

December 1, 2023

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

Today is already December 1st, and the end of 2023 is quickly approaching. Around this time would be the time where we reflect on the past year. Have you accomplished your goals? What memorable experiences have you experienced in this past year? These are both questions that you can ask yourself. Really reflect on all you've done, both the positive and negative sides, and the memories that you've made.. Be proud of your accomplishments, and seek ways to improve what you're not doing so well on. Are there bad habits that need to change? What can you do better next year? How can you further improve? It's important to review the skills that you've developed in the past year, and continue to progress and improve them. There's always room for improvement, and as Peter Drucker had once said, "Follow effective actions with quiet reflection. From the quiet reflection will come even more effective action." So before the year ends, spend some time reflecting on your actions and accomplishments. You may have

accomplished more than you think, and need improvement in more areas than you've originally thought.

Thanks for listening have a Forever Improving 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

