



Sustainability
Mindset
Indicator

**/REPORT
PREPARED FOR:
Felipe Borrero
30/Jan/2023**

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.

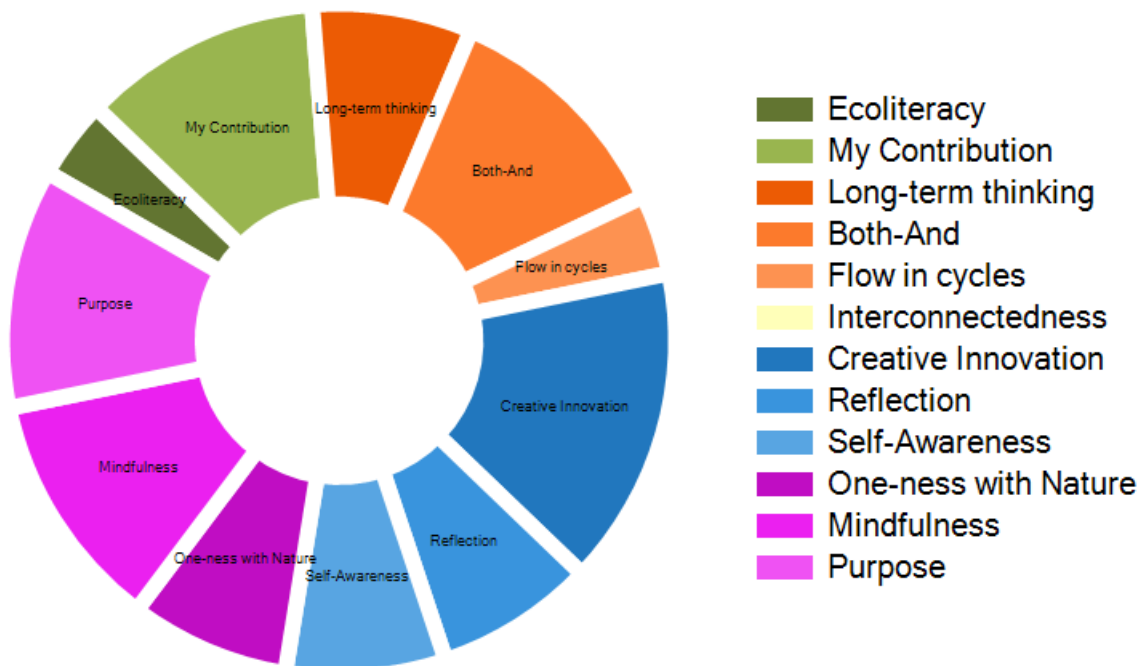
***Enjoy your journey into the realm of the Sustainability Mindset
- a place where you can be your best, for yourself and for the
World.***

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.

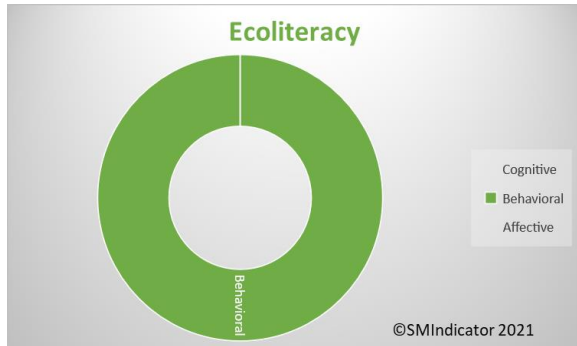




/ECOLOGICAL WORLDVIEW

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

YOUR SMI RESPONSES INDICATE THAT in your daily decisions you act in ways that can minimize your ecological or social footprint, and/or help the sustainability of our planet.

At the same time, in terms of Ecoliteracy, it seems that you are aware of some facts, but do not see the larger picture of how different data connect or impact each other.

We cannot comment on your feelings about this aspect, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

**/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 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. 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 more fulfilling.

