

January 18, 2024

Good morning! It's Jason from 752 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Today, I want to share a message that's incredibly important, and it's all about two words: "I Matter." Yes, each and every one of you matters immensely. Your thoughts, feelings, and actions make a significant impact on the world around you. Remember, you are unique, and there's nobody in the world quite like you.

In the words of the inspiring Dr. Seuss, a beloved author who said, "Today you are You, that is truer than true. There is no one alive who is Youer than You." This quote is a powerful reminder that your individuality is your uniqueness. It's what makes you special and irreplaceable. You don't need to compare yourself to others or seek validation; you are enough just as you are. So, as you go about your day, remember to embrace who you are, value your own opinions, and respect others for their uniqueness too. Let's make today a day where we acknowledge and celebrate the fact that each one of us matters.

Thanks for listening have a True to Myself Thursday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

