

November 24, 2025

Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team!

Let's talk about self-improvement and failure. Self-improvement is something we all likely try in our daily lives, as it allows us to grow in various different ways. But with that, comes failure. And whenever we fail to accomplish something, we end up feeling frustrated or disappointed. But because we feel that way, we shouldn't let that stop us. Learn from your past defeats and understand how you can strengthen from them. Think about it like this, your life is a journey and every mistake is just a small part of it; don't be disheartened just because of something so small! Take this quote from Michael Jordan, "It's better to shoot and miss, than to let time run out and wonder what if." So, whether you think you will succeed or not, take every opportunity you can and want to while there's still time left.

Like Maire Curie, today's affirmation is: *"I do my best, even when no one is watching."*

Thank you for listening and have a Make Progress 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

