



Sustainability  
Mindset  
Indicator®

**/REPORT  
PREPARED FOR:  
2024UniNe-4695  
04/Feb/2025**

*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, making a difference in the world. Which is sustainability at its best.

Let this report be a gift for your soul.

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 areas (cognitive, behavioral, or affective). Similarly, if you selected “neither” for all the questions within one Sustainability Mindset Principle, we don’t include a graph, since we don’t have information to report on.

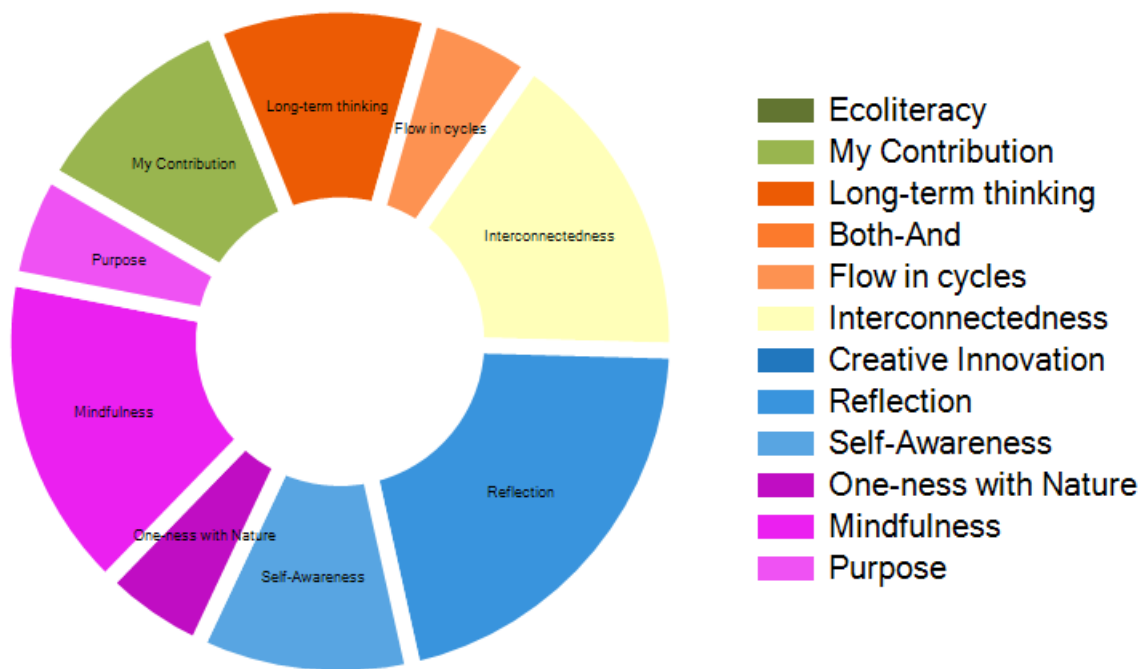
Each graph is accompanied by a box with a brief explanation, and you will find much more information in the text to include what your choices suggest, why this Principle is key for a sustainability mindset, and questions to ponder and suggestions to try.

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

*The SMI Team*

**/ Your overall SUSTAINABILITY  
MINDSET PROFILE**

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.**

**We cannot comment on your thinking, behaviors or feelings about this topic, since you indicated (by choosing "neither") that you did not find yourself represented by any 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 tend to 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.

That opens up one interesting path. 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 very fulfilling.



*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.*





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

## **/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 affective dimension, meaning that you connect emotionally with this aspect, without necessarily having full understanding about it. We don't have enough data to report if or how your feelings impact your behaviors related to this aspect.**

## **YOUR SMI RESPONSES INDICATE THAT** you have a pragmatic approach to the world.

You are aware of the many environmental and social challenges, but you aim to keep them separated from your personal life. You seek to distance yourself from distressing information about sustainability problems to avoid getting too emotionally entangled. After all, you didn't cause them!

This may be a useful coping strategy, since you are a sensitive person with an open heart, and you possess the skills to connect with your emotions as

well as to feel for others, with empathy and compassion for their suffering. This is a precious quality, although at times it can be difficult to live with it.

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

How do you manage your social sensitivity with your pragmatic approach?

## **/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.

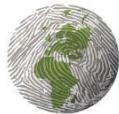
If we collectively influenced the place, we find ourselves in now (with all its problems), that means we also hold the key to influence where we will collectively be in the future – we: meaning humankind at large, or, from a closer perspective, our families, children, and grandchildren.

