



Sustainability
Mindset
Indicator®

PERSONAL REPORT

PREPARED FOR:
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SUSTAINABILITY MINDSET INDICATOR

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If for every dollar in minute that we invest in AI, we invest another dollar in developing our own consciousness, our own mind, we will be ok.

Yuval Noah Harari

FOOD FOR THOUGHT.

How ready do you feel you are to deal with the complexity we are living in? How do you respond to the increasing polarization, to the need to expand our attention to stakeholders impacted by our daily decisions? How comfortable are you planning and yet letting go of your plans as you consider the feedback that reality is giving you? How easy is it for you to adapt, revisit your assumptions, unleash your creativity, and innovate? **These are some of the key indicators of resilience.**

We find comfort in our plans, in the 'known and tried out' ways of doing things. Yet this may also be the obstacle that slows us down when we need to find new ways of acting that have a better impact on the world. While much is talked about the future that awaits us, it's easy to forget that it is us, each one of us, who is shaping this future with our daily decisions and actions. Yet, rushed as we all live in these demanding times, we may not take the moment to pause, observe where we are, what our most precious goals and values are, and how our day, today, is reflecting those values, leading us to those goals. And what course corrections we may want to do!

This is the Era of Purpose. How mindful are you of your larger purpose? Setting a purpose becomes the compass offering certainty in a world filled with uncertainty. Are you giving yourself the gift of a pause, to ask yourself what your larger, higher purpose could be?

You may recognize in these lines some aspects that were addressed in the statements offered to you in the Sustainability Mindset Indicator, as you were invited to reflect and choose which best represented you. This report constitutes a picture, a map of your personal journey towards a resilient, purposeful, creative mindset for flourishing as an individual that is making a difference in the world. Which is sustainability at its best.

WELCOME TO YOUR PERSONALIZED REPORT

This Report is based on your selections on the SMI. It is meant to be a personal development tool, to highlight aspects of your understanding, behaviors and feelings related to your Sustainability Mindset (SM).

You will find observations that you may identify with, others that you vaguely recognize, and others that perhaps don't resonate with you. Keep what you need and what makes sense to you.

You will also find questions to consider, suggestions for things you can try, and information related to the aspects covered in this report, and how these are related to the Sustainability Mindset.

Take your time reading your Report. Pause, take notes, and reflect. It is all about you, and for you. There were no wrong answers in the survey. Only good options and perhaps some that you hadn't thought of.

WHAT YOU WILL FIND IN THE FOLLOWING PAGES

This Personalized Report is organized into several sections. The first section contains a graph, displaying how the different aspects assessed compare to each other, according to your choices in the survey. Those that occupy a larger area are your stronger ones and the narrower or missing ones are aspects of the Sustainability Mindset that are less developed or absent for you, as inferred from the combination of your answers.

The next section presents personalized descriptions of where you find yourself on your journey towards a Sustainability Mindset, in four clusters: Ecological Worldview, Systems Perspective, Emotional Intelligence, and Spiritual Intelligence.

Within each of these clusters you will find what aspects were assessed, and a graph for each aspect displaying how you connect to this topic, whether intellectually, through your actions and behaviors and/or by engaging your emotions.

If you see some areas missing within the graph, it means that either you selected "neither" for that question and therefore we don't have information to report on, or your answers suggest you don't engage in one or more particular areas (cognitive, behavioral or affective). Similarly, if you selected "neither" for all the questions within one aspect, we don't include a graph, since we don't have information to report on.

Each graph is accompanied by a box with a brief explanation, and you will find much more information in the text to include what your choices suggest, why this particular aspect is key for a sustainability mindset, and questions to ponder and suggestions to try.

**Enjoy your journey into the realm of the
Sustainability Mindset – a place where you can
be your best, for yourself and for the World.**

SUSTAINABILITY MINDSET INDICATOR



Sustainability
Mindset
Indicator

/ YOUR OVERALL **SUSTAINABILITY MINDSET PROFILE**

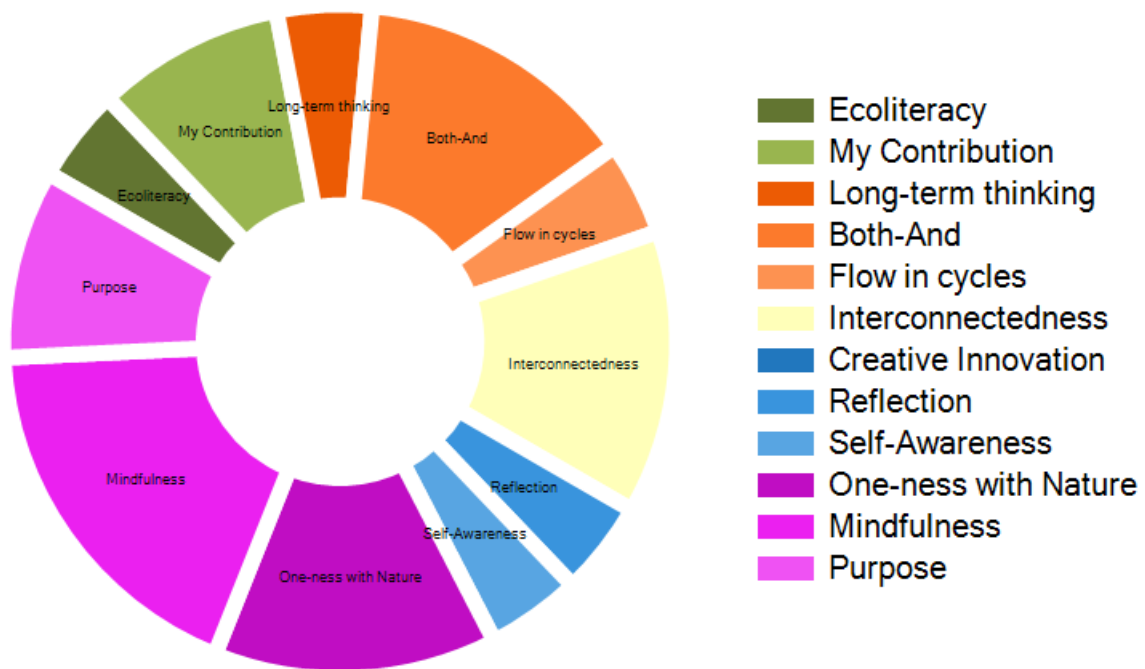
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**THIS PAGE IS HERE FOR YOU TO
NOTE YOUR REFLECTIONS,
INSIGHTS, AND QUESTIONS.**

