



Sustainability  
Mindset  
Indicator®

# PERSONAL REPORT

PREPARED FOR:  
2025Polimi\_EMBAserale-54  
06/Feb/2026

**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**

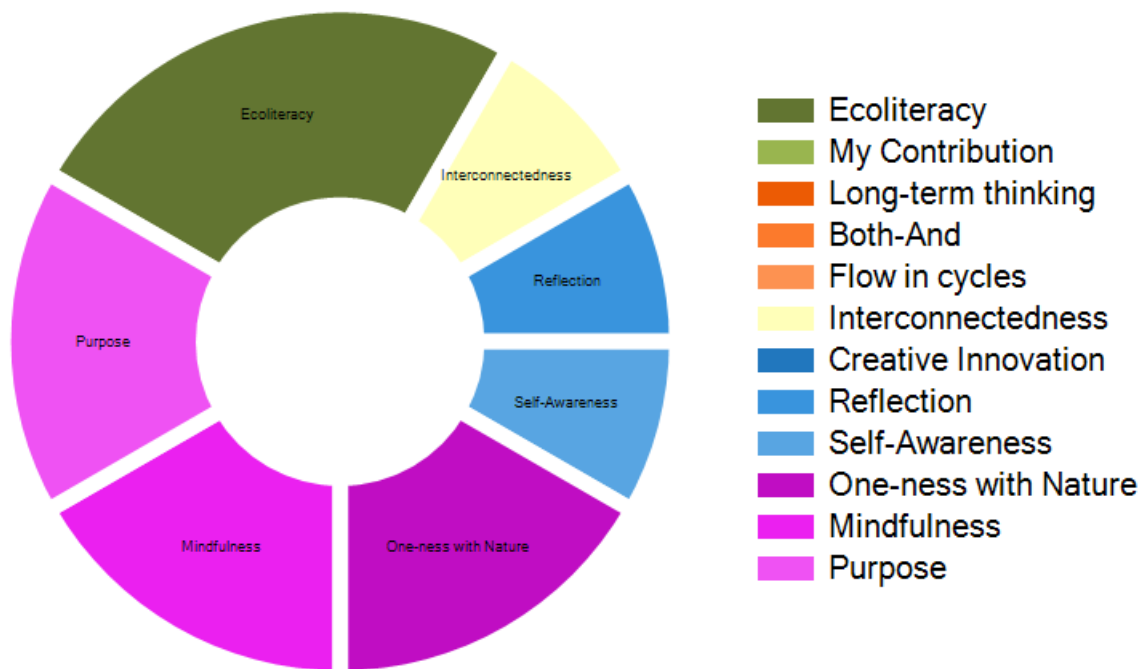
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**THIS PAGE IS HERE FOR YOU TO  
NOTE YOUR REFLECTIONS,  
INSIGHTS, AND QUESTIONS.**

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.



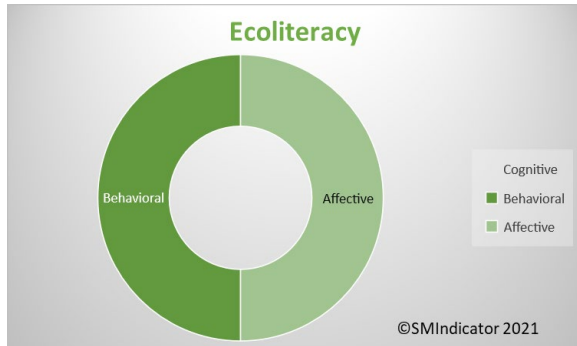


# /ECOLOGICAL WORLDVIEW

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 the two dimensions of affective and behavioral, meaning that you have an emotional connection with this aspect, and you also act upon it. We don't have enough data to report whether or how your knowledge and understanding is related to or might support this aspect.**

**YOUR SMI RESPONSES INDICATE THAT** you are socially sensitive and have empathy for the suffering of others.

**/YOU ARE COMFORTABLE WHEN** in your daily decisions you can act in ways that minimize your ecological or social footprint, and/or help the sustainability of our planet.

