

October 13, 2023

Rise and Shine! It's Joanna from 851 and I will be with you for our S.E.A.L Summaries this year on behalf of the S.E.A.L Team.

Have you ever felt like you ran out of hope, or needed to give up? Have you ever been in a situation where you tried so hard to succeed, but still ended up failing? I'm sure everyone has, at one point or another.

Believe it or not, today is actually the International Day for Failure. Who could've imagined that there was a day for, out of all things, failing? Anthony D'Angelo quotes, "In order to succeed you must fail, so that you know what not to do the next time." It's important to know that failing is all part of the process of succeeding. Success doesn't come in a blink of an eye, as it may seem to be for some well-known people that you may know. When you fall, it is not the end. It is just the beginning of a journey toward success.

Today isn't about just failing, it's about falling and getting back up again. It's about making mistakes and learning from them. We make mistakes all the time, but it's about benefiting from those mistakes and making the most out of them.

You may have heard of this quote by Thomas Edison, “I have not failed. I've just found 10,000 ways that won't work.” This quote teaches us to never lose hope as failure is necessary for success.

Today’s affirmation of the day is: “I am in control of my thoughts, and I choose thoughts that empower me.”

Thanks for listening and have a Falling and Getting Up 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