The graph below shows your personal profile, indicating how – relatively to each other – you have developed your Sustainability Mindset. The wider sections indicate your stronger areas, and vice versa.

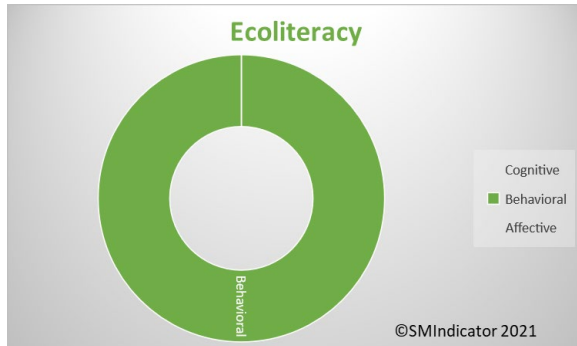




/ECOLOGICAL WORLDVIEW

An ECOLOGICAL WORLDVIEW is the result of having an intellectual and affective broad understanding of the planetary challenges, how they are interrelated, and how we are contributing to them.

/WHAT IS ASSESSED HERE: HOW YOU UNDERSTAND THE ENVIRONMENTAL AND SOCIAL CHALLENGES, AND HOW YOU FEEL ABOUT IT, AND THE IMPACT ON YOUR BEHAVIORS.



What this tells you:

This graph shows only one dimension – behavioral - indicating that you are action -oriented without necessarily connecting to your understanding about this aspect. You might use this information to seek ways to expand your comprehension of this topic. We don't have enough data to report on how you feel about this aspect.

YOUR SMI RESPONSES INDICATE THAT in your daily decisions you act in ways that can minimize your ecological or social footprint, and/or help the sustainability of our planet.

At the same time, in terms of Ecoliteracy, it seems that you are aware of some facts, but do not see the larger picture of how different data connect or impact each other.

We cannot comment on your feelings about this aspect, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

We are definitely living in a time of information overload. It is challenging to stay on top of all that is happening, while keeping up with our own obligations and activities. Furthermore, sustainability news tends to be on the negative side, creating doomsday scenarios and scary prophecies that can trigger anxiety, and not precisely inspiring us to act. We may avoid the news because they make us feel bad, sad, or concerned.

Yet we tend to underestimate our own power and influence in shaping a better world. As a matter of fact, if the challenges we are currently experiencing are a product of past problematic behaviors, then we are also positively shaping the future of the planet with our current mindful decisions and restorative actions. Understanding the scope of the sustainability challenges, from the environmental and social perspective, allows us to start noticing linkages, relationships and connections.

The other powerful path is in our emotions. When we allow ourselves to connect from the heart with the reality of the news and find small ways to change our behavior, we are more present and don't need to live with our divided selves.

This can be more fulfilling.

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

You may want to observe and explore the variety of environmental or social challenges we face, and perhaps find inspiration to focus your efforts on a certain area or urgency.

How do you manage your feelings? Do you connect with your heart, or do you seek to stay emotionally distanced, to avoid the stress of negative emotions?

/HOW ABOUT YOU TRY:

Here are some suggestions to ponder: What are things you are good at that you aren't incorporating into your sustainability contributions? Who could benefit and where from your gifts and talents and possibly your passion?



Understanding the state of the planet allows us to be more fully aware of the challenges, the complexity of how they are linked to each other, and to explore what it means to us.

**/WHAT IS ASSESSED HERE:
HOW YOU SEE THE RELATION
BETWEEN INDIVIDUAL DECISIONS
AND PLANETARY CHALLENGES, HOW
YOU FEEL ABOUT IT AND THE
IMPACT ON YOUR PERSONAL
BEHAVIORS.**



What this tells you:

This graph shows the two dimensions of cognitive and behavioral, meaning that you have an intellectual understanding of this aspect, and you also act upon it. We don't have enough data to report if or how you connect with your feelings related to this item.

YOUR SMI RESPONSES INDICATE THAT you periodically ponder if you are personally playing a role in the world's social or environmental problems of the world.

Certainly, you didn't create the problems intentionally, but you seem to pause and wonder in what ways you may be contributing to them.

/YOU ARE COMFORTABLE WHEN you can take a proactive role. Instead of remaining "the victim," you choose to act. You find small ways in which you are contributing to the problems and seek out those changes you could make to be less

a "part of the problem" and become part of the solution. This is a wonderful start.

**/THINK ABOUT HOW YOU CAN FURTHER
LEVERAGE THOSE STRENGTHS AND
MANAGE SOME OF THE LIMITATIONS
WHICH MAY BE HOLDING YOU BACK:**

The more you observe, the more opportunities you will find to make a real difference with a few simple changes to your behavior and habits.

We cannot comment on your feelings about this topic, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

**/THOUGHTS TO PONDER WHEN YOU
CONSIDER THE SM:**

Thinking of how we are personally contributing to the planetary challenges may not be something we do daily. Our demanding lives have many obligations and don't leave much time for reflecting on this. We are busy getting things done!

