



Sustainability
Mindset
Indicator®

**/REPORT
PREPARED FOR:
Nick Quartarone
09/Jan/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.

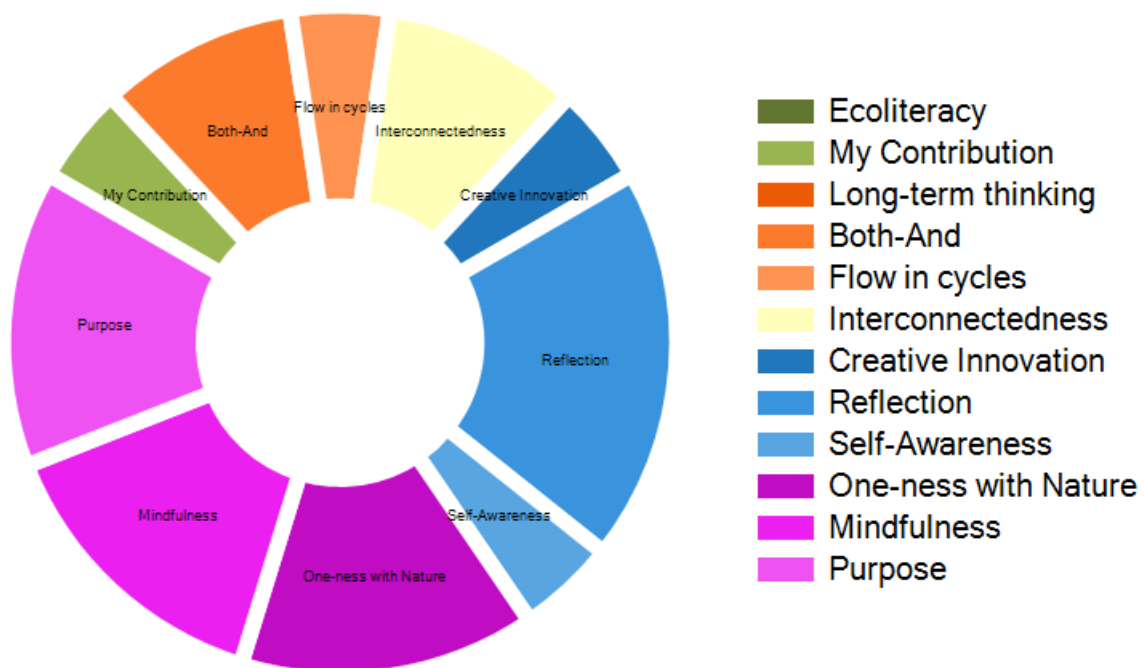
Enjoy your journey into the realm of the Sustainability Mindset - a place where you can be your best, for yourself and for the World.

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.**

YOUR SMI RESPONSES INDICATE THAT in terms of Ecoliteracy, you are aware of some facts, but perhaps do not see the larger picture of how different data connect or impact each other.

As a consequence, your sense of urgency is limited and your need to personally change behaviors towards achieving greater sustainability is moderate at best.

/YOU ARE COMFORTABLE focusing on other priorities and demands from your daily life, staying distanced from a reality that is somewhat challenging, and could bring disturbing feelings about the state of our planet, the ecosystem, or social injustice.

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

It is important to manage the day to day. The downside might be that you miss an opportunity to make a difference with modest decisions and actions that could impact your future, that of your loved ones or the next generation. Food for thought!

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

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, and not precisely inspiring us to act. We may tend to avoid the news because it makes us feel bad, sad, or concerned.

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. That opens up one interesting path.

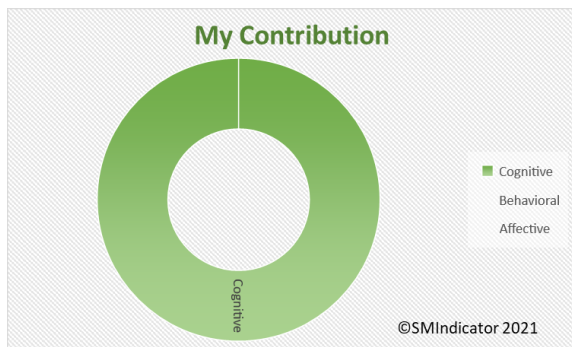
Understanding the scope of the sustainability challenges, from the environmental and social perspective, allows us to start noticing linkages, relationships and connections. The other powerful path is in our emotions. When we allow ourselves to connect from the heart with the reality of the news and 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.



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 – 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 periodically ponder if you are personally playing a role in the world’s social or environmental problems of the world. Certainly you don’t contribute to the problems intentionally, but you seem to pause and wonder in what ways you may be contributing to them.

