

**/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.**

**YOUR SMI RESPONSES INDICATE THAT** you know how to set priorities, because what is urgent needs attention before what sounds important, like thinking about what is our purpose in life.

This is an important skill in times when there seem to be more obligations and things we are expected to take care of, than hours in a day. Work, family, relationships, career or health issues can use up all your available energy, often even leaving you with the feeling that nothing you do is enough. When topics arise like contributing to society, you believe this may be something to do once your other obligations diminish and you free up some time, hopefully in retirement.

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

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

All that said, 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.

In contrast, you may have personally experienced that focusing on the extreme demands of your life sometimes takes a toll on your health, your mood, creating tension or anxiety, disrupting your sleep or impacting how you interact with others. Oftentimes, you don't feel happy with yourself or with others.

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 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 in order 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.

[Please click HERE](#)

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

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

With this in mind, what are some experiments you are willing to try? What are some things for the greater good that you have already done, and perhaps could repeat, do regularly, or improve?

*Thank you!*



Don't be intimidated by lofty phrases like "changing the world" or having a life's mission or purpose. In fact, each small act of kindness comes with an impact that we may never be able to imagine. That also changes the world, one positive 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.*

