

January 31, 2023

Good morning! It's Zain from the S.E.A.L. Team, back with you all for Talk A lot Tuesday.

January 31st is here and it's crucial to evaluate your progress in reaching your new year's resolution that you set for 2023. If not, you must figure out how to restart and accomplish that goal, even if it is difficult at times. Dale Carnegie once said, "Most of the major things in the world have been accomplished by people who have kept trying even when there seemed to be absolutely no hope." Finally, the key is to persevere even when something seems impossible and to constantly remember that, no matter what, you can succeed if you work hard.

Thanks for listening and have a Try Your Best 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