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

You may want to observe and explore the variety of environmental or social challenges we face, and perhaps find inspiration to focus your efforts on a certain area or urgency.

How do you manage your feelings? Do you connect with your heart, or do you seek to stay emotionally distanced, to avoid the stress of negative emotions?

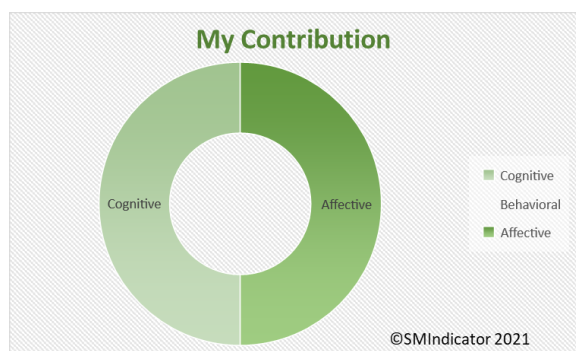
/HOW ABOUT YOU TRY:

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?



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 that your approach to the assessed topic is both cognitive and affective. We don't enough have data to report about your behaviors and whether or how your understanding and feelings are converted into actions.

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

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

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

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

We cannot comment how this impacts your behaviors, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

**/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.

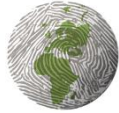
/HOW ABOUT YOU TRY:

What if we could develop the habit of asking ourselves periodically: *how am I contributing to this problem?* This question opens a path of inquiry, which automatically leads to expansion of our consciousness. We become more alert to take

notice, and thus more open to try out new behaviors.

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

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



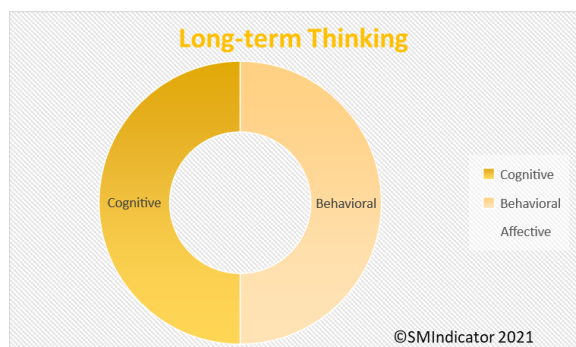
When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness, and develops social sensitivity.



/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 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 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.

/YOU ARE COMFORTABLE thinking of "what ifs" and the long-term consequences of possible decisions before taking them. This may not always be welcome in a team setting, but from the perspective of shaping a sustainable world, this

contribution is a great asset to yourself and to your working groups. Your perspective will likely enrich actions, as they result from considering potential impacts in the longer term.

We cannot comment how you feel about this, since you indicated (by choosing "neither") that you did not feel 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:

So how do you relate to others, who don't see it like you? Does it happen sometimes to you that you cannot understand why others passionately resist your long-term thinking?

If that is the case you might want to remember the emotional weight of uncertainty. You might feel a bit of anxiety or fear of the unknown yourself, if you would check on your feelings.

/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. Stretching our imagination to consider potential impacts across time helps us make better decisions, and play a more active role in shaping a better world.

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

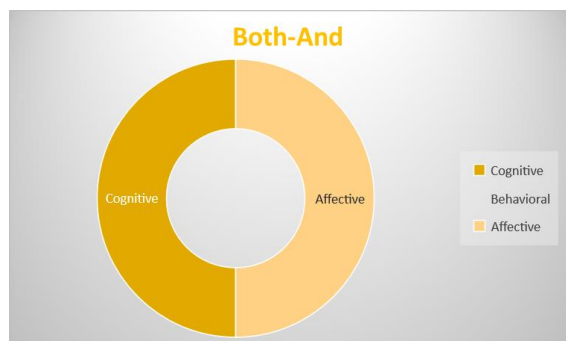
/HOW ABOUT YOU TRY:

Empathy and understanding go hand in hand, and smooth out our interactions. Is this something you remember when you are in a conversation? Or something you would like to keep in mind?



