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## • DAILY TASK

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Soft, warm lighting helps create a cozy atmosphere. Bringing nature indoors has a grounding effect. Indoor plants not only improve air quality but also add a touch of greenery that fosters a connection to the natural world, promoting tranquility.

I have chosen my reading room table space as my self-care-sanctuary.

### **My Reflect on my personal mission and reasons for taking part in PGC 2023**

Participating in Project Green Challenge (PGC) in 2023 is not just an opportunity; it's a conscious choice aligned with my personal mission for environmental responsibility and sustainability. My mission is rooted in a profound understanding of the interconnectedness of all living things and a deep commitment to leaving a positive impact on the planet.

My reasons for taking part in PGC are multifaceted. First and foremost, I believe in the power of education and individual action as catalysts for meaningful change. PGC, with its emphasis on educating and empowering young leaders, resonates with my belief that informed individuals can drive collective transformation.

The urgency of the environmental challenges we face is a driving force behind my participation. Climate change, biodiversity loss, and resource depletion are not distant problems—they are immediate and demand swift action. PGC provides a platform to turn knowledge into action, pushing participants to adopt sustainable practices that contribute to a healthier planet.

Moreover, PGC serves as a community hub, connecting like-minded individuals globally. This sense of collective purpose and shared responsibility reinforces my belief that environmental stewardship is a collaborative effort. Together, we amplify our impact and inspire others to join the movement for a sustainable future.

Environmental work can be emotionally taxing, given the enormity of the issues at hand. It demands resilience and an unwavering commitment. Participating in PGC is not just about environmental advocacy; it's also about self-care. The challenge encourages the creation of a healing space, emphasizing the importance of personal well-being in sustaining long-term commitment to the cause.

In the pursuit of my personal mission through PGC, I recognize the need for continual learning and adaptation. The challenges presented in the competition are not just tasks to complete; they are opportunities for growth, discovery, and reflection. Each challenge is a step toward honing my understanding of sustainable living and deepening my connection to the planet.

As I engage in PGC, I carry with me a vision of a world where sustainability is not an exception but the norm. My mission is to contribute to a paradigm shift where individuals and communities recognize their role as stewards of the Earth. Through education, action, and advocacy, I aim to inspire positive change at both the individual and systemic levels.

PGC 2023, for me, is more than a competition; it's a transformative journey—a journey toward aligning personal values with daily practices, fostering a global community committed to

sustainability, and, most importantly, creating a legacy of environmental responsibility for future generations.

**Write a brief reflection about your experience. How did it feel to create your sanctuary?  
How do you plan on using it and the wisdom you acquired as you move forward.**

Creating my sanctuary was a transformative journey, blending mindfulness and creativity. The process felt like a deep exhale, a deliberate pause in the chaos. As I carefully curated each element, from soft textures to soothing scents, I sensed a powerful connection between personal well-being and environmental consciousness. This sanctuary, now a haven of tranquility, will be my daily retreat for self-reflection and rejuvenation. The wisdom acquired in this process serves as a compass, reminding me that sustainable living begins with nurturing oneself. Moving forward, I plan to carry this balance into my daily life, using my sanctuary as a constant reminder of the interconnectedness between personal and planetary health.

