

Q-Tip 9/16/19

Happy Monday my friends,
Wanted to take the time today to send some powerful thoughts,
encouragement and positivity to all.

One kind word can change someone's entire day. (#SpiritualFFL)

There are always problems to face, but it makes a difference if our
minds are calm. (Dalai Lama)

To find yourself, think for yourself. (Socrates)

There is nothing more beautiful than someone who goes out of their
way to make life beautiful for others. (#SpiritualFFL)

We cannot force someone to hear a message they are not ready to
receive, but we must never underestimate the power of planting a
seed. (Garden of Inspiration)

Worrying doesn't take away tomorrow's troubles. It takes away today's
peace. (Buddhism & Meditation for Beginner)

We make a living by what we get, but we make a life by what we give.
(Winston Churchill)

Nothing is impossible, the word itself says, "[I'm possible!](#)" (Audrey
Hepburn)

Character cannot be developed in ease and quiet. Only through
experience of trial and suffering can the soul be strengthened,
ambition inspired, and success achieved.(Helen Keller)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off