

November 29, 2023

Good morning! It's Sophia from 831 and I'm here this Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

We don't always pay attention to time in our daily lives. Time is usually seen as a way to get things done quickly, and people are always looking for the fastest answers. But the complicated things in life often don't work that way. We consider time to be merely a portion of life. It's possible for hours, days, or even years to go by without us noticing. But we can't fully enjoy the beautiful things around us if we don't pay attention to time.

It's crucial to take breaks to reset and rejuvenate our minds. If you're trapped in an unending cycle of repetitive tasks without rest, you won't achieve your best. When you find yourself in that whirlwind, take a moment to stop and reflect. In the words of Mother Teresa, "Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin." This quote reminds us of the importance of living in the present and making the most of the time we have.

Thanks for listening and have a Whine Down Wednesday 😊

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

