

February 15, 2024

Good morning! It's Emily from 714 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

As we mentioned yesterday, Valentine's Day is about celebrating love and appreciation. But everyone should know that it's perfectly okay if you didn't have a valentine on Valentine's Day. Today let's consider a different perspective Single Awareness Day, a day to celebrate being single and embrace the freedom and independence that comes with it. It's also an opportunity to focus on yourself and your well-being. Remember, self-care should always come first. So, whether you have a valentine or not, you deserve to celebrate and feel loved.

As Maya Angelou once said, "Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

Thanks for listening have a Tender Loving Care Thursday 😊

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

