Sustainability Mindset Indicator®

PERSONAL REPORT

PREPARED FOR:
USFT-01
08/Oct/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.

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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.

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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.

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/ YOUR OVERALL **SUSTAINABILITY MINDSET PROFILE**

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

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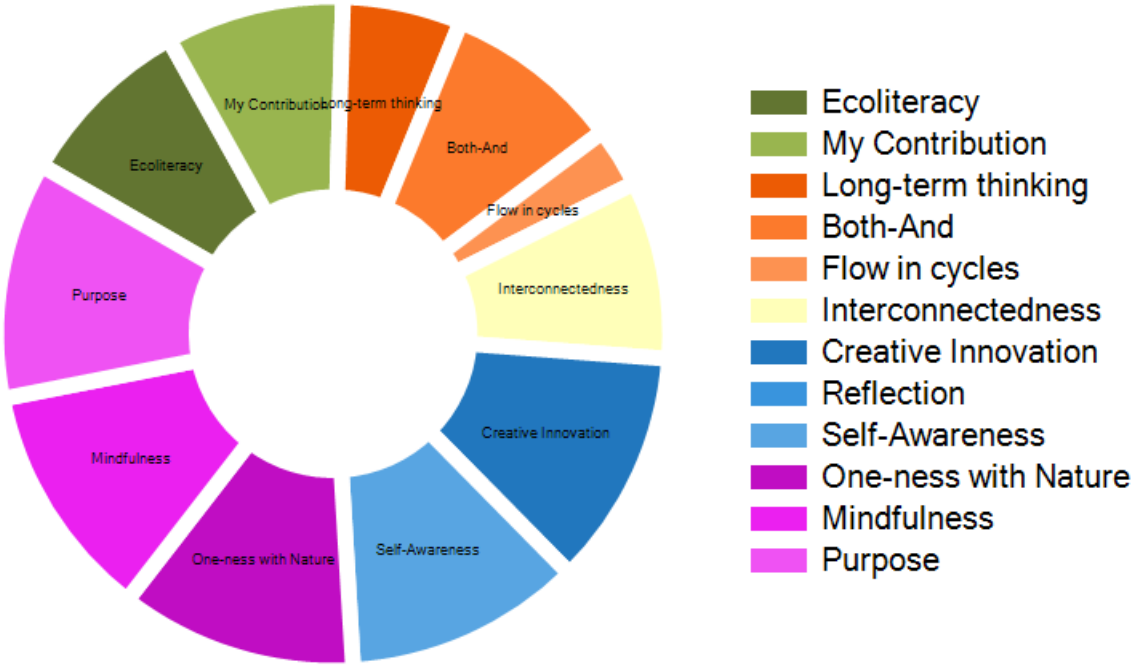
The graph below shows your personal profile, indicating how – relatively to each other – you have developed your Sustainability Mindset. The wider sections indicate your stronger areas, and vice versa.

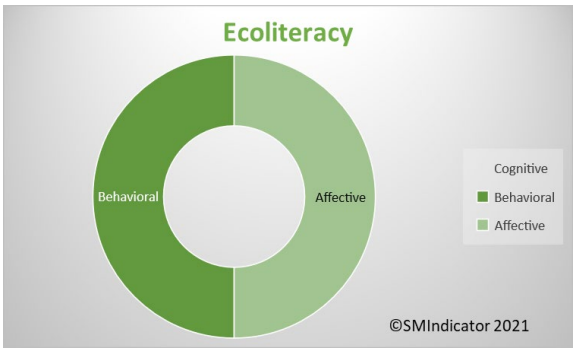


/ECOLOGICAL WORLDVIEW

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 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 are socially sensitive and have empathy for the suffering of others. In addition, in your daily decisions you seem to act in ways that can minimize your ecological or social footprint, and/or help the sustainability of our planet.

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

Interestingly, in terms of Ecoliteracy, it seems that you lack a broad picture of the planetary challenges, particularly how they are interrelated. You are aware of some facts, but perhaps do not clearly see how different data connect or impact each other.

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

/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, 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. That opens an interesting path.

