



Sustainability  
Mindset  
Indicator®

**/REPORT  
PREPARED FOR:  
Vinayak  
01/May/2024**

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 particular areas (cognitive, behavioral or affective). Similarly, if you selected "neither" for all the questions within one aspect, 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 particular aspect is key for a sustainability mindset, and questions to ponder and suggestions to try.

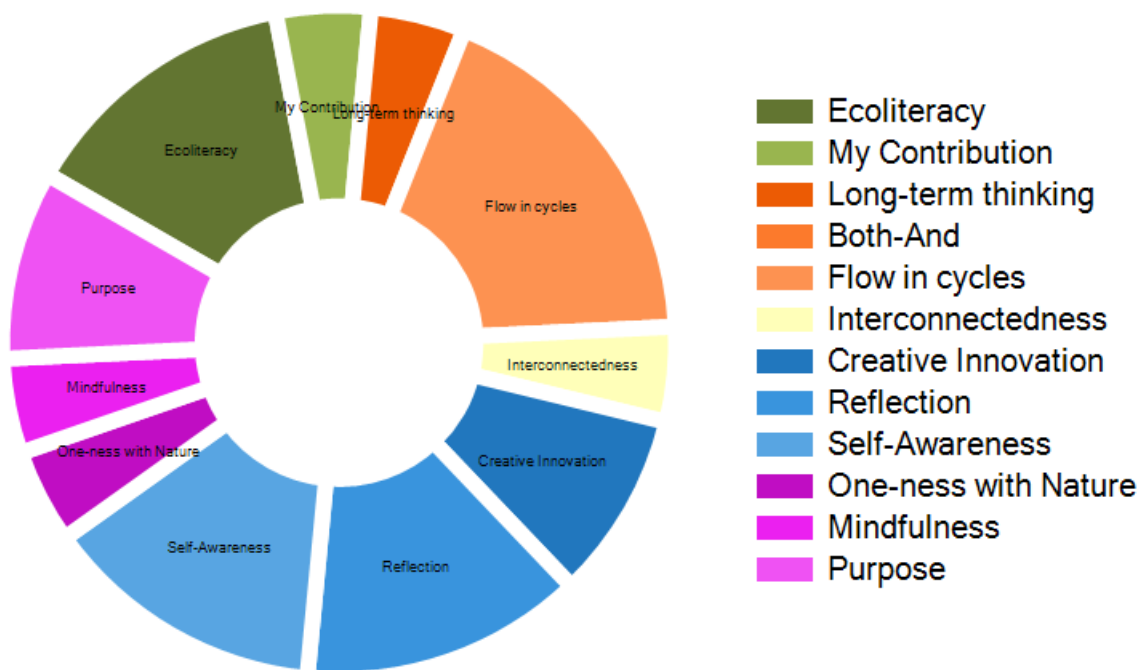
***Enjoy your journey into the realm of the Sustainability Mindset - a place where you can be your best, for yourself and for the World.***

*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.

If you see some aspects listed in the side box that are not included in the graph, it means that these are areas to be considered more closely. It may be that you didn't feel represented by any of the statements to choose from, or it might be that your reality, context, and/or habits prompt you to think, act or feel differently. You will find further comments in this report about these aspects, exploring their up- and downsides.

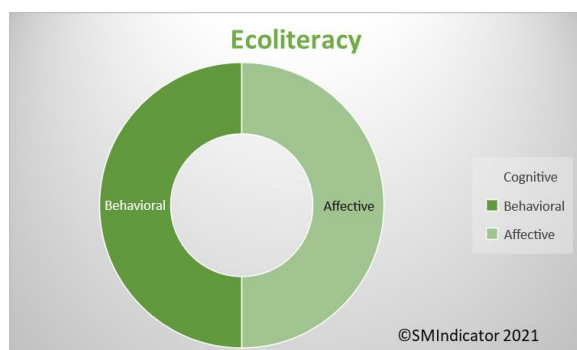




# /ECOLOGICAL WORLDVIEW

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:**

**This graph shows the two dimensions of affective and behavioral, meaning that you have an emotional connection with this aspect, and you also act upon it. We don't have enough data to report whether or how your knowledge and understanding is related to or might support this aspect.**

**YOUR SMI RESPONSES INDICATE THAT** you are socially sensitive and have empathy for the suffering of others.

**/YOU ARE COMFORTABLE WHEN** in your daily decisions you can act in ways that minimize your ecological or social footprint, and/or help the sustainability of our planet.

