

October 11, 2022

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.

Did you know today is Face Your Fears Day? Think about how different your life may be if you could overcome some of your biggest anxieties. And what would you change? National Face Your Fears Day offers you the chance to face your worries head-on, get over them, and live each day to the fullest. Don't allow your worries stop you. Take today as an opportunity to face your fears and let go of anything holding you back from your goals. As Theodore Roosevelt once said – “It is hard to fail, but it is worse never to have tried to succeed. ” Failure is difficult, but giving up without even trying is worse. So, take this day and try to achieve your goals having the mindset of Theodore Roosevelt.

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

