March 4, 2024

Good morning IS201! I'm Elly WuFeng from 851 back with you on this Motivational Monday on behalf of the SEAL Team.

Whether you're in a season of failure or success, whether you're struggling with difficulties, fighting the odds, or just trying to live life, Do Something Day brings with a multitude of opportunities and encouragement to move forward with hope. Do Something Day is also known as "March Forth and Do Something Day", which motivates everyone to not only do it, but also explore the meaning of forward in life. It can be easy to get a little stuck in life, and that is totally normal. Whether it's studying for an important exam, navigating through friendship problems, or just dealing with everyday dramas, Do Something Day is about getting out from the old ways of doing things and taking a step forward toward a new future. How can you celebrate today? You can simply do that by doing something productive. Like getting off your phone and taking a walk or picking up a new hobby. Or you can set aside some time reflecting of your current situation, make plans for the future, and leave behind the things that are holding you back. As Martin Luther King Jr. once said "You don't have to see the whole staircase, just take the first step." Its hard to picture the future at once, but by taking a step forward each day is a huge contribution to shaping the future. So, be a Productive Pro and March Forward on March Fourth!!

Affirmation of the Day-

"I will breathe deeply to find serenity."

Thank you for listening and have a Marching Forward 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