

January 6,2023

Good morning! It's Rainie from the S.E.A.L Team back with you all for S.E.A.L Summary Friday.

Today is the first Friday of January, 2023. A new year, with new beginnings and new goals! What's something that is commonly associated with the New Year? New Year's Resolutions!! New Year's resolutions are important to the New Year, but it's okay if you haven't made any yet. You can still make some now! A new year also means new beginnings. A fresh start to make things better than last year. You can forget the past and focus on the present by letting last year's bad memories wash away along with last year's bad attitude and boring mindset. Let go of grudges and focus more on improving your friendships with others. Interact more, even if you're not an extrovert. Friends are a good thing, and you will feel better when being around the right group of people that suit you! You might find out that you have so much in common! Try new things this year as well if you haven't before.

As mentioned earlier this week, January is also International Creativity Month, as well as Get Organized month. So, make sure to be organized and be creative for this new year.

Now, please take this time to recite the S.E.A.L Team pledge with me.

Thanks for listening have a Fulfilling 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

