

June 12, 2024

Good morning. It's Zia from class 851 here for Words of Wisdom Wednesday on behalf of the S.E.A.L. Team.

Do you ever find yourself saying something, but feel like you're convincing yourself more than you are with your friend or whoever you're talking to? As people, we need to express ourselves, listen to our own thoughts, believing them and trusting them, and speaking out what we genuinely feel.

Someone once said, "Integrity is telling myself the truth. And honesty is telling the truth to other people." You can say something that is only half true, or you can lie to yourself, making yourself believe in something that isn't real, and end up saying what you tried to accept. Honesty is about accepting and being open to what's true, our thoughts and our feelings.

Maybe we say things to impress others or to make things seem better than the truth actually is. Perhaps, we wanted to save ourselves from a reality we didn't want, but would it really make things better?

Being honest can be really difficult sometimes, but sometimes we need to go with it, speak what we actually think and accept our own thoughts and feelings. Ever hear the saying, "the truth sometimes hurts"?

Affirmation of the day : I will be honest and open about my thoughts and feelings.

Thanks for listening and have a Willing To Be Open To Our Own Thoughts 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

