

January 25, 2023

Good morning everyone! It's Sophia speaking to you again on this Words of Wisdom Wednesday, on behalf of the S.E.A.L. Team.

Self-esteem. Self-esteem is the amount of personal confidence you have in yourself just being alive. And people can crush that self-esteem with just a few words. You shouldn't feel obligated to change something about yourself because of another person's opinion. And yes, as humans most of us have that voice in the back of our head that tells us all these negative things about ourselves. But just because someone makes a comment, it doesn't make you any less of an acceptable human being.

No one is deserving of horrible comments, or being laughed at, because what if it was you? What if you felt like you had to hide yourself from the fear of being judged? It wouldn't feel good.

Everyone around you is deserving of love and acceptance, no matter

what. So, let's try today to show compassion and empathy towards one another.

Thanks for listening, have a Worthy of Acceptance 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

