

November 22, 2022

Good morning! It's Zain from 731 and I'm here this Talk A lot Tuesday on behalf of the S.E.A.L Team.

November 22 is Go For a Ride Day, which encourages you to just get up and go! Do you ever feel as though all you do is stare at your phone, laptop, or tablet screen? It's ironic that while early humans traveled widely and carelessly in search of new countries, seas, and creatures, we have since settled down and become a society that never leaves its home. Make today a day to let your spirit soar, and take whatever form of transportation you find most enjoyable. Whether you choose a bike, automobile, foot, skateboard, or rollerblades, it doesn't matter! Just get up, head outside, and take in your surroundings. You'll never know what you might discover.

The goal of life, according to Eleanor Roosevelt, is to experience it fully, to the fullest extent possible, and to go out eagerly and fearlessly in search of fresher, richer experiences. So, don't just sit there; turn off your computer and take in the fresh air.

Thanks for listening and Take in the Moment Tuesday 😊

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

