



Sustainability  
Mindset  
Indicator®

**/REPORT  
PREPARED FOR:  
iFlexEMBA2024-18  
29/Nov/2024**

*If for every dollar in minute that we invest in AI, we invest another dollar in developing our own consciousness, our own mind, we will be ok. **Yuval Noah Harari***

# FOOD FOR THOUGHT.

How ready do you feel you are to deal with the complexity we are living in? How do you respond to the increasing polarization, to the need to expand our attention to stakeholders impacted by our daily decisions? How comfortable are you planning and yet letting go of your plans as you consider the feedback that reality is giving you? How easy is it for you to adapt, revisit your assumptions, unleash your creativity, and innovate?

**These are some of the key indicators of resilience.**

We find comfort in our plans, in the 'known and tried out' ways of doing things. Yet this may also be the obstacle that slows us down when we need to find new ways of acting that have a better impact on the world. While much is talked about the future that awaits us, it's easy to forget that it is *us*, each one of us, who is shaping this future with our daily decisions and actions. Yet, rushed as we all live in these demanding times, we may not take the moment to pause, observe where we are, what our most precious goals and values are, and how our day, today, is reflecting those values, leading us to those goals. And what course corrections we may want to do!

**This is the Era of Purpose.** How mindful are you of your larger purpose? Setting a purpose becomes the compass offering certainty in a world filled with uncertainty. Are you giving yourself the gift of a pause, to ask yourself what your larger, higher purpose could be?

You may recognize in these lines some aspects that were addressed in the statements offered to you in the Sustainability Mindset Indicator, as you were invited to reflect and choose which best represented you. This report constitutes a picture, a map of your personal journey towards a resilient, purposeful, creative mindset for flourishing as an individual, making a difference in the world. Which is sustainability at its best.

Let this report be a gift for your soul.

Welcome to your Personalized Report. This Report is based on your selections on the SMI. It is meant to be a personal development tool, to highlight aspects of your understanding, behaviors and feelings related to your Sustainability Mindset (SM).

You will find observations that you may identify with, others that you vaguely recognize, and others that perhaps don't resonate with you. Keep what you need and what makes sense to you.

You will also find questions to consider, suggestions for things you can try, and information related to the aspects covered in this report, and how these are related to the Sustainability Mindset.

Take your time reading your Report. Pause, take notes, and reflect. It is all about you, and for you. There were no wrong answers in the survey. Only good options and perhaps some that you hadn't thought of.

# /WHAT YOU WILL FIND IN THE FOLLOWING PAGES

This Personalized Report is organized into several sections. The first section contains a graph, displaying how the different aspects assessed compare to each other, according to your choices in the survey. Those that occupy a larger area are your stronger ones and the narrower or missing ones are aspects of the Sustainability Mindset that are less developed or absent for you, as inferred from the combination of your answers.

The next section presents personalized descriptions of where you find yourself on your journey towards a Sustainability Mindset, in four clusters: Ecological Worldview, Systems Perspective, Emotional Intelligence, and Spiritual Intelligence.

Within each of these clusters you will find what aspects were assessed, and a graph for each aspect displaying how you connect to this topic, whether intellectually, through your actions and behaviors and/or by engaging your emotions.

If you see some areas missing within the graph, it means that either you selected “neither” for that question and therefore we don’t have information to report on, or your answers suggest you don’t engage in one or more areas (cognitive, behavioral, or affective). Similarly, if you selected “neither” for all the questions within one Sustainability Mindset Principle, we don’t include a graph, since we don’t have information to report on.

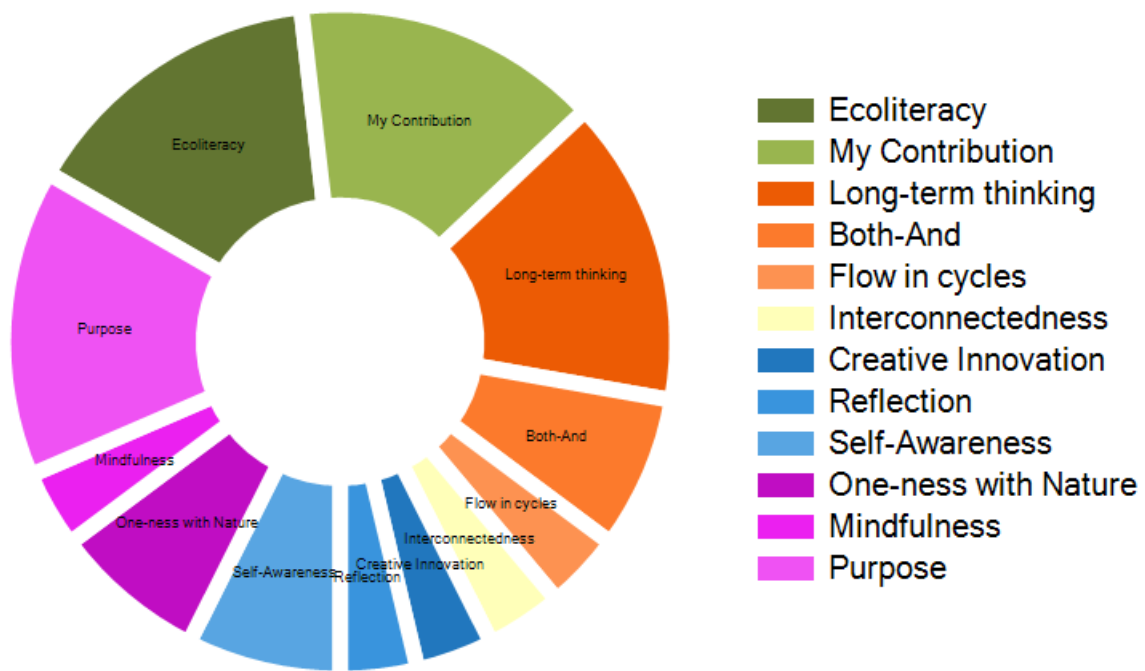
Each graph is accompanied by a box with a brief explanation, and you will find much more information in the text to include what your choices suggest, why this Principle is key for a sustainability mindset, and questions to ponder and suggestions to try.