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

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



What this tells you:

This graph shows 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 are an empathic person who knows how important it is to listen to other perspectives, and to find solutions that can accommodate diverse needs.

Not being inclusive may also make you feel guilty, selfish, righteous, or irresponsible. This is your internal compass!

At the same time, you are a pragmatic person that likes clarity in life. **You are most comfortable** with clear choices - black and white options - and find a sense of stability and reassurance in holding onto your values and your worldview. 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, although it may also create a tension: is it possible to balance honoring your values, what "feels right", with accepting very opposite positions?

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

Welcome to life! You are not alone in the struggle. You already have come far in your personal journey, as you can empathize with others and take a glance into their world.

What are the boundaries? In what areas is inclusive thinking and acting easy for you, and which situations are more challenging? This is your work.

You have a very valuable characteristic, particularly in our sustainability-challenged times, where the solutions to our environmental or social problems have to be found considering a wide array of interests and needs.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Many of our world's sustainability challenges originate in choices such as: "either the planet or the economy" and "either protect the wolves or the farmer." Yet, *either-or* choices can be misleading, and have us believe there are win-lose solutions that work.

But do they really? If the cost is high, do they still work? When we find ourselves in a situation where

we see it the right way, and others are wrong, what may we be missing that these others are seeing? How could we all benefit from having a fuller picture?

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.

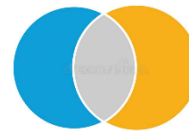
In a way, life is prompting us to expand our understanding and our scope of caring, which go hand in hand. When we understand something, we can begin caring. This is the start of a better world for all.

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.

/HOW ABOUT YOU TRY:

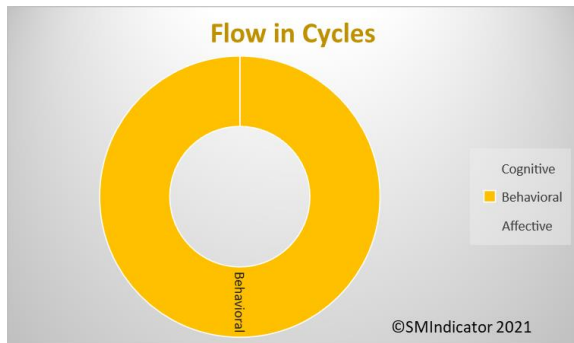
Which are situations where either-or thinking is appropriate, and when do we need a creative both-and solution?

There are multiple daily opportunities to convert your natural empathy into inclusive behaviors. 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 – 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 aligned with the cyclical flow of nature, and in your behaviors you seek to express an understanding of impermanence.

/YOU ARE COMFORTABLE accepting that things grow, but not forever because there is also decline and death. In our day-to-day, this means accepting ageing and mortality, endings of relationships or certain phases in our life, and new beginnings as well.

In another context, it means that we see ourselves as part of nature, not as its controller-in-charge.

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

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

You see the challenges life offers as opportunities to find intelligent solutions. Indeed, intellectual abilities are important for you, as they permit to control difficult situations, by crafting plans and setting goals to measure progress.

There seems to be a hesitation between the excitement of figuring out how to solve a problem, and the alternative of letting that solution go and observing what happens. A part of you likes to believe in and trust human ingenuity to figure out solutions for our environmental or social problems.

This idea gives you feelings of empowerment and control, which are nice feelings, particularly as they avoid the stress of uncertainty. Sometimes you feel more alive when making plans and implementing them, and derive a sense of fulfillment and satisfaction when you achieve goals you set for yourself.

While planning is a way to feel in control of situations, it is constantly challenged since life - with its countless variables - is too complex to be managed. It may be that same frustration, when things don’t work out as you planned or expected, that reminds you to let go and observe what the events are telling you. What happens when you do so?

