

January 3, 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.

Happy New Year 2023. In with the new, out with the old! May the coming year be full of new experiences and positive growth.

What is your 2023 resolution? Making resolutions shows that we want to go in the direction of change. A new year's resolution is the conclusion of one thing and the beginning of the next; for many people, this might serve as the necessary hard reset to help them accomplish the desired change. In my opinion, that is certainly a lot better than doing nothing.

As Abraham Lincoln famously stated, "Always bear in mind that your own resolution to succeed is more important than any other." Now that you know this, start taking the steps you need to make your change a reality.

Thanks for listening have a Time to Make the Change 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

