

February 6, 2023

Good morning IS 201! It's Elly from class 751 back with you again for this Motivational Monday.

Have there ever been days when you felt as though you accomplished absolutely nothing? Or just felt like it's another day of being unproductive or another day being wasted? That is totally normal. Life is overwhelming. But don't let it overwhelm you. You may ask, how can I start being productive and actually "do something" each day? There are various ways to do so. You can start making a short list every morning or the night before of small tasks you want to have completed the next day. But most importantly, you have to be passionate about the things you're doing! Muhammad Ali, who's regarded as one of the great boxers of all time once said, "Champions aren't made in gyms. Champions are made from something they have deep inside them-a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill." Successors don't just succeed solely based on their skills. They have an aspiration that just keeps growing inside them!

A shout out to fellow Knight Hannah from class 751, she said,
“Sometimes it’s ok if the only thing you did today was breath.” Just like what
Hannah said, it’s ok if you feel as though you didn’t do anything sometimes.
Everyone needs a little break.

Thanks for listening. The SEAL Team and I wish you all a Make-
Dreams-Happen 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

