**Journal**

Student Name

Department, University

Course code: Course

Instructor

Date

**Journal**

I am highly interested in helping the environment, and I usually put in a lot of effort by recycling as many things as possible. One place that I believe I can make a recycling difference is in the workplace. First and foremost, I usually pack my lunch inside a reusable container and carry it to the workplace, which helps to lessen packaging waste and save money spent on going out to eat. Additionally, I prefer carrying coffee from home instead of buying it at work, where it is packed in a throw-away cup. It assists in saving the environment and even cash. Also, since storms bring about power outages, I prevent waste at home by maintaining rechargeable batteries for my flashlights. If I use disposable batteries, I make sure that I lessen harmful waste by purchasing disposable batteries that have minimized mercury content. Lastly, I ensure that well-labeled recycling bins are available both at the workplace and at home. To increase my recycling efforts and influence other people to do the same, I try to gain more knowledge on what is recyclable and what is not. Also, I share my knowledge by educating the community through social media about the goals and advantages of recycling.