# My sanctuary setup idea



pgc2023



# The objects that would help you relax and create a soothing environment



Indoor plant



deem light



Nice view

@pgc2023





## MY REFLECTION

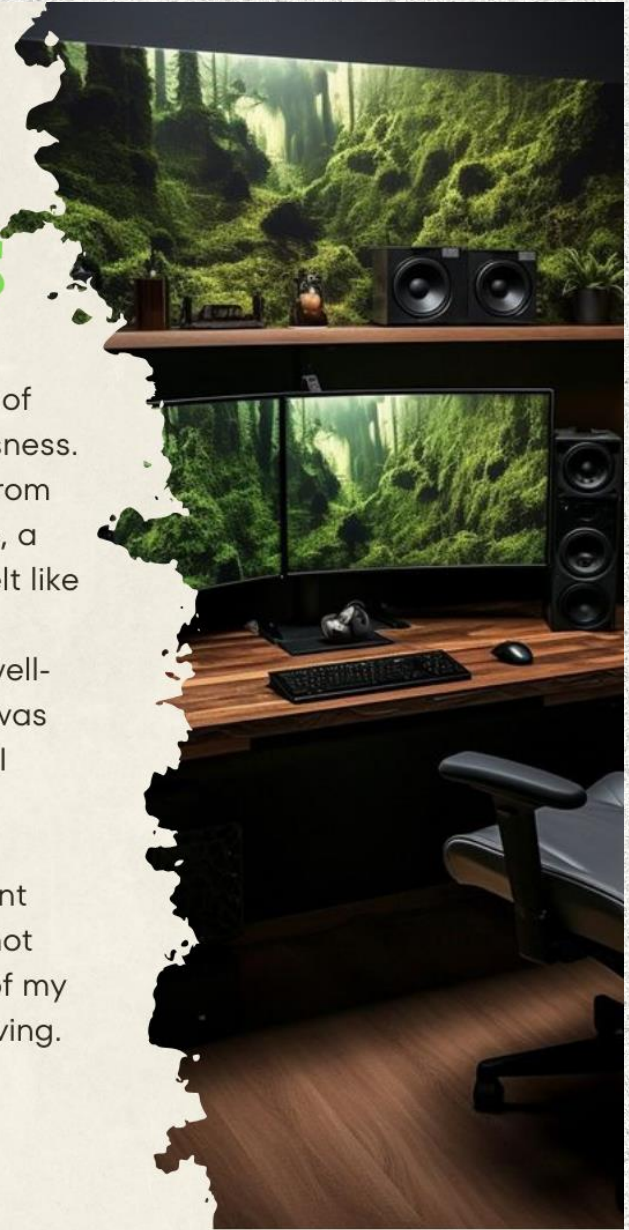
### ON PGC-2023

Participating in Project Green Challenge (PGC) aligns with my mission for environmental responsibility. It provides a platform to educate and empower individuals globally, fostering a collective commitment to sustainability. Motivated by the urgency of environmental challenges, PGC becomes a transformative journey, offering opportunities for growth and reflection. Beyond advocacy, it emphasizes the importance of self-care in sustaining long-term commitment to the cause. PGC is not just a competition; it's a conscious choice to contribute to a paradigm shift where sustainability becomes the norm, inspiring positive change at both individual and systemic levels for a healthier planet and future generations.

## MY FEELINGS

Creating my sanctuary was a deeply fulfilling experience, an intentional act of self-care and environmental consciousness. As I carefully selected each element, from soothing scents to comforting textures, a sense of tranquility enveloped me. It felt like a form of self-expression, a visual representation of my commitment to well-being and sustainability. The process was both therapeutic and empowering, as I transformed a corner into a haven of peace. Sitting in this sanctuary, I felt a profound connection to the environment and a renewed sense of purpose. It's not just a physical space; it's a reflection of my journey toward balance and mindful living.

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## MY SANCTUARY SETUP IDEA

✨ Sanctuary Unveiled ✨  
Creating this mindful haven was more than arranging objects; it was a journey into self-care and sustainability. In the chaos of life, this space serves as my refuge for deep breaths and self-reflection. 🌿 🧘 Why does self-care matter? Because it's the foundation for a balanced and resilient life. As I curated this sanctuary, I learned that nurturing myself is an essential step towards





In

## • SOCIAL MEDIA POST

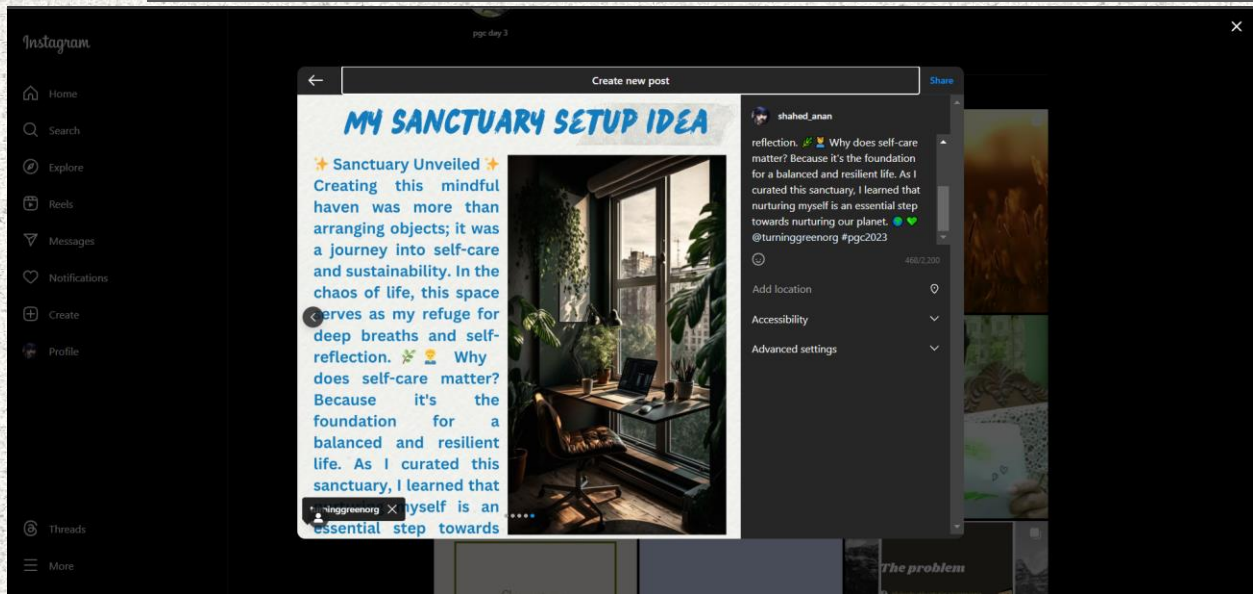


Figure 1 link:[https://www.instagram.com/shahed\\_anan/](https://www.instagram.com/shahed_anan/)