

February 13, 2023

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

We all know February as a month filled with love and affection because of Valentine's Day. But did you know that today is a whole day dedicated for self-love? Yes, that's right, today is International Natural Day, or also known as International Self-Love Day! Just like its name, International Natural Day aims to encourage everyone to just be themselves for the day. Forget about the makeups, hair curlers, perfumes, or any other accessories. You are already great the way you are and there is no use of changing your form. You may wonder, why a day before Valentine's Day? Today is to remind yourself that before you want to be loved or love others, love yourself first! How are others going to love you if even you don't like yourself? Celebrate today by being kind to yourself and appreciate your

natural beauty. Just enjoy yourself and do things that are best for you. Don't seek approval for whatever you're doing. Pamper yourself and make time for yourself. No rushing in the early morning, no super quick shower, no gulping down your foods. And of course, live in the moment. Acceptance of yourself makes you happy. Self-love helps you reach your goals.

Today is also Galantine's Day! Grab your female friends and have a fun time together. Tell your female friends how much you love them and appreciate them.

Thank you for listening. The SEAL Team and I wish you all a

Magnificent 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

