

Reflection on Laudato Si'

Adoption of a Sustainable Lifestyle: Sustainable Fashion and Recycling

As a fashion designer, Laudato Si' challenges me to reflect on how fashion can either harm or protect our common home. The fashion industry greatly influences the environment through waste, pollution, and overconsumption. This has encouraged me to embrace sustainable fashion by recycling and reusing materials as much as possible.

Sustainable fashion is more than creating beautiful clothes; it is about designing with responsibility and care for both people and the environment. By recycling fabrics, reusing materials, and reducing waste, I can help minimize the negative impact that fashion has on the Earth. Small choices such as repurposing old clothes, using leftover fabric creatively, and encouraging mindful consumption can make a meaningful difference.

This action plan reminds me that creativity and sustainability can work together. As a designer, I have the opportunity to inspire others to value quality over excess and to see fashion as a way of expressing care for creation rather than contributing to wastefulness.

Through sustainable fashion, I can live out the message of Laudato Si' by protecting God's creation and promoting a lifestyle that respects the environment. I hope to continue growing in creativity, responsibility, and awareness, using my passion for fashion to contribute positively to society and to our common home.