We cannot comment on your thinking about 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 FURTHER  
LEVERAGE THOSE STRENGTHS AND  
MANAGE SOME OF THE LIMITATIONS  
WHICH MAY BE HOLDING YOU BACK:**

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, sustainability news tends to be on the negative side, creating doomsday scenarios and scary prophecies that can trigger anxiety, make us feel bad, sad, or worried.

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.

You may understand the scope of the sustainability challenges, from the environmental and social perspective; perhaps you notice linkages, relationships and connections. In a way, you are acting as if you would fully understand this urgency.

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

There is a powerful path in your emotions. Your social sensitivity is a special gift. When we allow ourselves to connect from the heart with the reality of the news and find small ways to change our behavior, we are more present and don't need to live with our divided selves. This can be very fulfilling.

**/HOW ABOUT YOU TRY:**

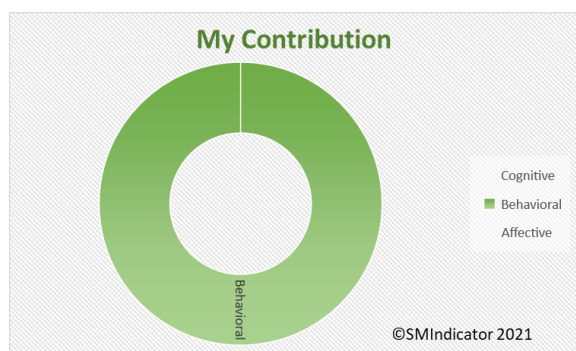
Here are some suggestions to ponder: What are things you are good at that you aren't incorporating into your sustainability contributions? Who could benefit and where from your gifts and talents and possibly your passion? What do you see as your next frontier of development?



*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.*



**/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:**

**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** are aware of the many environmental and social challenges, but you aim to keep them separated from your personal life.

You seek to distance yourself from distressing information about sustainability problems to avoid getting emotionally entangled. After all, you didn't cause them!

**/YOU ARE MOST COMFORTABLE WHEN** you can keep a pragmatic approach to the world.

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

This can be a useful coping strategy. Perhaps you sense that you would be overwhelmed by emotions while feeling powerless to solve the problems. What's more, you are aware that others played a role in causing the many problems we experience, and you expect them to fix them.

Yet, your answers in this instrument indicate that you find yourself at times 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 damaged, depleted or endangered 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 of its problems), that means we also hold the key to influence where we

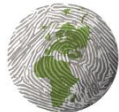
will collectively be in the future – we meaning humankind at large, or, from a closer perspective, our families, children and grandchildren.

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

What if you could develop the habit of asking yourself periodically: *how am I contributing to this problem?* 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 your 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.



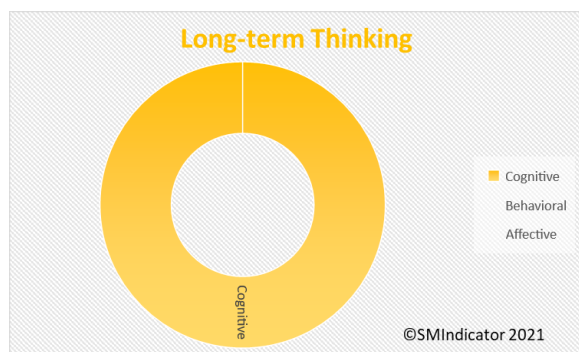
*When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness, and develops social sensitivity.*



# /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:**

**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 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.

At the same time, **you are comfortable** focusing on the short term when trying to solve a problem, because it seems more tangible, concrete and functional. You are pragmatic and prefer to save time, or so it seems.

