

November 7, 2022

Good morning IS201! It's Elly from class 751 back with another Motivational Monday message.

You are probably aware that we changed our clocks for Daylight Saving Time back one hour yesterday. Thanks to that extra hour of sleep, I hope we all enjoyed a restful night. I want to share with you a great quotation from Harvey Mackay while we're on the subject of time.

"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back." A lot of times in life we always take time for granted. Just because it's free it doesn't mean that it's not valuable. In fact, time is the most precious thing. Of course, you can't keep time but you definitely can use it wisely. We are all given the same opportunity. There's 86,400 seconds in a day. What matters most is not the amount of time, it's what and how we choose to spend it. The next time you want to procrastinate, think twice, you're not pushing a task back, you're destroying another opportunity and wasting time. Things like games and watching YouTube can wait, but time waits for no one. Once you lose it, you can't get it back.

Woah! That was quite a long message. But before I go, I would like to recite the SEAL team pledge with you.

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

And that's a wrap! As always, we thank you for listening. The SEAL

Team and I wish you all a Make Time Count Monday!! 😊

