

## Q-Tip 10/30/17

Happy Monday my friends,  
Here we are at another month end. It is a perfect fall day. Sun is shining, leaves are changing into beautiful autumn colors. The world seems to be smiling, so with today's words of inspiration I hope all of you will too.

From POSITIVE OUTLOOKS

We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future.

Sometimes when others make you feel like you are nothing, look inside your heart and read what your soul wrote inside.. "I am enough."

The happiest people don't have the best of everything. They just make the best of everything they have.

Be a pineapple. Stand tall, wear a crown and be sweet on the inside.

If we all do one random act of kindness daily, we just might set the world in the right direction.

From THE ESSENCE OF LIFE

Being happy doesn't mean everything is perfect. It means you've decided to look beyond the imperfections.

Try to make at least two people happy in a day, but make sure...one of them is you.

Be silly, be fun, be different. Be crazy, be you. Because life is too short be anything but HAPPY.

From POWER OF POSITIVITY:

Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool.

Peace is not something you wish for, it is something you make,  
something you are, something you do and something you give away.

From LOVE IS ALL AROUND

When you see something beautiful in someone, tell them. It may take  
a second to say, but for them it could last a lifetime.

Health is the greatest gift, contentment the greatest wealth, faith the  
best relationship(Buddha)

If you realize that you have enough you are truly rich (Lao Tzu)

Do not shine like jade: instead be humble like a rock. (Lao Tzu)

From PIECE OF MY HIPPIE HEART

Advice from the Ocean

Be shore of yourself.

Come out of your shell.

Take time to coast.

Avoid pier pressure.

Sea life's beauty.

Don't get tide down.

Make waves!!!

In closing , we have become a close knit family unit as well as friends,  
so this little poem is dedicated to each and everyone of you:

A FRIEND IS A TREASURE

A friend is someone we turn to,

When our spirits need a lift,

A friend is someone we treasure,

For true friendship is a gift.

A friend is someone we laugh with,  
Over little personal things.  
A friend is someone we're serious with,  
In facing whatever life brings.  
A friend is someone who fills our lives,  
With beauty and joy and grace,  
And makes the world we live in  
A better and happier place.(Jean Kyler McManus)  
Wishing everyone a great week  
Susie Q for QSPAC signing off  
A smile makes you beautiful, wear it with pride. (SH)

### **Q-Tip 10/23/17**

Happy Monday my Friends,  
As we go through our daily lives, whether at home or at work, we may have had to depend on one another at one time or another so today's message is about team work and the success that it brings.

#### **PLAYING AS A TEAM**

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime." (Babe Ruth)

We value individual skills, celebrating them with praise, awards, and money. But few achievements are entirely the work of a single individual. Most involve collaboration to some degree. Personal success depends not only on individual performance, but on the support of colleagues, friends and family. Learning how to use one's

individual skills to work well in a group is a lifelong challenge. Luckily, it's also an enjoyable challenge. We can be proud when we have a personal success, but there's something especially wonderful about being part of a team that's successful.

NOTE TO SELF:

I know how much I depend on the efforts and talents of those I work and play with.(Linda Picone)

The reason why the universe is eternal is that it does not live for itself; it gives life to others as it transforms. (Lao Tzu)

There is no such thing as a "self-made" person...Everyone who has ever done a kind deed for us, or spoken one word of encouragement to us, has entered into the make-up of our character and our thoughts, as well as our success. (George Matthew Adams)

The best leaders of all are the ones the people do not know exist. They turn to each other and say we did it ourselves. (Zen aphorism)

We at QSPAC have always considered ourselves family, friends and co-workers. You may have received thanks, or praise for a job well done. But did we not get some type of assistance or guidance from a co-worker in accomplishing the task? We do need each other and should be able to count on each other because only in working together can we become the strong, successful company we intend it to be.

Wishing everyone a wonderful week

Susie Q for QSPAC signing off

## Q-Tip 10/16/17

Good Morning my friend and Happy Monday,  
Here we are mid month again and time continues to fly by. What happened last week? What happened this time last month? Do you look back with fond, happy , positive memories? Or are you glad to close that chapter because it was not the best of times? If there were times of negativity then today's letter should help you put all of that into perspective.