You are a good problem solver – looking for quick and efficient ways to address a situation and seeking to simplify matters. Acting promptly is important for you, and it provides you and others with a sense of control and direction.

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

In this sense, you diminish uncertainty for yourself and others, which may be welcome since uncertainty can create anxiety. Furthermore, trying to imagine future consequences may be puzzling because it requires a stretch of the imagination, and can make us feel responsible for future impacts that we can't quite conceive.

That said, this same decisiveness may impede the consideration of long-term impacts of the solution proposed, which could mean sustainability issues in the future. Much of the unsustainability problems originate in the focus on the short term when making decisions.

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

There is 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 pondering 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.

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

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. Rather, 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.

For example, what might be some long-term consequences on sustainability of a purchasing decision you recently made? What would your latest decision look like if you would have considered those potential long-term impacts?

It takes practice to develop new mental habits, but they too, can have long term impacts – for the better.



*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.**

**YOUR SMI RESPONSES INDICATE  
THAT** you are a pragmatic person that likes clarity in life.

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

This may be useful for avoiding gray areas, but perhaps you also miss out on understanding the complexities of the situation.

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

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?

What may we be missing that these others are seeing when we find ourselves in a situation where we see it the right way, and others are wrong? How could we all benefit from having a fuller picture?

You are aware that when we start to be inclusive of other people’s perspectives, we may lose sight of what we hold true and right, thus not fully honoring the responsibility we feel to champion these values. This may cause you a certain amount of tension, as you realize that it may be perceived by others as not being very inclusive.

Because much of the world is changing, you may feel compelled to be more understanding with others’ perspectives, but this doesn’t come easy to you and you may feel frustrated or impatient.

**/HOW ABOUT YOU TRY:**

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 you acknowledge others’ points of view, and yours are also included by others?

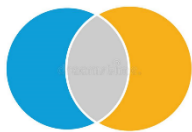
Since we cannot control what others think or do, but do have control over our own way of thinking, there may be an interesting path worth exploring here.

**/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.

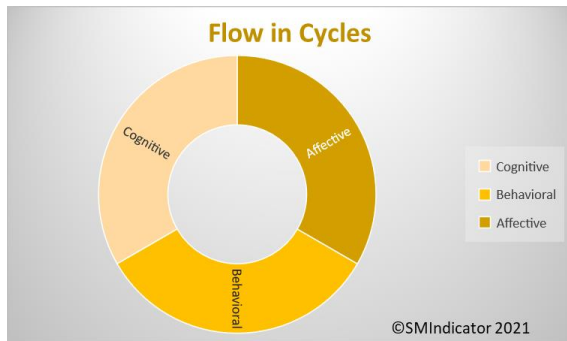
Challenging as this may be, there is a benefit to it: We are becoming aware of our own worldviews just by realizing that there are other ways of seeing and feeling. This is an evolutionary insight of great value, the foundation for more peaceful societies. In a way, life is prompting us to expand our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



*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:**

**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 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.

According to this understanding, **you are comfortable** reminding yourself to take plans lightly, and listening to the feedback life gives you. You try to act in alignment with the cyclical flow of

Nature, which means that you accept that things grow, but not forever because there is also decline and death.

In our day-to-day this may mean accepting ageing and mortality, endings of relationships or certain phases in our life, and new beginnings as well. In another context, it may mean that you see humanity as part of Nature, not as its controller-in-charge.

This is a valuable attitude, because it can make your life easier. Like swimming along with the river's current, it increases your speed, and reduces the stress of resisting obstacles.

You sense that planning may just be a way to feel in control of situations, since life – with its countless variables - is too complex to be managed. Certainly we cannot live without plans and goals, but it may be the same frustration when things don't work out as you or others plan or expect, that reminds you: Shouldn't we let go of plans and observe what the events are telling us?