/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.

/HOW ABOUT YOU TRY:

Do you see yourself balanced in terms of making and letting go of plans? How do you balance structure and flow, organization and flexibility? What do you see as your personal development challenges in this aspect?

You may want to pay attention to when you get too attached to your plans, and experiment with letting go. Explore what you gain and what you lose by doing so. How aligned are your actions with

the understanding of natural cycles of growth and decline? What implications does this understanding have for you?

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.**

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

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 great feeling for you. Recognition may be a reward, but it is not always external: it can also be for your personal satisfaction and sense of accomplishment. You feel proud of your achievements and perceive them as a validation of your autonomy and personal capabilities in action. It is important for you to be self-sufficient as much as possible.

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

This combination of aspects may come at a price. It is not always possible to live up to other people's expectations, not to mention our own, which often are even higher.

Furthermore, in many settings where teamwork or collaboration is expected, it may be challenging to balance your individual performance with the collective contributions, and your personal efforts, gifts or skills may go unrecognized, or possibly even unappreciated.

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.

**/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?

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?

/HOW ABOUT YOU TRY:

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

If you have identified an accomplishment that you consider authentically your merit, make a list of who may have played a role in it. Rank them, in order of

relevance or impact on your success. What does this exercise tell you about the polarity of autonomy versus interconnectedness?

When we see interconnectedness, we understand the importance of diversity, and our decisions and actions become more inclusive, which contributes to the sustainability of the whole.

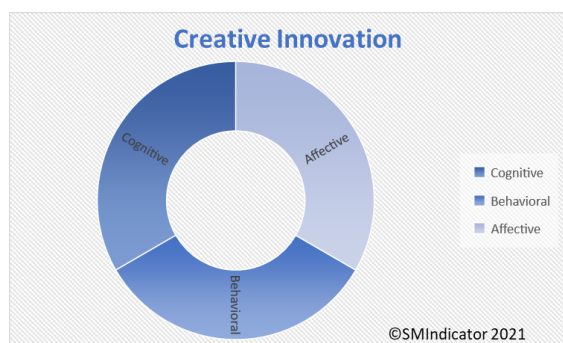




/EMOTIONAL INTELLIGENCE

Understanding ourselves through the anchors of our identity, the pace of our life, and how we consider our intuitive wisdom are key for a sustainability mindset.

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



What this tells you:

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 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 reality presents you with plenty of unknowns. You actually enjoy it and find uncertainty exciting.

It seems that you often find yourself in situations where you make great contributions by putting your “creative hat” on, being playful by not preemptively censoring your ideas. You have a good tolerance of the uncertainty of not knowing how something can work out. You are able to live with a certain degree of risk-taking. What a valuable asset for these times!

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

Are you happy with how you listen to and consider your own intuition, this non-verbal wisdom? Is your imagination and creativity nurtured and well expressed, or do you think you could do more? What do you see as your next developmental frontiers in this aspect?

/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.

It seems that you have a reservoir of imagination, even intuitive wisdom, available to tap into. This helps you complement your strategic thinking, and maximize your achievements. For the benefit of all.

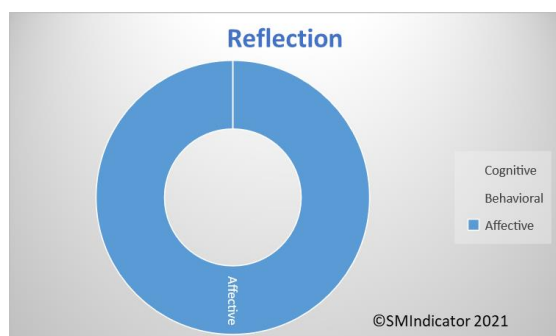
/HOW ABOUT YOU TRY:

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

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



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



What this tells you:

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

We cannot comment on your thinking or behaviors about this topic, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options. **However, certain choices in your questionnaire** point at something **noteworthy**. It seems that when you are reminded to slow down, you are really appreciative. It makes you feel better, more relaxed or lowers your stress levels. If this is the case, it is a valuable experience that may be the portal to a more peaceful pace.

