

October 21, 2024

Rise and shine I.S.201! This is William Chen speaking to you today for today's Motivational Monday.

Today is October 21th, also meaning that we are 3 weeks into October! Today is also a beautiful autumn day for new beautiful opportunities. As we get closer and closer to 2025, we get closer and closer to experiencing a new year of new goals. So, don't waste your time doing pointless things and instead focus on the things you truly want to accomplish and achieve. Whether it's learning about a new subject, socializing with more people, or having better habits. Whatever it is, try and make an effort to take action and fulfill those goals! I believe in you and I believe that you can do whatever you set your mind to.

Now although, you should be productive, don't overwork yourself either. It's also important to be aware of your feelings and emotions. Take note of how you are feeling, be considerate of your mental being, and know that all your feelings are valid.

Thanks for listening and have a Meaningful Monday 😊

Affirmation of the Day: I focus on my own goals and dreams.

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