Yet when analyzing the current un-sustainability of our planet, science has clearly established a link between human behaviors in past decisions and the current problems we face. Much attention is now focused on how to repair the damage done, and how to restore damaged, depleted or endangered resources. Scientists and entrepreneurs study how to minimize current or future problems at the environmental or social level, and how to innovate to avoid negative impacts into the future.

If we collectively influenced the place, we find ourselves in now (with all its problems), that means we also hold the key to influence where we will collectively be in the future – we: meaning humankind at large, or, from a closer perspective, our families, children, and grandchildren.

/HOW ABOUT YOU TRY:

What if we could develop the habit of asking ourselves periodically: *how am I contributing to this problem?* This question opens a path of inquiry, which automatically leads to expansion of our consciousness. We become more alert to take notice, and thus more open to try out new behaviors.

This same question, by the way, is also a powerful tool that can improve our relationships and interactions with others! So often we focus on what others are doing unto us, which leaves us powerless. When we learn to pay attention to what is our role in the problems we endure, we regain control and can actually do something.

Actively thinking about your contribution is definitely an important milestone in your personal development, with planetary implications.



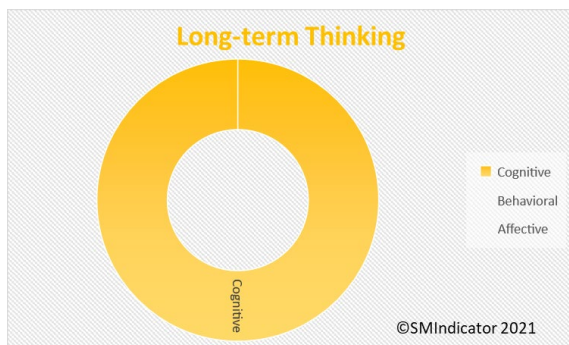
When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness and develops social sensitivity.



/SYSTEMS PERSPECTIVE

When analyzing information and making decisions a SYSTEMS
PERSPECTIVE has a major impact on the sustainability of our actions.

**/WHAT IS ASSESSED HERE:
HOW YOU THINK ABOUT THE LONG-
TERM IMPACT WHEN ANALYZING
AND MAKING DECISIONS,
COMPLEMENTING SHORT-TERM
THINKING; HOW YOU FEEL ABOUT
IT, AND THE IMPACT ON YOUR
BEHAVIORS.**



What this tells you:

This graph shows only one dimension – cognitive - indicating that you have knowledge about this aspect, without necessarily connecting it with your behaviors. You might use this information to seek ways to convert your understanding into action.

We don't have enough data to report about your feelings on this topic.

YOUR SMI RESPONSES INDICATE THAT you have a good understanding of the long-term sustainability impacts that our decisions may have, even the simple and daily ones, not to mention behaviors commonly accepted in our society.

At the same time, you are pragmatic and prefer to focus on the short term when trying to solve a problem, because it seems more tangible, concrete and functional. It saves time, or so it seems.

/YOU ARE COMFORTABLE looking for quick and efficient ways to address a situation and seeking to simplify matters. You are a good problem solver. Acting promptly is important for you, and it provides you and others with a sense of control and direction.

We cannot comment on your feelings related to this topic, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

There is a tacit pressure to act promptly and focus on that which needs immediate attention. This is very important, and there are many circumstances where this way of responding is the optimal, or even the only one that matters. A fire in the house, for example. We can sense the urgency and it is not a good idea to pause and reflect on the long-term implications of the fire.

But for many daily decisions, the context is different, and yet we still prioritize short term thinking, often without even pondering any medium- or long-term impacts of what we are doing. The stream of life, our colleagues, perhaps everyone with whom we interact takes for granted that we "all" act this way.

On the other hand, with greater understanding of the social and environmental problems we are facing, it has become clear that the law of cause-and-effect is always at play, even if not immediately obvious. In other words, the consequences of our daily actions do have impacts - some over time, some just in a different geography, and many on both.

As with other aspects which are key for a sustainability mindset, it is not a question of choosing one over the other, but a matter of balancing both views and taking both time horizons into account.

/HOW ABOUT YOU TRY:

This mental habit expands our consciousness, as we become more aware of the way we are impacting others and the world. Not thinking about this doesn't stop it from happening. Stretching our imagination to consider potential impacts across time helps us make better decisions, and play a more active role in shaping a better world.

For example, what might be some long-term consequences for sustainability of a purchasing decision you recently made? What would your latest decision look like if you had considered these potential long-term impacts?

It takes practice to develop new mental habits, but they too, can have long term impacts - for the better.



Every action has consequences that are not immediately visible.

Considering the long-term when analyzing situations and making decisions has a positive impact on global sustainability.

**/WHAT IS ASSESSED HERE:
HOW YOU THINK ABOUT AND DEAL
WITH AMBIGUITY AND PARADOXES,
HOW YOU RECOGNIZE DIVERSITY,
FEEL ABOUT IT AND ACT TOWARDS
IT.**



What this tells you:

This graph shows that your approach to the assessed topic is both cognitive and affective, but you are not necessarily translating what you know and feel into actions. You might use this information to explore new habits and daily changes for a sustainability purpose.

YOUR SMI RESPONSES INDICATE THAT you are an empathic person who knows how important it is to listen to other perspectives, and to find solutions that can accommodate diverse needs.

Not being inclusive may also make you feel guilty, selfish, righteous, or irresponsible. This is your internal compass!

At the same time, you are a pragmatic person that likes clarity in life. **You are most comfortable** with clear choices - black and white options - and find a sense of stability and reassurance in holding onto your values and your worldview. When faced

with a new situation, you seek to rapidly frame it within what you have learned is "right" or "wrong."

This may be useful for avoiding gray areas, although it may also create a tension: is it possible to balance honoring your values, what "feels right", with accepting very opposite positions?

