

November 25, 2025

Good morning I.S.201! This is Amelia from class 731, here with you on this Talk A lot Tuesday behalf of the S.E.A.L. Team.

Today's reminder is simple but powerful: stay patient and persistent in your goals. No matter what you're working toward, remember that progress doesn't always happen overnight. Patience helps you stay calm, and persistence keeps you moving forward, even when things feel tough.

As Confucius once said, "It does not matter how slowly you go, as long as you do not stop." This quote is a great reminder that success comes from steady effort, not speed.

Take a deep breath, stay focused, and keep going. You've got this.

Like Marie Curie, today's affirmation is: *"I stay patient and persistent in my goals."*

Thanks for listening and have a Take a Deep Breath Tuesday 😊

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

