

January 27, 2025

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

Let me ask you a question, was there ever a point in your life where you felt immense stress or pressure? If your answer is yes, then that's perfectly fine! It's very normal for us to feel overwhelmed from time to time, since we can't tell what will happen eventually, whether it's good or bad. Sometimes we might worry over an assignment or think that we just did something terribly wrong and have a lot of "What if" thoughts in our head. But we shouldn't let that affect us. What is imminent isn't always going to be negative, maybe it turns out to be a positive outcome. Maybe you did well on that assignment, or maybe you did do that one thing perfectly fine. Don't let your fear overtake you, and instead, be greater than your fear and push through.

Thanks for listening and have a Mighty 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

