

Day 24

Energy Circle

The Dandy Lions
40 POINTS

Instagram Link:

<https://www.instagram.com/p/DQN9MzrESbv/?igsh=NTc4MTIwNjQ2YQ==>

Reflection: What surprised me most is how interconnected my energy really is. I always thought my energy came mainly from food, water, and rest, but I realized that electricity, sunlight, and other larger systems play a huge role too. For example, the solar power in San Fernando that fuels homes and businesses also powers devices, lights, and infrastructure that I rely on every day. This made me see that my energy use doesn't just affect me, it affects the community and the environment. Every choice I make, from eating and exercising to turning on a light or using devices, is linked to resources that impact the planet. Understanding this connection made me realize the importance of using energy responsibly and appreciating where it comes from. It was surprising and eye-opening to see how personal habits and global systems work together to keep life running smoothly.

Caption: Creating my energy circle was eye-opening! I discovered how many sources fuel my day, from food and water to sunlight and electricity. I loved seeing how my energy connects to bigger systems, like solar power in San Fernando, that keep the whole community running. It made me excited to think about using energy smarter and appreciating the clean energy around me. Rest, healthy food, movement, and solar power all work together to keep me energized and focused. My energy story showed me how personal habits and community resources combine to power everyday life, and it makes me want to be more mindful and intentional every day!

@TurningGreenOrg @greenamerica_ @globalfootprintnetwork #PGC2025.