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No Impact- Reflection

Georgia Southern University

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NO IMPACT WEEK

REFLECTION



Sunday - A Day for Reflection

This week you have phased out trash, unsustainable transportation and consumption. You've behaved more eco-consciously about your energy usage, water usage and food habits. You have contributed your time to a good cause. You have embarked on a no impact journey!

Today, Sunday, is about awareness and taking some time back for yourself. Go out and feel the sunshine or the rain! Find ways to experience the beauty of the world. Savor your efforts to nourish yourself and the world around you.

Congratulations on a week well spent. Take what you have learned and make it a part of your life!

Challenge of the Day



Take some time to reflect on your No Impact week. Consider what worked well for you, what was particularly difficult, and what you'd like to permanently adopt. Consider how you can go even further. Think about how your week affected others in your life and what adjustments, if any, are in order. Today is a time to discover what is really important.

Activity



Take this [quick survey](#).

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