

February 10, 2025

Rise and shine, I.S.201! This is William Chen of class 752 here speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team.

Have you ever had a day where you felt like you didn't accomplish anything or felt like you just threw a day away doing nothing? This feeling is very relatable among all of us as we are complicated human beings with complex thoughts. Being unproductive can be overwhelming sometimes, but let's slow down and reflect. You may be asking "How can I start being more productive" or "How can I actually start doing something everyday?" Well, you can start off by writing down or imagining a list of things you want to accomplish whether it's for the day, the week, the month, or even the year all around. But, never waste your time doing something you don't feel passionate about; doing something productive that you aren't passionate about can be just as harmful as doing nothing at all. In life, always try to do something you enjoy or are interested in.

Thanks for listening and have a Mindset Improvement Monday.

Affirmation of the Day: I create positive habits that lead to success.

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

