

Team Soapy Tomato Embryos  
SoapyTomatoEmbryos  
Virginia Tech

To find the process of Ikigai, I first reflect on what my ideal day looks like. My day starts with me naturally waking up next to my partner, most likely around 7:30 am to 8:00 am. I will have an apartment either in DC or a city in Washington or Oregon. Then, I check my phone to make sure that I did not get any urgent calls or texts, and then I check the weather and get dressed accordingly. Normally, I only put in a few minutes for getting changed because I want to look nice but I also know if I spend too much time choosing I'll get carried away. I then make myself breakfast, normally overnight oats with fruit or eggs over rice, and I'll make whoever I am with some extra food. Then, I will call my mom and my grandma as I pack my bag to get ready to go. I grab my iPad and computer, as well as any sheet music or projects that I need to work on. After calling my family, I will sit on my couch for a bit with my cats and read the newspaper or check on my friends. My partner will probably be awake by then, so I could hang out with him as well. Then, I will leave to go to work, hopefully at an ecological restoration firm or somewhere in the horticulture industry. I will spend my day at work out in the field surveying areas for restoration, or I will be managing sales of plants or propagating in the greenhouse. I will be surrounded by coworkers that love the planet and love the environment. We will eat lunch together either out on the field or outside of the office area. I feel empowered and motivated to be around people who want to save the planet. After a full work day, I will leave to go meet my partner at a local high school track so that we can coach. We love to watch the kids grow stronger and faster, and it motivates me to keep running while also teaching. I make sure to guide them in both athletics as well as life choices through sustainability and compassion. After practice, my partner and I go back home to eat dinner together, which is probably something I cooked the night before. I go to my music room for a music rehearsal with my band that I started. We rehearse three times a week and we have an upcoming gig. I am excited to play with them, but I have to finish printing out an arrangement that I made for them the night before. We sit and talk about our days first, and then get into the music, playing for an hour and a half. We are locked in, so we don't need to rehearse for too long, just run through the music. I always feel a sense of community when I play the piano with a group, it helps me feel like I can contribute and make the most of everything I can do. Afterwards, everybody leaves and I get ready for bed so I can sleep next to the people I love.

Reflecting on my day, I discovered that both music and running were my passions, both what I am good at and what I love. I found that my profession - ecological restoration or horticulture, intersects with what the world needs. I think during the day, I was happiest when I could do what I love and have purpose in what I do. Being with uplifting people that I enjoy was also very energizing. I enjoyed being motivated to make a difference in everything I was doing. Three small steps I can do to bring this ideal day to life is to continue and pass my classes in ecological restoration, work on my music, and to continue running so I don't lose it. This way, I can make sure I can truly be happy while also having purpose.

**Caption:** When thinking about my Ikigai, I felt motivated. In the photo above, I am excited to go out and accomplish my goals for the day now that I know where I want to be most in life. I have projects that I want to complete, and I am excited to finish them and present them to the world with pride. When thinking about my ideal day, I want to remind myself that this only comes with hard work and perseverance. Motivation to never stop and to keep going is what will get me to

the state of being that I can find in my ideal day. To get me to work hard, it helps to always have your goal in mind. But never forget the journey, because that's what you will spend most of your time on. I want to make sure that I reach my ideal day in order to show other people that it is possible, and all they need is to stay motivated in doing the things they love. @turninggreenorg #pgc23



<https://www.instagram.com/p/CyqSnScuMxx/?igshid=MzRIODBiNWFIZA==>