That thought alone seems to bring you a welcome sense of peace.

**/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.

Planning in itself is not the problem but rather, excessive reliance on carefully crafted steps, and forgetting the natural cycles of growth and decline.

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

How do you incorporate the cycles of Nature into your planning? As an example, do you regularly 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, in your decisions and actions?

**/HOW ABOUT YOU TRY:**

Given the fact that this is not mainstream thinking, how do you communicate your perspective? You have a valuable opportunity to show alternatives that can lead us to more sustainable actions.

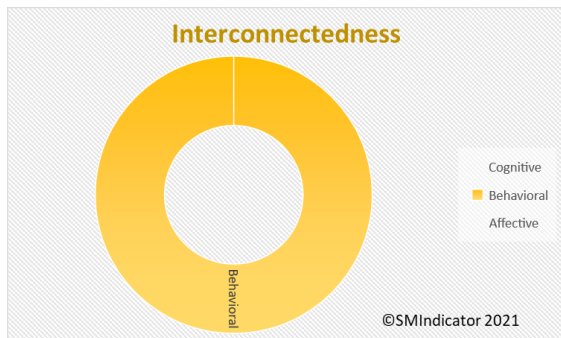
What do you see as your next personal development challenges in this aspect?

*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 – behavioral - indicating that you are action- oriented without much engagement of your feelings. You might use this information to explore your emotions.**

**We don't have enough data to report on your understanding about this aspect.**

**YOUR SMI RESPONSES INDICATE THAT** 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.

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

**Interestingly though,** 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?

## **/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.*

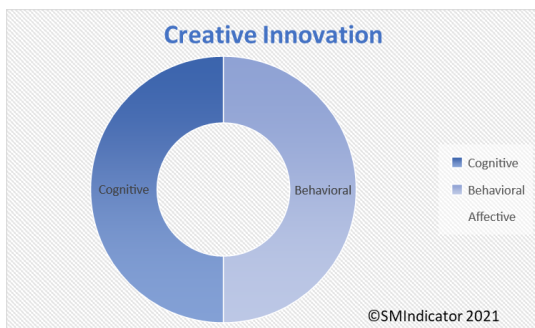




# /EMOTIONAL INTELLIGENCE

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 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 have a clear understanding of the value of combining your logical and analytical thinking abilities with creative imagination.

You know that the human mind is capable of great accomplishments, as history has shown, when intuition and creative ideas are coupled with rational thinking and good strategies. You may even trust that our sustainability problems could

be addressed with a good balance of these abilities.

**/YOU ARE COMFORTABLE WHEN** you can contribute 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 seem able to live with a certain degree of risk-taking, and based on your answers, that worked well for you. How did that feel?

This question comes because we cannot comment on your feelings related to this topic, as you indicated (by choosing "neither") that you did not find yourself represented by either of the available options. Do you enjoy your playful thinking, while the mainstream may be more linear and rational? Do you balance these two ways of thinking yourself, or do you seek for complementary inputs?

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

It seems that you have a reservoir of imagination and perhaps intuitive wisdom, which you are already tapping into. Do you fully trust your intuition, or do you still have to develop that comfort a bit more?

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

You know 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 this 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, as you indicate you sometimes do. Definitely having no clear blueprints to follow may be disturbing, yet there are no choices but to take some risks. And fortunately you can handle them.

*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.*

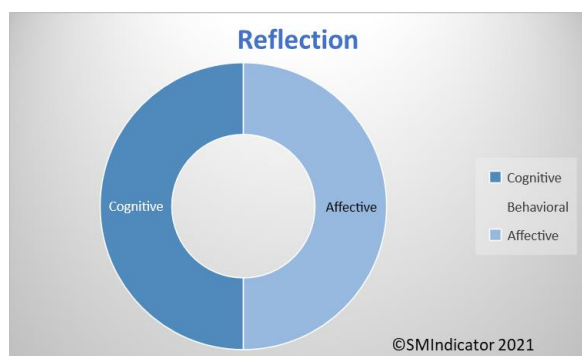


### **/HOW ABOUT YOU TRY:**

It seems that your creative aspects complement your strategic thinking, and maximize your achievements. Have you identified in which situations you can best balance your rational thinking and your intuitive wisdom? Do you know what holds you back to do this more, or more frequently?

