

This essay will be using the theory of reflection known as the reflective cycle, this theory will have six different sections these are description, feelings, evaluation, conclusion and action. These will then be linked to my personal carbon footprint. And how this will be a positive influence, to a sustainable society within my personal life and within the world. It will also briefly look at the hierarchy of needs theory and its link to myself.

The reflective cycle is a theory that has six different factors. This theory is to help oneself to reflect on their actions. The Gibbs' Reflective cycle model often used within many different situations. The term known as Reflection is used to improve one's understanding and evidence of practice centered learning. It is considered as a useful method to use after a crucial incident that has occurred (Bolton, J.E. 2014).

A carbon footprint will be the whole amount of greenhouse gases or GHG that is produced directly or indirectly. To sustain an individual's activities and their lifestyle. Carbon footprints tend to be measured in equivalent tons of CO₂. (Elshimy, Moataz, 2020).

The World Health Organization or WHO for short state that, carbon footprint is a measurement of the damage your activities and life style, have on the amount of carbon dioxide or CO₂ that is produced. They have also stated that use of fossil fuels such as coal and natural gas. Are measured as a weight of CO₂ carbon emissions that are then produced in tonnes, and that these two uses of power are part of the cause of climate change (World Health Organization. 2018).

From looking at my own carbon footprint from the WWF website it told me that I am using twelve percent on travel, home twenty three percent, food thirty seven percent and then twenty eight percent on other stuff. The overall total was one hundred and fourteen percent from doing this it has

made me realize how much of my carbon footprint impacts on the society. I am living in and also within the global community also. The critic from doing this is that the quiz was only a rough number because of the amount of answers and question they have asked also I did not know how much of carbon waste I use in exited figures so this could give the an inaccurate figure (WWF. 2019).

Feelings on climate change is that it is a very complex issue that needs to be addressed before the United Kingdom did not think too much about climate change until there was scientific data showing how climate change is on the increasing. The United Kingdom then installed green energy such as wind turbines. Also, the United Kingdom has also cut down on the amount of unrecycled rubbish that will end up to a land fill (Gov.uk. 2020).

There are lots of other different opines such as the anti-climate change groups. And there are also scientists who believe in climate change (The Guardian. 2019).

Evaluation

There has been multiple different hindered the progression of climate change. In the aspect of the Government who allocates the funding. It has taken a full century of scientist and their data, there was also a large shift in the perception of how climate change is affecting the world, this has caused a positive impact in our communities. Svante Arrhenius, the revolutionary Swedish scientist who in eighteen nineteen six expected the scope of climate change, was the main negative from coal burning. Svante Arrhenius predicted this, both in agricultural and within more colder climates around the world. Such as the north, south pole and could help induce deforestation and damage mankind and the environment. (Gedzelman, David.S, 2017).

Conclusion

What I can do is to reduce my carbon footprint by shopping local, reduce the amount I drive my car and to recycle more. This topic of reducing my carbon footprint will have a direct link to Abraham Maslow hierarchy of needs in the aspect of the physiological needs level and the safety needs level of the pyramid (Pichère, P., Cadiat, A.-C. & Probert, C., 2015).

I have learned that climate change is a very complex issue that the world is facing and it is having an impact from the way we buy items, eat our food, clothing, traveling and the way we power our homes. It has also shown me how I contribute to the issue of climate change and what I can do to try and reduce my own carbon footprint to help and make my society a sustainable one.

The United Kingdom has started creating new legislation to the way we reduce our carbon footprint their aim is lower it by twenty thirty five they want to reduce the amount of petrol and diesel vehicles. They also have introduced people to cycle or walk to work or to get around. You can see this in certain cities as London, Liverpool and Manchester (BBC News, 2019).

Action

The action plan for the next time I will aim for a lower carbon footprint by reducing the amount I drive my petrol vehicle. Also, to shop local and to look out for items that have come from the EU. Such as fruit and vegetables. I will also try and stop buying items that are made from countries that have a high level of climate change. These are just some the changes I can make for a better outcome for the next time I relook at my carbon footprint.

Also for a better outcome next time I will look take the inspiration from the theory know as environmentalism, in which is a political and moral movement. That aims to improve and protect the value of the natural world and the social policies that effect it (Pepper, D., 1996.).

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