

April 25, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Prioritizing daily goals is extremely important for maintaining focus and productivity. At the start of each day, it's helpful to go over what tasks need to be completed, and decide which ones are most crucial. Often, we can get caught up in the small, less important tasks because they feel easier, but by doing the harder goals first, we actually set ourselves up for success. Simply creating a to-do list with high-priority items at the top, and low-priority ones at the bottom can help in successfully doing this.

Once you've identified your key goals, it's critical to divide up your time effectively. By creating a schedule with times dedicated to specific tasks, you limit distractions and achieve more in less time. Additionally, breaking down large tasks into smaller, more manageable steps makes them feel less overwhelming and ensures progress towards the bigger picture. Lastly, staying flexible is also important for prioritization. Life can be unpredictable, and sometimes tasks need to be rescheduled, or even removed entirely. However, knowing your top priorities allows you to make these changes without forgetting what matters most. Prioritization is not just about getting things done, but about getting the right things done efficiently.

The affirmation of the day is, "I am content with my journey."

Thanks for listening and have an Finish Strong Friday 😊

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

