

January 30, 2023

Good morning IS 201! It's Elly from class 751 back with another SEAL team message.

Today I want to focus on one word. This word means the ability to endure hardship for a long time without getting upset or annoyed. Or in other words, to continue to do something despite being under difficult circumstances. That word is patience.

A lot of times in life, we possess a great deal of patience that we may not know we have! Like solving a Rubik's Cube, a puzzle, reading a novel, or even waiting in line is an example of patience. But do you ever realize or think about why it's so important to have patience in our daily lives? It is a basic virtue. Studies have proven that patient people are often more cooperative, fair-minded, emphatic, more forgiving, and a greater sense of gratitude. Having patience also helps us achieve our goals. A goal is meant to be an achievement you want to accomplish- not always instantly. Have you ever quit midway through a math or reading question because it's not going the way you want it to be? Instead of saying, "Uh, this problem is so difficult. I'm just going to give up." Maybe all you need is a little more patience. The

word patience does not solely mean the ability to wait, but the ability to wait with a good attitude. There is a saying that goes, “Good things come to those who wait.” Endurance helps us make more productive decisions that lead to greater success.

Now please take this time to recite the S.E.A.L. Team pledge with me.

Thank you for tuning in. The SEAL Team and I wish you all a Maneuver-

With-Patience-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

