

March 21.2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Finding your passion is a process that takes time and self-reflection. It's not something that always happens right away. To discover what makes you truly happy, it's important to try new things and step outside your comfort zone. Whether it's traveling, meeting new people, or trying out new hobbies, exploring different things can help you find out what interests you. Being open and curious about all the different fields in the world is crucial to finding your passion.

One way to find your passion is by noticing activities that make you happy, or activities that make you lose track of time. These things can give you an idea of what you love to do. Passion often comes up in small activities instead of large events. That's why it's important to take advantage and be involved.

Passion doesn't always stay the same. It might change over time, and that's perfectly fine. When this happens, just stay open to new possibilities.

Finding your passion is an exciting journey, so always be open to new experiences, and that will lead to a life filled with purpose and achievements.

The affirmation of the day is, "I treat everyone with dignity and respect."

Thanks for listening and have a Feel Free Friday.

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

