

February 9, 2026

Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team!

Have you ever had days where you felt unmotivated to do anything or feel like you've accomplished nothing? If so, that's completely normal. Life can be overwhelming sometimes, but don't let it overwhelm you. You may ask, how can I start being more productive or start achieving more everyday? Well, there are various ways and habits you can incorporate into your daily life. You can start by making a short list of tasks you want to accomplish the night before whether it's in your head or down on paper. When you do so, it's easier to get a grasp of your goals and truly consider them. But most importantly, you have to hold passion in the activities you engage in! Take this quote from Muhammad Ali, "Champions aren't made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill." This quote portrays the importance of growing dedication beyond your capabilities.

Like Frederick Douglass, today's affirmation is: " I Matter."

Thank you for listening and have a Mind Over Matter 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

