

June 23, 2023

Good morning! It's Rainie from the SEAL Team, back with you all for SEAL Summary Friday.

Everyone has experienced grudges or regrets from the past. We've all had feelings like that from the past that keep nagging us and prevent us from being happier, but today is the day where we drop these emotions and let them go to stay in the past where they came from and belong in. Today is National Let It Go Day, a special reminder to you that the past is the past, so whatever negative thing happened in the past stays in there. These emotions are no good, as they only push you down. You might have your own reasons for keeping these grudges and no one can stop you from having regrets, but keeping these feelings inside of you is unhealthy. Today is the day to let all of these negative emotions brought by past negative emotions wash away and see what happens. As Elsa from Disney's "Frozen" once said, "Let it go, let it go, and I'll rise like the break of dawn!"

Thanks for listening have a Free Your Spirit 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

