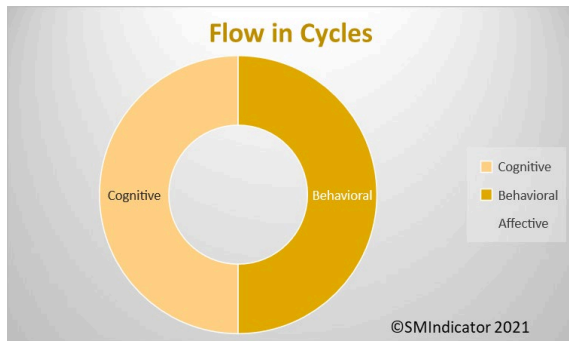


**/WHAT IS ASSESSED HERE:
HOW YOU BALANCE YOUR CAPACITY
TO ANALYZE AND PLAN WITH THE
UNDERSTANDING OF NATURAL
CYCLES, AND MAKE THEM PART OF
YOUR MINDSET.**



What this tells you:

This graph shows 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 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.

/YOU ARE COMFORTABLE when you can express an understanding of impermanence and act in alignment with the cyclical flow of Nature,

which means accepting that things grow, but not forever because there is also decline and death.

In our day-to-day this means accepting ageing and mortality, endings of relationships or certain phases in our life, and new beginnings as well. In another context, it means that we see ourselves as part of Nature, not as its controller-in-charge.

This is a valuable attitude, because it may make your life easier. Like swimming along with the river's current, it increases your speed, and reduces the stress of resisting obstacles.

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

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

So here are a few thoughts to ponder. Do you see yourself balanced in terms of making and letting go of plans? Are you perhaps in a transition, going back and forth between two ways of being in the world, deriving great pleasure in planning as a way to feel in control but also realizing that flexibility is ultimately more efficient?

**/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.

Planning in itself is not the problem but rather, excessive reliance on carefully crafted steps, and forgetting the natural cycles of growth and decline.

How do you balance structure and flow, organization and flexibility?

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.

