

June 3, 2024

Good morning IS201! It's Elly Wu Feng from 851 speaking to you on this Motivational Monday on behalf of the SEAL Team.

Time really flies! May has already ended and June is finally here. Did you know that June is Rebuild Your Life Month? This is a special time for us to assess our current situations and make positive changes. Whether it's accomplishing personal goals, changing unhealthy habits, or switching paths, June encourages fresh starts. The whole point of this is to reflect on past choices and events, understand what hasn't worked, and plan towards future improvements and success. However, the essence of Rebuild Your Life Month is not solely about change; but about freeing ourselves from past regrets and to pursue happiness. It's also an opportunity to step away from the expectations of society and carry out a life that reflects our own aspirations and worth. "Never be afraid to start over. It's a chance to rebuild your life the way you wanted all along." Changes can be difficult, but sometimes we must break completely to rebuild fully.

Affirmation of the Day-

"I will own up to my actions and not make excuses or blame others."

Thanks for listening and have a Make Changes Monday!

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

