

February 5, 2024

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

February has just started, and while the motivation of the new year might begin to wear off, it's a good reminder to keep pushing forward even when things feel like they're moving slowly. Progress doesn't always happen overnight, and that's okay. Remember, it's not about being perfect, it's about staying consistent. Whether your goal feels big or small, every step forward matters.

Take a moment to reflect about the progress you've made so far. The path to reaching your goals can be difficult and there will be challenges along the way. Celebrate the little wins along the way, they're just as important as the big ones. Keep focusing on pursuing your dream, stay consistent, and know you're making progress. Every day brings another opportunity to move closer to reaching your goals.

Thank you for listening and have a Winning 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