## /HOW ABOUT YOU TRY:

What if you could develop the habit of asking yourself periodically: *how am I contributing to this problem?* This question opens a path of inquiry, which automatically leads to expansion of your consciousness. You 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 your 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 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 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.

**/YOU ARE COMFORTABLE** thinking of "what ifs" and the long-term consequences of possible decisions before taking them. This may not always be welcome in a team setting, but from the perspective of shaping a sustainable world, this contribution is a great asset

to yourself and to your working groups. Your perspective will likely enrich actions, as they result from considering potential impacts in the longer term.

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

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

So how do you relate to others, who don't see it like you? Does it happen sometimes to you that you cannot understand why others passionately resist your long-term thinking?

If that is the case you might want to remember the emotional weight of uncertainty. You might feel a bit of anxiety or fear of the unknown yourself, if you would check on your feelings.

**/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.

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.

This is something about which you seem to know quite a lot.

### **/HOW ABOUT YOU TRY:**

Empathy and understanding go hand in hand, and smooth out our interactions. Is this something you remember when you are in a conversation? Or something you would like to keep in mind?



*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.**

**YOUR SMI RESPONSES INDICATE THAT** you are aware that when we start to be inclusive of other people’s perspectives, we may lose sight of what we hold true and right, thus not fully honoring the responsibility we feel to champion these values.

That said, we cannot comment on your behaviors or feelings related to this topic, since you indicated (by choosing "neither") that you did not find yourself represented by any of the available options.

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

Much 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.” 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.

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?

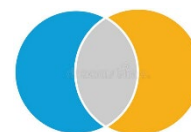
What may we be missing that these others are seeing when we find ourselves in a situation where we see it the right way, and others are wrong? How could we all benefit from having a fuller picture?

**/HOW ABOUT YOU TRY:**

Can you think of an event or situation, however minor, where someone with a different opinion was able to step into your shoes? How did it make you feel? How did it impact your attitude and your behavior?

What if we could shape a world that makes room for different perspectives? Where you acknowledge others’ points of view, and yours are also included by others? Since we cannot control what others think or do but do have control over our own way of thinking, there may be an interesting path worth exploring here.

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.



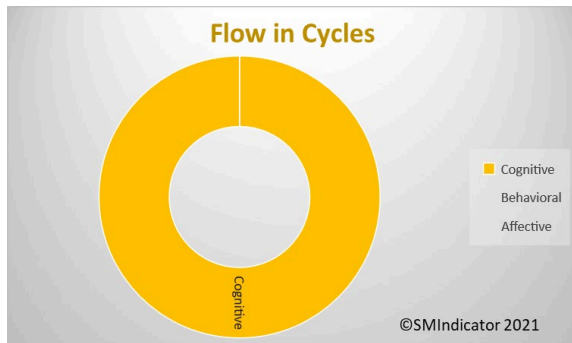
*Both+and thinking allows us to understand paradoxes and calls for creative solutions that are inclusive of all stakeholders*



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



**/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 - indicating that you have knowledge about this aspect, without necessarily engaging your feelings. You might use this information to explore your emotions.**

**We don't have enough data to report on your behaviors related to this topic.**

**YOUR SMI RESPONSES INDICATE THAT** planning gives you a feeling of being empowered and in control.

This is a good sensation as it avoids the stress of uncertainty. You seem to derive a sense of fulfillment and satisfaction when you achieve the goals you set for yourself.

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.

We cannot comment on how you act based on this understanding, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

**/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?

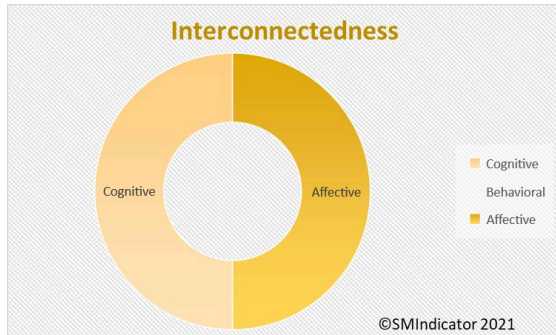
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river’s current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

*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 that your approach to the assessed topic is both cognitive and affective. We don't enough have data to report about your behaviors and whether or how your understanding and feelings are converted into actions.

**YOUR SMI RESPONSES INDICATE THAT** you have a clear understanding that we are all interconnected, even in non-obvious ways, and that no one is really fully independent.

