My green report card

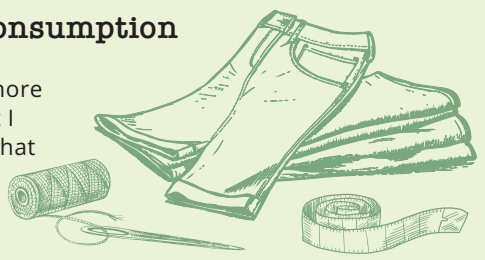
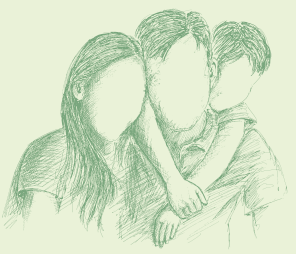
Taking stock of my environmental footprint in 2026

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OVERVIEW: As the year draws to a close, the season of reflection and resolution-setting returns. After a year with *StarESG*, writing about sustainability and the environmental challenges shaping the world, I found myself turning the lens inward to reflect on my own journey towards a greener, more sustainable lifestyle.

From reducing plastic waste to making more conscious consumption choices, here's an honest look at my sustainability journey in 2026.

ACHIEVEMENTS	REMARKS
1) Small actions Some of the most meaningful changes started with small, everyday adjustments. 	I now make it a point to take my own shopping bags to the supermarket and bring a reusable coffee cup for my morning caffeine fix. When buying fruits and vegetables, I use my own mesh produce bags instead of the disposable plastic ones.
2) Smarter consumption I also became more mindful of what I consume and what I throw away. 	Instead of discarding clothes and shoes at the first sign of wear and tear, I turn to cobblers and tailors to repair them, giving my belongings a longer lifespan. When it comes to groceries, I make a conscious effort to shop in smaller batches to prevent produce from spoiling before I can eat it. These small adjustments not only help reduce waste but also encourage me to be more mindful of my consumption habits.
3) Recycling efforts This year, I also stepped up my recycling efforts and made it a more regular part of my routine. 	I now set aside recyclable materials, particularly paper and plastic, and make monthly trips to the recycling centre to drop them off. This is a practical step towards ensuring that recyclable materials do not simply end up in landfills.
4) Influencing others Beyond making changes to my own lifestyle, I encouraged my family and friends to adopt greener habits by sharing tips. 	It is heartening to see some of these efforts take root at home, with my family beginning to recycle as well. They also bring their own food containers for takeaways these days, helping to reduce the use of disposable packaging. These moments remind me that sustainability does not have to be a solo effort. Sometimes, the simplest way to make a difference is to get others involved.

Key reflections

1) My proudest green moment

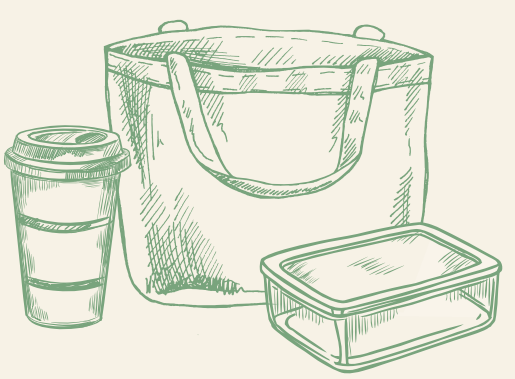
Seeing how small, everyday changes noticeably cut down the amount of waste I generated.

2) An unexpected discovery

Going green does not have to be difficult or expensive. Many sustainable choices are simply about being better prepared, making use of what we already have and rethinking everyday conveniences.

3) A habit I changed

Ditching disposable coffee cups. I now bring my reusable cup whenever I get my morning coffee.



My green promises for 2027

For 2027, I hope to build on the progress I have made and take my sustainability efforts a step further. Rather than setting ambitious resolutions, I want to focus on practical, achievable changes that I can incorporate into my everyday life:

- Further reduce household waste by avoiding unnecessary packaging and reusing items wherever possible.
- Be more intentional about purchases, prioritising quality, durability and necessity over impulse purchases.
- Make more conscious food choices by supporting local produce, choosing seasonal ingredients and exploring plant-based meals.



- Go beyond recycling plastic bottles by learning to sort and recycle a wider range of materials, including cardboard, glass and electronic waste.

