

January 15, 2024

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

January is Get Organized Month, a great opportunity to start the year strong by tackling small tasks. Whether it's tidying up your home, sorting through your files, or setting clear, actionable goals, now is the perfect time to regain control of your space and your schedule. By breaking larger projects into manageable steps, you can build momentum and establish habits that keep you organized well for the rest of the year.

You don't need to do it all at once, just focus on one area at a time. As you make progress, you'll notice the difference: less stress, more clarity, and a sense of calm. Even small changes can help you feel more in control and set a positive outlook for the year ahead.

Affirmation of the Day: I forgive myself and others.

Thank you for listening and have a Well-Planned Wednesday 😊

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

