June 20, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

World Productivity Day takes place every year on June 20. As the year comes to an end, think back on yourself and reflect. Have you been doing productive things in your free time and doing your homework and assignments efficiently? If not, today is the perfect time to consider why and change things up for next year. Either way, remember to acknowledge every accomplishment, even if they aren't as significant as others.

Often, people understand the meaning of productivity. It isn't about creating an overscheduled list of tasks and slowly checking them off throughout the day. This might lead to feeling overwhelmed or constantly tired. Productivity is actually about making the most of your time and building beneficial habits. By doing this, one can slowly become the best version of themselves. So, start today and set yourself up for success next year by changing your bad habits into good ones.

The affirmation of the day is, "I focus on the good in my life."

Thanks for listening and have a Feeling Proficient 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