*Enjoy your journey into the realm of the Sustainability Mindset - a place where you can be your best, for yourself and for the World.*

*The SMI Team*

**/ Your overall SUSTAINABILITY  
MINDSET PROFILE**

The graph below shows your personal profile, indicating how – relatively to each other – you have developed your Sustainability Mindset. The wider sections indicate your stronger areas, and vice versa.





# /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.**



**What this tells you:**

**When the graph is well balanced, it means that you have a good understanding of the aspect of the Sustainability Mindset being assessed, that you are able to connect with your feelings about it, and that you tend to act upon what you know and feel. This is a good start, and you might want to think about circumstances or contexts in which you would like to act more, understand better or further explore your feelings.**

**YOUR SMI RESPONSES INDICATE THAT** you have a good understanding of the complexity of the planetary challenges we are facing, and how they are interrelated. In addition, you seem to be socially sensitive and have empathy for the suffering of others.

This may be an important motivation for you to act in your daily decisions in ways that can minimize your ecological or social footprint, and/or help the sustainability of our planet.

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

This is a great foundation so, where do you think your next challenge is? Maybe to understand more about what is happening, and connect more through your heart and your feelings? Perhaps you can imagine ways in which you can use your skills and unique gifts to contribute and make personal changes for the greater good.

**/THOUGHTS TO PONDER WHEN YOU  
CONSIDER THE SM:**

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 an interesting path.

Here are some suggestions to consider: What are things you are good at that you aren't incorporating into your sustainability contributions? Who could benefit and where from your gifts and talents and possibly your passion?



*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.*

**/WHAT IS ASSESSED HERE:  
HOW YOU SEE THE RELATION  
BETWEEN INDIVIDUAL DECISIONS  
AND PLANETARY CHALLENGES, HOW  
YOU FEEL ABOUT IT AND THE  
IMPACT ON YOUR PERSONAL  
BEHAVIORS.**



**What this tells you:**

**When the graph is well balanced, it means that you have a good understanding of the aspect of the Sustainability Mindset being assessed, that you can connect with your feelings about it, and that you tend to act upon what you know and feel. This is a good start, and you might want to think about circumstances or contexts in which you would like to act more, understand better or further explore your feelings.**

**YOUR SMI RESPONSES INDICATE THAT** you periodically ponder if you are personally playing a role in the world's social or environmental problems of the world. Certainly, you didn't create the problems intentionally, but you seem to pause and wonder in what ways you may be contributing to them.

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

Because you are a very sensitive person, with an open heart, realizing that you are part of the problem may bring up feelings of guilt, sadness, despair, or anxiety.

Yet are you aware that your ability to connect truthfully to your own emotions is actually a valuable skill that is much needed in the world? Your sensitivity also helps you to feel for others, with empathy and compassion for their suffering. This is a precious quality, although at times it can be difficult to live with it.

**/YOU ARE COMFORTABLE WHEN** you find a way to convert the emotional energy into action, by taking a proactive role. Instead of remaining "the victim," you choose to act. You find small ways in which you are contributing to the problems and seek out those changes you could make to be less a "part of the problem" and become part of the solution. This is a wonderful start!

The more you observe, the more opportunities you will find to make a real difference with a few simple changes to your behavior and habits.

**/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:**

Thinking of how we are personally contributing to the planetary challenges may not be something we do daily. Our demanding lives have many obligations and don't leave much time for reflecting on this. We are busy getting things done! Yet when analyzing the current un-sustainability of our planet, science has clearly established a link between human behaviors in past decisions and the current problems we face.

Much attention is now focused on how to repair the damage done, and how to restore endangered or depleted resources. Scientists and entrepreneurs study how to minimize current or future problems at the environmental or social level, and how to innovate to avoid negative impacts into the future.

If we collectively influenced the place, we find ourselves in now (with all its problems), that means we also hold the key to influence where we will collectively be in the future – we: meaning humankind at large, or, from a closer perspective, our families, children, and grandchildren.



*When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness and develops social sensitivity.*

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

What do you see as your next developmental frontier? Consider how to make a more frequent habit of asking yourself “How am I contributing to this?” This question opens a path of inquiry, which automatically leads to expansion of your consciousness. You become more alert to take notice, and thus more open to try out new behaviors.

This same question, by the way, is also a powerful tool that can improve our relationships and interactions with others! So often we focus on what others are doing unto us, which leaves us powerless. When we learn to pay attention to what is our role in the problems we endure, we regain control and can actually do something.