/HOW ABOUT YOU TRY:

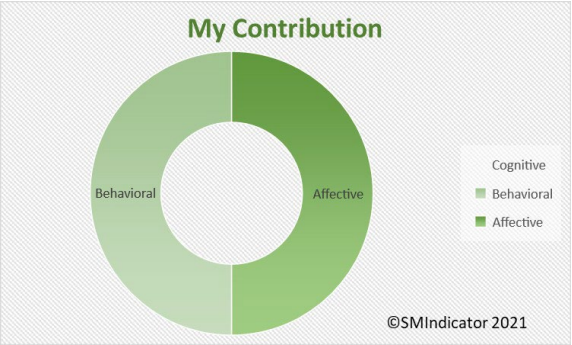
Here are some suggestions to ponder: What are things you are good at that you aren't incorporating into your sustainability contributions? Who could benefit and where from your gifts and talents and possibly your passion?

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

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 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 a very sensitive person, with an open heart.

You have a skill to connect with your emotions, and also feel for others, with empathy and compassion for their suffering. This is a precious quality, although at times it can be difficult to live with it.

/YOU ARE COMFORTABLE when you can convert the emotional energy into actions, taking a proactive role. Instead of remaining "the victim," you act. We cannot comment how this impacts your thinking, 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:

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.

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.

You can practice asking the question: How may I be contributing to this? A simple, yet empowering question.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

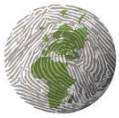
If we collectively influenced the place, we find ourselves in now (with all its problems), that means we also hold the key to influence where we will collectively be in the future – we: meaning humankind at large, or, from a closer perspective, our families, children, and grandchildren.

/HOW ABOUT YOU TRY:

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

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

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



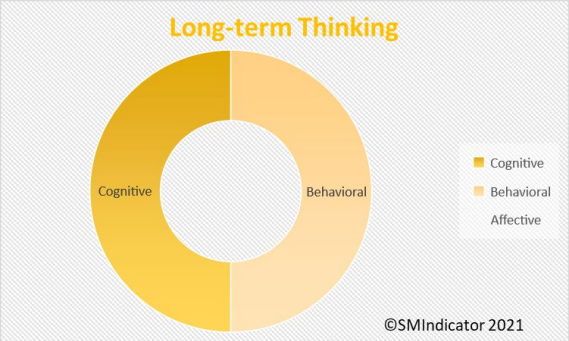
When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness and develops social sensitivity.

/SYSTEMS PERSPECTIVE

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

/WHAT IS ASSESSED HERE:

HOW YOU THINK ABOUT THE LONG-TERM IMPACT WHEN ANALYZING AND MAKING DECISIONS, COMPLEMENTING SHORT-TERM THINKING; HOW YOU FEEL ABOUT IT, AND THE IMPACT ON YOUR BEHAVIORS.



What this tells you:

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

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

/YOU FEEL COMFORTABLE thinking of "what ifs" and the long-term consequences of possible decisions before taking them.

This may not always be welcome in a team setting, but from the perspective of shaping a sustainable world, this contribution is a great asset to yourself and to your working groups. Your perspective will likely enrich actions, as they result from considering potential impacts in the longer term.

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

It seems that you have a rational and pragmatic approach, seeking to avoid getting emotional about future scenarios, particularly related to our planet or our society. This may be very useful to stay focused and concentrate on the action.

At the same time, we are complex human beings: rationality is one aspect, and emotions also form who we are. Trying to keep your feelings related to the uncertainty of the future under control may make it more challenging to connect with others who look through the prism of their feelings, and empathize with them.

Does it happen sometimes to you that you cannot understand why others passionately resist your long-term thinking? If that is the case you might want to remember the emotional weight of uncertainty. You may yourself feel a bit of anxiety or fear of the unknown, if you would check on your feelings.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

pause and reflect on the long-term implications of the fire.

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

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

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

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

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

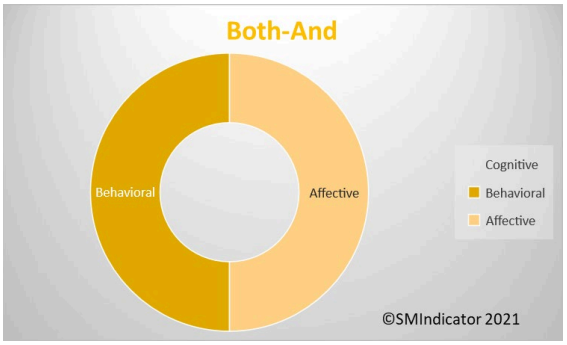
Every action has consequences that are not immediately visible. Considering the long-term when analyzing situations and making decisions has a positive impact on global sustainability.

