

October 3, 2022

Good morning IS 201! It's Elly Wufeng from class 751 and I am finally back for another motivational message. It is Monday and what does that mean? A brand-new week is about to begin!

To start off, I would like to emphasize the changes going on with the new month. October is not only a month of spookiness, it also represents change! With the season transitioning into Autumn, we are also diving deeper into the academic school year. Everyone needs a little motivation in order to be fully committed to their work.

So, since it's a new month and a new week, I am delighted to share an inspirational quote from Maya Angelou with you. "If you don't like something, change it. If you can't change it, change your attitude." It is worth it for you to give a few thoughts on this quote. As it will not only motivate you in the present time, but in the future as well. If you're working on something and you're not happy with it, then it's best for you to make a change and find another solution. But what if you can't change it? Please remember, you're more than welcome to change your approach to the

problem. Because there's always more than one solution to a conflict.

They're just waiting to be discovered by you.

Oh no! Time's up, but I will be back the next Monday we have school.

Now please take out your SEAL Team pledge and recite it with me.

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 very much for listening and following along. The SEAL Team and

I wish you all a productive action week!!! :)

