

February 27,2023

Good morning IS 201! It's Elly from class 751 back with you all on this Motivational Monday. We hope you had a restful break.

To start off this week meaningful, I would like to share with you a quote that I'm sure we will find motivation from. As advised by Wilson Kanadi, "To be the best, you must be able to handle the worst." In order to be our best selves, we must overcome our fear, obstacles, challenges, adversities, and other worst situations. To be the best not only means to be the best version of yourself, but also standing out from the crowd. For you to be the top in any field, hard work and bravery is a must. The world doesn't always go with the things that are right, but it's up to you to make it right. When you make a mistake, don't seek forgiveness. Instead, focus on how to become better and refuse to let one mistake become a barrier for you to become a better person. It's natural to have fears, everyone has their own fears. Here are five general steps to conquer fear: accept it, identify it, feel it, face it, and finally, practice to overcome it.

Thank you for listening. The SEAL Team and I wish you all a Make-Moves-to-Beat-Fears 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

