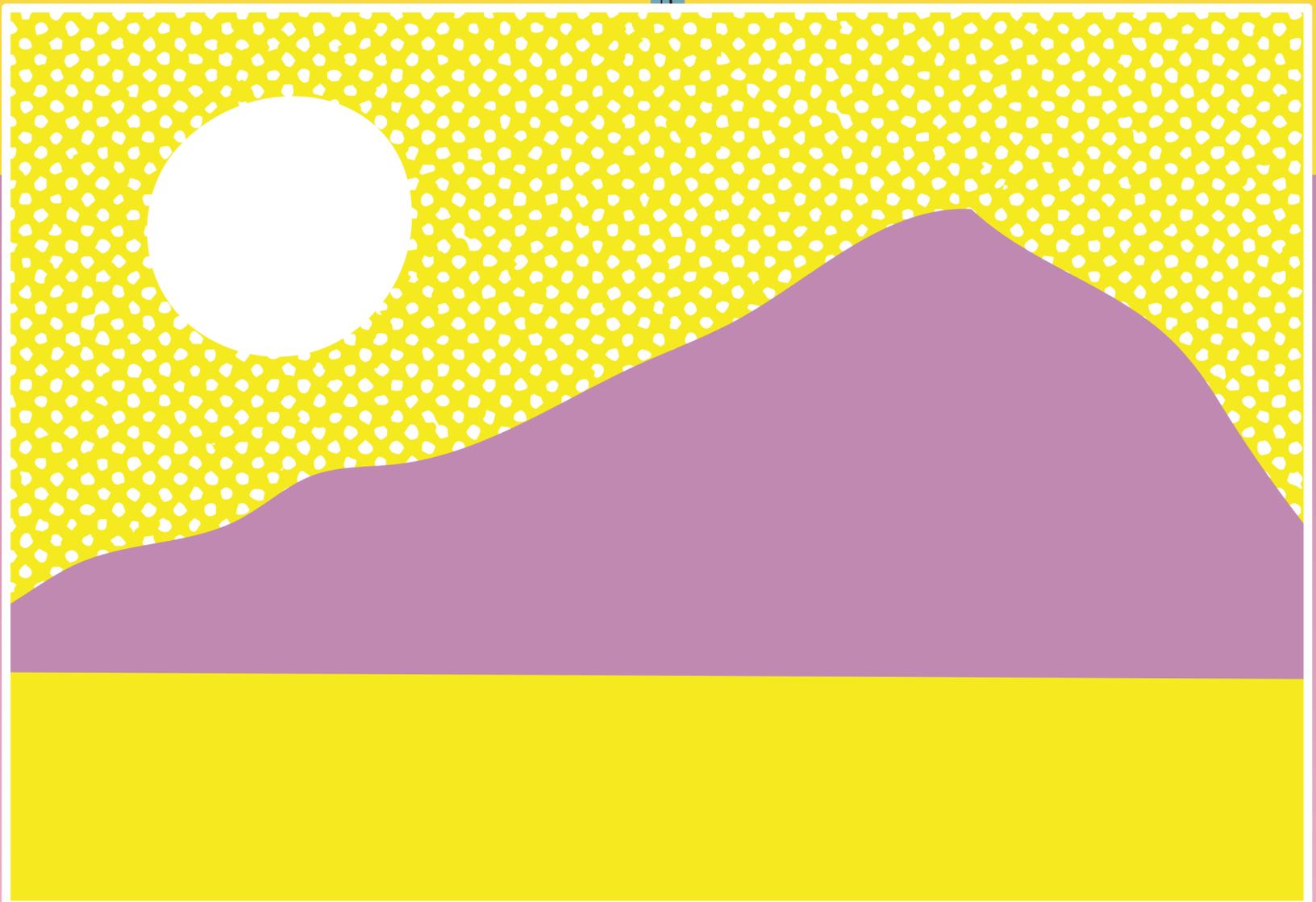


Ikigai: My purpose



MY IDEAL DAY

Morning

- Wake up - 7am
- Make my bed
- Brush my teeth
- Drink warm water
- Eat breakfast
- Water my indoor plants!
- Play piano to destress -

