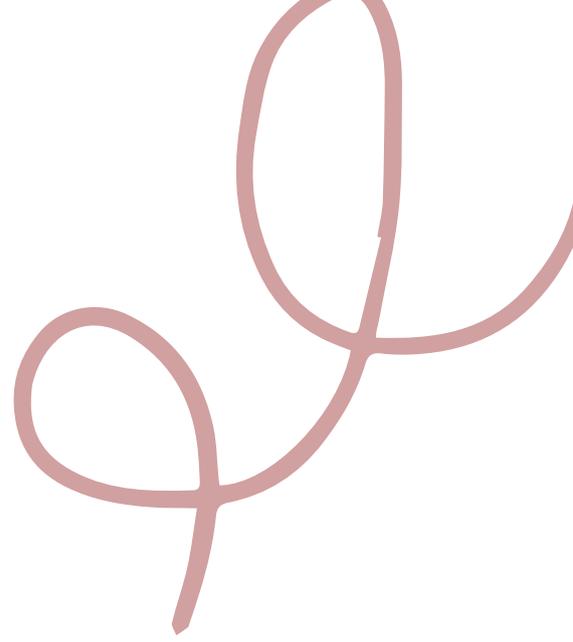
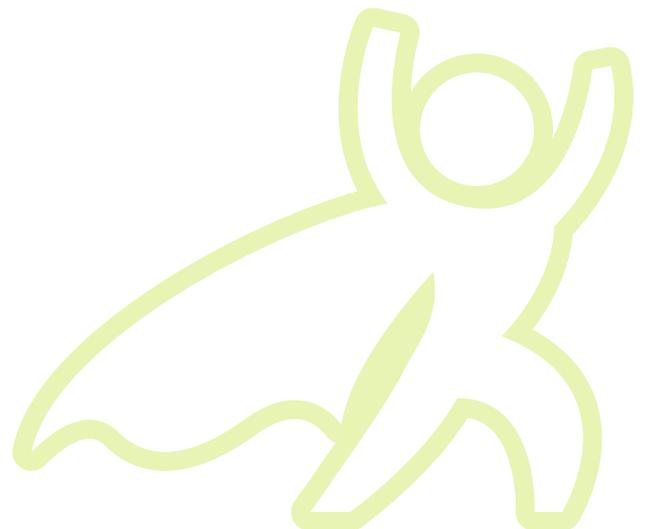
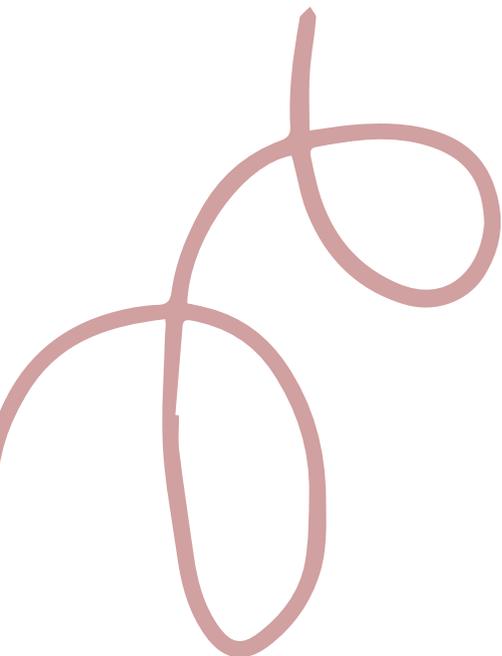


Kat Nguyen
User | katnguyen
kathryn2568@gmail.com
Carlmont High School



Eco-Hero

Day 25: greener





Shelbi

I've been watching Shelbi's Youtube videos on sustainability for about two years now. I love her energy and passion about teaching her audiences about zero waste swaps, sustainable living, and more.

Shelbi, also known as Shelbizleee, went to Texas A&M University and obtained her BS in environmental science. Her Youtube channel currently has 259k subscribers, which is quite an impressive number! Besides this, she is the host of a podcast called "The Rise of The Ecopreneur Podcast" created by Ubuntu, a collaboration platform that connects sustainable change makers across the globe. On this podcast, she speaks to environmental innovators whose research campaigns and innovations are working to create a sustainable future. Not only do these episodes discuss these guest's experiences with their green work, but they also offer advice and ways for individuals to get involved.

Shelbi's story begins with being a hyper consumer in high school. She never repeated outfits, which earned her the title of "best-dressed" for Senior Superlatives. Shelbi did a lot of shopping because she was heavily influenced by the media, which made her believe she needed to have all these things she really didn't need to be liked. After breaking free of the cycle and realizing that her habits were trashing the planet, she began slowly transitioning to a more sustainable lifestyle and now calls herself an eco-minimalist! Her story is super inspiring because it gives hope to the completely opposite end of the sustainability spectrum. Breaking out of the shell is the toughest part, but Shelbi's transparency about her past and journey seeks to provide people like her with inspiration to switch to a more sustainable lifestyle. Shelbi is a true eco-hero for those who want to turn their life around.