Actively thinking about your contribution is definitely an important milestone in your personal development, with planetary implications.

Other possibilities to ponder: To be more creative in your actions, perhaps use more of your unique talents to make a difference.

How might you connect more from the heart with others?

Food for thought!



# /SYSTEMS PERSPECTIVE

When analyzing information and making decisions a SYSTEMS PERSPECTIVE has a major impact on the sustainability of our actions.

**/WHAT IS ASSESSED HERE:  
HOW YOU THINK ABOUT THE LONG-  
TERM IMPACT WHEN ANALYZING  
AND MAKING DECISIONS,  
COMPLEMENTING SHORT-TERM  
THINKING; HOW YOU FEEL ABOUT  
IT, AND THE IMPACT ON YOUR  
BEHAVIORS.**



**What this tells you:**

**When the graph is well balanced, it means that you have a good understanding of the aspect of the Sustainability Mindset being assessed, that you are able to connect with your feelings about it, and that you tend to act upon what you know and feel. This is a good start, and you might want to think about circumstances or contexts in which you would like to act more, understand better or further explore your feelings.**

**YOUR SMI RESPONSES INDICATE THAT** you have a good understanding of the long-term sustainability impacts that our decisions may have, even the simple and daily ones, not to mention behaviors commonly accepted in our society.

In addition, this understanding is not indifferent to you: You are a sensitive person who seems to get worried about the long-term impact that your decisions or lifestyle may be having on the planet. It is difficult to live with this feeling!

**/YOU ARE COMFORTABLE WHEN** you convert the emotional motivation into actions. In this case, you seem to have a natural tendency to think of “what ifs” and the long-term consequences of possible decisions before taking them.

This may not always be welcome in a team setting, but from the perspective of shaping a sustainable world, this contribution is a great asset to yourself and to your working groups. Your perspective will likely enrich actions, as they result from considering potential impacts in the longer term.

You probably sense that the world around demands a fast pace, decisiveness, focusing just on the tangible short term and continues as if no such thing as a long-term impact would be realistic. But change never starts as mainstream, and you may be showing a new way of doing things – for the sustainability of the whole.

**/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:**

There is definitely a tacit pressure to act promptly and focus on that which needs immediate attention. This is very important, and there are many circumstances where this way of responding is the optimal, or even the only one that matters. A fire in the house, for example. We can sense the urgency and it is not a good idea to pause and reflect on the long-term implications of the fire.

But for many daily decisions the context is different, and yet we still prioritize short-term thinking, often without even weighing any medium- or long-term impacts of what we are doing. The stream of life, our colleagues, perhaps everyone with whom we interact takes for granted that we “all” act this way.

On the other hand, with greater understanding of the social and environmental problems we are facing, it has become clear that the law of cause-and-effect is always at play, even if not immediately obvious. In

other words, the consequences of our daily actions do have impacts - some over time, some just in a different geography, and many on both.

As with other aspects which are key for a sustainability mindset, it is not a question of choosing one over the other, but a matter of balancing both views and taking both time horizons into account.

This mental habit expands our consciousness, as we become more aware of the way we are impacting others and the world. Not thinking about this doesn't stop it from happening. Stretching our imagination to consider potential impacts across time helps us make better decisions, and play a more active role in shaping a better world.

This is something about which you seem to know quite a lot.

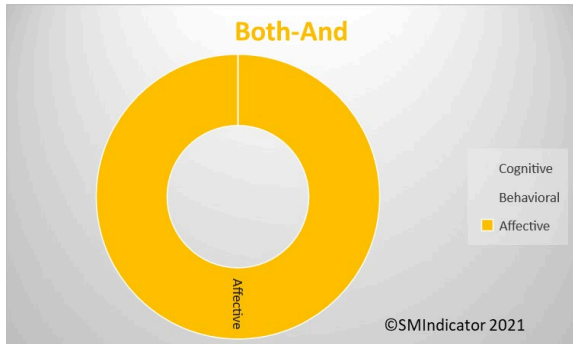
### **/HOW ABOUT YOU TRY:**

How comfortable are you bringing the long-term perspective into the conversation? Do you sense that sometimes you hold back, because it is not so popular? Are you fully aware that your perspective, by not being culturally mainstream, is what we all need more? Is this something that may encourage you further to speak up?



*Every action has consequences that are not immediately visible. Considering the long-term when analyzing situations and making decisions has a positive impact on global sustainability.*

**/WHAT IS ASSESSED HERE:  
HOW YOU THINK ABOUT AND DEAL  
WITH AMBIGUITY AND PARADOXES,  
HOW YOU RECOGNIZE DIVERSITY,  
FEEL ABOUT IT AND ACT TOWARDS  
IT.**



**What this tells you:**

**This graph shows the affective dimension, meaning that you connect emotionally with this aspect, without necessarily engaging into action. We don't have enough data to report on your understanding of this topic.**

**YOUR SMI RESPONSES INDICATE THAT** you are an empathetic person. It comes easily to put yourself in another person's shoes, trying to see life from their point of view, as puzzling at it might be. It makes you feel good when you do so - in a way you feel closer to the other. Moreover, not being inclusive may make you feel guilty, selfish, righteous, or irresponsible. This is your internal compass.