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

According to your answers, you seem to be gifted with an intuition that something is not quite right. Do you ever wish you could relax more, slow down and do nothing? Does your body, your mind or perhaps your soul call for less stress, or even a break? What message may be there for you, waiting to be heard and acted upon?

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

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

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

But today we are understanding better that problems are complex, that solutions impact a multiplicity of future stakeholders, and that there are always consequences. Of course, it is not possible to anticipate all scenarios, but pausing and checking assumptions can be very useful to avoid future problems.

/HOW ABOUT YOU TRY:

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

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

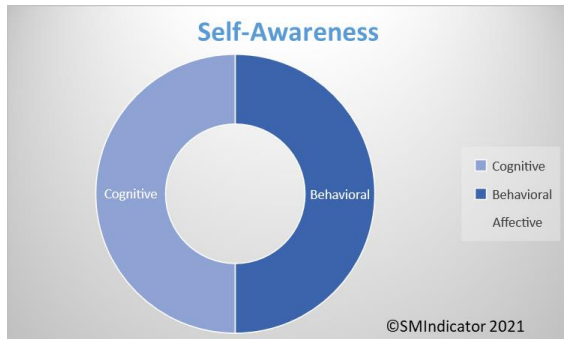
The question becomes: Is decisiveness and fast action coming at an expensive price for you and others, us, the next generations, and the ecosystem?

Food for thought!

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



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



What this tells you:

This graph shows the two dimensions of cognitive and behavioral, meaning that you have an intellectual understanding of this aspect, and you also act upon it. We don't have enough data to report if or how you connect with your feelings related to this item.

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

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

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

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

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

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

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

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

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

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

/HOW ABOUT YOU TRY:

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

How about exploring a few of your unused possibilities?

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

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

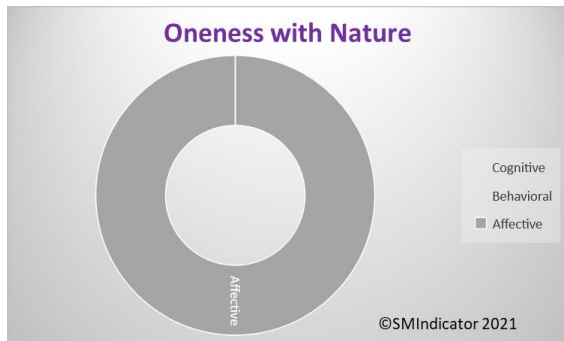




/SPIRITUAL INTELLIGENCE

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

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



What this tells you:

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

YOUR SMI RESPONSES INDICATE THAT your behaviors are based on a worldview in which humans are the most evolved and intelligent species, proven through many achievements and improvements in our quality of life.

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.

This said, have you noticed that some betterments have come at a cost for the environment or

society, and we are collectively paying that price? For example, soil erosion or waterways contamination from chemical crop fertilizers meant to enhance soil productivity.

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

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

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

Your answers to the survey also indicate that you have actually experienced some special moments, when you stood in awe, admiring nature, your heart perhaps filled with joy and a wordless experience of beauty.

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

The combination of your chosen responses seem to show that those powerful moments may remain encapsulated, disconnected from your more rational daily manner of being. This may be your functional way of operating in a society that rewards rational thinking and intellectual capabilities, and that encourages a utilitarian or instrumental approach to the natural world and its resources.

There is a buried treasure here for you, though! Having had an experience of oneness with Nature, you have the possibility to reach back into it and honor it, reintegrating it into who you are.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

Research has indicated that the experience of oneness with Nature, albeit rare, has a direct connection to shaping a more sustainable society and planet. Unfortunately, this is not yet mainstream.

