

February 7, 2024

Good morning! It's Jason from 752 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

As we begin another day, I want to remind each of you of the incredible power of your words. Let's make a conscious effort to speak words of encouragement and support to those around us. Whether it's a simple "you can do it" or a heartfelt "I believe in you," these phrases can make a significant difference in someone's day.

In the spirit of our message, let's recall the insightful words of Mother Teresa: "Kind words can be short and easy to speak, but their echoes are truly endless." As we go throughout our day, let's strive to use our words for kindness and empathy. Let us encourage and support each other. May our words not just be heard but felt deeply, creating a world of positivity.

Thanks for listening have a Think Before you Speak Thursday 😊

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

