

$$x^2 + y^2 - y \leq \sqrt{x^2 + y^2}$$

COORDINATE POLARI

$$\begin{cases} x = \rho \cos \theta \\ y = \rho \sin \theta \end{cases}$$

$$\rho^2 \cos^2 \theta + \rho^2 \sin^2 \theta - \rho \sin \theta \leq \rho$$

$$\rho^2 - \rho \sin \theta \leq \rho$$

$$\rho^2 \leq \rho + \rho \sin \theta \quad \leadsto \quad \rho \leq 1 + \sin \theta$$

Polar plot:

