

June 18, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Today's positive affirmation of the day is: "I will embrace my uniqueness and share it with the world." This is a powerful message. Being unique means accepting who you are and acknowledging your identity, including all your strengths and weaknesses. It's important to accept and nurture yourself because it helps you grow as a person and build feelings of self-worth, compassion, and confidence. You can feel good about yourself because you know what it is that makes you unique, and you're able to embody it and be proud of it.

Why is it important to be unique? For one, everyone is different from each other. Everyone has their own special worth that helps them contribute to society; that's how they're unique. We need to develop a strong hold over our own identity and feel good about who we are and what we do as individuals in a community. If we were all the same, so would the whole world. Different people contribute original thoughts and ideas, changing the world. Creativity comes from variety.

It's okay if you don't know who you are yet. Middle school, and high school for our soon-to-be graduates, is a perfect time to go on that self-discovery journey. Everybody has a story to tell; start listening to them and craft your own. Seek out others who have similar interests as you. Spend time doing activities you love. Accept criticism and use it to benefit yourself. Don't try to make compromises about your identity.

As you go about your day, think about who you are and what you like to do. Reflect on your past and what makes you unique.

Thank you and have a True to Yourself Tuesday!

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