Learning Un Sospiro - Liszt

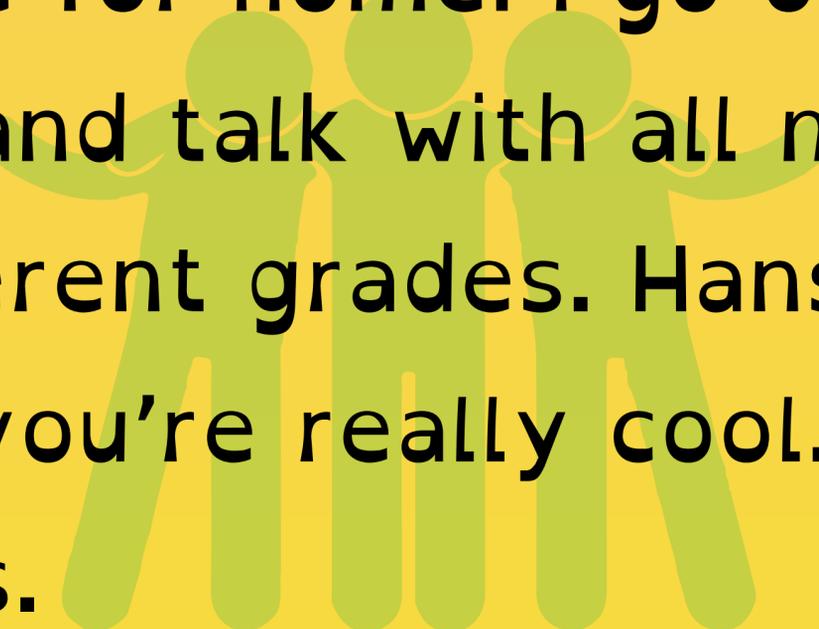
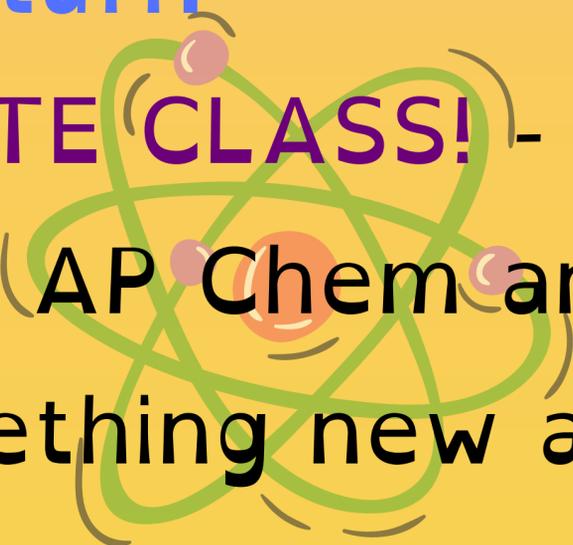


Off to School!



School

- **9am:** First class: I'm feeling alert and **enthusiastic** with some of my friends
- **12:30:** LUNCH!!! By now I'm really **hungry** and can't wait to see all my friends. I'm very **passionate** about food and my school serves some **really good stuff**.
- **1:30:** **FAVORITE CLASS!** - I go see all my friends in **AP Chem** and can't wait to learn something new and split off into groups.
- **3:30:** Time for home: I go off to the bus area and talk with all my friends from different grades. Hanson, if you see this, you're really cool. Then I get on my bus.



Afternoon

- 4 pm: I have my second lunch and take a 30 minute nap to regain some energy.
- 5:30 pm: Swim practice: Time to **CHALLENGE** myself! My favorite stroke is breaststroke.
- 8:30 pm: Eat a light snack, shower, and get to chopping at my homework. I'll do my PGC last so I can really dedicate my focus to it.
- 11:30 pm: **Good night!** You've made it through my day.

