

January 19, 2023

Good morning! It's Irene Qiu from 731 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Did you know that today is Good Memory Day? Every year on January 19, we celebrate Good Memory Day to honor the happy memories we have from the past, and ones that we are creating in the present. Take the time out today and enjoy looking through old photos. Reach out to your old friends to catch up on things or plan a fun family day out to make today special. Make today one of those days that you will look back on and cherish.

In the words of George Foreman "It's great to reminisce about good memories of my past. It was enjoyable when it was today. So, learning to enjoy today has two benefits: it gives me happiness right now, and it becomes a good memory later." Use today to reflect on the past and share it with your loved ones. Because they are experiences you both shared and went through, these memories serve as the cement that holds your relationships together.

Thanks for listening have a Throwback 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