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

Welcome to life! You are not alone in the struggle. You already have come far in your personal journey, as you can empathize with others and take a glance into their world.

What are the boundaries? In what areas is inclusive thinking and acting easy for you, and which situations are more challenging? This is your work.

You have a very valuable characteristic, particularly in our sustainability-challenged times, where the solutions to our environmental or social problems have to be found considering a wide array of interests and needs.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Many of our world's sustainability challenges originate in choices such as: "either the planet or the economy" and "either protect the wolves or the farmer." Yet, *either-or* choices can be misleading, and have us believe there are win-lose solutions that work.

But do they really? If the cost is high, do they still work? When we find ourselves in a situation where

we see it the right way, and others are wrong, what may we be missing that these others are seeing? How could we all benefit from having a fuller picture?

It seems that today, more than ever, we are collectively being confronted with paradoxes and ambiguity. Increased transparency and access to information from around the world makes us aware of very different ways of thinking, being and acting with which we may not agree or be comfortable.

Challenging as this may be, there is a benefit to it: We are becoming aware of our own worldviews just by realizing that there are other ways of seeing and feeling. This is an evolutionary insight of great value, the foundation for more peaceful societies.

In a way, life is prompting us to expand our understanding and our scope of caring, which go hand in hand. When we understand something, we can begin caring. This is the start of a better world for all.

It is wonderful to experience our perspective included by others. Since we cannot control what others think or do, but have control over our own way of thinking, there may be an interesting path worth exploring here.

/HOW ABOUT YOU TRY:

Which are situations where either-or thinking is appropriate, and when do we need a creative both-and solution?

There are multiple daily opportunities to convert your natural empathy into inclusive behaviors. Any thoughts?



Both+and thinking allows us to understand paradoxes and calls for creative solutions that are inclusive of all stakeholders.

**/WHAT IS ASSESSED HERE:
HOW YOU BALANCE YOUR CAPACITY
TO ANALYZE AND PLAN WITH THE
UNDERSTANDING OF NATURAL
CYCLES, AND MAKE THEM PART OF
YOUR MINDSET.**



What this tells you:

This graph shows only one dimension – cognitive - meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.

YOUR SMI RESPONSES INDICATE THAT you are profoundly committed to actions, enjoying the challenges life offers you.

/YOU ARE VERY COMFORTABLE crafting plans and setting goals to measure your progress. You derive a sense of fulfillment and satisfaction when you achieve the goals you set for yourself. This allows you to feel empowered and in control, which is a nice feeling, particularly as it avoids the stress of uncertainty.

At the same time, you are aware of the commonly shared belief that humans are the most intelligent species, the apex of creation, with the intellectual ability to control nature. And you have come to realize this assumption is most frequently contradicted by reality, particularly when we think in a linear way, acting outside the cycles of Nature.

**/THINK ABOUT HOW YOU CAN
FURTHER LEVERAGE YOUR
STRENGTHS AND MANAGE SOME
OF THE LIMITATIONS WHICH MAY
BE HOLDING YOU BACK:**

While planning is a way to feel in control of situations, you also have noticed that it is constantly challenged since life - with its countless variables - is too complex to be managed.

Do you experience frustration at times when things don't work out as you planned, or expected? How do you react? Do you let go of your plans and observe what the events are telling you, or do you use persistence and incremental efforts to stay on top of your planned course?

**/THOUGHTS TO PONDER WHEN YOU
CONSIDER THE SM:**

You may be wondering why planning is related to several key aspects for a sustainability mindset. The connection is not in the planning as an activity per se, but in the way we think and process information when we plan. Planning is about organizing and structuring in order to control outcomes. Planning is linear by definition -one step after the other - and it assumes cause-effect relationships. But what about multi-effects, multi-causes, and feedback loops?

Contrast this with the sustainability problems we are facing. To begin with, they are complex and multidimensional by their very nature. Many are

the result of our linear thinking, for example we believe that we can pursue unlimited growth, yet depletion of natural resources shows us this is not possible.

Our reliance on the human mind can create a collective assumption that we are in control, but a “small” manifestation like Covid-19 arrives as a surprise to debunk the myth of our own superiority.

/HOW ABOUT YOU TRY:

Planning in itself is not the problem but rather, excessive reliance on carefully crafted steps. How do you incorporate the cycles of nature into your planning? As an example, do you accept phases of growth and decline - aging and impermanence, along with endings and mortality followed by new beginnings and birth? How do you incorporate humanity as part of Nature, rather than its controller? Many implications to think about, indeed.

Here a few thoughts to ponder. Do you see yourself balanced in terms of making and letting go of plans? How do you balance structure and flow, organization and flexibility?

Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river’s current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

There are no linear processes in Nature: Everything flows in cycles of birth, growth, death, and rebirth.

Many aspects of man-made unsustainability of the planet are a result of the misconception that we are not governed by this law of Nature.



**/WHAT IS ASSESSED HERE:
HOW YOU UNDERSTAND AND
EXPERIENCE INTERCONNECTEDNESS,
VERSUS VALUES LIKE AUTONOMY
AND INDEPENDENCE.**



What this tells you:

This graph shows two dimensions, the behavioral and affective. This means that you connect emotionally with this aspect, and act upon it, perhaps without a full understanding of why it is important. You may find it interesting to deepen your understanding of this principle.

YOUR SMI RESPONSES INDICATE THAT you believe independence and autonomy are very important aspects of human life, perhaps as a combination of a given right, a personal goal and a precious virtue to cultivate. They signify ownership and accountability to you.

Interestingly, your choices in the questionnaire also indicate that you are a person who is appreciative about other people's input, feeling gratitude in your heart for their support even to your personal accomplishments.

You are comfortable paying attention to the input of stakeholders when analyzing a problem

and seeking effective solutions, seeing yourself as part of a larger whole.

