



Sustainability  
Mindset  
Indicator®

# PERSONAL REPORT

PREPARED FOR:  
2025Polimi\_IMLUX6  
15/Nov/2025

**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**

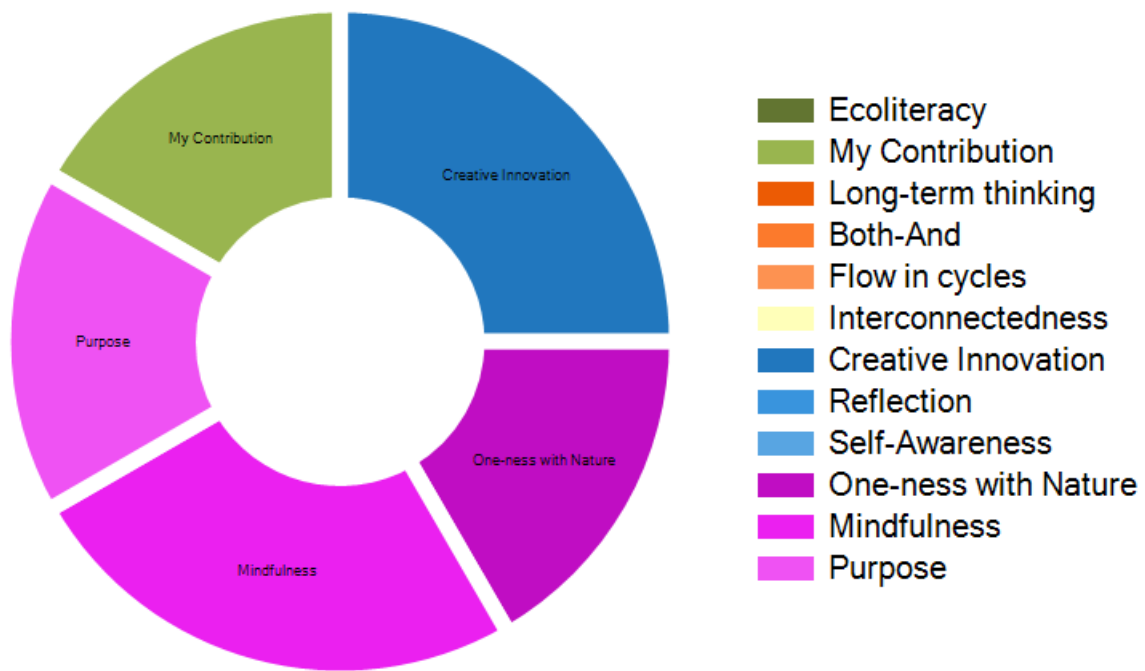
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**THIS PAGE IS HERE FOR YOU TO  
NOTE YOUR REFLECTIONS,  
INSIGHTS, AND QUESTIONS.**

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.**

**YOUR SMI RESPONSES INDICATE THAT** in terms of Ecoliteracy, you are aware of some facts, but perhaps do not see the larger picture of how different data connect or impact each other.

The benefit of this perspective is that you are distanced from a challenging reality, which allows you to avoid disturbing feelings about the state of our planet, the ecosystem, or social injustice. It also helps you to stay focused on *your* daily reality.

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

The downside might be that you miss an opportunity to make a difference with modest decisions and actions that could impact your future, that of your loved ones or the next generation. Food for thought!

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

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

We are definitely living in a time of information overload. It is challenging to stay on top of all that is happening, while keeping up with our own obligations and activities. Furthermore, sustainability news tends to be on the negative side, creating doomsday scenarios and scary prophecies that can

trigger anxiety, and not precisely inspiring us to act. We may 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.