We cannot comment on your thinking about this topic, 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 THOSE STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:**

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, make us feel bad, sad, or worried.

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.

You may understand the scope of the sustainability challenges, from the environmental and social perspective; perhaps you notice linkages, relationships and connections. In a way, you are acting as if you would fully understand this urgency.

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

There is a powerful path in your emotions. Your social sensitivity is a special gift. 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.

**/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? What do you see as your next frontier of development?



*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.**

**YOUR SMI RESPONSES INDICATE THAT** you are aware of the many environmental and social challenges, which you aim to keep separated from your personal life. After all, you didn't cause them!

**/YOU ARE MOST COMFORTABLE WHEN** you can keep a pragmatic approach to the world. You seek to distance yourself from distressing information about sustainability problems to avoid getting emotionally entangled.

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

This can be a useful coping strategy. Perhaps you sense that you would be overwhelmed by emotions while feeling powerless to solve the problems. What's more, you are aware that others played a role in causing the many problems we experience, and you may try to maintain emotional distance by expecting them to fix it.

When problems seem exceedingly large, our hope may be that someone will eventually intervene. Yet, this perspective also can cause stress, as it assumes we are victims at the mercy of powerful external forces or individuals.

All that said, there may be another way to look at this: What if you could identify small ways in which

you realize that you are contributing to the problem, and then, begin to explore changes that are within your control? Certainly, you will not solve the bigger problems, but to begin with you may feel more empowered, less at the mercy of others, and playing a role that you may actually enjoy. Food for thought.

**/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 how we might be contributing to environmental or social problems makes us better planetary citizens. At the same time, this enhanced awareness is an important milestone in our broader personal development.



*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.**

**YOUR SMI RESPONSES INDICATE THAT** you view a focus on the short term as a useful way to speed up decisions and avoid hesitation and uncertainty.

We cannot comment on your behaviors or 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:**

We invite you to think of a purchasing decision you recently made. What might be some long-term consequences for sustainability of that purchase? What would your latest decision look like if you had considered these potential long-term impacts?

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. Rather, 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.



*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.*



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

**/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.**

*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:**

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.

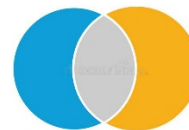
Either-Or choices can be misleading and have us believe there are win-lose solutions that work. But do they really?

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?

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.**

**YOUR SMI RESPONSES INDICATE THAT** you are a person who is profoundly committed to actions, who enjoys the challenges life offers you, crafting plans and setting goals to measure your progress. This allows you to feel empowered and in control, which is a nice feeling, particularly as it avoids the stress of uncertainty.

**/YOU ARE COMFORTABLE** making plans and implementing them, and derive a sense of fulfillment and satisfaction when you achieve the goals you set for yourself. We cannot comment on how you think about this, 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 THOSE 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 may have noticed that it is frequently 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 are 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?*

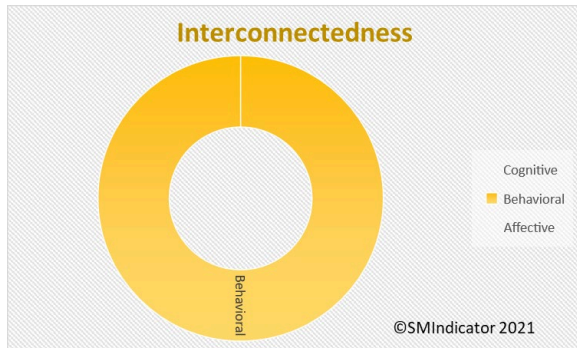
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river's current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

*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 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** 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 though,** your choices in this questionnaire indicate that, in your actions, you actually see yourself as part of a larger whole, which may mean that you pay attention to the impact of your behaviors on others. This may create a certain tension, for example when you want to make progress on something, yet you also

have to consult with others, for example stakeholders. How do you handle this tension?

We cannot comment on how you feel about this topic, 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:**

This combination of aspects may come at a price. It is not always possible to live up to other people's expectations, not to mention our own, which often are even higher.

