

March 22, 2024

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

In today's daily diction, we're going to discuss self-control. Let's start off with a quote by James C. Collins, "You need self-control in this out of control world." In a world that's filled with chaos, having control of your own thoughts and actions becomes extremely important.

Lack of self-control often leads to impulsive behavior that results in conflicts. When people don't have self-control, they usually make poor choices or react in an unreasonable way, which may end up inflicting harm. Having the ability to control thoughts, desires, actions, and impulses can not only benefit ourselves, but also those around us. Practicing self-control teaches us all how to make the appropriate decisions in various situations, and how to reach the best outcome.

Let's end with a quote by Napoleon Hill, "Self-discipline starts with the mastery of your thoughts. If you don't control what you think, you can't control what you do."

Thank you for listening and have a Fostering Self-Control Friday! :D

The affirmation of the day is: "I believe being patient shows strength and self-control."

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

