

January 24, 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.

Today is "Just Do It" Day. The first National "Just Do It" Day was observed in 2015. It is a day that motivates us to take on new challenges or simply complete the one task we have been putting off for a while. It motivates us to start making changes in our lives by carrying out the one small task we keep putting off, such as finishing a project or completing a report.

The phrase "Just Do It" is deeply engrained in American culture and stands for much more than just a pair of shoes. The slogan, personifies accomplishment and focus, making it perfect for a day when we confront unfinished business or start on the audacious adventure we've been postponing for so long. The words inspire one to be their best selves.

Don't just wait for things to happen by sitting around. Put the change into action and "Just do it"

Thanks for listening have a Take Charge 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