In addition, **you are comfortable** appreciating other people's input and support, feeling gratitude in your heart even for your personal accomplishments.

We cannot comment further on how your thinking and feelings impact your behaviors, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

## /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).

## /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?

## /HOW ABOUT YOU TRY:

The combination of your responses seem to indicate that your heart and your head 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.

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?

A question to ponder: Are you in the place that best represents your values and where you can let your skills flourish?

*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 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.

We cannot comment on your thinking or behaviors related to this topic, since you indicated (by choosing "neither") that you did not find yourself represented by any of the available options.

**/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:**

**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 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?

**You are comfortable** seeking a slower pace of life. It makes you feel better, more relaxed or lowers your stress levels.

Furthermore, it seems that you frequently pause and explore what might be at stake in a decision, or check the assumptions at play before acting. This behavior, seemingly at odds with how the world works these days, must have given you good results in the past, which reinforced it and now keeps you decelerating in critical moments.

Congratulations if this is the case, since you are helping to avoid many problems in the future. A valuable and timely contribution!

**/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 prior 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 we learn to avoid or repeat from past experiences? Can we identify, in hindsight, something that was at stake and overlooked because we were trying to act fast? 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.

What might be new ways of combining urgently needed actions with careful exploration of their impacts? *What role could you see there for you?* Do you think you could be more vocal and perhaps find more courage to offer a perspective that certainly is not mainstream?

## **/HOW ABOUT YOU TRY:**

According to your answers, you seem to be gifted with the understanding that something is not right. *In what areas do you see your next developmental horizon?* Perhaps it is to more confidently share a different way of being and living with others?

And at a personal level, does it happen to you that you wish you could relax more, slow down or 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 and acted upon?

A lot of 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:**

**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 believe the paradigm we have long been living with is due for revision.

You realize that values like growth and progress may be linked to an assumption of unlimited resources, which may not be realistic. You have been noticing that many of your automatic behaviors are actually not very environmentally friendly, or perhaps have some kind of negative social impact.

**You are comfortable** trying to make some changes, which probably was somewhat challenging and may not have left you satisfied with yourself.

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

Could it be that these failed attempts discouraged you from continuing to do more? You selected answers in this survey that describe a disenchantment of sorts. For example, 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 instance, 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 have been an important part of your identity.

Achievement, competition, being a winner, not being a not a loser, and success may be important foundations of who you are. You may wonder what makes them suddenly feel wrong. These may be difficult dilemmas for you right now.

*And yet this is a very important moment of awareness: change starts with our noticing some discomfort about something, and we want 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 about 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 a few habits 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. That alone is worth trying.

Another suggestion is that you explore the roots of some values that are important for you, such as success, winning, and outperforming others. Where can you trace their origins? Perhaps in your upbringing, or in your current context? What do they represent for you, which makes them important? Are they authentically yours, or are they perhaps inherited, adopted without giving much thought to it?

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

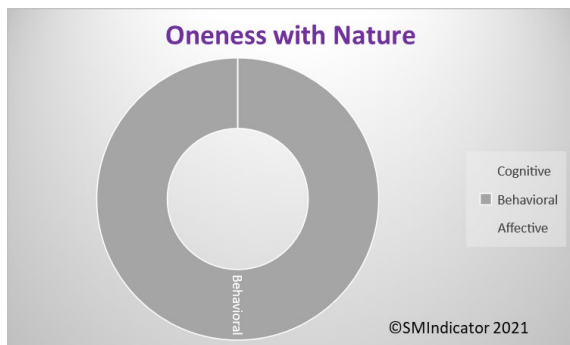




# /SPIRITUAL INTELLIGENCE

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 only one dimension – behavioral - indicating that you are action- oriented. We don't have enough data to report on your feelings about or understanding of this topic.**

**YOUR SMI RESPONSES INDICATE THAT** you tend to act in ways that acknowledge a relationship characterized by respect and sensitivity toward other living things.

This is extremely valuable in the current times.

We cannot comment on your thinking and feelings about this topic since you indicated (by choosing "neither") that you did not find yourself represented by any of the available options.

But have you ever considered how your behaviors connect with the predominantly mainstream worldview of human superiority and utilitarian approach to natural resources? How do you deal with

this in your everyday decisions? Do you feel expectations or pressure to act in ways that contradict your values or beliefs?

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

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 role do you play as the ambassador of a different perspective?