/HOW ABOUT YOU TRY:

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

/WHAT IS ASSESSED HERE:

HOW YOU THINK ABOUT AND DEAL WITH AMBIGUITY AND PARADOXES, HOW YOU RECOGNIZE DIVERSITY, FEEL ABOUT IT AND ACT TOWARDS IT.



What this tells you:

This graph shows 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 are an empathic person.

It comes easy to you to put yourself into another person's shoes, trying to see life from their point of view. It makes you feel really good when you do so, in a way you feel closer to the other. Not being inclusive may also make you feel guilty, selfish, righteous, or irresponsible. This is your internal compass.

/YOU ARE COMFORTABLE exploring how other people arrive at their opinions and perspectives, puzzling as they may look to you. It is possible that you engage in conversations to understand them. It may almost feel like a "civilized duty".

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

You have a valuable trait, particularly in our sustainability-challenged times, where the solutions to our environmental or social problems must consider a vast array of interests and needs.

At the same time, you may sense some tension, because it is clear to you that when one starts 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. How is it possible to balance honoring our values, what "feels right", with accepting very opposite positions?

Welcome to life! You are not alone in the struggle. You already have come far in your personal journey, as you can empathize with others, take a glance into their world, and in your actions, you try to honor that feeling. What are the boundaries? Which are situations where either-or thinking is appropriate, and when do we need a creative both-and solution?

Here are a few thoughts to ponder. We are living in a complex world. 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, either my way or yours, etc." Yet, either-or choices can be misleading, and have us believe there are win-lose solutions that work. But do they really? If the cost is high, do they still work?

When we find ourselves in a situation where we see it the right way, and others are wrong, what may we be missing that these others are seeing?

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

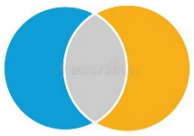
Challenging as this may be, there is a benefit to it: We are becoming aware of our own worldviews just by realizing that there are other ways of seeing and feeling. This is an evolutionary insight of great value, the foundation for more peaceful societies. In a way, life is prompting us to expand our understanding and our scope of caring, which go hand in hand.

When we understand something, we can begin caring. This is the start of a better world for all.

/HOW ABOUT YOU TRY:

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

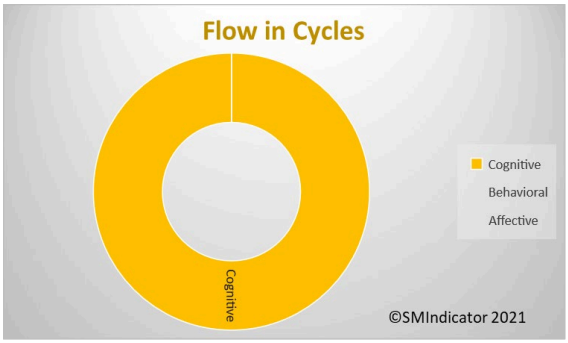
There are multiple daily opportunities to expand your acceptance of differences, in new ways. Any thoughts?



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

/WHAT IS ASSESSED HERE:

HOW YOU BALANCE YOUR CAPACITY TO ANALYZE AND PLAN WITH THE UNDERSTANDING OF NATURAL CYCLES, AND MAKE THEM PART OF YOUR MINDSET.



What this tells you:

This graph shows only one dimension – cognitive - 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 are profoundly committed to actions, enjoying the challenges life offers you.

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

We cannot comment on how you feel about this topic, since you indicated (by choosing "neither") that you did not find yourself 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:

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

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

Contrast this with the sustainability problems we are facing. To begin with, they are complex and multidimensional by their very nature. Many are the result of our linear thinking, for example we believe that we can pursue unlimited growth, yet

depletion of natural resources shows us this is not possible.

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

/HOW ABOUT YOU TRY:

Planning in itself is not the problem but rather, excessive reliance on carefully crafted steps. How do you incorporate the cycles of nature into your planning?

