

May 31, 2023

Good morning! It's Sophia from 731 and I'm here this Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

Today, I want to remind you of something truly special that we often overlook in the hustle and bustle of our daily lives—friendship. Friends are like rays of sunshine that brighten our days and make our journey through life a little bit sweeter.

Think about it: we all have that someone we can lean on, that someone we can talk to, and that someone who simply makes our lives better. They are our friends, the incredible people who bring laughter, lift our spirits, and help us see the beauty in ourselves and the world around us.

So, let's take a moment today to appreciate and be grateful for the friends we have. They might be the ones we chat with every single day, sharing stories and laughter, or they might be the ones who simply bring a smile to our faces with a kind word or a friendly gesture.

As someone once wisely said, "Friends are those rare people who ask how we are and then wait to hear the answer." True friendships are beyond words; they can make us feel an array of emotions that we sometimes

struggle to comprehend. So, as you go about your day, take a moment to appreciate the friends who have made a difference in your life. Smile, reach out, and let them know how much they mean to you.

Thanks for listening have a We Are All Friends 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