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

That said, your answers in the questionnaire indicate that you are also a pragmatic person that likes clarity in life.

**/YOU FEEL MOST COMFORTABLE** with clear choices - black and white options - and find a sense of stability and reassurance in holding onto your values and your worldview. You feel most comfortable. When faced with a new situation, you seek to rapidly frame it within what you have learned is "right" or "wrong."

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

The combination of your natural empathy towards others, and your desire to have clear distinctions of what is right and wrong doesn't make your life easy! Simplifying complexity is helpful for avoiding gray areas, but you sense that you also miss understanding the complexities of the situation.

Many of our world's sustainability challenges originate in choices such as: "either the planet or the economy" and "either protect the wolves or the farmer." Yet, Either-Or choices can be misleading, and have us believe there are win-lose solutions that work. But do they really? If the cost is high, do they still work?

It is reassuring to find ourselves in a situation where we see it the right way, and others are wrong. But at the same time, you sense that we may be missing what these others are seeing, that we don't. How could we all benefit from having a fuller picture?

Here are some questions to consider: Can you think of an event or situation, however minor, where someone with a different opinion was able to step into your shoes? How did it make you feel? How did it impact your attitude and your behavior?

What if we could shape a world that makes room for different perspectives, where people acknowledge others' points of view? In a way, you are already feeling empathy for others, which is a valuable asset in these polarized times! How could you convert your empathy into inclusive behaviors?

### **/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:**

It seems that today, more than ever, we are collectively being confronted with paradoxes and ambiguity. Increased transparency and access to information from around the world makes us aware of very different ways of thinking, being and acting with which we may not agree or be comfortable.

Challenging as this may be, there is a benefit to it: We are becoming aware of our own worldviews just by realizing that there are other ways of seeing and feeling. This is an evolutionary insight of great value, the foundation for more peaceful societies. In a way, life is prompting us to expand our understanding and our scope of caring, which go hand in hand.

When we understand something, we can begin caring. This is the start of a better world for all.

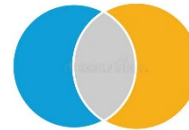
### **/HOW ABOUT YOU TRY:**

Since we cannot control what others think or do, but do have control over our own way of thinking, there may be an interesting path worth exploring

here. Your behavior could role model appreciation of diversity. Are you aware of it? You could inspire others to feel empathy.

Now, in what areas does empathy and inclusion come easier to you, and which situations are more challenging? This is your work.

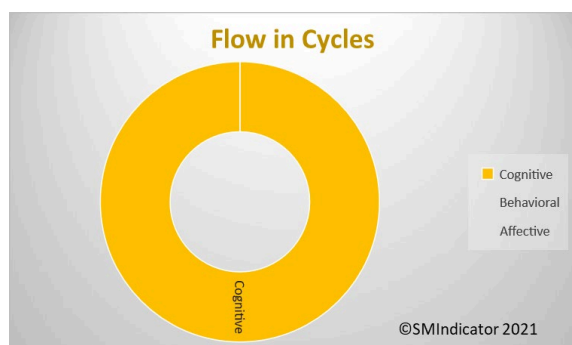
You are a naturally caring person. You can start practicing with little day-to day opportunities to put your empathy into action, in new ways. Any thoughts?



*Both+and thinking allows us to understand paradoxes and calls for creative solutions that are inclusive of all stakeholders.*



**/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 only one dimension – cognitive - meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.**

**YOUR SMI RESPONSES INDICATE THAT** you are profoundly committed to actions, enjoying the challenges life offers you.

**/YOU ARE VERY COMFORTABLE** crafting plans and setting goals to measure your progress. You derive a sense of fulfillment and satisfaction when you achieve the goals you set for yourself. This allows you to feel empowered and in control, which is a nice feeling, particularly as it avoids the stress of uncertainty.

At the same time, 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.

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

While planning is a way to feel in control of situations, you also have noticed that it is constantly challenged since life - with its countless variables - is too complex to be managed.

Do you experience frustration at times when things don't work out as you planned, or expected? How do you react? Do you let go of your plans and observe what the events are telling you, or do you use persistence and incremental efforts to stay on top of your planned course?

**/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.

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

Planning in itself is not the problem but rather, excessive reliance on carefully crafted steps. How do you incorporate the cycles of nature into your planning? As an example, do you accept phases of growth and decline - aging and impermanence, along with endings and mortality followed by new beginnings and birth? How do you incorporate humanity as part of Nature, rather than its controller? Many implications to think about, indeed.

*Here a few thoughts to ponder.* Do you see yourself balanced in terms of making and letting go of plans? How do you balance structure and flow, organization and flexibility?

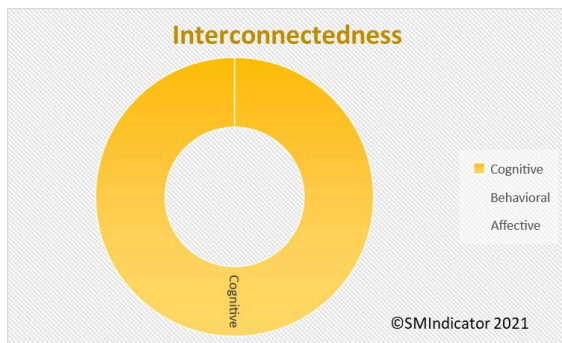
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river’s current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

*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.*



**/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 – cognitive - meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.**

**YOUR SMI RESPONSES INDICATE THAT** you thrive in contexts where you can compete and work towards being your personal best.

