

December 12, 2022

Good morning IS 201! Happy Monday! I'm Elly from class 751 speaking to you on behalf of the SEAL team, on this Motivational Monday.

Have you ever regret not saying or doing something? Well, we all have that moment in life when we think, "I should've said it" or "I should've done it." As Master Oogway from Kung Fu Panda said, "You are too concerned with what was and what will be. Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called present." Rather than focusing on the past and things that already happened, concentrate on what's happening right now. The present. The past is in the past, actions and words cannot be undone. However, you get to carefully choose what you want to say or do in the present moment. The future can be uncertain and unclear. Everyone will leave the world someday, it's not about the length, but how we live it. If you focus on the things you enjoy doing, then you won't have regrets. Remember to look back at the past, cherish the present, and dream the future ahead.

And now let's recite the SEAL Team pledge together-

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

Thank you for tuning in. The SEAL Team and I wish you all a Make-The-Present-Count-Monday.