**/THINK ABOUT HOW YOU CAN
FURTHER LEVERAGE YOUR
STRENGTHS AND MANAGE SOME
OF THE LIMITATIONS WHICH MAY
BE HOLDING YOU BACK:**

While certain cultures have a collectivistic framework, most of the western-northern culture - widely exported and globalized - is individualistic and celebrates personal achievement. Do you experience this unspoken expectation in your daily life - to be independent, to outperform others, to be self-reliant or perhaps to demonstrate your value in competitive settings? Have you sensed the contradiction between these two paradigms, one valuing competition and self-reliance, the other promoting collaboration and inclusion?

How realistic and even feasible is this idea of autonomy? Let's pause for a moment: Can you name one achievement that was purely and authentically your own without another person playing any role in it?

**/THOUGHTS TO PONDER WHEN YOU
CONSIDER THE SM:**

The polarities of independence vs. interconnectedness and competition vs. collaboration are of particular relevance when focusing on sustainability. The environmental and social challenges are complex and multidimensional, making it impossible for any person to solve on their own. It is only through collective thinking, action and collaboration of multiple stakeholders that we will be able to develop alternatives. (This, by the way, makes sustainability a great opportunity for contributing personal skills to a larger cause).

The combination of your responses seem to indicate that your heart and your actions have embraced collaboration, stakeholder inclusion and participatory solutions. You are on the right track – the old paradigm of competition and individual achievement may be outdated soon, particularly with the planetary sustainability challenges.

/HOW ABOUT YOU TRY:

We invite you to explore what autonomy means for you. What are the roots of this value for you, perhaps in your upbringing or in your current context? Is this a priority for you, or is it something automatically inherited, or maybe adopted without giving it much thought?

Are you able to share your perspectives with others? How can you bring your collaborative spirit to new contexts, where it might be much needed? You might help expand other people's thinking horizon.

That can be an interesting task ahead.

*When we see interconnectedness,
we understand the importance of
diversity, and our decisions and
actions become more inclusive,
which contributes to the
sustainability of the whole.*





/EMOTIONAL INTELLIGENCE

Understanding ourselves through the anchors of our identity, the pace of our life, and how we consider our intuitive wisdom are key for a sustainability mindset.

/WHAT IS ASSESSED HERE: HOW YOU INCORPORATE NON- RATIONAL INFORMATION, INTUITIVE KNOWING, CREATIVITY AND IMAGINATION IN ORDER TO BALANCE RATIONAL THINKING, AND HOW YOU FEEL ABOUT IT.

YOUR SMI RESPONSES INDICATE THAT you have a clear understanding of the value of your logical and analytical thinking abilities.

You know that the human mind is capable of great accomplishments, as history has shown. And you trust that our sustainability problems might be addressed with rational thinking and good strategies.

You feel most comfortable when you can think things through, following proven steps and organizing reality into priorities. You enjoy order and dislike the uncertainty of chaotic situations. These preferences make you a great contributor of rational thinking when analyzing a problem. You may find yourself in the role of the defender of structure and stability, and the keeper of the status quo. You are careful to avoid what you consider as unnecessary risks.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

That said, the sustainability challenges we are facing are largely new, and as COVID-19 taught us, increasingly situations arise for which we don't have previous experience or science on which to rely. We have become more aware of the complexity of our challenges, and we are skeptical of the effectiveness of simplistic solutions.

However, this also requires entry into uncharted territories.

Resilience calls for flexibility in adapting to new situations, and this entails innovating and experimenting. Having no plans or blueprints to follow may be unsettling, and the only choice is to take some risks.

/THINK ABOUT HOW YOU CAN LEVERAGE YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

These seem to be your current challenges: How can you feel more comfortable trying and experimenting without knowing?

Here is a thought to consider: What are some situations in which you are creative, relaxed and playful? Perhaps cooking or gardening? Playing some team sports? Or around small children? Maybe planning a party?

If you can identify some of these creative and playful moments, in them you have a reservoir of imagination available to tap into. This can help you complement your strategic thinking and maximize your achievements for the benefit of all.

*Resilience is based on constant
creativity, innovation, and
experimentation. When we neglect
the non-rational wisdom we have in
us, our solutions are missing critical
information, and may create negative
impacts on the ecosystem and
society.*





This page is here for you to note your reflections, insights, and questions.

**/WHAT IS ASSESSED HERE:
HOW YOU NOTICE YOUR OWN PACE,
AND HOW YOU BALANCE RAPID
RESPONSE WITH MAKING TIME TO
PONDER AND REFLECT BEFORE
ACTING. AND HOW THIS MAKES
YOU FEEL.**



What this tells you:

This graph shows only one dimension – cognitive - meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.

YOUR SMI RESPONSES INDICATE THAT you sense that we are collectively trapped in an accelerated pace. Perhaps you notice your own speed, or see it in others.

The fact is that you observe and seem to think about this phenomenon, and may be asking yourself about the cost of this upon you or others. How is it possible to contemplate the future implications of decisions taken under the pressure of speed?

AT THE SAME TIME, YOU ARE COMFORTABLE making a quick assessment of a situation and acting promptly. You are a quick thinker, and while you may overlook some details, you consider that your decisiveness also helps stimulate those that are more hesitant. Speed is justified. As a matter of fact, you thrive on the adrenaline of urgency! You find multitasking very stimulating and enjoy the tension which brings out your best performance. You are a true citizen of our times.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Since we are looking at these aspects from the perspective of a sustainability mindset, let's pause and think about what behaviors might be most effective as well as much needed.

While there is a call for urgent action about climate change and the related social and environmental problems, many modern sustainability challenges are actually the result of overlooked potential impacts. For decades, well-intended decisions were largely made by quickly identifying the best option.

But today we are understanding better that problems are complex, that solutions impact a multiplicity of future stakeholders, and that there are always consequences.

