

October 20, 2023

Rise and Shine! It's Joanna from 851 and I will be with you for our S.E.A.L Summaries this year on behalf of the S.E.A.L Team.

Today, we'll be talking about what confidence is and what it means to have it. The direct meaning of confidence is: a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities. But what does this really mean?

Having confidence is about believing in ourselves. It's about believing that we are capable of achieving our goals. It's about having that 'I can do it' mindset. We all go through hard times and meet obstacles that hinders us. But rather than giving up, we should gather the confidence and courage to push through.

At one point or another, we lack the confidence to do the things that we want and need to do. We have insecurities that affect how we act and think, that affect how we feel about ourselves in general.

Our goal in life isn't to seek someone else's approval, but to be the best person we can be. Confidence isn't exactly about being better than others,

it's more like a small voice in your head that tells you that you are capable,  
and that you can do it.

The affirmation of the day is, "I believe in my abilities to achieve my goals." If  
we put our minds to it, we are all more than capable of achieving our goals.

Thank you for listening and have a Feeling of Self-Assurance Friday 😊

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