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. *What consequences do you see from having a utilitarian relationship with Nature?*

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.

/HOW ABOUT YOU TRY:

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

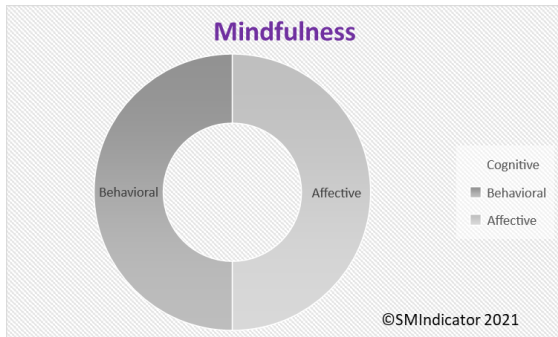
How can you plan to have more of these moments? Your being, your soul will welcome it, and the nourishment may help heal a perhaps currently divided self.

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

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



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



What this tells you:

This graph shows 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 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.

We cannot comment on how you think about this topic, since you indicated (by choosing "neither")

that you did not feel 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:**

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.

You have experienced it firsthand: When you allow some time to nurture this neglected part of yourself, you experience a positive impact on how you feel about yourself, and how you interact with others.

So here are some questions for you to contemplate:

Has it ever occurred to you that the fact that "everyone lives like this" may not necessarily make it ideal? Have you ever reflected on the high value our world gives to consumption, linking "who we are" with "what we have or own"? How do these thoughts 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 can make?

**/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.

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

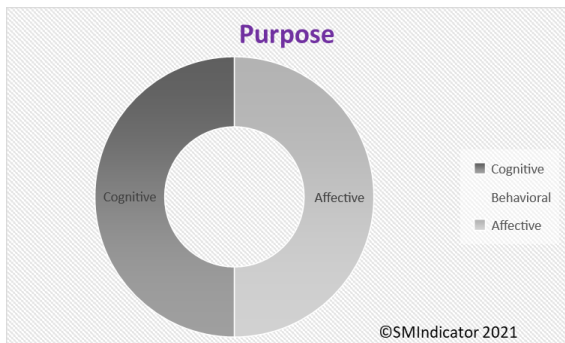


/HOW ABOUT YOU TRY:

There are 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? A small but powerful gift that you well deserve!

**/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 that your approach to the assessed topic is both cognitive and affective. We don't enough have data to report about your behaviors and whether or how your understanding and feelings are converted into actions.

YOUR SMI RESPONSES INDICATE THAT you think it is important to find a purpose in life, to identify something that, by making a difference, makes our life meaningful. It is not a good feeling for you not to have a meaningful life. And you wonder if you are on journey of seeking and finding answers to the question of "Why am I here?" This is a great question!

Indeed, for some the answer is clear and endures over time. For others, it changes and makes us seek renewed answers. When what you are doing no longer satisfies you, it is actually a great signal.

The tension we feel indicates that something has already begun to shift and we are on a path of further growth and transformation.

We cannot comment on how your thinking impacts your behaviors, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

However 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. Is this something familiar to you?

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

You may have also 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, are some questions to evaluate:

Which of the activities that you engage in are a necessity, a "must-do," and which ones represent a choice? Who would do these activities if it were

not you? What would it take to let go of some activities, or perhaps of “how” you do them?

These questions have an agenda: to help you free up some time and space to try out a different experience, one that consists of something you do for others outside your inner circle.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

The research regarding core aspects for a sustainability mindset identified the role of activities intentionally done for the “greater good.” The state of our planet is such that it requires each of us to step up and play an active role in shaping a better world.

The actions needed, whether large or small, share a similar result: they provide us with a feeling of joy, which then we want to replicate in order to feel good again, thus creating a reinforcing loop. Interestingly, we tend to think that we need to take care of ourselves first, before helping others, but the facts show that when we do small acts of kindness for others, we feel much better ourselves.

/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!