As an example, do you accept phases of growth and decline - aging and impermanence, along with endings and mortality followed by new beginnings and birth? How do you incorporate humanity as part of Nature, rather than its controller?

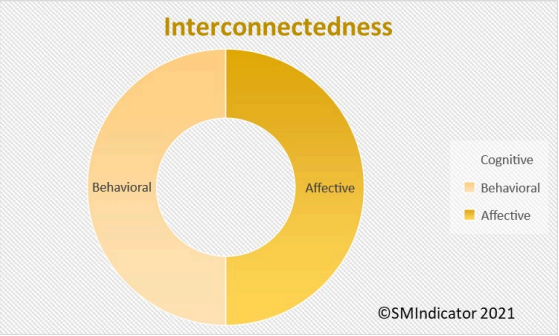
Many implications to think about, indeed.

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

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

There are no linear processes in Nature: Everything flows in cycles of birth, growth, death, and rebirth. Many aspects of man-made unsustainability of the planet are a result of the misconception that we are not governed by this law of Nature.

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



What this tells you:

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

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

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

You are comfortable paying attention to the input of stakeholders when analyzing a problem and seeking effective solutions, seeing yourself as part of a larger whole.

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

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

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

/HOW ABOUT YOU TRY:

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

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

That can be an interesting task ahead.

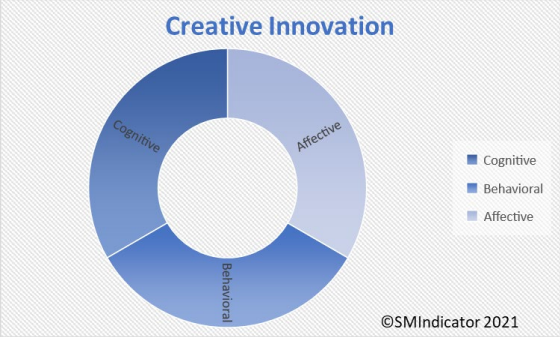
When we see interconnectedness, we understand the importance of diversity, and our decisions and actions become more inclusive, which contributes to the sustainability of the whole.

/EMOTIONAL INTELLIGENCE

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

/WHAT IS ASSESSED HERE:

HOW YOU INCORPORATE NON-RATIONAL INFORMATION, INTUITIVE KNOWING, CREATIVITY AND IMAGINATION IN ORDER TO BALANCE RATIONAL THINKING, AND HOW YOU FEEL ABOUT IT.



What this tells you:

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

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

You know that the human mind is capable of great accomplishments, as history has shown, when intuition and creative ideas are coupled with rational thinking and good strategies. You may even trust that our sustainability problems could be addressed with a good balance of these abilities.

/YOU ARE COMFORTABLE WHEN reality presents you with plenty of unknowns. You actually enjoy it and find uncertainty exciting.

It seems that you often find yourself in situations where you make great contributions by putting your "creative hat" on, 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!

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

Are you happy with how you listen to and consider your own intuition, this non-verbal wisdom? Is your imagination and creativity nurtured and well expressed, or do you think you could do more? What do you see as your next developmental frontiers in this aspect?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

You know 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 this 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.

It seems that you have a reservoir of imagination, even intuitive wisdom, available to tap into. This helps you complement your strategic thinking, and maximize your achievements. For the benefit of all.

/HOW ABOUT YOU TRY:

Our world is certainly giving preference to rational and logical thinking, so you have a much-needed perspective to contribute. In what new ways could you envision doing this?

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 see the importance of swift actions in a world that you believe is unforgiving of slow-movers. You know that the present day pace is fast or highly accelerated, depending upon who you ask. You are a true citizen of our times!

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

As a matter of fact, you thrive on the adrenaline of urgency. You find multitasking very stimulating and are gifted with endurance. You enjoy the tension which brings out your best performance.