It might be for the benefit of all.

## **/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 that your approach to the assessed topic is both cognitive and affective, but you are not necessarily translating what you know and feel into actions. You might use this information to explore new habits and daily changes for a sustainability purpose.**

**YOUR SMI RESPONSES INDICATE THAT** you have a 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?

Furthermore, it seems that your very nature seeks a slower pace of life. It makes you feel better, more relaxed or lowers your stress levels.

*And yet, your choices in the instrument indicate that this understanding and intuition may not be aligned with your behaviors.*

**You are comfortable** acting fast because you are capable of making quick assessments of a situation. You are a quick thinker, and while you may overlook details, you consider that your decisiveness is needed to stimulate those that are more hesitant. Speed is justified.

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

Have you ever asked yourself: Who is setting the expectation of acting fast? How do you balance your understanding of the need to carefully consider a situation, with this pressure to act with urgency? It is difficult to imagine that you could do this without some stressful tension.

## **/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 prior 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.

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

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

For example, what can you learn to avoid or repeat from past experiences? Can you identify, in hindsight, something that was at stake and overlooked because you were trying to act fast?

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!

What might be new ways of combining urgently needed actions with careful exploration of their impacts? *What role could you see there for you?* Do you think you could be more vocal and perhaps find more courage to offer a perspective that certainly is not mainstream?

According to your answers, you seem to be gifted with an intuition that something is not quite right. Does it ever happen to you that you wish you could relax more, 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 and acted upon?

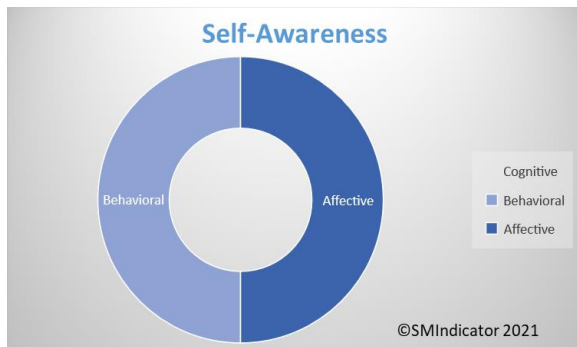
And how can you more confidently share this different way of being and living with others?

A lot of food for thought!





## /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 two dimensions, the behavioral and affective. This means that you connect emotionally with this aspect, and act upon it, perhaps without a full understanding of why it is important. You may find it interesting to deepen your understanding of this principle.**

**YOUR SMI RESPONSES INDICATE THAT** you see the world through a precise lens that is, and has for a long time been, the most widely shared paradigm.

In the world as you (and so many others) see it, you recognize the immense progress that humanity has made, particularly accelerated over the last century. You realize that competition has driven individuals to seek to be better than and outperform others, and the resulting inventions have vastly improved the quality of life for people on this planet.

This progress may have come at a price that we now see, particularly at the environmental or

social level, but from your perspective the fallout was not intentional and was justified by the benefits. Human “can-do” spirit and individual ambition will continue developing new solutions.

## /HERE IS A NOTEWORTHY FINDING:

Through the selections you made in the survey, you suggest some tension, an uncomfortable feeling of misalignment between some of the things you do and how you would prefer to see yourself. You may have been taught certain values, like being a winner, not being a loser, remaining rational at all times, having more to be more. And you became these values.

But then something has begun to shift and these values don't feel entirely OK any longer. This may make you feel confused, perhaps a bit guilty at times. You may even feel more grateful or indebted to others for their help in your achievements than stubbornly proud of being a self-made person.

### You are aware.

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. This seems to have motivated you to try to make some changes, which probably was somewhat challenging and didn't give you a good feeling of satisfaction.

