

February 26, 2024

Good morning IS201! I'm Elly Wu Feng from 851 back with you on this Motivational Monday on behalf of the SEAL Team.

We often get too caught up in making plans for tomorrow that we barely stop and realize that the only moment we are really guaranteed in life is now. All we truly have is this instant moment, this very minute. And the phrase "Carpe Diem" is a crucial reminder for this. Today is National Carpe Diem Day! Carpe Diem is a Latin phrase which literally means "pluck the day" or "seize the day". It's the perfect opportunity to celebrate living in the moment.

Clearly, the main thing to do on this special day is to do just what it says: seize the day! If that sounds complicated, then you can begin with breathing exercises. Even taking a few moments between meetings, classes, or phone calls to do something as simple as breathing can recalibrate your body and your mind. Or even more fun, just do something out of the ordinary! Take a different route home, listen to different music, calling a family member that you miss...these are just some of the ordinary things to do that'll make your day extraordinary. In the words of Francis Bacon, "We are not living in eternity. We have only this moment, sparkling like a star in our hand and melting like a snowflake." So, take today as just another day to do what you like and what make you feel as if the day is not wasted. After all, National Carpe Diem Day is all about enjoying yourself and embracing the moment.

Affirmation of the Day-

“I will try to forgive those who may have hurt me.”

Thanks for listening and have a Make the Moments Count 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

