

November 21, 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.

Small daily habits might not seem like a big deal at first, but they can make a huge difference over time. When you choose to do simple things every day—like reading a little, staying organized, or going for a quick walk, you start building routines that actually help you stay focused and motivated. These habits are easier to stay with than major changes, and they gradually show results over time. Even though the progress feels small at first, those small steps eventually add up and get you close to your bigger goals.

What really makes small habits powerful is the way they build on each other. One good choice leads to another, and before you realize it, you've created a steady chain of positive actions. Starting with small tasks also keeps you from feeling overwhelmed, which makes it easier to keep going even when you're tired or stressed. Each habit becomes a reminder that success doesn't come from sudden changes, but from consistent effort every

day. With enough time and patience, those small routines can shape who you become and help you reach your goals.

Like Marie Curie, today's affirmation is: "I let facts guide my decisions."

Thanks for listening and have a Follow Through 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

