

June 13, 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 Random Act of Light Day. Bringing light into someone's life can indeed make a significant difference to those who are suffering or feeling down.

Helping someone in need not only brightens their day but also brings a sense of fulfillment and satisfaction to us. It reminds us of the power we have to positively impact others' lives. Maya Angelou's quote, "Be the rainbow to someone's cloud," beautifully captures the essence of spreading positivity and support.

By reaching out to someone who is sick, experiencing depression, or going through a challenging time, we can provide comfort, encouragement, and a sense of connection. Sometimes, a simple act of kindness or a few words of compassion can make a world of difference to someone who feels alone or overwhelmed. So, today be that ray of light which will remind people they are not alone.

Thanks for listening have a Twinkle of Light 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

