

September 22, 2023

Rise and Shine! It's Joanna from 851 and I will be with you for our S.E.A.L Summaries this year on behalf of the S.E.A.L. Team.

Today, we mark "Dear Diary Day". To celebrate the intimate world of journaling and the secret stories held within the pages of diaries everywhere, let's remember a quote from Oscar Wilde: "I never travel without my diary. One should always have something sensational to read on the train."

Whether your diary is filled with interesting tea or the mundane events of our everyday lives, every entry is a piece of your personal journey. Today, we encourage you to take a moment, pen in hand, and capture a thought or memory. Who knows? This may turn out to be therapeutic by releasing the stress we carry throughout our day.

Why not take this weekend to start or update your own diary? It doesn't matter if it's an entry about a moment of joy, a challenge faced, or simply the events of your day. Every page tells the story of you. So, as you relax this weekend, capture memories with your words, one diary entry at a time.

Thanks for listening have a Filled Feelings Friday 😊

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

