

October 23, 2023

Good morning! It's Elly from 851 and I'm here this Motivational Monday on behalf of the S.E.A.L Team.

It's October 23rd, a gorgeous autumn day full with opportunity. It's a great time for us to think about change and growth as the leaves change color and the days become shorter.

It's important to understand our feelings, strengths, and weaknesses can help us deal with life's ups and downs. Take a moment today to check in with yourself. How are you feeling? What's one thing you're proud of? Allow yourself to feel, learn, and grow. Know that all of your feelings are .

It's said that "autumn shows us how beautiful it is to let go." Life will always change, just like the seasons. Giving up old habits, bad thoughts, or things that don't serve us anymore can sometimes help us start over and grow.

Thanks for listening have a Making Changes for the Better Monday 😊

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