Furthermore, in many settings where teamwork or collaboration is expected, it may be challenging to balance your individual performance with the collective contributions, and your personal efforts, gifts or skills may go unrecognized, or possibly even unappreciated.

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

You may not have given it much thought, but the polarities of independence vs. interconnectedness and competition vs. collaboration are of particular relevance when focusing on sustainability. To begin with, the environmental and social challenges are complex and multidimensional, making it impossible for any one person to solve on their own. It is only through collective thinking, action and the 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).

While certain cultures have a collectivistic framework, most of the western-northern culture - widely exported and globalized - is individualistic and celebrates personal achievement. However, is this realistic and even feasible?

### /HOW ABOUT YOU TRY:

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?

We invite you to explore what success and autonomy mean for you. What are the roots of these values for you, perhaps in your upbringing or in your current context? Are they authentically a priority for you, or are they something automatically inherited, or adopted without giving it much thought?

*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.**

*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:**

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 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.

How do you feel about this? How ready are you to respond in creative, resilient ways to the planetary challenges? How ready are you to start innovating, to do things differently in order to create different

*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 - 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 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?

**HOWEVER, 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. You are a person adapted to the rhythm of our time!

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

How do you bring together the downsides you see of our fast pace, with your own reality? Do you experience a tension, perhaps? We cannot comment on your feelings about this topic, 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:**

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.

For example, what can you learn to avoid or repeat from past experiences? Can you identify, in hindsight, something that was at stake and overlooked because you were trying to act fast? When you have more information you can better weigh alternatives. Although this requires to slow down!

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



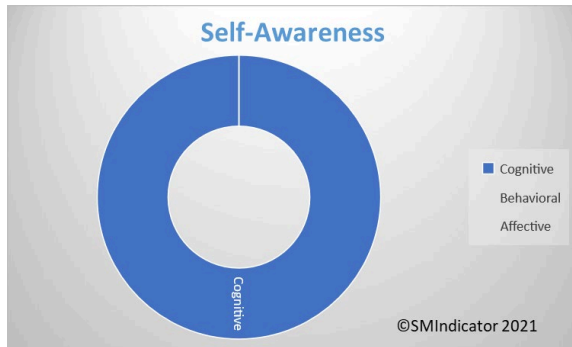
### **/HOW ABOUT YOU TRY:**

According to your answers, you seem to be gifted with an intuition that something is not quite right. Does it ever happen to you that you wish you could relax more, slow down and do nothing? Does your body, your mind or perhaps your soul call for a break, less stress?

Here is a simple and challenging exercise for multitaskers like you. Set your alarm to ring once every two hours. When the alarm goes off, you pause whatever you are doing, and set the timer for 60 seconds. During that minute you close your eyes, or look out the window, just sitting in silence for a full minute. It is not a time to think of what you still need to do, or what you should be doing: it's just a gift of 60 seconds for you, to do nothing. If this is too difficult, start setting the alarm once a day, then slowly increase the times for a pause.

Noticing your pace and finding ways to slow down may not only be good for you, but also for the decisions you make, and for the planet.

## **/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 – cognitive - meaning that you have an intellectual understanding about this aspect. We don't have enough data to report on your behaviors or feelings about this topic.**

**YOUR SMI RESPONSES INDICATE THAT** you believe the paradigm we have long been living with is due for a revision, because values like growth and progress may be linked to an assumption of unlimited resources, which may not be realistic.

We cannot comment on how this understanding reflects on your behaviors or feelings, 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:**

But 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 feel great at the same time. The first step is taking a fresh look at what surrounds us.

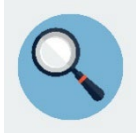
Undoubtedly, there are social and environmentally related challenges everywhere. Some happen locally, others across borders. Science has been linking many of these issues to human behaviors, such as consumption of unhealthy foods, depletion of natural resources, pollution or contamination of air, soil, 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. Sometimes we shift our values because of a new experience. Worth trying?

