

## Q-Tip 9/25/17

Happy Monday my friends,

Here we are, another month end so our messages for today are various quotes but with the same ultimate encouragement on our path to being the special people we were meant to be.

### LILAC AND LAVENDAR:

A person's most useful asset is not a head full of knowledge but a heart full of love, an ear ready to listen and a hand willing to help.

If you have the power to make someone happy, do it. The world needs more of that.

Don't be impressed by money, followers, degrees or titles. Be impressed by kindness, integrity, humility and generosity.

KARMA: Think good thoughts, say nice things, do good for others. Everything comes back.

### ESSENCE OF LIFE:

The most wonderful places to be in the world: In someone's thoughts, In someone's prayers and In someone's heart.

When you wish good for others, good things come back. This is the law of nature.

No matter how good or bad your life is, wake up each morning and be thankful you still have one.

There is no wine if grapes are not pressed. No perfume if flowers are not crushed. So don't be afraid if there are pressures in your life. It will bring the best out of you.

Sometimes you must yield in order to win, and sometimes maintaining a low place leads you to win. (Lao Tzu)

Knock on the sky and listen to the sound. (Zen proverb)

He who envies others does not obtain peace of mind. (Zen proverb)

Seeing our own smallness is called insight, honoring our own tenderness is called strength. (Lao Tzu)

## POWER OF POSITIVITY

Learn to trust the journey even when you do not understand it.

Happiness starts with you. Not with your relationships, not with your job, not with your money, but with you.

A word of truth that hurts for a while is better than a lie that lasts a lifetime.

When it rains look for rainbows, when it's dark look for stars.

Do good for others. It will come back in unexpected ways.

If you change the way you look at things, the things you look at change.

In closing a very special quote to carry you through the week from **POWER OF POSITIVITY**:

I will breathe. I will think of solutions. I will not let worry control me. I will not let my stress level break me. I will simply breathe and it will be okay because I DON'T QUIT.

Wishing everyone a wonderful beginning of fall and last week of September.

Susie Q for QSPAC signing off

## Q-Tip 9/18/17

Happy Monday My Friends,

Do you wake up some mornings and think, "OH NO, here I go again, another day, wonder what is going to happen today." Thinking about the day ahead negatively? But what if you were to wake up each morning and think, "what a great day this is going to be," instead. That first thought as you begin your day may change the entire outcome. Do you want to approach it in a good frame of mind, or a bad frame of mind? That is entirely up to you as our encouragement today centers on attitude.

## MENTAL ATTITUDE

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." (Thomas Jefferson)

"Can't do it." "Never could do it." "Never will be able to do it." "No one could do it." "We don't have the right resources." "We haven't been trained." "We don't have the time."

We're full of excuses for why we can't do something, even before we've made one small effort to get it done. Will we succeed? Not with this attitude. But if we take on the challenge with enthusiasm and energy, assuming that we're going to do just fine, we just might.

## NOTE TO SELF:

I may not be able to change the tasks that need to get done, but I can change my approach to them. (Linda Picone)

Be a master of the mind, not mastered by the mind. (Zen Proverb)

What you think you become. What you feel you attract. What you imagine you create. (Buddha)

Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones tend to take care of themselves. (Dale Carnegie)

Our greatest glory is not in never failing, but in rising every time we fail. (Confucius)

Each of us was born with free will. It is our choice alone, the manner in which we want to handle situations we are faced with every day.

Wishing everyone a wonderful week.

Susie Q for QSPAC signing off

### Q-Tip 9/11/17

Happy Monday My Friends,

Today's message is about a sense of accomplishment and one of the ways we can make this happen for ourselves.

#### BEATING THE COMPETITION

"Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself." (William Faulkner)

Sports has given us the concept of "personal best," the idea that our most important competition is with ourselves. Can we do better today than we did yesterday? Can we do even better tomorrow? Competing with ourselves is healthier than competing with others.

For one thing, there's no way to cheat. For another thing, there can be no envy or resentment-no "sore losing"-if we're competing against ourselves.

#### NOTE TO SELF:

What do I want to improve on? I'll keep track of my personal bests so that I can continually try to "be better than myself."

When I let go of what I am, I become what I might be. (Lao Tzu)

The only person you are destined to become is the person you decide to be. (Ralph Waldo Emerson)

The rung of the ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher. (Thomas Henry Huxley)

If each of us do the best we can today, and even better each day thereafter, what a wonderful sense of accomplishment we would feel, making each day a new adventure or goal.

Before I close today, I would like to share with you something that was given to me by a customer from his step-son's wedding. This message was video taped by a friend who could not attend the wedding as he was serving our country overseas and I felt it was appropriate with today's encouragement.

LIVE YOUR LIFE FOR THE DASH

The dash that is found between your birth date and your death date on your tombstone. The birth date and death date are for everyone else to see.

The dash is your life and what you do with it. Live your life, don't just sit and wait for something to come your way. Make your life happen.

LIVE YOUR DASH (author unknown)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

### Q-Tip 9/5/17

Happy Tuesday my friends,  
Hope everyone enjoyed their long weekend. Today's message centers on a feeling we all encounter, but it's how we deal with it that will make us stronger, healthier, happier and that better person we all strive to be.

## STAYING ANGRY

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

(BUDDHA)

People who hold grudges, who never stop talking about those who have wronged them, let their anger rule their lives. Those they're angry at may not care or even be aware of the grudge. “But our anger is justified,” we argue. Maybe, but does this justify the self-damage inflicted by holding on to and nursing the hurt? How many times must we bore our friends with another recounting of the injustice we've suffered? How much longer must we let our anger sour our outlook on life?

### NOTE TO SELF:

It's normal to get angry sometimes. But I'll do whatever I need to do to let my anger go and move on with my life.

Nothing can bring you peace but yourself. (Ralph Waldo Emerson)

Not engaging in ignorance is wisdom. (Bodhidharma)

Too often, we suffer what we perceive to be injustices done toward us. It is so easy to harbor ill will towards someone you thought of as a friend, co-worker or even a family member, but in the end, it is your heart hurting most likely and not theirs. Remember to be the bigger person and let it go. We are all allowed our moment of hurt and anger. This is just pure human emotion. But to let it boil inside and not to move on, only creates an unhealthy mind set which has no positive outcome in our lives. If the matter cannot be handled by talking it out with each other, and knowing we cannot control what others say or think, it is best to separate ourselves from it, and move forward to a healthier and happier you.

The only people with whom you should try to get even are those who have helped you. (John E. Southard)

Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future. (Deepak Chopra)

From the Power of Positivity: "Be the type of person who leaves a mark, not a scar."

Wishing each and everyone a wonderful week.

Susie Q for QSPAC signing off