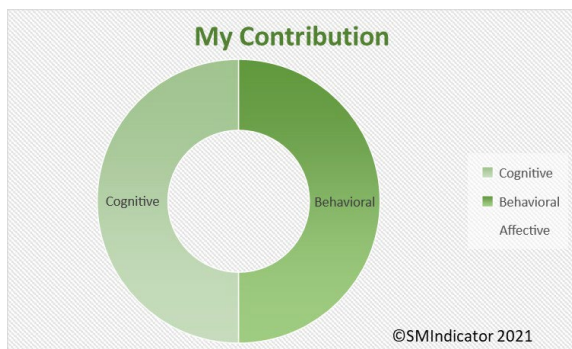
*Understanding the state of the planet allows us to be more fully aware of the challenges, the complexity of how they are linked to each other, and to explore what it means to us.*



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

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

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

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

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

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

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

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

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

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

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

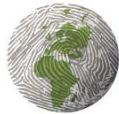
If we collectively influenced the place, we find ourselves in now (with all its problems), that means we also hold the key to influence where we will collectively be in the future – we: meaning humankind at large, or, from a closer perspective, our families, children, and grandchildren.

## /HOW ABOUT YOU TRY:

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

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

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



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



# /SYSTEMS PERSPECTIVE

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

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

*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:**

There is definitely 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 weighing 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. 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.**

**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?

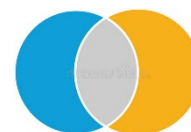
What may we be missing that these others are seeing when we find ourselves in a situation where we see it the right way, and others are wrong? How could we all benefit from having a fuller picture?

**/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.**

**YOUR SMI RESPONSES INDICATE THAT** you see the challenges life presents as opportunities to find intelligent solutions.

Indeed, intellectual abilities are important for you, as they permit to control difficult situations by crafting plans and setting goals to measure progress. You strongly believe and trust in human ingenuity to figure out solutions for our environmental or social problems and rely on those who are capable of solving them. This is how you think about this topic.

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

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

However it seems that plans make you feel empowered and in control, which is a nice feeling, particularly as it avoids the stress of uncertainty. You seem to enjoy making plans and implementing them, and derive a sense of fulfillment and satisfaction when you achieve the goals you set for yourself.

While planning is a way to feel in control of situations, you may be aware 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 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.**

**YOUR SMI RESPONSES INDICATE THAT** you thrive in contexts where you can compete and work towards being your personal best.

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.

**You are comfortable when** you are faced with challenges. In fact, you enjoy the adrenaline that motivates you. The excitement of seeking to be successful, to win or to outperform others is a great feeling for you.

Recognition may be a reward, but it is not always external: it can also be for your personal satisfaction and sense of accomplishment. You feel proud of your achievements and perceive them as a validation of your autonomy and personal capabilities in action. It is important for you to be self-sufficient as much as possible. (This may come at a price).

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

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.

Let's pause for a moment: Can you name one achievement that was purely and authentically your own without another person playing any role in it?

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

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:**

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 authentically a priority for you, or is it something automatically inherited, or adopted without giving it much thought?

If you have identified an accomplishment that you consider authentically your merit, make a list of who may have played a role in it. Rank them, in order of relevance or impact on your success.

What does this exercise tell you about the polarity of autonomy versus interconnectedness?

*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.*

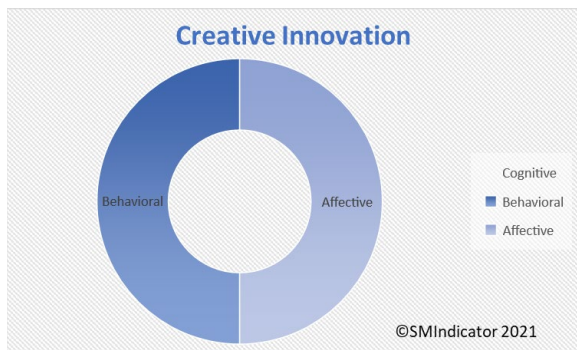




# /EMOTIONAL INTELLIGENCE

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.**



### **What this tells you:**

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

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

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

At the same time, your selections indicate **something very interesting**. There is a part of

you that actually finds uncertainty exciting! You enjoy the fact that reality presents you with plenty of unknowns. This personal preference is expressed in your actions.