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

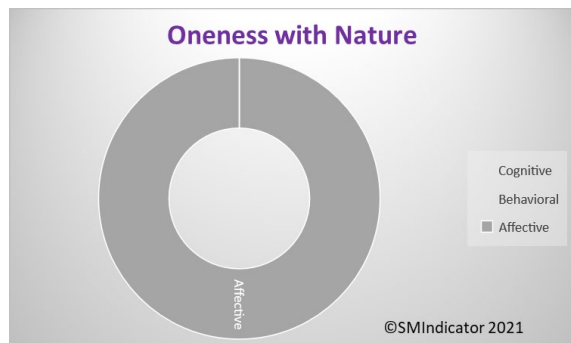




# /SPIRITUAL INTELLIGENCE

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 the affective dimension, meaning that you connect emotionally with this aspect. We don't have data to report if or how these feelings relate to your understanding and behaviors.**

**YOUR SMI RESPONSES INDICATE THAT** you have experienced some special moments, when you stood in awe, admiring nature, your heart perhaps filled with joy and a wordless experience of beauty.

What memories did that moment leave you with? Do you long to replicate, repeat or experience this again? Does something hold you back?

We cannot comment on how that experience and the feelings related to it are impacting your thinking and behaviors since you indicated (by choosing "neither") that you did not find yourself represented by any of the available options.

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

With this special experience you have had in Nature, how do you see the mainstream utilitarian paradigm that takes Nature as a mere resource? Have you noticed that some progress has come at a cost for the environment or society, and we are collectively paying that price? For example, soil erosion or waterways contamination from chemical crop fertilizers meant to enhance soil productivity.

It seems that 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 innovations that you have personally experienced? What message may be in this for you?

How are your powerful moments of experiencing Nature reflected in your day-to-day decisions and actions?

We live in a society that rewards rational thinking and intellectual capabilities, and that encourages a utilitarian or instrumental approach to the natural world and its resources. How do you manage this tension?

**/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:

Having had an experience of oneness with Nature, you have the possibility to reach back into it and honor it, integrating it into who you are. Research has indicated that the experience of oneness with Nature, albeit rare, has a direct connection to shaping a more sustainable society and planet.

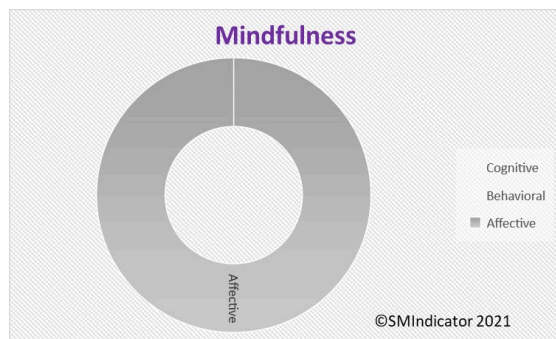
How can you plan to have more of these moments? Your being, your soul will welcome it, and the nourishment may help heal a perhaps currently divided self.

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 the affective dimension, meaning that you connect emotionally with this aspect. We don't have data to report if or how these feelings relate to your understanding and behaviors.**

**YOUR SMI RESPONSES INDICATE THAT** when your reality is challenging and poses a high demand on your physical, emotional and psychological systems, you try to manage the best you can and seek to gain inner peace.

It is not clear from the information you shared what, if any, strategies you have found that work to help you lower your stress or find some balance.

We cannot comment on how you think and behave in relation to this topic, since you indicated (by choosing "neither") that you did not feel represented by any 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:**

*Here are some questions for you to contemplate.* Has it ever occurred to you that the fact that "everyone lives like this" may not necessarily make it ideal? 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.

Have you ever reflected on the high value our world gives to consumption, linking "who we are" with "what we have or own"? Have you ever felt like being trapped in a race to pursue a perhaps elusive and short-lived happiness?

Individuals that balance their tasks with contemplative practices realize the positive impact this has on their peace of mind, how they relate to others and even on their health. 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 the release of tensions, after which, often 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.

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



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

What is mindfulness for you today: Is it a practice or a 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?

**/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 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 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.

Perhaps 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”.

We cannot comment on how you feel about this topic, 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 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. Is this your case?

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, disrupts your sleep or impacts 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, are some questions 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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and provide us with a brief (1 min) Feedback.

*Thank you!*

