

## Q-Tip 5/20/19

Happy Monday my friends,  
Hope everyone enjoyed their weekend. Let's take a moment for some encouragement to boost our spirits as we approach this new week.

The best part of life? Every morning you have a new opportunity to become a happier version of yourself. (Power or Positivity)

We don't grow when things are easy. We grown when we face challenges. (Spiritual Food for Life)

I would rather be "Annoyingly" positive & optimistic, then "Destructively" negative & hateful. (Dream, Believe, Achieve)

Learn to love without condition. Talk without bad intention. Give without any reason. And most of all, care for people without expectation. (Dream, Believe, Achieve)

Your mind is a magnet: If you always think of blessings, you attract more blessings. If you always think of problems, you attract problems. Always think good thoughts & always think positive. (Buddha's Teaching & Science)

The art of knowing is knowing what to ignore. (Spiritual Food for Life)

All things are possible until they are proved impossible and even the impossible may only be so, as of now. (Pearl S. Buck)

Don't cry because it's over. Smile because it happened. (Dr. Seuss)

I want to end our letter today with a quote from "Steve Jobs" I happened upon and felt was quite inspirational:

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma, which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart

and intuition. They somehow already know what you truly want to become. Everything else is secondary.

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

## Q-Tip 5/13/19

Good Morning my dear friends,  
Our moods have a way of controlling our day. Waking up after a restless sleep can set the tone but we should not let it. Simply put, it is mind over matter. We have choices and the best choice we can make is to turn that negative energy into one of positivity.

### FEELING VS. DOING

“You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings.” (Pearl S. Buck)

“I just don’t feel like it,” a child whines-and, sometimes neither do we. We know what we’re supposed to do, but we’re afraid to do it or too bored to do it or we think it’s going to be too much work. We assume that good people do the right thing because it’s natural to them. That may be true for some, but many of us have to decide to straighten our shoulders, lift our heads up, and do what we know is right even when we might prefer to whine a little, too.

NOTE TO SELF: I know what I need to do, even if part of me would rather avoid it. I will do what’s right. (Linda Picone)

“What seems to us as bitter trials are often blessings in disguise.”  
(Oscar Wilde)

“What you get by achieving your goals is not as important as what you become by achieving your goals. (Henry David Thoreau)

“With the new day comes new strength and new thoughts.” (Eleanor Roosevelt)

“Make each day your masterpiece. (John Wooden)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

### **Q-Tip 5/6/19**

Hope everyone had a great weekend. Today’s quotes will be from people of all walks of life, famous leaders and writers and others, who have inspired us all with their wise thoughts and words.