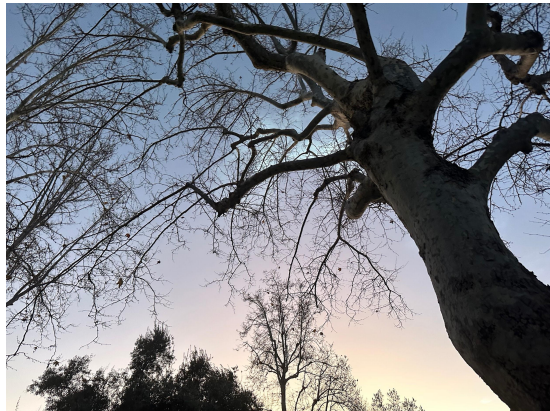


Day 12
Reflection
The Dandy Lions
60 POINTS

Instagram Post:

<https://www.instagram.com/p/DPvRWSVDjMS/?igsh=ZWhpb3RoYTMwb3c1>

Photos:



Eco-Outdoor Adventure Reflection:

Location: "Garden of the Gods" - Chatsworth Hike

Intention:

Before heading out, I set an intention to slow down and truly notice the natural world around me, from the little rustling of bushes to the behaviors of wildlife. I wanted to honor the Earth by being fully present and minimizing my impact.

Though none of my friends could join, I invited my sister and brought our dog along, turning it into a special little family outing. I realized the lack of quality time I made for those closest to me, and it made for a more comforting and immersive experience.

Preparation:

- Reusable water bottles
- Almonds in reusable containers
- Biodegradable waste bags
- I wore my Patagonia Fleece Sweater!
- And traveled in my hybrid car, relying on electric to reduce emissions

Following the Leave No Trace principles, we:

- Stayed on designated trails
- Kept a respectful distance from wildlife
- Carried out all our trash
- Kept our dog on a leash to protect the area's natural balance

Reflection on My Eco-Adventure

1. How did my intention to make the adventure sustainable shape the experience?

Going into this hike, I was focused on being mindful, not just in how I explored the space, but in how I showed up for the Earth. Packing reusable items, choosing my hybrid car, and following Leave No Trace principles made me more aware of the impact we can have, even during something as simple as a day hike. That intention shifted my mindset from just “enjoying nature” to actively respecting and protecting it. It turned a casual outing into a more conscious experience of what it means to be an environmentalist.

2. What moments deepened my connection to the Earth?

- **Tree at Sunset:** This image reminded me of how grounded and ancient nature feels. The colors of the sunset glowing through the branches were so peaceful and made me feel at peace.
- **My Hybrid Car:** A subtle reminder that even the way we *get to nature* can support sustainability. And, it can be fun! I was able to jam out to music with my sister while gazing at the sunset.
- **Dog at the Canyon at Sunset:** A favorite moment. Watching my dog take in the vastness of the canyon reminded me of where we all originate. Connecting to the earth means bonding with our past.

3. What memories, lessons, or feelings will I carry beyond this adventure?

This hike taught me that meaningful adventures don't need to be far, long, or packed with people. They just need to be intentional. I'll carry the feeling of stillness and

presence I found at sunset, and the reminder that sustainability isn't just about big actions, it's also in the small, everyday choices. I felt a stronger sense of responsibility to be a good guest in natural spaces and to encourage others to do the same.