

January 10, 2023

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.

I hope everyone is doing good and I would like to drop the news that January is National Hobby Month!

Hobbies are important because they provide you time to unwind after a long day at job, school, or another activity. Really, hobbies can be anything: cooking, music, sports, etc. It has been proven that hobbies actually boost self-esteem and confidence. Your mental health is also improved by hobbies.

Hobbies are also a terrific method to meet people who share your interests. In the words of Wolfgang Puck "When you meet someone, ask about what hobby they have, not what they do. People always ask me about cooking, but I prefer to talk about tennis or boxing."

Thanks for listening have a Tantalizing 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