**You are comfortable when** you can contribute by putting your “creative hat” on, and being playful by not preemptively censoring your ideas. You have a good tolerance of the uncertainty of not knowing how something can work out. You are able to live with a certain degree of risk-taking. What a valuable asset for these times!

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

You may notice that 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, as you indicate you sometimes do. Definitely having no clear blueprints to follow may be disturbing, yet there are no choices but to take some risks.

And fortunately you can handle them.

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

So the question arises: why do you hold on to the idea that rational thinking and planning suffices, or at least is a more important skill to solve problems? You have

a very valuable asset – the tolerance of uncertainty, the ability to unleash your imagination. Can you imagine if you could expand it, bring it out more frequently?

*Here is a thought to ponder:* What would have to be true and how can you influence it?

It seems that you have a reservoir of imagination available to tap into, and perhaps intuitive wisdom as well. This can help 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.*





**/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.**

**/YOUR SMI CHOICES INDICATE THAT**  
you are a quick thinker!

You indicate that you have no concerns about making a quick assessment of a situation and acting promptly, and while you may overlook some details, you consider that your decisiveness also helps stimulate those that are more hesitant. Speed is justified.

We cannot comment on your thinking or feelings 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  
LEVERAGE YOUR STRENGTHS AND  
MANAGE SOME OF THE  
LIMITATIONS WHICH MAY BE  
HOLDING YOU BACK:**

*Questions for reflection:* Does it ever happen that you wish you could relax, slow down and do nothing? Does your body, your mind or perhaps your soul call for less stress, or even a break? What message might be there for you, waiting to be heard?

**/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 as you do it can be very useful to avoid future problems.

**/HOW ABOUT YOU TRY:**

For example, what can you learn to avoid or repeat from past experiences? Can you identify in hindsight, what was at stake? When we have more information we can better weigh alternatives. All of this, however, is at odds with speed. We cannot both act fast and ponder carefully.

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

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.**

**YOUR SMI RESPONSES INDICATE THAT** 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.

**You are comfortable** with values such as personal achievement, competition, being a winner, not being a loser, and success. They may be important foundations of who you are. You may wonder what makes them suddenly wrong!? These may be difficult dilemmas for you right now.

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

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

In addition, the tension may put into question the values with which you were raised or grew up, and this is likely an uncomfortable experience, particularly if these values are important for you, or are an important part of your identity.

We cannot comment further on your thinking and 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:**

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.

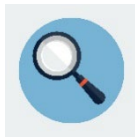
## **/HOW ABOUT YOU TRY:**

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?

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

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

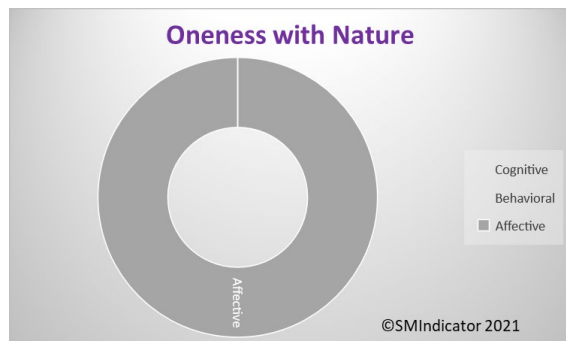




# /SPIRITUAL INTELLIGENCE

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, without necessarily engaging into action. We don't have enough data to report on your understanding of this topic.

**YOUR SMI RESPONSES INDICATE THAT** your behaviors are based on a worldview in which humans are the most evolved and intelligent species, proven through many achievements and improvements in our quality of life.

We cannot comment on how you think about this topic since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

This said, have you noticed that some betterments have come at a cost for the environment or society, and we are collectively paying that price? For

example, soil erosion or 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 progress that you have personally experienced? What message may be in this for you?

