

January 8, 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.

As we're halfway through the first week of the year, it's important to remember to set weekly goals. Many people set goals last year for their New Year's resolutions, but only a few were able to complete them. Many fall off during February, but to prevent that from happening, setting goals weekly will make things feel more achievable.

Instead of setting a vague goal like "exercise more," try something specific like "work out for 30 minutes, 4 times this week." This way, you stay focused and motivated. At the end of the week, take a moment to look back on what worked and what didn't. Celebrate the small wins, no matter how minor they seem, and fix your goals if needed. Regular check-ins help build momentum and keep you moving forward toward your bigger goals throughout the year.

Affirmation of the day: I am grateful for my calm and composed mind.

Thank you for listening and have a Weekly Wins 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

