thought is labor lost; thought without learning is perilous. (Confucius)

Do you have the patience to wait until your mud settles and the water is clear. (Lao Tzu)

Any act facing us is not as important as our attitude toward it, for that determines our success or failure. (Norman Vincent Peale)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

### Q-Tip 5/21/18

Happy Monday my friends,

It has been a while so I thought we might focus on happiness today as our inspiration for this week. We all have much we should be happy for. We were able to get up and out of bed this morning and come to work, when others may not have the health to do it or even a job to go to. We have our friends and family. We have each other. Life will throw many curve balls our way, but we should never let it take our happiness away. Deal with it and leave behind, move forward. Remember we have each other for support and hopefully a little laughter to make the day brighter.

HAPPINESS

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” (Marcel Proust)

We enjoy our time alone-we almost never have enough of it. But there is something wonderful about time spent with friends and family we love that can't be matched by our time alone. As we look back over our lives, it's hard to recall a moment of great happiness that wasn't at least partly due to the fact that we were sharing it with a loved one. How much better our lives would be if we always kept those who make us happy close to us.

### NOTE TO SELF:

I will hug loved one today, and as I do I'll think how happy I am that this person is part of my life.

When you do things from your soul, you feel a river moving in you, a joy. (Rumi)

All those happy in the world are so because of their desire of the happiness of others. (Shantideva)

The best & most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. (Helen Keller)

Wishing everyone a wonderful week

P.S. Sending hugs to all of you my dear friends and family

Susie Q for QSPAC signing off