

February 10, 2023

Good morning! It's Rainie from the SEAL Team, back with you all for Seal Summary Friday.

Don't Cry Over Spilled Milk Day is this weekend. This day encourages optimism even when circumstances may not be favorable. It's a day to see the silver lining in everything and to take that attitude into the following days. Don't stress or fret about the minor things. Life is too short to be bothered by trivial things.

What has been done cannot be changed, and crying over it is pointless. Everyone is aware that unexpected events occur in life. Life is much brighter and simpler when you have an optimistic outlook. So, consider the glass as half filled rather than seeing it as half empty. Always keep in mind that nothing is permanent and that, if you have the will and an optimistic attitude, you can change anything.

Thanks for listening have a Forward-Looking 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