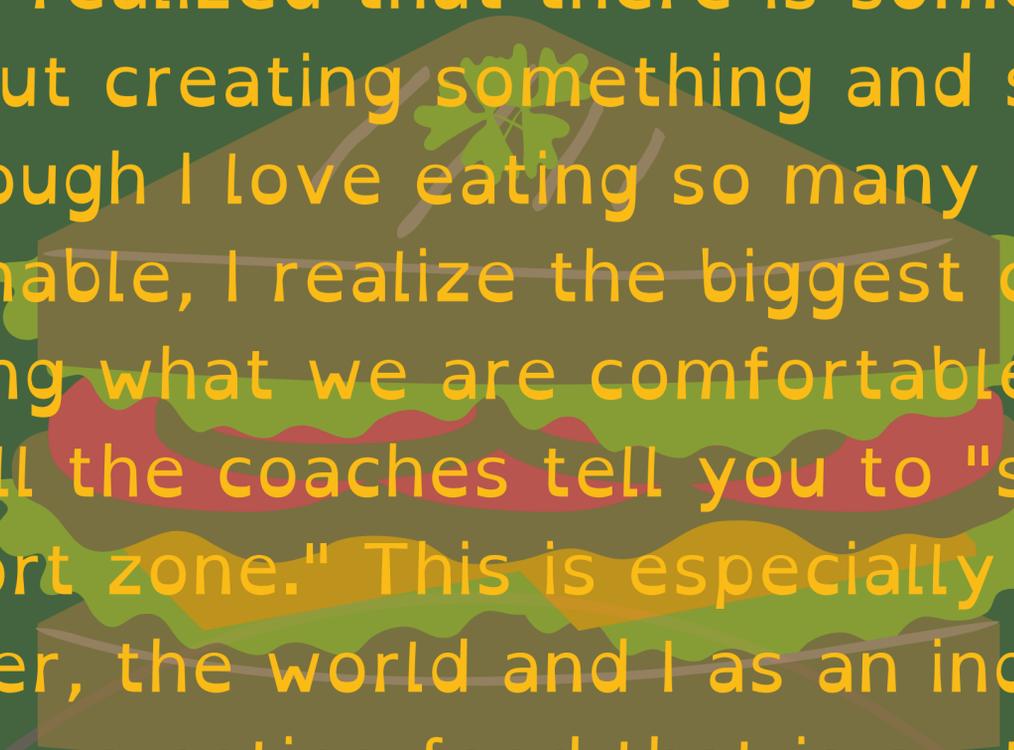
REFLECTION

Intersections:

#1: I am really passionate about sustainability science and the future of green power and energy storage will look like. I feel like the world needs a next generation of not only scientists, but visionaries that can implement technologies well into different applications. We can't wait for the perfect technology or technique to happen. We need to act now, so I think what the world needs is real science that will actually be used.

Three blue solar panels with a grid pattern, arranged in a row and slightly overlapping.

#2: I love making food. period. I picked it up during COVID and realized that there is something so magical about creating something and seeing the result. Although I love eating so many foods that aren't sustainable, I realize the biggest challenge is to stop doing what we are comfortable doing. In swimming, all the coaches tell you to "step out of your comfort zone." This is especially true with food. However, the world and I as an individual can change that by creating food that is sustainable and delicious!

A sandwich with a brown bun, green lettuce, red tomato, and yellow cheese.

Happiest Moment:

Today, in Tai Chi class, I had a lot of fun doing Tai Chi form with one of my new friends. We also learned a bunch of self-defense moves that we "improvised" and laughed a lot. We also shared some personal moments with each other and it was interesting hearing about his life and our similarities and differences.

3 Steps:

- I can wake up a little earlier or go to sleep a little earlier in order to do more in the morning.
- I can do some HW on my way to swim practice so I can sleep a little earlier
- Create an organization chart with everything I have to do and deadlines so I don't feel so stressed.



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Great fun to think about your purpose and let your mind just roam around. Remember not to be too stressed. Do something because it sparks something in you.

1m



1 like

1 MINUTE AGO



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