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Greener Challenge - Day 20:

Mapping my day:

My day begins with me hearing my alarm go off. Then, I snooze it and proceed to snooze it again, the third time it goes off I wake up and stand up as fast as I can. Physically I feel exhausted, I feel my whole body and after a couple of seconds I don't feel anything. I focus on getting in the shower and showering as fast as I can. I am alone, I then proceed to go to my kitchen and have breakfast, the maid and my dad are there, waiting for me. My dad's having breakfast and I sit there rushing to get as much food as I can. I then go to the bus, sometimes, run behind it. I go and have my normal school day, two classes, break, a class, vip, lunch, and finally one more class. I then try to go home and workout, sometimes I have too much homework and I'm happy with the yoga I did at school. My mood on the day is very much influenced by what I am feeling the night before. I mentalize myself to have a great day everyday and to look at the positive side of things. If I know I have a difficult day, I just try my best and give it my all. That will make me feel a sense of relief in a way. I may be feeling very tired, or sleepy, perhaps happy, and energized. Throughout the day, I am passionate about classes where we can talk and socialize, teachers aren't that strict regarding talking with your peers, and then I feel more like my cup is filled with positive energy and people's good vibes. There are days where we all feel low energy and days where we are all happy. If I have an event later, or something different from my routine, I look forward to that.

What I learned:

The main intersections I discovered were that the way I start my day will most likely impact how I feel that day, and depending on what events I have going on, my mood will change to be predisposed and alert in a negative or positive way. What made me happiest during my day was being with the people I care about. Being with my friends and classmates. Three steps I can take to begin my ideal Ikigai are; 1. Make a plan to organize my day 2. Not to predispose myself to feel a certain way, just get through the day and see what it brings 3. Do what I feel passionate about and SMILE!!

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The emotion I feel when thinking about my living purpose is excitement. I feel excited and grateful to live another day, I feel excited to get home and do this challenge so that I can influence and motivate other people. I feel excited that tomorrow is a new day and I don't know what it will bring. It may be something really good or it may be a challenge, either way I will grow as a person when that happens. I feel excited to see how I learn more about the environment everyday, about my planet and how to take care of it. I feel excited knowing that tomorrow I may meet someone new and they may become a really good friend of mine. I feel excited to eat and excited to exist and know that I have goals to make this a better world.

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