

November 14, 2025

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

Perfection is something a lot of people try to achieve, but it's usually impossible and can actually hold you back. When you worry too much about being perfect, you might be afraid to start new things or take risks because you don't want to make mistakes. Choosing progress over perfection means focusing on getting better little by little instead of trying to do everything perfectly. Every small step you take, even if it's not perfect, helps you grow, learn, and get closer to your goals.

Focusing on progress also changes how you see challenges. When you care more about improving than being perfect, mistakes don't feel like failures, they feel like chances to learn something new. Every attempt shows that you're improving. Over time, this way of thinking not only helps you accomplish more but also makes the journey feel more rewarding because you're celebrating your progress instead of stressing over perfection.

Like Marie Curie, today's affirmation is: *"I am not afraid to admit I am wrong."*

Thanks for listening and have Focusing Friday.

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

