

March 11, 2024

Good morning IS201! I'm Elly Wufeng from 851 speaking to you on this Motivational Monday.

As you probably know, yesterday we set our clocks ahead an hour and officially took another leap in time- daylight saving time. This also means losing another hour of sleep and making the mornings darker and the daylight longer. But let's take a look on the optimistic side, this change also brings more light, more warmth, more joy, and more hope. And while we are on the topic of time, here's a quote to keep you motivated during daylight savings time, "Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back." Oftentimes in life we take time for granted, even though time is the most precious thing. Of course, we can't keep time but we can definitely use it wisely. We are all given the same opportunity- 525,600 minutes in a year- let's measure greatness not in how much time we have, but what we can accomplish during that time. So the next time that you want to procrastinate and say "I'll do it tomorrow", think twice, you're not only pushing a task back but only wasting time. Think on the bright side and act productively!

Affirmation of the Day-

"I will take breaks that allow me to recharge and regain clarity."

Thanks for listening and have a Make the Minutes Count Monday 😊

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

