

## Q-Tip 9/4/18

Happy Beginning of September my friends,  
Today's message is about not giving up. Too many times we let things get us down for one reason or another. It is so easy to just be ready to throw in the towel and accept defeat. We should be and I believe we all have that inner power, resilience and drive to pick up where we are at and think of life as a journey to bigger and better things always.

### PERSISTENCE

"We are made to persist. That's how we find out who we are." (Tobias Wolfe)

There may be times when we feel like giving up. Everyone has these moments. Life is an adventure, and sometimes it's an adventure that gets the better of us. But we keep on, and we will keep on. Around the next corner is something we haven't seen before. It could be something wonderful.

### NOTE TO SELF

I will continue on this adventure of life as long as I can. (Linda Picone)

Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree. (Martin Luther)

There are always flowers for those who want to see them. (Henri Matisse)

Our life is shaped by our mind; we become what we think....Joy follows a pure thought like a shadow that never leaves. (The Dhammapada)

If you believe you can, you probably can. If you believe you won't, you most assuredly won't. Belief is the ignition switch that gets you off the launching pad. (Denis Waitley)

You can't always get what you want / But if you try sometime you  
might find / You get what you need. (Mick Jagger & Keith Richards)

Wishing everyone a great start to the month, and a wonderful rest of  
the week,

Susie Q for QSPAC signing off