Of course, it is not possible to anticipate all scenarios, but pausing and checking assumptions can be very useful to avoid future problems.

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

For example, what can you learn to avoid or repeat from past experiences? Can you identify in hindsight, what was at stake?

When we have more information we can better weigh alternatives. All of this, however, is at odds with speed. We cannot both act fast and ponder carefully.

The question becomes: Is decisiveness and fast action coming at an expensive price for you and others, us, the next generations, and the ecosystem?

/HOW ABOUT YOU TRY:

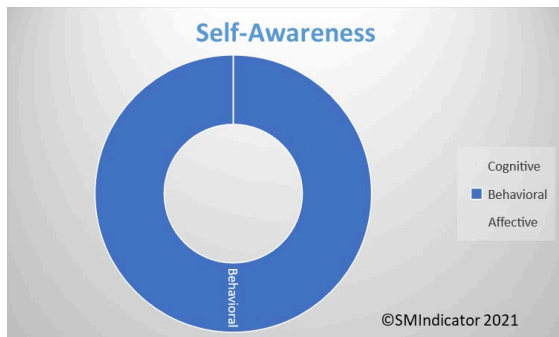
You are blessed to have good endurance of tension to sustain multitasking and even enjoy it. Does it ever happen to you that you wish you could relax, slow down and do nothing? Does your body, your mind or perhaps your soul call for a break, less stress? What message may be there for you, waiting to be heard?

Food for thought!

Reflective practices help to pause, and to ponder the situation and its implications before jumping into action.



/WHAT IS ASSESSED HERE: **HOW AWARE YOU ARE ABOUT THE** **ANCHORS OF YOUR IDENTITY AND** **YOUR VALUES; HOW YOU FEEL AND** **ACT IN CONSEQUENCE.**



What this tells you:

This graph shows only one dimension – behavioral - meaning that you are action- oriented, without much engagement of your feelings and without necessarily thinking about this aspect intellectually. You might use this information to seek ways to expand your understanding and explore your emotions.

YOUR SMI RESPONSES INDICATE THAT you see the world through a precise lens that is, and has for a long time been, the most widely shared paradigm.

In the world as you (and so many others) see it, you recognize the immense progress that humanity has made, particularly accelerated over the last century. You realize that competition has driven individuals to seek to be better than and outperform others, and the resulting inventions have vastly improved the quality of life for people on this planet.

This progress may have come at a price that we now see, particularly at the environmental or social level, but from your perspective the fallout was not intentional and was justified by the benefits. Human “can-do” spirit and individual ambition will continue developing new solutions.

You are aware that there is an increasing trend to highlight the negative consequences of progress, of capitalism, or of society in general, and this seems to make you feel uncomfortable, even upset.

It is possible that you, yourself, sense a personal tension between the gravity of what we are facing as humanity and your individual bewilderment about what you might actually do to help prevent or solve the problems. For example, you may feel that climate change is too complex to be attributed to our mere daily behaviors.

In addition, the tension may put into question the values with which you were raised or grew up, and this is likely an uncomfortable experience, particularly if these values are important for you, or are an important part of your identity. For instance, achievement, competition, being a winner, not being a loser, and success may be important foundations of who you are. You may wonder what makes them suddenly wrong!?

These may be difficult dilemmas for you right now.

/HERE COMES A SURPRISE: The choices you made in the survey, however, provide a surprising insight: You have been noticing that many of your automatic behaviors are not very environmentally friendly, or perhaps have some kind of negative social impact.

This seems to have motivated you to try to make some changes, although it might not have been easy. Nevertheless, this is a very important

moment of awareness: change starts with our noticing some discomfort about something and wanting to do something about it to feel better (or at least less bad). In this case, you seem to have achieved this very important step.

Of course it can be overwhelming to think of the complex problems. But what if you start small?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Let's pause for a moment. This survey was designed around the Sustainability Mindset, which is a way of thinking and being, to optimally adapt to the moment in which we are living. This Mindset focuses on using our natural gifts to shape a better future, for ourselves and for all, the ecosystem included.

Research has proven that what may sound overwhelming, actually can be broken down into small, realistic ways to contribute to the greater good, and, as you well know, feel great at the same time. The first step is taking a fresh look at what surrounds us.

Undoubtedly, there are social and environmentally related challenges everywhere. Some happen locally, others across borders. Science has been linking many of these issues to human behaviors, such as consumption of unhealthy foods, depletion of natural resources, pollution or contamination of air, soil, and water. And we are left to deal with the consequences today, trapped in a paradigm that prioritizes values that have a negative impact, such as thoughtless consumption.

But what if we realized that some of our habits today are (unintentionally) contributing to more of these problems in the future? And vice versa: What if a change in a small habit today could do its part to shape a better future?

/HOW ABOUT YOU TRY:

Can you think of another habit of yours that might qualify? We don't know what we can do until we try. And when we put aside cynicism for a moment, we actually may feel a deep sense of joy. Sometimes we shift our values because of a new experience. Worth trying, right?

When we explore our personal values, beliefs, assumptions, and motivations, we gain greater control over our actions, and we can see new alternative behaviors.





/SPIRITUAL INTELLIGENCE

The spiritual orientation to Nature, to ourselves and to others are key factors for a Sustainability Mindset, as they impact the quality of our actions.

**/WHAT IS ASSESSED HERE:
HOW YOU EXPERIENCE NATURE,
HOW YOU UNDERSTAND THE
HUMAN RELATIONSHIP WITH
NATURE, AND YOUR RELATED
FEELINGS AND BEHAVIORS.**



What this tells you:

This graph shows that your approach to the assessed topic is both cognitive and affective, but you are not necessarily translating what you know and feel into actions. You might use this information to explore new habits and daily changes for a sustainability purpose.

