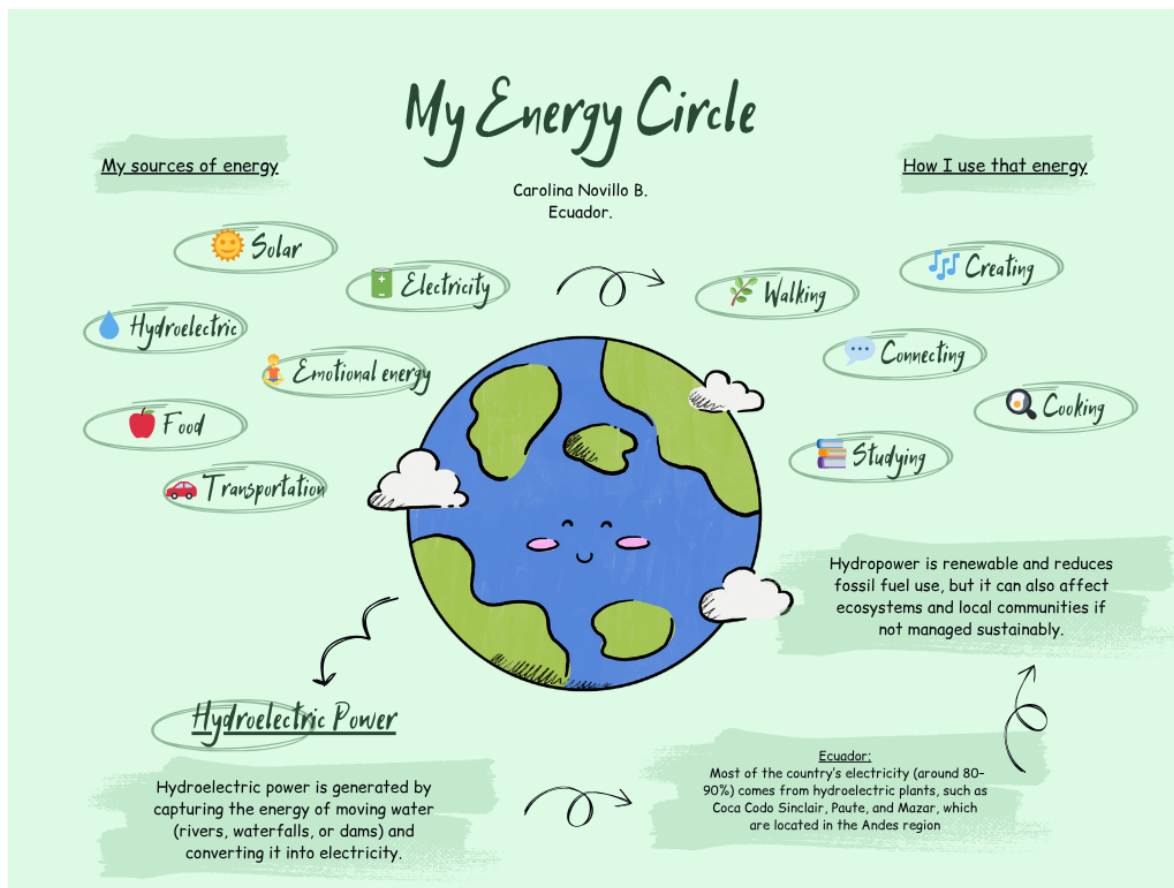




Reflection

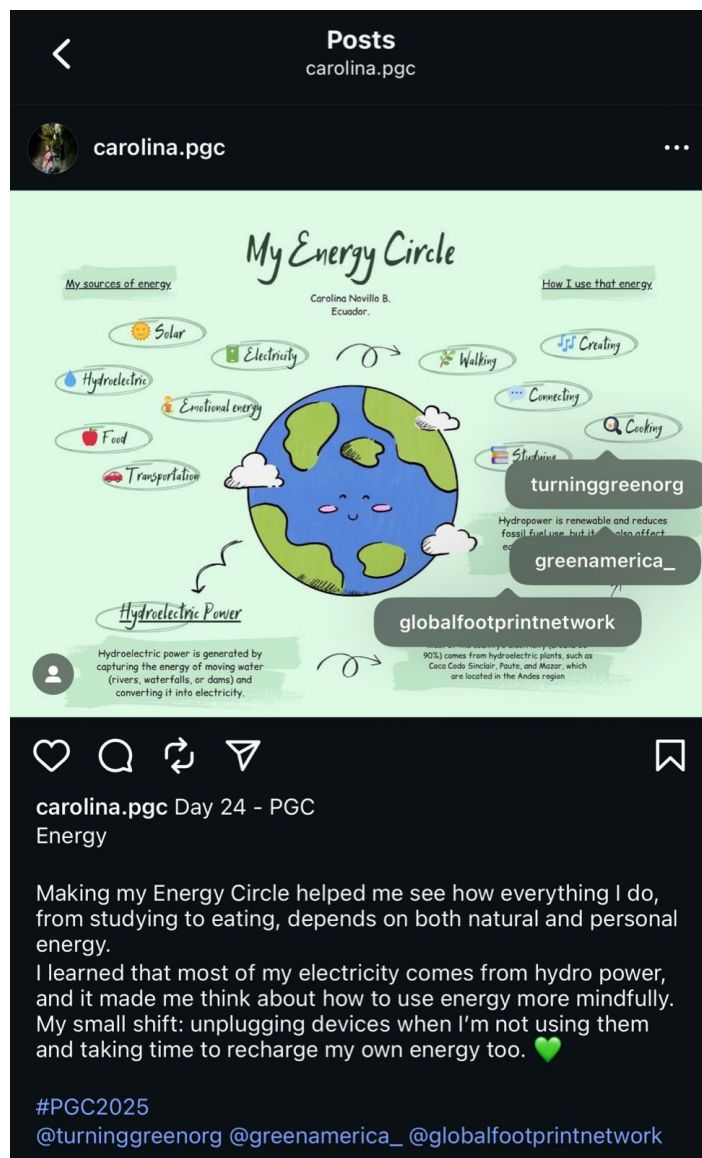
Creating my energy circle made me realize how connected my daily actions are to the planet. Most of the electricity I use comes from hydro power, which is renewable, but it also reminded me that every source has consequences. I was surprised to see how much of my personal energy depends on nature and how rest, food, and balance keep me truly powered.

Link from the post on my Instagram account

<https://www.instagram.com/p/DQNmkTqjL1u/?igsh=MWNlcWJ4dGc5bzI3Mg==>

Carolina Svetlana Novillo Bravo - Ecuador

Photo from the post on my Instagram account



Caption

Day 24 - PGC

Energy

Making my Energy Circle helped me see how everything I do, from studying to eating, depends on both natural and personal energy.

I learned that most of my electricity comes from hydro power, and it made me think about how to use energy more mindtully.

My small shift: unplugging devices when I'm not using them and taking time to recharge my own energy too.