

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



What this tells you:

This graph shows only one dimension – behavioral - meaning that you are action- oriented, without much engagement of your feelings and without necessarily thinking about this aspect intellectually. You might use this information to seek ways to expand your understanding and explore your emotions.

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.

Additionally, you enjoy the adrenaline of the challenges that motivate you. The excitement of seeking to be successful, to win or to outperform others is a pleasant 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.

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

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

This combination of aspects may come at a price. It is not always possible to live up to other people's expectations, not to mention our own, which often are even higher. Furthermore, in many settings where teamwork or collaboration is expected, it may be challenging to balance your individual performance with the collective contributions, and your personal efforts, gifts or skills may go unrecognized, or possibly even unappreciated.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

stakeholders that we will be able to develop alternatives. (This, by the way, makes sustainability a great opportunity for contributing personal skills to a larger cause).

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

/HOW ABOUT YOU TRY:

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

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

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