YOUR SMI RESPONSES INDICATE THAT you think of Nature as an experience that offers more wisdom than we can intellectually grasp. This understanding may be the result of some special moments, when you stood in awe admiring Nature, your heart perhaps filled with joy and some kind of wordless experience of beauty.

You see the limitations of pure rationality and realize that the intellectual capability is valuable for building scientific knowledge, but also frequently overstated. Our comprehension of the natural world, including

our bodies, has advanced over time, but in the history of science findings are always within the constraints of available instruments, paradigms, or assumptions. It is clear to you that over time, the development of more precise measurement techniques or revolutionary thinking has certainly revealed the myopic or biased conclusions of the past!

However, you are also comfortable acting with a utilitarian approach to natural resources, considering the rights granted by our belief in "human superiority".

Without doubt, many scientific discoveries and improvements of our quality of life have shown the power of the human mind. Yet you may have also noticed that some betterments have come at a cost for the environment or society, and we are collectively paying that price, for example, soil erosion or waterway contamination from chemical crop fertilizers meant to enhance soil productivity.

The human-centric paradigm that we collectively adopted and believe has begun to show some shortcomings, inviting us to revisit our place and role in the larger ecosystem.

What are some undesirable consequences of human progress that you have personally experienced? What message may be in this for you?

**/THINK ABOUT HOW YOU CAN LEVERAGE
YOUR STRENGTHS AND MANAGE SOME OF
THE LIMITATIONS WHICH MAY BE HOLDING
YOU BACK:**

The combination of your choices in this instrument seems to show a disconnect between what you believe and value, and your actions. You have been blessed with some powerful experiences of oneness with Nature that give you an empathic disposition, yet they don't seem to manifest in how you act. It

may be a way of blending into a context that rewards rational thinking and intellectual capabilities.

But is that who you really are?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

According to a 2018 United Nations study, over 55% of the world's population lives in urban areas, a proportion that is expected to increase to 68% by 2050. As a result, for many of us, the disconnection from Nature is rather “natural.”

Hectic life in large cities makes it difficult for us to remember that we are more than individuals moving through traffic and buildings. The common associations with the word “Nature” may be vacation time, a park, or a documentary. What about our food? Our body? The materials of every object we use?

We rely on and praise scientific progress, but history has demonstrated that scientific findings are always within the constraints of available instruments, paradigms, or assumptions and many myopic or biased conclusions have been revealed with the passage of time, the development of more precise measurement techniques and revolutionary thinking. Biomimicry, a discipline studying how Nature solves problems, has been highlighting the wisdom of billions of years of evolution, and suggesting that we may find more answers in Nature than through our human intellect.

In fact, indigenous people have demonstrated a more resilient lifestyle, based on an intuitive connection to Nature.

This disconnection from Nature leads to a utilitarian relationship: Nature is reduced to instrumental resources for human needs and wants, causing not only spiritual alienation, but is the root cause for many unsustainability behaviors. What impacts do you see from having a utilitarian relationship with Nature?

When we understand something, we start caring for it. Understanding that we are one with Nature, a species within species, is a profound experience that

can shape behaviors leading to a more harmonic relationship with the self, with each other and with all beings.

You seem to have experienced it: a sensorial, intuitive understanding. It is not something to be learned, but rather an experience that we allow to happen, and which makes us remember something we have always known but had forgotten.

/HOW ABOUT YOU TRY:

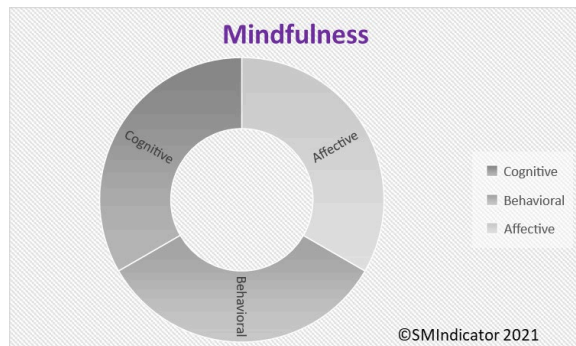
Sometimes we realize that our thinking, feeling, and acting are not aligned. When we notice it, we may feel discomfort and tension- something out of sync. A sustainability mindset is not just harmony with the ecosystem, but it starts within us.

Is there something you need to revise, to feel more authentically who you are? What part of you is still clinging to an old paradigm, and why might that be so?

Understanding that we are one with Nature, a species within species, is a powerful spiritual experience that can shape behaviors leading to a more harmonious relationship with each other and all beings.



**/WHAT IS ASSESSED HERE:
HOW YOU THINK ABOUT THE
MEANING, ROLE AND VALUE OF
MINDFULNESS AND ITS PRACTICE,
AND HOW YOU FEEL ABOUT IT.**



What this tells you:

When the graph is well balanced, it means that you have a good understanding of the aspect of the Sustainability Mindset being assessed, that you are able to connect with your feelings about it, and that you tend to act upon what you know and feel. This is a good start, and you might want to think about circumstances or contexts in which you would like to act more, understand better or further explore your feelings.

YOUR SMI RESPONSES INDICATE THAT you have a clear understanding of the world we live in and the importance of mindfulness.

You realize that consumption is rewarded, linking “who we are” with “what we do, have, or own”. You see this materialistic pattern in society, with its consequences on how we have to keep busy doing things, seeking to make money to be able to belong, feel respected and valued. You realize the

unfortunate impact that this implicit message has on our health and well-being. It’s like being trapped in a race to pursue an elusive and short-lived happiness.

/YOU ARE COMFORTABLE pausing periodically to re-center, experiencing the positive impact on how you feel with yourself, and how you interact with others.

Pausing and stepping away from our task clears your mind, and you can get back with renewed energy. Is this something you remember to do when you need it? If not, how could you help yourself remember it more regularly?