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. You like to be faced with challenges. In fact, you enjoy the adrenaline that motivates you.

At the same time, you have a clear understanding that we are all interconnected, even in non-obvious ways, and that no one is really fully independent.

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

The excitement of seeking to be successful, to win or to outperform others is a great 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. This 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:**

We invite you to explore what autonomy means for you. What are the roots of this value for you, perhaps in your upbringing or in your current context? Is this authentically a priority for you, or is it something automatically inherited, or adopted without giving it much thought?

If you have identified an accomplishment that you consider authentically your merit, make a list of who may have played a role in it. Rank them, in order of relevance or impact on your success. What does this exercise tell you about the polarity of autonomy versus interconnectedness?

*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.*

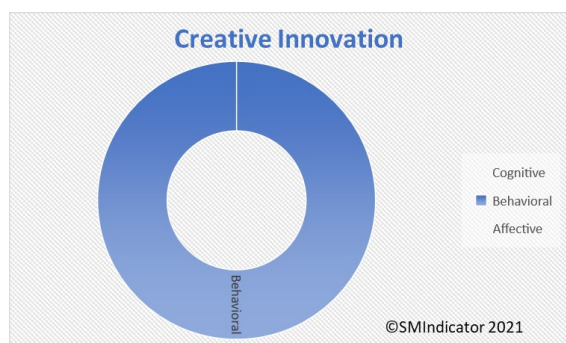




# /EMOTIONAL INTELLIGENCE

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.

## **/WHAT IS ASSESSED HERE: HOW YOU INCORPORATE NON- RATIONAL INFORMATION, INTUITIVE KNOWING, CREATIVITY AND IMAGINATION IN ORDER TO BALANCE RATIONAL THINKING, AND HOW YOU FEEL ABOUT IT.**



### **What this tells you:**

**This graph shows only one dimension – behavioral - indicating that you are action -oriented without necessarily connecting to your understanding about this aspect. You might use this information to seek ways to expand your comprehension of this topic. We don't have enough data to report on how you feel about this aspect.**

**YOUR SMI RESPONSES INDICATE THAT** you have a clear understanding of the value of your logical and analytical thinking abilities.

You know that the human mind is capable of great accomplishments, as history has shown. And you trust that our sustainability problems might be addressed with rational thinking and good strategies.

**Interestingly, at the same time,** it seems that you have found yourself in situations where you made

great contributions by putting your “creative hat” on, by being playful, by not preemptively censoring your ideas, and even tolerating the uncertainty of not knowing how something will work out.

**You are comfortable** living with a certain degree of risk-taking, and based on your answers, that worked well for you.

How did that feel? We cannot comment on your feelings, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

## **/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:**

You may notice that the sustainability challenges we are facing are largely new, and as COVID-19 taught us, increasingly situations arise for which we don't have previous experience or science on which to rely. We have become more aware of the complexity of our challenges, and we are skeptical of simplistic solutions.

However this also requires entry into uncharted territories. Resilience calls for flexibility in adapting to new situations, and this entails innovating and experimenting. Having no plans or blueprints to follow may be unsettling, and the only choice is to take some risks.

These seem to be your current challenges: How can you feel more comfortable trying and experimenting without knowing?

*Here is a thought to consider:* What have you learned about yourself through those positive experiences when you made valuable contributions thanks to your creative imagination? In what conditions were you able to act in that way? What could you learn and replicate from those circumstances? What would have to be true and how can you influence this?

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

Are you happy with how you listen to and consider your own intuition, this non-verbal wisdom? Is your imagination and creativity nurtured and well expressed, or do you think you could do more? It seems that you have a reservoir of imagination available to tap into, and perhaps intuitive wisdom as well. How can you trust a bit more this unique gift? It certainly can help complement your strategic thinking, and maximize your achievements for the benefit of all.

**/HOW ABOUT YOU TRY:**

Our world is certainly giving preference to rational and logical thinking, so you have a much-needed perspective to contribute. In what new ways could you envision doing this?

*Resilience is based on constant creativity, innovation, and experimentation. When we neglect the non-rational wisdom we have in us, our solutions are missing critical information, and may create negative impacts on the ecosystem and society.*



**/WHAT IS ASSESSED HERE:  
HOW YOU NOTICE YOUR OWN PACE,  
AND HOW YOU BALANCE RAPID  
RESPONSE WITH MAKING TIME TO  
PONDER AND REFLECT BEFORE  
ACTING. AND HOW THIS MAKES  
YOU FEEL.**



**What this tells you:**

**This graph shows only one dimension – cognitive - meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.**

**YOUR SMI RESPONSES INDICATE THAT** you sense that we are collectively trapped in an accelerated pace. Perhaps you notice your own speed, or see it in others.

The fact is that you observe and seem to think about this phenomenon, and may be asking yourself about the cost of this upon you or others. How is it possible to contemplate the future implications of decisions taken under the pressure of speed?

**AT THE SAME TIME, YOU ARE COMFORTABLE** making a quick assessment of a situation and acting promptly. You are a quick thinker, and while you may overlook some details, you consider that your decisiveness also helps stimulate those that are more hesitant. Speed is justified. As a matter of fact, you thrive on the adrenaline of urgency! You find multitasking very stimulating and enjoy the tension which brings out your best performance. You are a true citizen of our times.

