

January 17, 2023

Good morning! It's Zain from 731 and I'm here this Talk A lot Tuesday on behalf of the S.E.A.L Team.

Today is Ben Franklin Day because Benjamin Franklin, a founding father, was born on this date in 1706 in Boston. He was a polymath, or knowledgeable in several fields. He was a scientist, writer, politician, and inventor, among other things.

Did you know Franklin kept a daily agenda planner? This enabled him to fit so much into his day. We should copy his daily routine and modify it to meet our needs. There's never been a better time to start living more effectively than right now!

“What good shall I do this day?” was the one question Benjamin Franklin asked himself every morning. He took time to reflect on the day that had passed, which is a great way to assess whether one's goals had been achieved and to make plans for the next day.

So, start using a planner today to organize yourself and create and track your goals. Put your ideas on paper and review them in the morning to reinforce the idea that you will finish them before the end of the day. If you put it in writing, you'll develop a habit of remembering and carrying it out.

Thanks for listening have a Track Your Goals Tuesday 😊

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