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

Your answers to the survey also indicate that you have actually 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?

The combination of your chosen responses seems to show that those powerful moments may remain encapsulated, disconnected from your more rational daily manner of being. This may be your functional way of operating 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.

There is a buried treasure here for you, though! Having had an experience of oneness with Nature, you have the possibility to reach back into it and honor it, reintegrating it into who you are.

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

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.

Research has indicated that the experience of oneness with Nature, albeit rare, has a direct connection to shaping a more sustainable society and planet. Unfortunately, this is not yet mainstream.

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 consequences 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:

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.

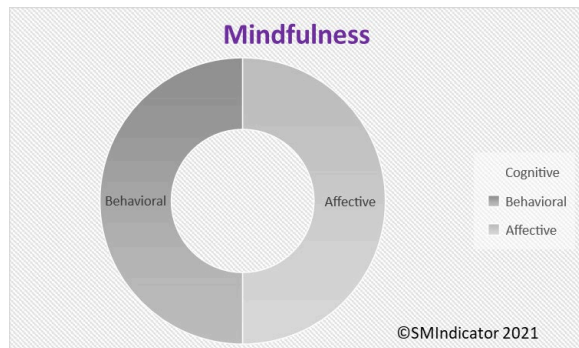
How can you plan to have more of these moments? Your being, your soul will welcome it, and the nourishment may help heal a perhaps currently divided self.

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

## YOUR SMI RESPONSES INDICATE THAT you have a pragmatic approach to life.

You are very aware that society rewards action and its ensuing achievements, rather than inaction and passivity, which is kind of what mindfulness practice seems to you. You may be aware that other cultures have different behavioral patterns from the one in which you live, but you are cognizant of the importance of adapting to the culture to which you belong. As the saying goes, "when in Rome do as the Romans do".

You realize there may be an impact on our health and wellness, like being in a race to pursue the moving targets of our goals.

You indicate that you have discovered activities that quiet your mind, and help you gain some inner peace. You may not make these a regular practice, but when you engage in them, you can recognize the positive effect they have on your wellbeing. At the same time, it seems quite challenging for you to make the time and space for these moments.

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

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.

You have experienced it firsthand: When you allow some time to nurture this neglected part of yourself, you experience a positive impact on how you feel about yourself, and how you interact with others. At the same time, it seems quite challenging to make the time and space for those moments.

Sometimes you hear people say "you should do less, you should relax, you should take time for yourself", and these suggestions may sound anywhere from unreal to ridiculous from your perspective, since you are the one living with the challenges. Of course you know what you 'should' do, but you are doing your best all the time.

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



## /HOW ABOUT YOU TRY:

So 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? Have you ever reflected on the high value our world gives to consumption, linking “who we are” with “what we have or own”? How do these thoughts align with your experience, and with your values? Does your reality reflect the priorities that are important for you? If not, what are some small changes you can make?

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

## /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.

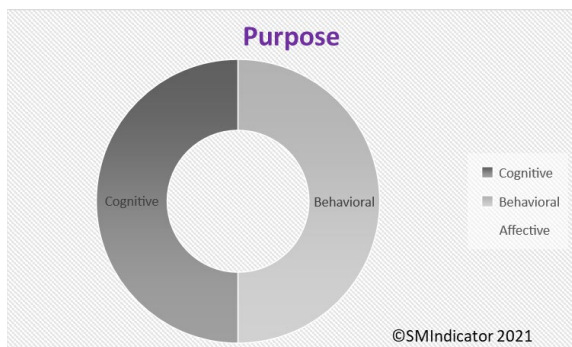
This creates a disposition towards positive social and environmental actions, and the resulting satisfaction feeds a positive reinforcing loop. In other words, the better we feel about something we’ve done, the more we seek to repeat the experience.

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. What are some ideas to try out?



**/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!*