**/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:**

Since we are looking at these aspects from the perspective of a sustainability mindset, let's pause and think about what behaviors might be most effective as well as much needed.

While there is a call for urgent action about climate change and the related social and environmental problems, many modern sustainability challenges are actually the result of overlooked potential impacts. For decades, well-intended decisions were largely made by quickly identifying the best option.

But today we are understanding better that problems are complex, that solutions impact a multiplicity of future stakeholders, and that there are always consequences.

Of course, it is not possible to anticipate all scenarios, but pausing and checking assumptions can be very useful to avoid future problems.



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

For example, what can you learn to avoid or repeat from past experiences? Can you identify in hindsight, what was at stake?

When we have more information we can better weigh alternatives. All of this, however, is at odds with speed. We cannot both act fast and ponder carefully.

The question becomes: Is decisiveness and fast action coming at an expensive price for you and others, us, the next generations, and the ecosystem?

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

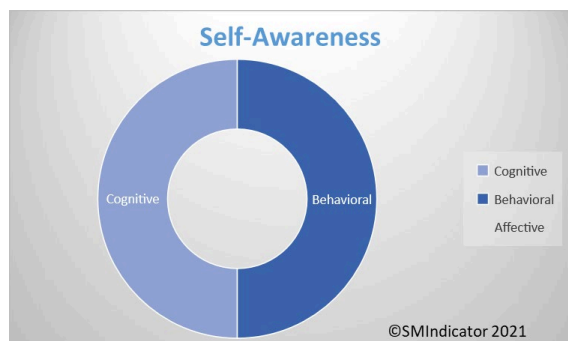
You are blessed to have good endurance of tension to sustain multitasking and even enjoy it. Does it ever happen to you that you wish you could relax, slow down and do nothing? Does your body, your mind or perhaps your soul call for a break, less stress? What message may be there for you, waiting to be heard?

Food for thought!

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



**/WHAT IS ASSESSED HERE:  
HOW AWARE YOU ARE ABOUT THE  
ANCHORS OF YOUR IDENTITY AND  
YOUR VALUES; HOW YOU FEEL AND  
ACT IN CONSEQUENCE.**



**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 believe the paradigm we have long been living with is due for a revision, because values like growth and progress may be linked to an assumption of unlimited resources, which may not be realistic.

You have been noticing that many of your automatic behaviors are actually not very environmentally friendly, or perhaps have some kind of negative social impact.

**You are comfortable** trying to make some changes, but this probably has been somewhat challenging and might not have left you very satisfied. We cannot comment on your feelings related to this topic since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

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

Your understanding and actions are not mainstream, and thus very important to drive much needed change. Undoubtedly, there are social and environment related challenges everywhere. Some happen locally, others across borders. You understand science has been linking many of these issues to human behaviors, such as consumption of unhealthy foods, depletion of natural resources, pollution or contamination of air, soil and water. And we are left to deal with the consequences today, trapped in a paradigm that prioritizes values that have a negative impact, such as thoughtless consumption.

How happy are you with how you are sharing your valuable perspectives with others? Do you feel you are doing it as much as you could?

**/THOUGHTS TO PONDER WHEN YOU  
CONSIDER THE SM:**

Let's pause for a moment. This survey was designed around the Sustainability Mindset, which is a way of thinking and being, to optimally adapt to the moment in which we are living. This mindset focuses on using our natural gifts to shape a better

future, for ourselves and for all, the ecosystem included.

Research has proven that what may sound overwhelming, actually can be broken down into small, realistic ways to contribute to the greater good, and feel great at the same time. The first step is taking a fresh look at what surrounds us.

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

Have you identified some of your activities that may not live up to your personal expectations of living in a 'sustainable' way? In what new ways could you make some changes? Sometimes we do not have the power to control a situation, but we always have unlimited power to influence, with our words, attitudes, talking or writing.

How about exploring a few of your unused possibilities?

Another suggestion is that you explore the roots of some values that are important for you, such as success, winning, and outperforming others. Where can you trace their origins? Perhaps in your upbringing, or in your current context? What do they represent for you, which makes them important? Are they authentically yours, or are they perhaps inherited, adopted without giving much thought to it?

*When we explore our personal values, beliefs, assumptions, and motivations, we gain greater control over our actions, and we can see new alternative behaviors.*

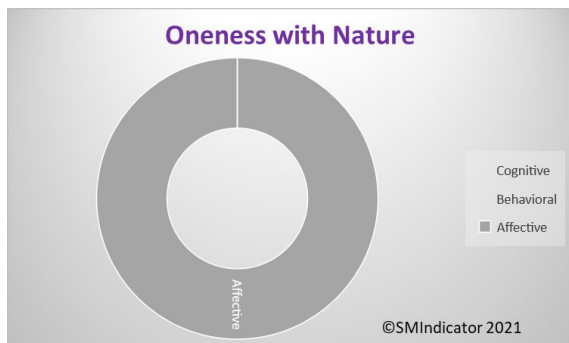




# /SPIRITUAL INTELLIGENCE

The spiritual orientation to Nature, to ourselves and to others are key factors for a Sustainability Mindset, as they impact the quality of our actions.