After watching her videos for nearly two years, I've finally found someone I can relate to about wasteful things that bother me. Shelbi posts about wasteful trends on the internet and does anti-hauls on specific actions that are harming the planet. She totally speaks my mind when she shows videos where people are doing things like buying cheap clothes from fast fashion brands to see if they're any good, to a person putting 750 glow sticks in their hair. Whenever I see things like this in real life, I feel like I'm the only one who is angered by someone walking around school with 7 birthday balloons attached to their backpack. I love how I've been able to relate to Shelbi ranting about all of these people who are doing things that are normal, fun, or entertaining to them, but are bothersome to people who live sustainable lifestyles.

At the end of each of her videos, she ends them with the quote: "You cannot do all the good that the world needs, but the world needs all the good that you can do." This is a quote that everyone needs to hear. It's easy to feel stuck when the world's problems are so big and you feel so small, but no action is too insignificant. The food we choose to eat and the companies we buy from; everything we do impacts something, or someone. The process of making the world more sustainable starts with small actions that really do make a difference, and doesn't need to be all or nothing.

Sharing their impact on me

GET IN TOUCH

Interested in working with me, collaborating, or just have a question about sustainability? Let me know in the contact form below and I will get back to you as soon as possible. Prefer to send an email? I know how you feel, email me at: shelbizleee@gmail.com

Have a sustainable product you would like to send for me to test? I accept vegan & eco-friendly products without guarantee of review. If you would like to send me your product you can feel free to send it to my PO Box listed below.

Dear Shelbi,

Hi! I'm Kat Nguyen, a senior in high school from California. Having watched your Youtube channel for a little under two years, you've inspired me to change my lifestyle for the better. Not only have I begun living a more sustainable lifestyle by following all your tips, but I've also become eager to learn more about what I can do. So, I decided to join a thirty-day challenge called Project Green Challenge. It has been an incredible learning experience where I get to learn about various environmental topics every day by doing challenges. In fact, today's challenge involved sending a message of recognition to my eco-hero, which happens to be you. :)

I love the energy you bring into your videos as it is not only informative but also keeps me engaged. You're someone I can look up to when I'm feeling eco-anxiety. I always take the quote you say at the end of your videos around with me and think of everything I can do that benefits the planet.

You are my eco-hero because of your passion, dedication, and courage to take risks. I admire your transparency in sharing how you used to be a hyper-consumer and were able to become an eco-minimalist. Hearing your story was super inspiring to me because it helped me realize that it doesn't matter where you are in your journey; what matters is getting started and trying your best.

You're a true eco-hero to those who want to change their lives around or simply live more sustainably!

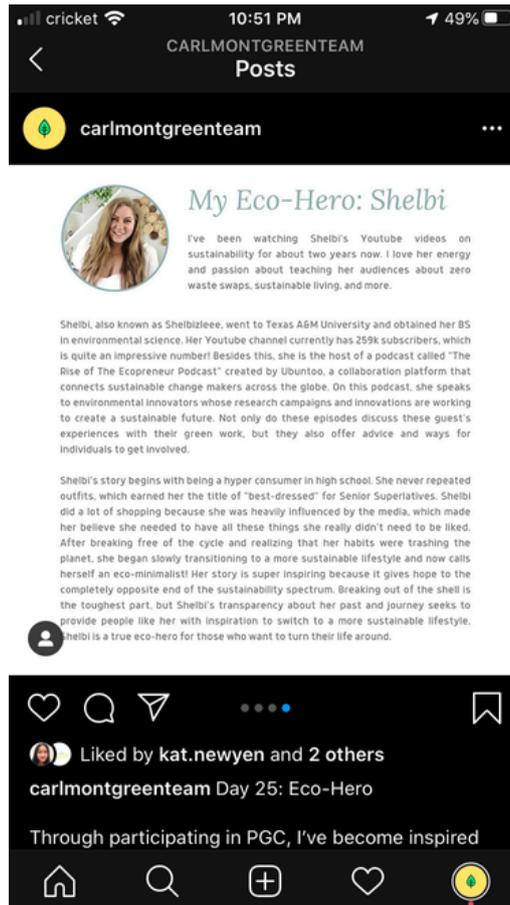
Sincerely,
Kat Nguyen

Sources

Shelbi's Website



Social Media



Day 25: Eco-Hero

Through participating in PGC, I've become inspired by so many successful change-makers around the world. It's easy to become overwhelmed by the world's problems, but our eco-heroes are showing us that with enough determination and persistence, we have the ability bring about the change we wish to see.

I wouldn't be here without my eco-heroes. The past Green Team leadership who introduced me to PGC, the PGC competitors I've met this month, and everyone else who has supported me along the way have helped me become an eco-hero myself. Through creating posts from scratch nearly everyday since the beginning of October, I've learned so much about the planet that would never have been possible without joining PGC. I was hesitant to join at first because I was afraid that my commitment to the challenge would end quickly or that it would bring my grades down, neither of which happened. Even though I missed the first two days, I'm so glad I decided to compete in this challenge and become inspired by the work of other competitors. I do hope this platform will be a helpful reference to any of you who are interested in learning about any of the environmental topics that I've posted about this month.