

## **#03 Sonia Trabelsi**

*Theme: My Blueprint to Build a Peaceful and Sustainable World*

### **We broke the cycle... now we must fix it**

#### **Premise:**

Imagine the future generations asking you: “Why didn’t you stop it in time?”, “Why didn’t you act for the planet, for us” What will you answer? When I was a kid, I imagined the future with flying cars. Now I wonder if we’ll even have water to drink. I can’t help but wonder, will we still have access to clean water and breathable air? Will we still feel safe in this world? Will our children witness the beauty of our planet with its green forests and clean oceans? If I feel this fear now, what will future generations feel? Maybe anger or even hatred, because we didn’t make change fast enough.

We live in the age where the world is in our hands and we have easier access to the news. We scroll past floods, fires, famine, cities crumbling like it’s just another headline. But the question is: Do we truly understand the urgency? Humanity is so focused on progress and obsessed with always having more. Launching new phone brands, new cars, new clothes, new everything. We built a system on a one way consumption. Since the beginning of time, nature has worked in perfect cycles, nothing is wasted. Everything is transformed. But we as humans broke that cycle, exploiting, consuming, discarding. The earth gives us so much and all we do is take without giving anything back.

But here is the truth: this won’t work for much longer, the system is going to fall apart soon or later and we can’t keep piling up our mistakes and expect the earth to fix itself. We broke the cycle and we must fix it.

#### **Content:**

***Step one: Rethinking our consumption***

We are so used to consuming that we don't think before buying, too influenced by social media and new trends. On a random Tuesday you get a notification from your favorite influencer. New outfits, new gadgets, new skincare, new blablabla. And bam you find yourself needing these items with no real use. We always want more than what we need, but what if we changed our way of consuming in a more responsible way? That's why we should start buying only the necessities, buying local because shipping goods across the world increases pollution, while local businesses sustain communities and reduce carbon footprints. Build the cycle again. Give things a second life; repair, reuse, recycle. Because real progress isn't about what we take, it's about what we give back.

### ***Step two: Using innovation for good***

Our society makes us feel like we are the most powerful species to walk on this earth. But I want to ask you something; do you think the most intelligent species would destroy its own land? I'm not saying we are stupid, we have the power to make a change. The only thing that is setting us back from repairing our mistakes is not having set clear priorities. We have to lose some of that thirst for power to find our place again on this planet, in a balanced way with nature.

It seems that we tend to lose control over all the progress we make. It's scary to think that human inventions could lead to our loss. But I think that we still have control. We are the authors of our own actions. If AI becomes a disadvantage to us we can always unplug it right? Instead of fearing it, why not make the best of it now? AI shouldn't replace us. It shouldn't erase the beauty of humanity : our art, our stories, our soul. It should be a tool to help us heal the planet, to repay the damage we've done.

AI can help predict climate patterns, optimize energy use, reduce waste. Imagine an AI system that helps cities cut down on pollution, or technology that restores ecosystems. Technology is one of the greatest inventions in our lives, so let's use it with purpose, to contribute to the well-being of this planet.

### ***Step three: Changing our mindset***

Some might say that “the world is too broken to fix”. But I don’t believe that. We have the power to change.

Somebody asked me once; To make the world better, should we change the people or the society that they live in? The answer is very simple, we are the ones building this society. The norms that are already set aren’t a prison that we can’t escape from, because it’s man made. Society is dynamic, it’s always changing. We have the power to change these bad habits that have been instilled into us. I would say that we should all change our mindsets in order to make our society more peaceful. Because society follows the flow of our own ideas.

Our thoughts can make a difference, we all have something to share, whether it’s our art, our stories and the things we live for. Take the time to listen to others. Take from the wisdom of the elders and the new perspectives of the young people. We all live on the same planet and we should learn from each other to build this peaceful world. Look around you. Look at the faces in this room. We are the future. And we decide what kind of world we inherit. If we all set our minds for this goal we can make wonders and fight for what is right. Because let’s think about the future generations, they don’t deserve to be handed a broken world. One voice isn’t enough, we need collective action, where everyone contributes to save our planet. With solidarity, innovative ideas and the use of our own tools we can do something big.

### **Conclusion :**

I still have hope and I believe that we all do. We aren’t a lost cause, we just have to wake up and realise that the action has to be done now. We all can do something so don’t just sit around and wait for the world to heal itself. We can fight for peace, We can make the world a better place. Don’t give up on the people in need, the people under bombs, the children who can’t even imagine the future, who can’t fantasize about those flying cars or achieve their biggest dreams. Don’t forget the people whos voice has been mashed by the sound of genocide. Let’s all help ourselves, and help our planet towards this peaceful world. The future isn’t written yet. We have the ideas. We have the voices. We have the tools. So let’s use them. Not for more power, but for more meaning. Not to leave behind destruction, but to leave behind hope. Because a sustainable, peaceful world isn’t a fantasy. It’s a choice. And that choice? It starts with us.