**/WHAT IS ASSESSED HERE:  
HOW YOU EXPERIENCE NATURE,  
HOW YOU UNDERSTAND THE  
HUMAN RELATIONSHIP WITH  
NATURE, AND YOUR RELATED  
FEELINGS AND BEHAVIORS.**



**What this tells you:**

**This graph shows the affective dimension, meaning that you connect emotionally with this aspect. We don't have data to report if or how these feelings relate to your understanding and behaviors.**

**YOUR SMI RESPONSES INDICATE THAT** you have experienced some special moments, when you stood in awe, admiring nature, your heart perhaps filled with joy and a wordless experience of beauty.

What memories did that moment leave you with? Do you long to replicate, repeat or experience this again? Does something hold you back?

We cannot comment on how that experience and the feelings related to it are impacting your thinking and behaviors since you indicated (by choosing "neither") that you did not find yourself 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:**

With this special experience you have had in Nature, how do you see the mainstream utilitarian paradigm that takes Nature as a mere resource? Have you noticed that some progress has come at a cost for the environment or society, and we are collectively paying that price? For example, soil erosion or waterways contamination from chemical crop fertilizers meant to enhance soil productivity.

It seems that the human-centric paradigm that we collectively adopted and believe has begun to show some shortcomings, inviting us to revisit our place and role in the larger ecosystem.

What are some undesirable consequences of human innovations that you have personally experienced? What message may be in this for you?

How are your powerful moments of experiencing Nature reflected in your day-to-day decisions and actions?

We live in a society that rewards rational thinking and intellectual capabilities, and that encourages a utilitarian or instrumental approach to the natural world and its resources. How do you manage this tension?

**/THOUGHTS TO PONDER WHEN YOU  
CONSIDER THE SM:**

According to a 2018 United Nations study, over 55% of the world's population lives in urban areas, a proportion that is expected to increase to 68% by 2050. As a result, for many of us, the disconnection from Nature is rather "natural." Hectic life in large cities makes it difficult for us to remember that we are more than individuals moving through traffic and buildings. The common associations with

the word “Nature” may be vacation time, a park, or a documentary. What about our food? Our body? The materials of every object we use?

We rely on and praise scientific progress, but history has demonstrated that scientific findings are always within the constraints of available instruments, paradigms, or assumptions and many myopic or biased conclusions have been revealed with the passage of time, the development of more precise measurement techniques and revolutionary thinking. Biomimicry, a discipline studying how Nature solves problems, has been highlighting the wisdom of billions of years of evolution, and suggesting that we may find more answers in Nature than through our human intellect.

In fact, indigenous people have demonstrated a more resilient lifestyle, based on an intuitive connection to Nature.

This disconnection from Nature leads to a utilitarian relationship: Nature is reduced to instrumental resources for human needs and wants, causing not only spiritual alienation, but is the root cause for many unsustainability behaviors.

What impacts do you see from having a utilitarian relationship with Nature?

When we understand something, we start caring for it. Understanding that we are one with Nature, a species within species, is a profound experience that can shape behaviors leading to a more harmonic relationship with the self, with each other and with all beings.

You seem to have experienced it: a sensorial, intuitive understanding. It is not something to be learned, but rather an experience that we allow to happen, and which makes us remember something we have always known but had forgotten.

## /HOW ABOUT YOU TRY:

Having had an experience of oneness with Nature, you have the possibility to reach back into it and honor it, integrating it into who you are. Research has indicated that the experience of oneness with Nature, albeit rare, has a direct connection to shaping a more sustainable society and planet.

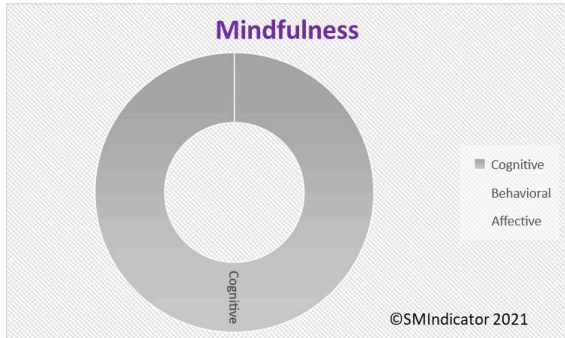
How can you plan to have more of these moments? Your being, your soul will welcome it, and the nourishment may help heal a perhaps currently divided self.

It is impossible to guess your particular context, and your current priorities. But we invite you to give yourself an unusual gift: Spend an hour in Nature, on your own, without looking at your phone, and with no books, pets or other people. If you have never experienced this, you are up for a very special treat!

*Understanding that we are one with Nature, a species within species, is a powerful spiritual experience that can shape behaviors leading to a more harmonious relationship with each other and all beings.*



**/WHAT IS ASSESSED HERE:  
HOW YOU THINK ABOUT THE  
MEANING, ROLE AND VALUE OF  
MINDFULNESS AND ITS PRACTICE,  
AND HOW YOU FEEL ABOUT IT.**



**What this tells you:**

**This graph shows only one dimension – cognitive - meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.**

**YOUR SMI RESPONSES INDICATE THAT** you observe that we live in a world that rewards consumption, linking “who we are” with “what we do, have, or own”.

