

September 12, 2023

Good morning, IS 201! This is Zain from the S.E.A.L. Team on this special Talk A Lot Tuesday. Today, it just so happens to be National Encouragement Day.

"But why do we have National Encouragement Day," you might wonder? Well, it's all about building up the support and motivation needed to take action. As Henry Ford once said, "Whether you think you can or you think you can't, you're right." You see, anyone can have dreams and aspirations, but to turn those dreams into reality, we often need a little extra push of encouragement. Whether it's a big goal or a small step, encouragement helps us find the strength and mindset to achieve it.

So, I encourage each and every one of you to take some time today to not only encourage yourselves but also those around you. Kind words and support can make a world of difference.

Thank you for tuning in, and I hope you all have a Truly Triumphant 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