This is not a pleasant thought, however, and it seems you realize that the problems are too large, too complex, and too long in the making, for you to possibly have responsibility for them. This thought may help calm distressing feelings and can

be a useful coping strategy. Perhaps you sense that you would be overwhelmed by emotions while feeling powerless to solve the problems.

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

So you hope someone will eventually intervene. Yet, this perspective also can cause stress, as it assumes we are at the mercy of powerful external forces or individuals.

All that said, there may be another way to look at this: What if you could identify small ways in which you realize that you are contributing to the problem, and then, begin to explore changes that are within your control?

/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:

You are already asking yourself: *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.

So what are some habits that you are willing to change, to lower your contribution to the problems? Certainly you will not solve the bigger problems, but you may feel more empowered, less at the mercy of others, and playing a role that you may actually enjoy. Food for thought.

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.**

**YOUR SMI RESPONSES INDICATE
THAT** you are a good problem solver.

You always look for quick and efficient ways to address a situation and seeking to simplify matters.

/YOU ARE COMFORTABLE acting promptly; it is important for you, and it provides you and others with a sense of control and direction. In this sense, you diminish uncertainty for yourself and others, which may be welcome since unpredictability 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.

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

You are aware of this, and thus you seek to extract from the problem quickly. That said, this same decisiveness may block your consideration of the

long-term impacts of a proposed solution, which could cause problems in the future.

So many of the problems of unsustainability result from a short-term focus when making decisions. It takes practice to develop new mental habits, but they too, can have long term impacts - for the better.

**/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.

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.

/HOW ABOUT YOU TRY:

For example, what might be some long-term consequences for sustainability of a purchasing decision you recently made? What would your latest decision look like if you had considered these 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.**



What this tells you:

If a graph shows the two dimensions - cognitive and behavioral - it means that your tendency is to distance yourself from your feelings, particularly in the aspect assessed here. You have a good understanding about it, and are acting upon it, but you might want to further explore your emotions in relation to it.

YOUR SMI RESPONSES INDICATE THAT you know that it is important to listen to other perspectives, and to find solutions that can accommodate diverse needs, even compromising what is important to one or the other.

/YOU ARE COMFORTABLE exploring how other people arrive at their opinions and perspectives, puzzling as they may look to you. It is possible that you engage in conversations to understand them. It may almost feel like a "civilized duty".

This is very valuable, particularly in our polarized times. Your behaviors certainly are inspiring others or giving them something to ponder.

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

You are aware that the world is changing and you feel compelled to be more understanding with others' perspectives. Your choices in the questionnaire indicate that nevertheless, this doesn't come easy to you and you may feel frustrated or impatient. You seem to have deeply held values and points of view, which are important to you, and it becomes challenging sometimes to moderate your emotions when you have to deal with very different, perhaps unacceptable perspectives.

Welcome to life! You are not alone in the struggle to be understanding and also to feel OK with it. You already have come far in your personal journey, as you have comprehension and are seeking to act on it.

Here is a thought to ponder: Can you think of a small event, a situation, where someone with a different opinion was able to step into your shoes? Not only that, but that that person actually found a way to meet your needs, respect your interests, although it was very different, perhaps opposed to their own needs? How did it make you feel? How did it impact your behavior, your attitude? Did you feel gratitude perhaps? Have you given that feedback to the person?

It is wonderful to experience our perspective included by others. Since we cannot control what others think or do, but 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.

/HOW ABOUT YOU TRY:

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

There are multiple daily opportunities to expand your acceptance of differences, 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?

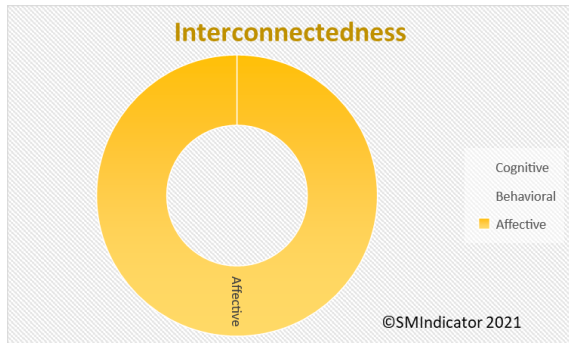
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river’s current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

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 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 work well in contexts where you can compete and strive towards being your personal best.

Interestingly, **you are also comfortable** asking for and appreciating other people's input and support. It may be that a part of you adapts well to competing environments, but your heart would rather collaborate if that would be 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.

**/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 answers seem to indicate that your perspectives are evolving and changing. This is very appropriate since there is an increasing need for collaborative teamwork, and you will have an advantage adapting to those settings that already feel better for you now.

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? 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?

