



/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 your need to personally change behaviors towards achieving greater sustainability is moderate, as you have a limited sense of urgency.

/YOU ARE COMFORTABLE distancing yourself from a challenging reality, which allows you to avoid disturbing feelings about the state of our planet, the ecosystem, or social injustice. The emotional distance helps you 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 is that you may miss engaging from the heart, and connecting with your deeper values and with others suffering or in need, which can be a very powerful experience. If you connected a bit more with your feelings, there might be an opportunity to make a difference with modest decisions and actions that could impact your future, your loved ones or the next generation.

We cannot comment further on how you think about this aspect, 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, news about sustainability tends to be on the negative side, creating doomsday scenarios and scary prophecies that can trigger anxiety, and are 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.

/HOW ABOUT YOU TRY:

The other powerful path is in our emotions. When you allow yourself to connect from the heart with the reality of the news and find small ways to change your behavior, you might feel more present, and have a very fulfilling experience.



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.