

March 13, 2024

Good morning! It's Zia from class 851 here for Words of Wisdom Wednesday on behalf of the S.E.A.L. Team.

From the wise words of Franklin D. Roosevelt: "The only limit to our realization of tomorrow will be our doubts of today."

We all face defeat and problems, and our lives are nowhere near perfect. In fact, when the challenge is exceedingly great, we sometimes crash so hard that we feel like we can't get back up, and everything feels so unreal. Yet, even when we feel so down, we can't let that stop us from our future tomorrow.

The obstacles we face today can't prevent the next day from happening, but our doubts and fears could change the way we see the life ahead of us, limiting our ability to achieve our goals and dreams. Sometimes we just must move on.

As it usually goes, "Don't stress. Do your best. Forget the rest."

Affirmation of the Day- I am fully engaged in each moment.

Thanks for listening and have a Won't Stop Just Yet Wednesday 😊

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