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

The evolution of science has shown that findings are made 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.

We are increasingly aware that some human inventions have come at a cost for the environment or society, for which we are collectively paying a price. For example, soil erosion or waterways

contamination due to products that provide chemical fertilizers of crops meant to enhance soil productivity.

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?

This disconnection from Nature leads to a utilitarian relationship: Nature is reduced to instrumental resources for human needs and wants.

What impacts do you see from having a utilitarian relationship with Nature?

We need to re-connect with Nature and re-establish the experience of oneness that has been lost, causing not only spiritual alienation but also the artificial separation from the ecosystem. It has been found related not only to spiritual alienation but is the root cause for many unsustainability behaviors.

### **/HOW ABOUT YOU TRY:**

Experiencing a deep connection with Nature is a sensorial, intuitive understanding. It is not something to be learned, but rather an experience that we allow to occur, and which makes us remember the sense of oneness we have always known but had forgotten.

It is impossible to guess your particular context, and your current priorities. But we invite you to give yourself an unusual gift: Spend an hour in Nature, on your own, without looking at your phone, and with no books, pets, or other people. If you have never experienced this, you are up for a very special treat!

*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:**

**This graph shows that your approach to the assessed topic is both cognitive and affective. We don't enough have data to report about your behaviors and whether or how your understanding and feelings are converted into actions.**

**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.

We cannot comment on how your thinking impacts your behaviors, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

**However you seem to experience** the tension and stress that comes with the reality you are living. According to your choices in the questionnaire, you have discovered a way to pause and re-center, experiencing a positive impact on how you feel about yourself, and how you interact with others.

It is not clear what strategies you employ to regain your inner calm. Pausing and stepping away from our tasks clears our mind, and we can return 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, or just in time?

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

Given what you notice about the “achievement race” that we live in, how does this 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 might make?

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. We all need time to recharge, and to connect with our deeper self.

It may be as simple as going for a walk, listening to your preferred music, dancing, practicing a sport, playing with children or your pet, gardening or creating art.

If these are some of the activities that help you unwind, you are on the right path already. They are called “contemplative practices” because they engage a different part of our brain, creating a ‘buffer zone’ that permits releasing tensions, and many times we end up seeing our challenges in a different light.

### **/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.

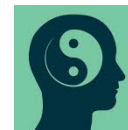
### **/HOW ABOUT YOU TRY:**

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

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

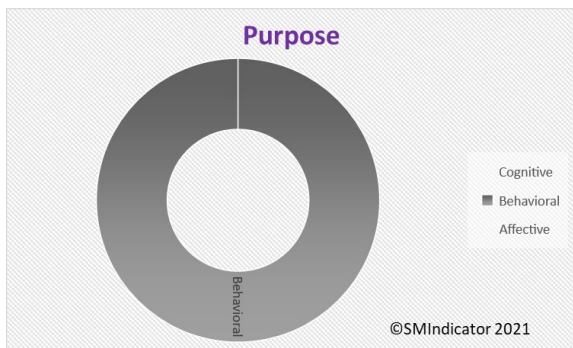
How easy is it for you to “catch yourself” in the moment when you are not fully present, not mindfully listening, or letting your emotional reactions control you, as opposed to your wiser self?

*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:**

**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 have a good understanding of the demands of our times. Meaning, you realize that we live in a context where there seem to be more obligations and things we are expected to take care of, than hours in a day.

Knowing how to set priorities is key, and what is urgent needs attention before what sounds important, like thinking about what is our purpose in life.

Aligned with this thinking, you tend to get impatient with people who talk about having a purpose or a mission in life, or “changing the world.” You compare

these words with your current reality, and they sound overoptimistic, grandiose, or unrealistic. Perhaps these people don’t have the same challenges you have to manage, or maybe they just want to look good. Either way, it’s not your reality.

**/A NOTEWORTHY FINDING:**

This said, you indicate that you have already found your purpose in life, through actions that serve others. It is possible that a large part of your daily obligations and responsibilities are, in fact, in service to others, attending to their needs or expectations. Your work, family, and relationships form a large part of your reality and may use up all of 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 have a choice, and this 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:**

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.

Have you personally experienced this? Or perhaps focusing on the demands of your life does take a toll on your health, your mood, creates tension or anxiety, disrupts your sleep or impacts how you interact with others.

If this is the case, 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 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.*



[Please click HERE](#)

and provide us with a brief (1 min) Feedback.

*Thank you!*