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

The world you live in comes with many challenges that you need to attend. You seem to experience at times the tension and stress that comes with the daily difficulties. You may notice it in your health, sleeping patterns, or in how you relate to others as a result. When the reality is challenging and poses a high demand on your physical, emotional and psychological systems, you try to manage the best you can.

You may know that studies show the physical and emotional consequences of a constant focus on doing while overlooking the more profound dimensions of “being,” such as reflection, spiritual or religious practices, time to recharge and find ourselves, and time to connect with our deeper self. As a matter of fact, you find in some of those contemplative practices a helpful path to regain inner calm.

You seem to have a good understanding of the challenges of our current paradigm - the consequences of an imbalance between doing and

being, between mundane action and the attention given to our higher self, our soul.

So here are some questions for you to contemplate:

Understanding the achievement race that we live in, how do these thoughts align with your experience, and with your values?

Does your reality reflect the priorities that are important for you? If not, what are some small changes you can make?

What is mindfulness for you today: Is it a practice or a does it form a part of your lifestyle?

/HOW ABOUT YOU TRY:

What would need to be true for you to take your practice to the next level, and what might that look like for you?

How easy is it for you to “catch yourself” in the moment when you are not fully present, not mindfully listening, or letting your emotional reactions control you, as opposed to your wiser self?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

From the perspective of a sustainability mindset, mindfulness is both a key practice and an amazing result. Research has shown a direct link between individuals that have some contemplative practices not just with their physical and psychological health, but also with the emergence of feelings of empathy and compassion.

This creates a disposition towards positive social and environmental actions, and the resulting satisfaction feeds a positive reinforcing loop. In other words, the better we feel about something

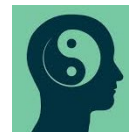
we’ve done, the more we seek to repeat the experience.

When we access and display a more balanced version of ourselves, we convey an unspoken message to the people with whom we interact, not just by what we say or how we behave, but through our attitude and energy. This has a proven positive influence on others, as science has identified with the phenomenon of “emotional contagion.”

In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world.

You already know that.

Mindfulness is being fully present, experiencing connectedness with all that is. Mindfulness enhances awareness and compassion, and predisposes to social and environmental actions.



**/WHAT IS ASSESSED HERE:
WHAT YOU THINK ABOUT HAVING A
PURPOSE IN LIFE, PARTICULARLY
SOMETHING THAT IS IN SERVICE TO
OTHERS; HOW THIS FITS YOUR
REALITY AND HOW YOU FEEL ABOUT
IT.**



What this tells you:

If a graph shows the two dimensions - cognitive and behavioral - it means that your tendency is to distance yourself from your feelings, particularly in the aspect assessed here. You have a good understanding about it, and are acting upon it, but you might want to further explore your emotions in relation to it.

YOUR SMI RESPONSES INDICATE THAT you think it is important to find a purpose in life, to identify something that, by making a difference, makes our life meaningful.

In fact, you have already found it, through actions that serve others. You may have found a cause, or it is possible that part of your obligations and responsibilities are to serve others, to attend to their needs or expectations. Your work, family, perhaps relationships, form part of your reality and may use

up your available energy – and you perceive this as your service.

How does this make you feel? Do these activities feel like your “calling”, or like an obligation that lands upon you? Sometimes we don’t see that we had a choice, and that may place an extra burden on us, which is perceived very differently than when we intentionally decide and choose where and how to “serve”.

**/THINK ABOUT HOW YOU CAN FURTHER
LEVERAGE YOUR STRENGTHS AND
MANAGE SOME OF THE LIMITATIONS
WHICH MAY BE HOLDING YOU BACK:**

You indicated that you tend to get impatient with people who talk about having a purpose or a mission in life, of ‘changing the world’. You confront those words with your current reality, and it sounds rosy or grandiose, unreal. Perhaps those people don’t have the same challenges you have to manage, or just want to look good.

All that said, research has shown that individuals who engage in activities of service to the community, volunteering or some kind of initiative for the greater good have a higher sense of wellbeing than those who do not. This includes benefits to health, feelings of joy, increased self-esteem, and personal satisfaction.

In contrast, perhaps you have experienced that focusing on the extreme demands of your life sometimes takes a toll on your health, your mood, creating tension or anxiety, disrupting your sleep or impacting how you interact with others.

Does it happen to you that you don’t feel happy with yourself or with others? If so, have you asked yourself what you could do to feel better, to lower your stress? Perhaps you have, but the answer you found may have been that as long as your demands remain high, there is not much you can do.

So here, again, some thoughts to evaluate:

Which of the activities that you engage in are a necessity, a “must-do,” and which ones represent a choice? Who would do these activities if it were not you? What would it take to let go of some activities, or perhaps of “how” you do them?

These questions have an agenda: to help you free up some time and space to try out a different experience, one that consists of something you do for others outside your inner circle.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

The research regarding core aspects for a sustainability mindset identified the role of activities intentionally done for the “greater good.” The state of our planet is such that it requires each of us to step up and play an active role in shaping a better world.

The actions needed, whether large or small, share a similar result: they provide us with a feeling of joy, which then we want to replicate to feel good again, thus creating a reinforcing loop. Interestingly, we tend to think that we need to take care of ourselves first, before helping others, but the facts show that when we do small acts of kindness for others, we feel much better ourselves.

/HOW ABOUT YOU TRY:

With this in mind, what are some new experiments you can try? What are some different things for the greater good that you already did, and perhaps could repeat, do regularly, or improve? Which of your natural gifts and skills could you put into service for the greater good, in a cause for which you have a passion?

Don't get intimidated by grandiose words like ‘changing the world’ or having a life mission or purpose. In fact, each small action of kindness has already an impact that we may never be able to imagine. That is also changing the world, one interaction at a time.

Defining our purpose provides an unconscious compass, and when it is grounded in values of our higher self, we actively shape a better world.



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Thank you!

