



# /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.

PRINCIPLE #7

## REFLECTION

Reflective practices help to pause, and to ponder the situation and its implications before jumping into action.



**WHAT IS ASSESSED HERE:**

**HOW WE NOTICE OUR OWN PACE, AND HOW WE  
BALANCE RAPID RESPONSE WITH MAKING TIME  
TO PONDER AND REFLECT BEFORE ACTING.**

**AND HOW THIS MAKES US FEEL.**