

December 8, 2023

Good morning I.S 201! It's Joanna Zhang from class 851 and I will be with you for our S.E.A.L Summaries this year on behalf of the S.E.A.L Team.

We'll start off today's daily diction with a quote, "A journey worth traveling is often a journey filled with challenges which defines who you are and will become."

Now let's imagine ourselves in a forest, walking down a paved trail, breathing in the fresh, aromatic air. The warm sunlight caresses your shoulders with its welcoming touch and brightens your path. As you journey along this trail, you have no doubt that the way ahead of you is a smooth one.

After a while, you grow tired, and sit down to take a break. "*A 10-minute nap won't hurt,*" you think to yourself, dozing off. 5 hours later, you jerk awake... and complete darkness welcomes you. Fear overwhelms you, and you wonder how you're going to make it out. Gnarled trees loom over you, striking an intimidating pose. Knees wobbling, a hasty attempt of getting up results in a stumble. After a few steps, you regain your balance. A flashlight solves the darkness, but a new problem presents itself. Ahead of you, a vast, deep trench is revealed.

Our lives are like journeys. In our lives, we will experience both smooth times like the welcoming forest, and challenges and obstacles that stop us, like the trench. Obstacles like these block us from continuing down the path and achieving our goals, but they are just as important as the

accomplishments that we achieve. Obstacles strengthen and challenge our abilities, and proves us capable of being able to achieve more than we think.

Thank you for listening and have a Fearless Journeys Friday

Today's affirmation of the day is: "I matter."

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