*And yet this is a very important moment of awareness: change starts with our noticing some discomfort about something, and we want to do something about it to feel better (or at least less bad). In this case, you seem to have achieved this very important step. Of course it can be overwhelming to think about the complex problems. But what if you start small?*

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

Your intuition and actions are not mainstream, and thus very important to drive much needed change. 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?

Let's pause for a moment.

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

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, as you well know, feel great at the same time. The first step is taking a fresh look at what surrounds us.

Undoubtedly, there are social and environment related challenges everywhere. Some happen locally, others across borders. 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.

But what if we would realize that some our habits today are (unintentionally) contributing to more of these problems in the future? And vice versa: What if a change in a small habit today could do its part to shape a better future?

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

Can you think of few habits of yours that might qualify? We don't know what we can until we try. And when we put aside cynicism for a moment, we actually may feel a deep sense of joy. Sometimes we shift our values as a result of a new experience. Worth trying, right?

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.*

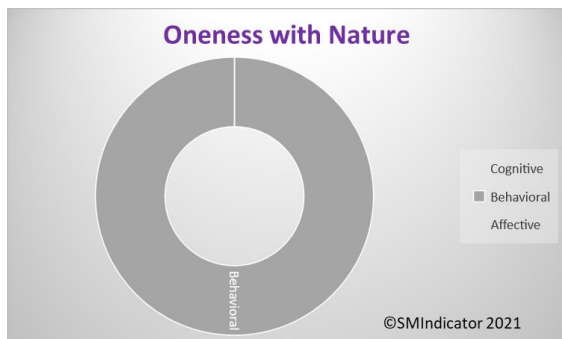




# /SPIRITUAL INTELLIGENCE

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 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 see yourself as a rational individual.

You opt for an intellectual approach to Nature and you value efforts to build scientific and objective knowledge about it. This is certainly how our understanding of the natural world, including our bodies, has advanced over time.

**A noteworthy paradox:** At the same time, your choices in the instrument indicate that you

tend to act in ways that acknowledge a relationship characterized by respect and sensitivity toward other living things.

Have you ever considered how your behaviors connect with the predominantly mainstream worldview of human superiority and utilitarian approach to natural resources? How do you deal with this in your everyday decisions? Do you feel expectations or pressure to act in ways that contradict your values or beliefs?

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

To complete the picture of how you experience the human relationship with Nature, you indicate some emotional distance, as if you might not have any specific feelings towards the natural world.

Do you really experience it in this way? Or is it, perhaps, that you find yourself so consumed by life's demands that there are little/no opportunities to pause, relax, and simply be with yourself in a natural environment?

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

The evolution of science has shown that findings are made 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.

Furthermore, we are increasingly aware that some human inventions have come at a cost for the environment or society, for which we are collectively paying a price. For example, soil erosion or waterways contamination due to products that provide chemical fertilizers of crops meant to enhance soil productivity.

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 progress that you have personally experienced? What message may be in this for you?

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? This disconnection from Nature leads to a utilitarian relationship: Nature is reduced to instrumental resources for human needs and wants.

We need to re-connect with Nature and re-establish the experience of oneness that has been lost, causing not only spiritual alienation but also the artificial separation from the ecosystem. It has been found related not only to spiritual alienation, but is the root cause for many unsustainability behaviors.

When we understand something we start caring for it. Understanding that we are one with Nature is a sensorial, intuitive experience. It is not something to be learned, but rather something that we allow to occur, and which makes us remember the sense of oneness we have always known, but had forgotten.