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

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:

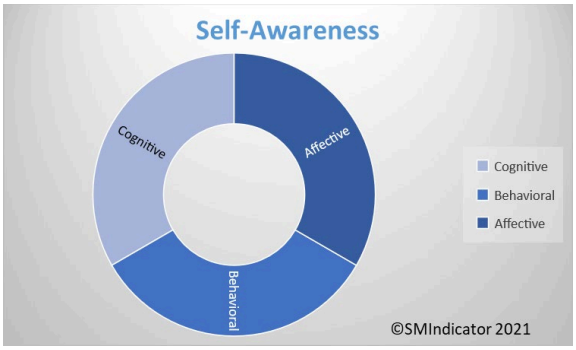
For example, what can you learn to avoid or repeat from past experiences? Can you identify in hindsight, what was at stake? When we have more information we can better weigh alternatives. All of this, however, is at odds with speed. We cannot both act fast and ponder carefully.

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.



What this tells you:

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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.

You have been noticing that many of your daily automatic behaviors are actually not very environmentally friendly, or perhaps have some kind of negative social impact.

You are comfortable trying to make some changes, which probably wasn't easy. That didn't stop you from seeking new alternatives, new ways of lowering your ecological footprint, or even to make this planet a better place.

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

The changes are painfully slow or seem minimal to you compared to the size of the challenge. That creates some unpleasant feelings of misalignment, between what you do and how you would like to see yourself. You experience tension, as you scrutinize your image of self.

You may have been taught certain values, like being a winner, not being a loser, always remaining rational, having more to be more. And you became these values. But then something began to shift, and these values don't feel entirely OK any longer. This may make you feel confused, perhaps a bit guilty at times. You may even feel more grateful or indebted to others for their help in your achievements than stubbornly proud of being a self-made person. These are not easy times for you.

However, you are on a journey of consciousness development. Change starts with us noticing some discomfort about something, and we want to do something to feel better (or less bad). In this case, you seem to have taken several steps. Of course it can be overwhelming to think of the complex problems, but many times we underestimate the power of small changes.

Your understanding and intuition are not mainstream, and thus very important to drive much needed change. How happy are you with how you are sharing your valuable perspectives

with others? Do you feel you are doing it as much as you can?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Let's pause for a moment.

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

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

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

But at the same time, it's worth remembering that our habits today are still (unintentionally) contributing to more of these problems in the future. And vice versa: Small changes in a habit today can do their part to shape a better future.

/HOW ABOUT YOU TRY:

Have you identified some of your activities that may not live up to your personal expectations of living in a 'sustainable' way? In what new ways could you make some changes? Sometimes we do not have the power to control a situation, but we always have unlimited power to influence, with our words, attitudes, talking or writing.

How about exploring a few of your unused possibilities?

You don't know what you can do until you try. You may encounter some cynicism, but your actions will speak louder than your words, as it always happens. Worth trying, right?

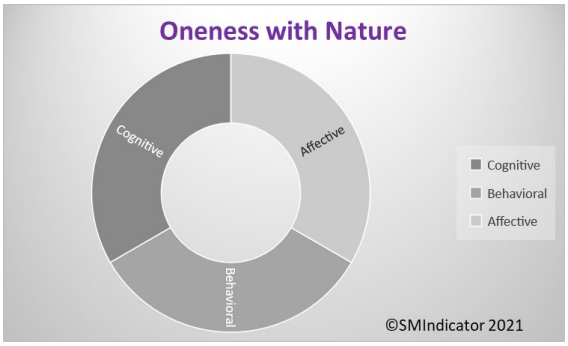
When we explore our personal values, beliefs, assumptions, and motivations, we gain greater control over our actions, and we can see new alternative behaviors.

/SPIRITUAL INTELLIGENCE

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

/WHAT IS ASSESSED HERE:

HOW YOU EXPERIENCE NATURE, HOW YOU UNDERSTAND THE HUMAN RELATIONSHIP WITH NATURE, AND YOUR RELATED FEELINGS AND BEHAVIORS.



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YOUR SMI RESPONSES INDICATE THAT you think of Nature as an experience that offers more wisdom than we can intellectually grasp.

You see the limitations of pure rationality and realize that the intellectual capability is valuable for building scientific knowledge, but also frequently overstated. It is clear to you that over time, the development of more precise measurement techniques or revolutionary thinking has revealed the myopic or biased conclusions of the past!

You are comfortable acting in ways that acknowledge a relationship characterized by respect and sensitivity toward other beings. Human achievements and improvements of our quality of life are worthy, yet in your behaviors you keep in mind that many have come at a cost for the environment or society, for which we are collectively paying that price.

