

Q-Tip 11/27/17

Happy Monday,

Hope everyone enjoyed their long weekend. Here we are another month end and ready to start the last month of the year. We have been meeting now every Monday for almost a year. Seems like just yesterday we started our letters of encouragement. As we close November, as usual, our inspiration comes from various authors and quotes.

FROM POWER OF POSITIVITY:

Stay strong. Even when it feels like everything is falling apart.

A year from now, everything you are stressing about won't even matter.

You've got to go down a lot of wrong roads to find the right one.

Be humble enough to know you are far from perfect, but confident enough to know you can do anything you set your mind to.

You only fail when you stop trying.

Be thankful for difficult people in your life, for they have shown you who you do not want to be.

FROM POSITIVE OUTLOOKS:

Fools take a knife and stab people in the back. The wise take a knife, cut the cord and free themselves from fools.

Life is about balance. Be kind, but don't let people abuse you. Trust, but don't be deceived. Be content, but never stop improving yourself.

Life always gives you a second chance. It's called tomorrow.

FROM LESSONS LEARNED IN LIFE:

Things will come to you at the right moment. Be patient.

It's time to be happy. Being angry, sad and overthinking isn't worth it anymore. Just let things flow, be patient.

Don't close the book when bad things happen in your life. Just turn the page and begin a new chapter.

There is a message in the way a person treats you. Just listen....

He who hurries can not walk with dignity (Chinese proverb)

The sage wears rough clothing and holds the jewel in his heart.(Lao Tzu)

The glory of friendship is not in the outstretched hand, nor the kindly smile, not the joy of companionship; it is the spiritual inspiration that comes to one when you discover that someone else believes in you and is willing to trust you with a friendship. (Ralph Waldo Emerson)

What the superior man seeks is in himself. What the mean man seeks is in others. (Confucius)

...before I can live with other folks I've got to live with myself. The one thing that doesn't abide by majority rule is a person's conscience. (Harper Lee)

And that my dear friends concludes our motivational letter for today. Until next week,

Susie Q for QSPAC signing off

Q-Tip 11/20/17

Happy Monday All,

As we approach the Thanksgiving holiday we tend to reflect on the things we are thankful for. Although I have many things to give thanks for, my family, health and job, to name a few, one of the things I am most thankful for are my friends. So this letter today is dedicated to

you, my dear QSPAC family and friends.

FRIENDSHIP

“A true friend is the greatest of all blessings, and that which we take the least care to acquire.” (Francois De La Rochefoucauld)

We don't typically set out to make a friend the same way we set out to get a job or win the attention of someone we're attracted to. Friends just seem to happen. We work or play together, discover that we share some things in common, and gradually a friendship grows. Or we face some hardship or misfortune together, and a friendship arises through mutual support. We make friends casually, but once they're part of our lives, we should be careful not to take them for granted. Our friends make us better, stronger, and happier – and we should do the same for them.

NOTE TO SELF

I remember every day how lucky I am in my friendships. Today I'm going to tell my friends how much I appreciate them. (Linda Picone)

If we could spread love as quickly as we spread hate and negativity, what an amazing world we would have. (Lilac and Lavender)

The heart that gives, gathers. (Lao Tzu)

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. (Maya Angelou)

In observance of Thanksgiving I would like to share to special quotes I happened upon:

As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live them. (John F. Kennedy)

“For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything thy goodness sends. (Ralph Waldo Emerson)
I could not have expressed my feelings better than the words above.
Wishing all of you a very safe and Happy Thanksgiving.
Susie Q for QSPAC signing off

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Happy Monday My Friends,
During our life we will encounter many challenges and changes, the key is are we open to them. How do we handle these situations. I hope today’s letter offers a little encouragement to help us achieve and accept the changes we may face in our life’s journey.

CONSISTENCY

“Consistency is the last refuge of the unimaginative.” (Oscar Wilde)

“But we’ve always done it this way,” we complain when someone challenges us to make a change. But sometimes it’s good to change, even if just for the sake of change. Trying new things helps us become more flexible and open-minded—good traits to have when change is unavoidable.

If a particular change doesn’t work out, we’ll still have learned something that we can use in the future.

NOTE TO SELF

I am open to change. I will make a small change in my everyday routine, just to see how it feels. (Linda Picone)

Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. (Lao Tzu)

For time and the world do not stand still. Change is the law of life. And those who look only to the past or the present are certain to miss the future. (John F. Kennedy)

The three C's in your life: CHOICE, CHANCE, CHANGE You must make the choice, to take the chance if you want anything to change.(Power of Positivity)

Most days things remain the same, but then one day a change appears out of nowhere. Possibly a job responsibility will change, new projects assigned , a co-worker leaves to make a change in their life replaced by a new employee to fill the position. Maybe you don't especially care for the shift in things, but should we not accept it and move forward how could we even expect to grow with our company or in our own lives. Change can be difficult, but with a different mind set we can see all of this as a stepping stone in our growth as a better person physically, mentally and spiritually.

Wishing everyone a great week,

Susie Q for QSPAC signing off