### BAD MEMORY

"Happiness is good health and bad memory." (Ingrid Bergman)

We worry a lot about forgetting things. We make notes and tuck them in our pockets or post lists in prominent places around the house. We keep our address book or daily calendar with us at all times. We practice little tricks for remembering names and place. We would be happier, though, if we could forget some things. Let's forget about those occasions when people betrayed us, made us cry, or sinned against us. Let's forget about those times when we embarrassed ourselves, acted meanly, or let ourselves down. There's no point in wallowing in such memories-and plenty of reasons to move on.

### NOTE TO SELF:

My good memories I'll keep for a long time. My bad ones I'll let go.  
(Linda Picone)

At the center of your being you have the answer; you know who you are and you know what you want. (Lao Tzu)

Don't close the book when bad things happen in your life. Just turn the page and start a new chapter. (Lesson Learned in Life)

Sometimes it's hard to move on, but once you do, you'll realize it was the best decision you've ever made. (Zane Baker)

Sometimes, what we do and how we act are not done in a kind and positive manner, so we might justify this behavior by telling ourselves, "I was having a bad day," or "I did not feel well." These memories very well may come back to haunt you, but it's time to just let it go. Learn from it and move on. Make a conscious effort to remember the good things. I am sure many have gone that extra mile for someone, or reached out to offer help to someone in need. Try to remember how wonderful that feeling was. Those are the types of memories that help shape us into the better person we want to be. Everyone possesses many good qualities, why not keep your focus on that.

Wishing everyone a great week,

Susie Q for QSPAC signing off

### **Q-Tip 10/9/17**

Happy Monday my dear friends,  
Every week I begin our letter with my dear friends, so I thought our message today should focus on just that.

#### **SHARING WITH FRIENDS**

"Friendship makes prosperity more shining and lessens adversity by dividing and sharing it." (Cicero)

When something wonderful happens to us, it may not seem real until we can tell our friends about it. Their happiness for us deepens and intensifies our pleasure. When something bad happens to us, we search out our friends for comfort, understanding and assurance. Their sympathy eases our pain and gives us hope. Knowing how much friendship means to us, how can we be better friends to others in their times of prosperity or adversity?

**NOTE TO SELF:**

I will be the best friend I can be to the people who bring so much into my life.

A man can achieve his own happiness only by pursuing the happiness of others because it is only by forgetting about his own happiness that he can become happy. (Lao Tzu)

People who defend your name when you're not around are the most loyal friends you could ever get. (Zane Baker)

Everyone has a friend during each state of life. But lucky ones have the same friend in all stages of life. ([SimpleReminders.com](http://SimpleReminders.com))

A lot of problems in the world would disappear if we talked to each other instead of about each other. (Enjoy[Life.com](http://Life.com))

We should consider each of our co-workers as a friend. Certainly we don't have to make plans with each for after hours, but while working together we should act with trust, loyalty and respect knowing we have each other's back. We should be able to count on each other because this is what will guide QSPAC toward a stronger and more solid company as it is intended to be.

Wishing everyone a wonderful week

Susie Q for QSPAC signing off

### **Q-Tip 10/2/17**

Good Morning My friends,

Happy October and fall. What a beautiful season we are starting, the air is crisp, leaves are starting to turn to some of the most beautiful colors imaginable. This leads me to our letter of motivation today. It is all about what we see and do and how we perceive things.

CHANGING PERSPECTIVE

“A weed is no more than a flower in disguise.” (James Lowell)

What makes a weed different from a flower, except the way we view it? A dandelion shows us a sunny yellow flower in no way inferior to a daisy or a zinnia. Then the flower magically becomes a fluffy white ball, disappearing with the gentlest breeze. Can a zinnia do that?

All of us have weeds in our life-difficult tasks, difficult people, difficult times. Maybe we can learn to see things as flowers instead of weeds and enjoy rather than dread them.

#### NOTE TO SELF:

I've always enjoyed seeing a field covered with dandelions. I will try as well to enjoy the metaphorical weeds in my life. I may be surprised at the beauty and charm I find.

A flower dies even though we love it. A weed grows even though we do not love it. (Zen Proverb)

No seed ever sees the flower. (Zen saying)

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.. (Carl Bard)

The most effective way to do it is to do it. (Amelia Earhart)

Let's approach the weeds in our lives by not looking back on how the difficulties we were faced with may have disrupted our lives, but how we see the weeds/difficulties become a means of growth and learning. After all, as weeds will surely wither and die, so will the difficult times. It is better to leave them behind, keep moving forward to being a more positive, healthy you.

Wishing everyone a wonderful week

Susie Q for QSPAC signing off