## /HOW ABOUT YOU TRY:

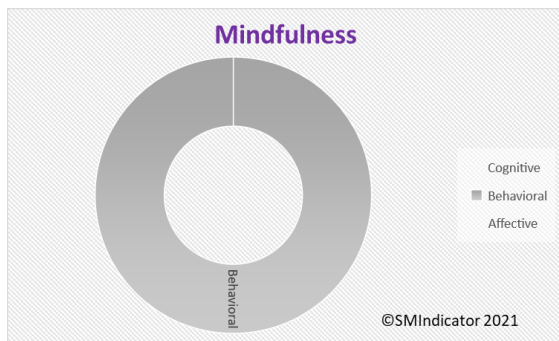
Sometimes we realize that our thinking, feeling and acting are not fully aligned. When we notice it, we may feel discomfort and tension- something out of sync. A sustainability mindset is not just harmony with the ecosystem, but rather starts with harmony within ourselves.

How do you describe your own balance between what you think and value, how you feel and act with respect to Nature? Is there something you need to revise, to feel more authentically who you are? Is there a part of you that is still clinging to an old paradigm? Why might that be so?

*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 – 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** are quite intriguing! You indicate that you have discovered activities that quiet your mind, and help you gain some inner peace. You may not make these a regular practice, but when you engage in them, you can recognize the positive effect they have on your wellbeing.

At the same time, it seems quite challenging for you to make the time and space for these moments. You are very aware that society rewards action and its ensuing achievements, rather than inaction and passivity, which is kind of what mindfulness practice seems to you. You may be aware that other cultures have different behavioral patterns from the one in which you live, but you are cognizant of the importance of

adapting to the culture to which you belong. As the saying goes, “when in Rome do as the Romans do”.

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

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

### **It’s time to pause and ponder.**

How can you better listen to what your body tells you, both through the tension and through the release when you allow yourself some of those activities that give you a moment of peace? Would you like to find a way to make your life easier, more satisfying or less stressful, perhaps?

Has it ever occurred to you that the fact that “everyone lives like this” may not necessarily make it ideal? Studies show the physical and emotional consequences of a constant focus on doing while overlooking the more profound dimensions of “being,” such as reflection, spiritual or religious practices, time to recharge and find ourselves, and time to connect with our deeper self.

## /HOW ABOUT YOU TRY:

You have experienced it firsthand: when you allow some time to nurture this neglected part of yourself you realize the positive impact that small practices of slowing down have on your peace of mind, how you relate to others and even on your 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."

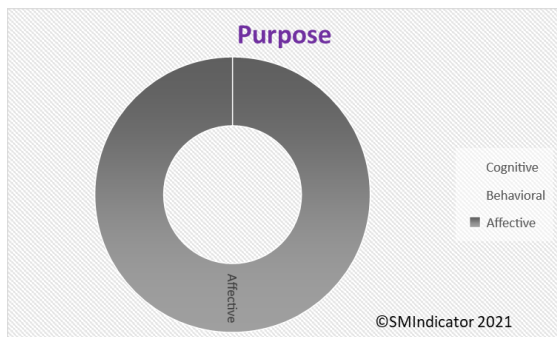
In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world.

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:**

**This graph shows the affective dimension, meaning that you connect emotionally with this aspect, without necessarily having full understanding about it. We don't have enough data to report if or how your feelings impact your behaviors related to this aspect.**

**YOUR SMI RESPONSES INDICATE THAT** you have a good understanding of the demands of our times. Meaning, you realize that we live in a context where there seem to be more obligations and things we are expected to take care of, than hours in a day.

Knowing how to set priorities is key, and what is urgent needs attention before what sounds important, to include thinking about what is our purpose in life. We cannot comment on how this thinking impacts your behaviors, since you

indicated (by choosing "neither") that you did not feel represented by either of the available options.

Yet your choices in the questionnaire indicate that there is something that doesn't feel quite right.

A part of you wishes you would find something truly meaningful that makes a difference in the world, which would give your life some larger purpose.

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

While your feelings are mixed, this is actually a great start. When we sense a tension between what we are doing and what we would like to do, something has already begun to shift and we are on the path of growth and transformation.

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, disrupts your sleep or impacts how you interact with others.

Perhaps at times 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 that as long as your demands remain high, there is not much you can do.



## So here, again, some thoughts 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.

## /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.*



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

*Thank you!*

