

April 17, 2026

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

In today's world, it's easy to think that success means always striving for more and more goals. But what if we changed our mindset and learned to be happy with what we have, instead of always wanting more? Instead of stressing about getting everything done, we can find motivation by being happy with what we've already accomplished. This doesn't mean we should stop setting goals or try to improve; it means finding a balance. By understanding when and what "enough" is, we can make better choices. Understanding what "enough" is also helps us approach schoolwork and activities with more focus and less overwhelm. In the end, it's about working towards goals without feeling like we have to always do more.

Like Leonardo da Vinci, the affirmation of the day is, "I share my ideas to inspire others."

Thanks for listening and have a Fortified Friday 😊

## S.E.A.L. 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