As you further develop your empathy and social sensitivity, you may become more conscious of the many ways in which we are interconnected, and the positive impact of paying attention to this in your everyday decisions. You will be able to share your new perspectives with others, and it may expand their thinking horizon.

**/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).

/HOW ABOUT YOU TRY:

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?

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?

*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.*

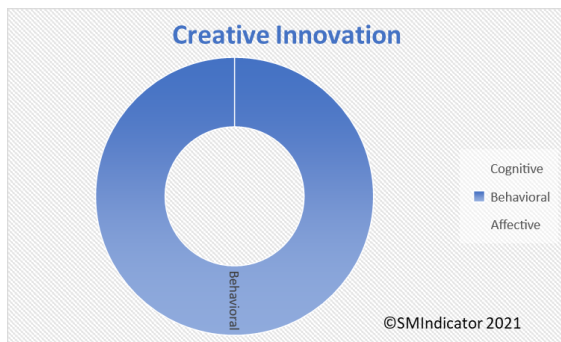




/EMOTIONAL INTELLIGENCE

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 - 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 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.

You are comfortable when you can think things through, following proven steps and organizing reality into priorities. You enjoy order and dislike the uncertainty of chaotic situations.

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.

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

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?

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?

/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.

/HOW ABOUT YOU TRY:

It seems that you have a reservoir of imagination available to tap into, and perhaps intuitive wisdom as well. This can help complement your strategic thinking, and maximize your achievements for the benefit of all.

How can you feel more comfortable trying and experimenting without knowing?

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:

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 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?

You are comfortable seeking a slower pace of life. It makes you feel better, more relaxed or lowers your stress levels.

Furthermore, it seems that you frequently pause and explore what might be at stake in a decision, or check the assumptions at play before acting. This behavior, seemingly at odds with how the world works these days, must have given you good results in the past, which reinforced it and now keeps you decelerating in critical moments.

Congratulations if this is the case, since you are helping to avoid many problems in the future. A valuable and timely contribution!

/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.

/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 we learn to avoid or repeat from past experiences? Can we identify, in hindsight, something that was at stake and overlooked because we 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?

/HOW ABOUT YOU TRY:

According to your answers, you seem to be gifted with the understanding that something is not right. *In what areas do you see your next developmental horizon?* Perhaps it is to more confidently share a different way of being and living with others?

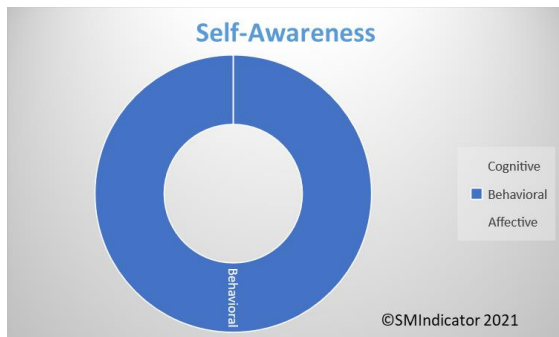
And at a personal level, does it happen to you that you wish you could relax more, slow down or do nothing? Does your body, your mind or perhaps your soul call for a break, less stress? What message may be there for you, waiting to be heard and acted upon?

A lot of 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 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 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.

You are aware that there is an increasing trend to highlight the negative consequences of progress, of capitalism, or of society in general, and this seems to make you feel uncomfortable, even upset.

It is possible that you, yourself, sense a personal tension between the gravity of what we are facing as humanity and your individual bewilderment about what you might actually do to help prevent or solve the problems. For example, you may feel that climate change is too complex to be attributed to our mere daily behaviors.

In addition, the tension may put into question the values with which you were raised or grew up, and this is likely an uncomfortable experience, particularly if these values are important for you, or are an important part of your identity. For instance, achievement, competition, being a winner, not being a loser, and success may be important foundations of who you are. You may wonder what makes them suddenly wrong!?

These may be difficult dilemmas for you right now.

/HERE COMES A SURPRISE: The choices you made in the survey, however, provide a surprising insight: You have been noticing that many of your automatic behaviors are 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, although it might not have been easy. Nevertheless, this is a very important

moment of awareness: change starts with our noticing some discomfort about something, and wanting 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 of the complex problems. But what if you start small?

/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, 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 another habit 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?

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

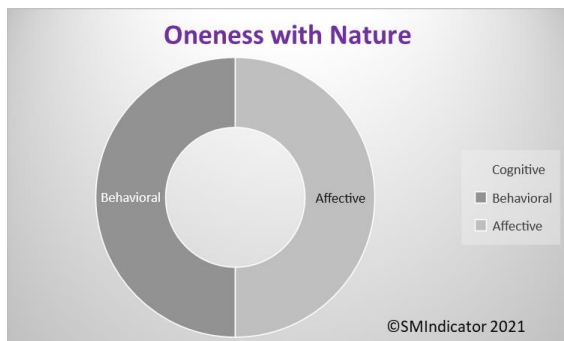




/SPIRITUAL INTELLIGENCE

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

You are comfortable caring for others or the ecosystem. This may be the result of some special moments, when you stood in awe admiring Nature, your heart perhaps filled with joy and some kind of wordless experience of beauty.

