



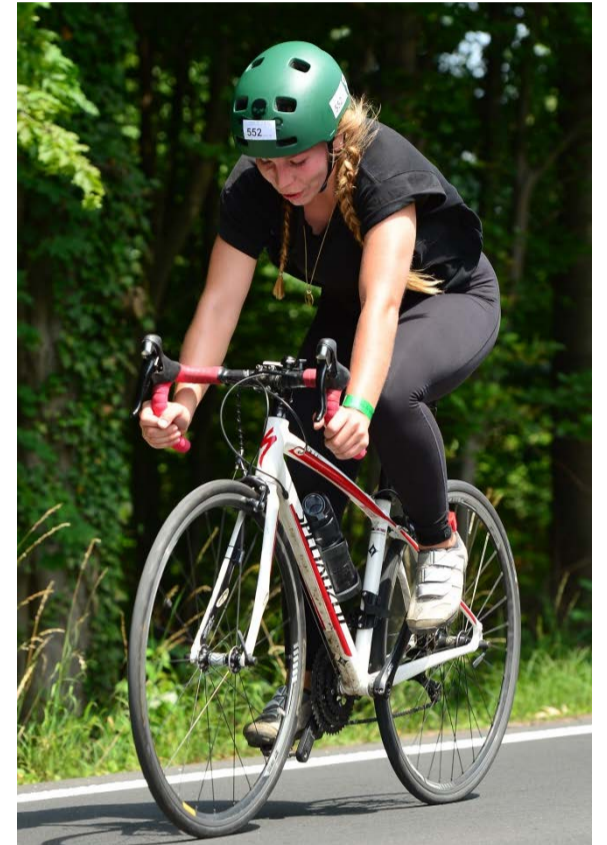
"The goal is not to be better than the other man, but your previous self." Dalai Lama

When I was at school, I often felt like I wasn't smart and hard working enough, because of the feedback of my teachers.

When I decided to study, I wanted to leave all the negative beliefs behind me and rely on my female intuition.

Driven by the desire to integrate sustainability into my life and to sensitize society to it, I studied waste management and contaminated site treatment here at the TU Dresden.

I have made it and learned to determine for myself which challenges I manage and which I do not. Now I see challenges more as opportunities of the universe to develop my personality and to learn from successes and mistakes.



Do not limit your challenges. Challenge your limits.

Some of the challenges I faced:

- Develop a clear vision of my goals
- Work life balance
- Writing scientific reports /giving lectures

My solutions include:

- Spending time in nature and meditating helps me to develop a clear vision about myself and my life.
- Stay curious about life and use every opportunity to discover, try and learn things.
- I am a quiet active person. Sport helps me keep my mind clear.
- A healthy lifestyle and being fit in my body helps me to feel balanced and strong.
- Just get started and try it out. If you don't start, you've already lost.