

January 29, 2024

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

Did you know that today is Freethinkers Day? You might not know this special day, but you've probably heard of Thomas Paine- the author of Common Sense, which was the pamphlet that inspired Americans in the 13 colonies to fight for their independence from Britain. The purpose of this day is to promote awareness of liberty and freedom. You can celebrate Freethinkers Day by inquiring about the commonly accepted beliefs and questioning the status quo. Maya Angelou once said, "You shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back." This quote encourages us to take active approaches instead of passive approaches. Living with a catcher's mitt on both hands means you wait for changes and opportunities. Why not take active approaches and *make* the changes you want to see then? Break free from common held beliefs, question and status quo, and like Thomas Paine, you might just as well pen the next inspiring book!

Affirmation of the Day- "I promote fairness and justice in all areas of society." Fairness is all about making sure everyone has the same opportunity to express themselves.

Thanks for listening and have a Make Your Mark 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

