

Name: Maya Flynn
Username: MayaFlynn1
School: Grinnell College
Instagram: @mayoal19

Thinking about my ideal day is difficult because I have several different types of ideal days. Sometimes my ideal day is to be with my close friends or family backpacking through the woods and admiring how beautiful the scenery around me is. We start out in the morning in crisp cool air, make ourselves a warm breakfast and hike about between four and ten miles before we set up camp in the evening. I feel at peace, strong, and lucky to be in such a beautiful place as this. Other days I wish to lay on the couch with some blankets and both my cats watching, maybe watch a movie or two, and read a great book. I am in close proximity to the rest of my family members, but we are so wrapped up in enjoying our books/movie together that we say little except at mealtimes to share how happy we are about the characters. Another ideal day is to have the feeling of complete productiveness. I love the feeling of have sat down in the morning, worked without distraction and finished more that I would have thought was possible. I would start by eating a moderate breakfast, and finish my schoolwork first before I moved onto writing letters to faraway friends and family. Then I would take a moment to read an article about physics, the environment, math, or animals, and then I would have the inspiration to research a topic and write a letter to my local office about a problem and a potential solution to fix it. I wouldn't want to repeat any of these ideal days every day, but it would be very enjoyable to switch between these three ideal days to give myself a mix of passion and productivity, relaxation, and a recharge on the concepts of what I want to protect.

In thinking about creating my ideal day, I realized that not everyday can be the same for me to lead a fulfilling life. I don't think that was something I realized about myself before. I like creating structure and following a routine, but it looks like I have to carve days or times out of my routine to do something different to have a more fulfilling time. Lots of things make me happy in my day, but the primary things that stood out to me were the admiration of natural beauty, the time spent with family and friends, and the knowing when I sent a letter that I was working to make some kind of difference. A few things that I can do to make my ideal days a reality is to decide on a topic that I want to make a difference on. I think that I am going to write a letter about soil and send it to the National Corn Growers Association because seed corn is the most grown crop in the United States, and therefore trying to change the minds of some of the Corn Growers will make a bigger difference. I will work with one of my professors to make the



letter as readable and convincing as possible and then I will send it. I will also work with some of my friends to plan a backpacking trip together to fulfill my need to recharge in nature. I will also make sure to leave at least a day open each week to either have a completely unproductive day or to have a completely productive one depending on how much else I have done that week. I don't feel like I know everything about how I want to live now, but it was cool to find some clarity on how I want to live my life.