

May 23, 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.

Believing in yourself is really important because it helps you feel like you can do anything. When you believe in yourself, you trust that you can handle whatever comes your way, even if it's tough. It doesn't mean you won't have doubts sometimes, but it's about knowing you can get through challenges and learn from them.

When you believe in yourself, you start to see things in a positive way. You believe that good things can happen and that you can make them happen. If you don't believe in yourself, it's easy to get stuck or not even try because you think you can't do it. But when you have confidence, you feel like the world is full of chances, and you're ready to take them.

Believing in yourself doesn't just happen in one day, it's an ongoing process. It's about celebrating the small wins and accepting when things don't go as planned. Everyone has their own strengths and weaknesses, and that's completely fine. The more you believe in yourself, the easier it

becomes to chase your dreams, because you know you can handle whatever comes your way.

The affirmation of the day is, “I am motivated to take initiative and make things happen.”

Thanks for listening and have a Fearless 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

