January 22, 2024

Good morning IS201! It’s Elly Wu Feng from 851, speaking to you on this Motivational Monday on behalf of the SEAL Team.

“Life is better when you cry a little, laugh a lot, and are thankful for everything you’ve got.” Today is Celebration of Life Day! On this day, we reflect on how precious and delicate life is. As well as the importance to make the most out of every moment and cherish life. Being grateful and appreciating all you have is a key aspect of Celebration of Life Day. Simple things you can be grateful for is having a roof over your head and being in good health. While it’s important to focus on the present, it’s equally significant to look back and reflect on past memories- because, “nothing is ever lost to us as long as we remember it.” Blow out the negative thoughts in your mind and try to fill your mind with positive and uplifting thoughts. Life should be about joy and happy memories, so don’t let the negatives get in the way!

Affirmation of the Day-

“I believe in treating everyone with dignity.” This means to respect other people’s views and listen to their opinions and inputs.

Thanks for listening and have a Make Memorable Memories 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

