

February 28, 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 putting someone else's needs before your own? Do you ever do something that you know would help someone else, but be more troublesome for you? Well, today is a day to celebrate just that! Today is Inconvenience Yourself Day, a day dedicated to going out of our way and putting others first.

Although purposely inconveniencing ourselves isn't particularly enjoyable, being self-aware of those around us is important to self-growth.

In a world that is always moving and busy, Inconvenience Yourself Day is a great way to turn our focus from our own lives to the people around us. This day encourages us to be kinder and more self-aware. If you're ever with a friend and you can sense that they're feeling down on something, find the time to talk to them, give them your attention, and help them out.

Even though today is specifically devoted to being more self-conscious of our surroundings, it's important that it isn't just today but every day.

Thanks for listening and have a Work Extra to Help Those Around Us Wednesday 😊

Affirmation of the day- I choose to be a source of positivity and inspiration.

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

