

Think deeply about your relationship with energy. Since we can't physically see the energy that drives our lives, our relationship is different than that with more tangible resources like food and water. So let's make it a bit more tangible.

For 24 hours, make a note of each and every time you consume energy. Strive to jot down everything — from turning on lights in a classroom to charging your phone, hopping on the bus to powering up your coffee maker, to much much more.

Using a toaster oven - 5 min

Classroom lights on and air conditioning 8:10 am-11:25 am and 1:10 pm-3:38 pm

Using the stove - 10 min to cook

Air conditioning at home - starting at 4:30 pm

Charging iPad, computer, and phone - all together is about a total of 3.5 hours

Lights on at home - 6:40 pm -10:30 pm

Driving - 10 min in the morning and 20 min in the afternoon

Next, do your research.

- Where does that energy come from?

Florida Power and Light state that most of its energy comes from clean-natural burning gas. It also is categorized as one of the US utilities with the lowest carbon emissions and its carbon emissions are 35% better than the industry average.

- What type of resources are required to produce the energy you consume?

Nuclear power and the sun are necessary for Florida's energy production.

Then, reflect on this activity.

- How did your energy consumption make you feel?

Although much of Florida's energy comes from gases that release low emissions, I felt still felt somewhat guilty and shocked by the amount of energy that I use up in a day. This made me reflect on how much I use in a week when I have to use the dishwasher or washing machine.

- Can your relationship with it change?

My relationship with energy can easily change by making more conscious decisions such as checking to make sure that nothing is unnecessarily plugged in or turning off a light when no one is in the room.

- How can you motivate other people to move in a more sustainable direction as it relates to energy?

I can motivate others to take a more sustainable approach to energy by informing them where much of the energy comes from. Additionally, I can give them strategies and tips on how to reduce their unnecessary energy consumption so that they can better their relationship with energy.

Finally, create a slideshow designed to alter people's relationship with energy using your findings and reflections. Share that presentation with at least six people. Try and give a presentation in front of a classroom or dorm if you can!

Let's be conscious of our energy consumption

The Green Gurus



My Energy Consumption 10/25

Where?

- ❖ At home
- ❖ At school
- ❖ In the car

How much?

From 9 am to 12 pm
yesterday, I used over 20
hours of electricity for
lighting, air conditioning,
cooking, and charging
devices.



10,715 watts

Per year in the average American household alone



Where does FL stand?

The majority of floridian energy comes from nuclear and solar power which both produce little to no greenhouse gas emissions. Florida Power and Light has stated that they are currently categorized as one of the US's lowest carbon emissions and is doing better 35% better than the national average.





How do I feel?

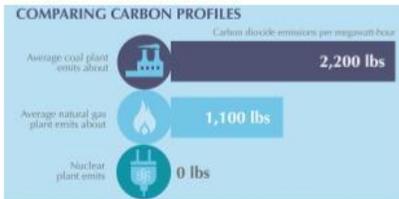


Can our relationship change?

Something that I can do is my personal use even by turning off the air conditioning when it's not needed and charging my devices they are full instead of leaving them connected much longer. These are just some of the small changes I can make to have a healthier and more meaningful relationship with my energy. This will ensure that I am contributing as much to the reduction of emissions as possible from FPL's method.



How did my energy consumption make me feel?



Guilty

Shocked

Hopeful

Motivated

What can we do?



Step 1

Keep track of how much energy you use in a day. This will help you gain a new perspective and starting point.



Step 2

Unplug things that don't always need to be used and wasting electricity (ex. Virtual assistants like a Google Home, Amazon Alexa, Apple Homepod, etc.)



Step 3

Don't leave lights on! Make sure to check especially when you're leaving your house!



Step 4

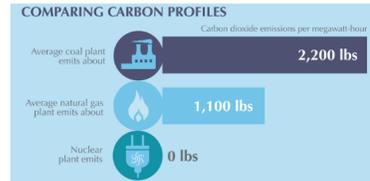
Reflect! Take the time to notice the difference you're making and if there is anything else you can do. Then tell others about your experience reducing energy and encourage them to explore their relationship with energy too!

Can our relationship change?

Yes! Something that I can do is limit my personal use even further by turning off the air conditioning when it's not needed and charging my devices until they are full instead of leaving them connected much longer. These are just some of the small changes I can make to create a healthier and more meaningful relationship with energy. This will ensure that I am not contributing as much to the low amounts of emissions produced from FPL's method.



How did my energy consumption make me feel?



Guilty
Shocked
Hopeful
Motivated



thegreengurus2022



1 like

thegreengurus2022 Although it may not seem like it, we use up a lot of energy each and every day. Yesterday, our team got the opportunity to write down our energy consumption. When reflecting on our usage this morning, we realized just how much we take energy for granted and why it is important that we are conscious about how much we use and know where it is coming from. Many power plants use energy methods like the burning of fossil fuels to produce absurd levels of greenhouse gases. This is why it matters that we reflect and see what role we play in contributing to this. Look at our presentation to learn about our relationship with energy and why it is important to reflect in order to make a meaningful change. #TheGreenGurus #PGC2022 @turninggreenorg @greenamerica_

11 seconds ago