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PSP Progress Report 1

My chosen Personal Sustainability Practice is #15, which is to use the stairs instead of taking the elevator. The PSPs relate to different sustainability pain points and are aimed at generating a positive impact on the environment, the students' community and their own personal health and wellbeing. Since the goal is to take this very difficult to understand the concept of sustainability and make it more relevant for the students by making it personal, I decided to challenge myself. I have incorporated at least ten of the practices in my daily life, which is why I chose this particular practice as it has always been a difficult task of mine.

In the video, *Think Small: The Surprisingly Simple Ways to Reach Big Goals*, it talks about the steps to take to achieve your goals: 1) set 2) plan 3) commit 4) reward 5) share 6) feedback 7) stick. I am a very organized person who likes to plan from day to day. I noticed that setting goals helped, however unlike some of the practices, I was not able to plan when I would do certain actions because it much more integrated into my daily life. At first, it was difficult to commit to the practice, which is why I had decided to take it slow rather than dive in. I worked up to taking stairs in each building every day. I was able to view it similarly to the gym and the shift in mindset was important to me. I have not been able to share my progress, but plan to in

class. Furthermore, I hope the class will give me feedback or suggestions on how I can reward myself as I have had a hard time wanting to stick to it but do so out of obligation. What resonated with me the most was how the aim of the book is to adopt a mindset that focuses on the details. I was raised with multiple mindsets. In high school, it was fixed but at home, it was growth, and now in college, it is growth. Before college, we aren't given second chances and are able to show improvement. In addition, I wasn't given feedback before turning in work, we would have to seek out opinions for ourselves. At Parsons, it is part of the curriculum to do critiques. This is a great way to teach because of being able to learn from mistakes. I do believe in the growth mindset because it is extremely influential because even if something does not go the way I thought it would, your attitude allows for flexibility and improvisation. In addition, I think it is important to be able to move on much more quickly because otherwise, it is easy to become too fixated.

Furthermore, we were meant to explore how systems thinking can be used to drive sustainable transformation. The first step that *The Systems Thinking Workbook* talks about is to explore the forces that allow for the perpetuation of unhealthy habits. In fact, I believe that it is the exact main reason why we are doing this assignment, which is that the general public does not take the concept of sustainability personally. If we did, we would care about our day to day actions. By sustaining a grassroots mindset, this is the force that we can use to create a transformation. Next is to analyze the causes and effects, loops, and deep structure of why this has become an issue in the first place. I believe that the use of technology has made humans lazy. We can access to so much information at a rapid pace, but even if we understand the consequences, we choose to not change our habits. I have now had personal experience in having

to change my habits through doing this particular PSP and it definitely took commitment and empathy. Lastly is about mapping the system, crafting a narrative, and sharing these thoughts. I am able to see how this project can easily become school-wide and I could share what I learned from this assignment as well to encourage participation. This is one way to break the cycle and create an eventual, sustainable transformation.