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

The human-centric paradigm that we collectively adopted and believe has begun to show some shortcomings, and you are frequently rethinking your place and role in the larger ecosystem before acting.

How do you manage the tensions of living in a context that mostly rewards rational thinking and intellectual capabilities?

Your caring behaviors for other beings or the ecosystem may be the result of some special moments, when you stood in awe admiring Nature, your heart perhaps filled with joy and some kind of wordless experience of beauty. The combination of your choices in this instrument seem to show that those powerful moments created an empathic disposition, which manifests in how you act, or at least try to act, in your day to day.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Research has indicated that the experience of oneness with Nature has a direct connection to

shaping a more sustainable society and planet. However, you know 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.

Your heart knows the message: 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.

When we understand something, we start caring for it. Understanding that we are one with Nature is a sensorial, intuitive experience. It is not something to be learned, but rather something that we allow to occur, and which makes us remember the sense of oneness we have always known but had forgotten.

/HOW ABOUT YOU TRY:

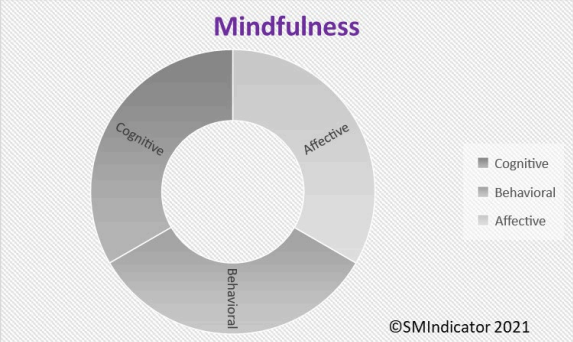
Do you realize that you are an ambassador of this worldview, perhaps not through what you say, but maybe in your lifestyle decisions?

What are some areas in which you would like to express the sense of oneness a bit more? You can list a few goals that help you work towards them.

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.



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

You realize that consumption is rewarded, linking "who we are" with "what we do, have, or own". You see this materialistic pattern in society, with its consequences on how we have to keep busy doing things, seeking to make money to be able to belong, feel respected and valued. You realize the unfortunate impact that this implicit message has on our health and well-being. It's like being trapped in a race to pursue an elusive and short-lived happiness.

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

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

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

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

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

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

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

So here are some questions for you to contemplate:

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

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

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

/HOW ABOUT YOU TRY:

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

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

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

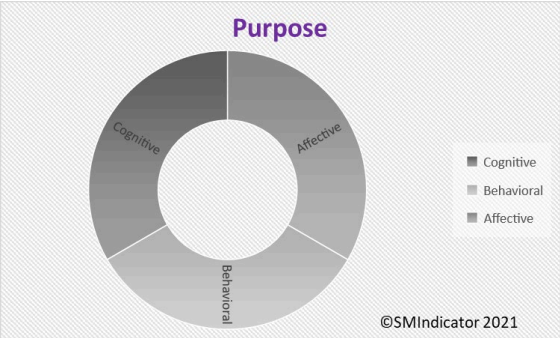
In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world.

You already know that.

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

/WHAT IS ASSESSED HERE:

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



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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. You actually state that you may have found it, through actions that serve others.

It is possible that part of your obligations and responsibilities are to serve others, to attend to their needs or expectations. Your work, family, perhaps relationships, form part of your reality and use up your available energy – and you perceive this as your service. Or you may have found a cause where you can contribute your unique skills and talents, for the greater good.

Your choices in the questionnaire indicate that it is not a good feeling for you not to have a meaningful life. And you wonder if we are on journey of seeking and finding answers to the question of "Why am I here?"

Indeed, for some the answer is clear and endures over time. For others, it changes and makes us seek renewed answers. When what you are doing no longer satisfies you, it is actually a great signal. The tension we feel indicates that something has already begun to shift, and we are on a path of further growth and transformation.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

/HOW ABOUT YOU TRY:

With this in mind, what are some new experiments you can try? What are some different things for

the greater good that you already did, and perhaps could repeat, do regularly, or improve? Which of your natural gifts and skills could you put into service for the greater good, in a cause for which you have a passion?

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

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

Please click HERE

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

Thank you!