You see this materialistic pattern in society, with its consequences on how we have to keep busy doing things, seeking to make money to be able to belong, feel respected and valued. You realize the unfortunate impact that this implicit message has on our health and well-being. It’s like being trapped in a race to pursue an elusive and short-lived happiness.

**YOUR REALITY CALLS FOR FOCUS.** It is possible that you have this insight as a result of your own experience, as you focus on what you need to get done, according to your own expectations and goals, or the demands you receive from your social surrounding. This is already a lot to keep you busy, and frequently you don’t even have enough time to accomplish all you intend to do.

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

Indeed, when our reality is challenging, it poses a high demand on our physical, emotional and psychological well-being, which we all try to manage in the best way we can. You seem, at times, to experience the tension and stress that comes with your demanding reality. You may notice it in your health, sleeping patterns, moods, or in how you relate to others as a result.

Sometimes we hear people say “you should do less, you should relax, you should take time for yourself, etc.,” and from your perspective, their suggestions may sound somewhere between unreal and ridiculous, since you are the one living with the challenges. Of course you know what you ‘should’ do, but we are all doing our best all the time.

It is however possible that being concentrated on your obligations you miss information available “out there” that could facilitate your task, but you just don’t see it.

**/HOW ABOUT YOU TRY:**

For example, perseverance is an important virtue, except when it makes us miss easier or better ways to achieve our goal. Pausing and stepping away from our task clears our mind, and we can return to it with renewed energy and sharper vision.

It's time to pause and consider: How can you connect what you already know with your daily choices, to make your life easier, more satisfying or perhaps less stressful?

Individuals that dedicate time to nurture this ignored or neglected part of themselves soon realize the positive impact that small practices of slowing down have on their peace of mind, how they relate to others and even on their health. It may be as simple as going for a walk, listening to your preferred music, dancing, practicing a sport, playing with children or your pet, gardening or creating art.

There are even certain words that, just by thinking of them, create an expansion in our heart, bringing positive feelings. From a biological perspective, they cause our system to release dopamine, the so-called happiness hormone. Can you think of some of these words? How do they make you feel? For starters, a small but powerful gift that you well deserve!

## **/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:**

From the perspective of a sustainability mindset, mindfulness is both a key practice and an amazing result. Research has shown a direct link between individuals that have some contemplative practices not just with their physical and psychological health, but also with the emergence of feelings of empathy and compassion.

This creates a disposition towards positive social and environmental actions, and the resulting satisfaction feeds a positive reinforcing loop. In other words, the better we feel about something we've done, the more we seek to repeat the experience.

When we access and display a more balanced version of ourselves, we convey an unspoken message to the people with whom we interact, not just by what we say or how we behave, but through our attitude and energy. This has a proven

positive influence on others, as science has identified with the phenomenon of "emotional contagion."

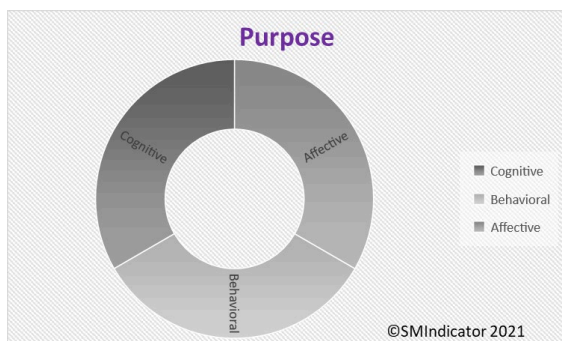
In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world. Do you want to give it a try?

*Mindfulness is being fully present, experiencing connectedness with all that is. Mindfulness enhances awareness and compassion, and predisposes to social and environmental actions.*





**/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.**



**What this tells you:**

**When the graph is well balanced, it means that you have a good understanding of the aspect of the Sustainability Mindset being assessed, that you are able to connect with your feelings about it, and that you tend to act upon what you know and feel. This is a good start, and you might want to think about circumstances or contexts in which you would like to act more, understand better or further explore your feelings.**

**YOUR SMI RESPONSES INDICATE THAT** you think it is important to find a purpose in life, to identify something that, by making a difference, makes our life meaningful. You actually state that you may have found it, through actions that serve others.

It is possible that part of your obligations and responsibilities are to serve others, to attend to their needs or expectations. Your work, family, perhaps relationships, form part of your reality

and use up your available energy – and you perceive this as your service. Or you may have found a cause where you can contribute your unique skills and talents, for the greater good.

Your choices in the questionnaire indicate that it is not a good feeling for you not to have a meaningful life. And you wonder if we are on journey of seeking and finding answers to the question of “Why am I here?”

Indeed, for some the answer is clear and endures over time. For others, it changes and makes us seek renewed answers. When what you are doing no longer satisfies you, it is actually a great signal. The tension we feel indicates that something has already begun to shift, and we are on a path of further growth and transformation.

**/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 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.

**/HOW ABOUT YOU TRY:**

With this in mind, what are some new experiments you can try? What are some different things for

the greater good that you already did, and perhaps could repeat, do regularly, or improve? Which of your natural gifts and skills could you put into service for the greater good, in a cause for which you have a passion?

Don't get intimidated by grandiose words like 'changing the world' or having a life mission or purpose. In fact, each small action of kindness has already an impact that we may never be able to imagine. That is also changing the world, one 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.*



[Please click HERE](#)

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

*Thank you!*