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
LEVERAGE YOUR STRENGTHS AND
MANAGE SOME OF THE LIMITATIONS
WHICH MAY BE HOLDING YOU
BACK:**

The combination of your choices in this questionnaire seem to show that those powerful moments created a disposition towards empathy. How do you manage the tensions of living in a context that mostly rewards rational thinking and intellectual capabilities?

You may be aware that progress has frequently come at a cost for the environment or society, and we are collectively paying that 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 were your reactions?

**/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 collectively rely and praise scientific progress, but in the history of science findings are always within the constraints of available instruments, paradigms or assumptions. 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, something that you seem to have experienced yourself.

/HOW ABOUT YOU TRY:

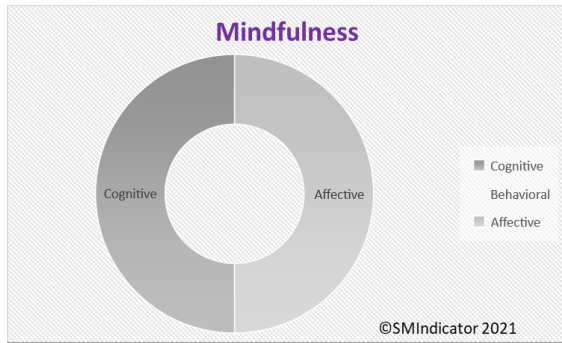
Sometimes we realize that our thinking, feeling and acting are not fully aligned. When we notice it, we may feel discomfort and tension- something out of sync. A sustainability mindset is not just harmony with the ecosystem, but rather starts with harmony within ourselves.

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 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 clear understanding of the world we live in and the importance of mindfulness.

You realize that consumption is rewarded, 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.

However, you are also comfortable focusing on what you need to get done, according to your own expectations and goals, or the demands you receive from your social surrounding. You have a very pragmatic approach and it is already a lot to keep you busy; frequently you don’t even have enough time to accomplish all you intend to do.

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

Given what you notice about the “achievement race” that we live in, how does this align with your experience, and with your values? Does your reality reflect the priorities that are important for you? If not, what are some small changes you might make?

At times, you seem to experience the tension and stress that comes with the reality you are living. According to your choices in the questionnaire, you have discovered a way to pause and re-center, experiencing a positive impact on how you feel about yourself, and how you interact with others. It is not clear what strategies you employ to regain your inner calm.

Pausing and stepping away from our tasks clears our mind, and we can return with renewed energy. Is this something you remember to do when you need it? If not, how could you help yourself remember it more regularly, or just in time?

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. 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.

If these are some of the activities that help you unwind, you are on the right path already. They are called “contemplative practices” because they engage a different part of our brain, creating a “buffer zone” that permits releasing tensions, and many times we end up seeing our challenges in a different light.

/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. You already know that.

/HOW ABOUT YOU TRY:

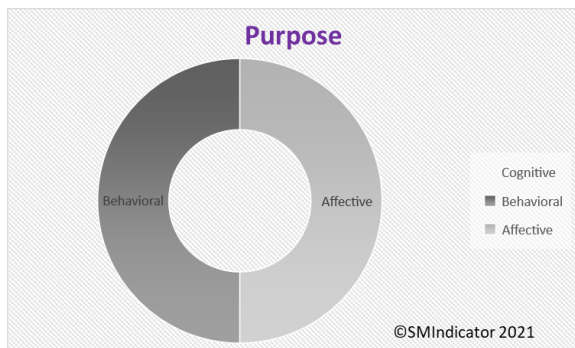
What is mindfulness for you today: Is it a practice or a does it form part of your lifestyle?

What would need to be true for you to take it to the next level, and what might that look like for you? How easy is it for you to “catch yourself” in the moment when you are not fully present, not mindfully listening, or letting your emotional reactions control you, as opposed to your wiser self?

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 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 have a good understanding of the demands of our times. 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. At the same time, you actually state that you may have found it, through actions that serve others.

A noteworthy finding:

Your choices in the questionnaire also 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:**

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 may use up your available energy – and you perceive this as your service. How does this make you feel? Do these activities feel like your “calling”, or like an obligation that lands upon you?

Sometimes we don't see that we had a choice, and that may place an extra burden on us, which is perceived very differently than when we intentionally decide and choose where and how to “serve”.

/A GREAT SIGNAL

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 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!

