



Sustainability  
Mindset  
Indicator®

**/REPORT  
PREPARED FOR:  
Kira Tuttas  
18/Oct/2024**

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

# FOOD FOR THOUGHT.

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

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

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

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

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

Let this report be a gift for your soul.

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

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

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

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

# /WHAT YOU WILL FIND IN THE FOLLOWING PAGES

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

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

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

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

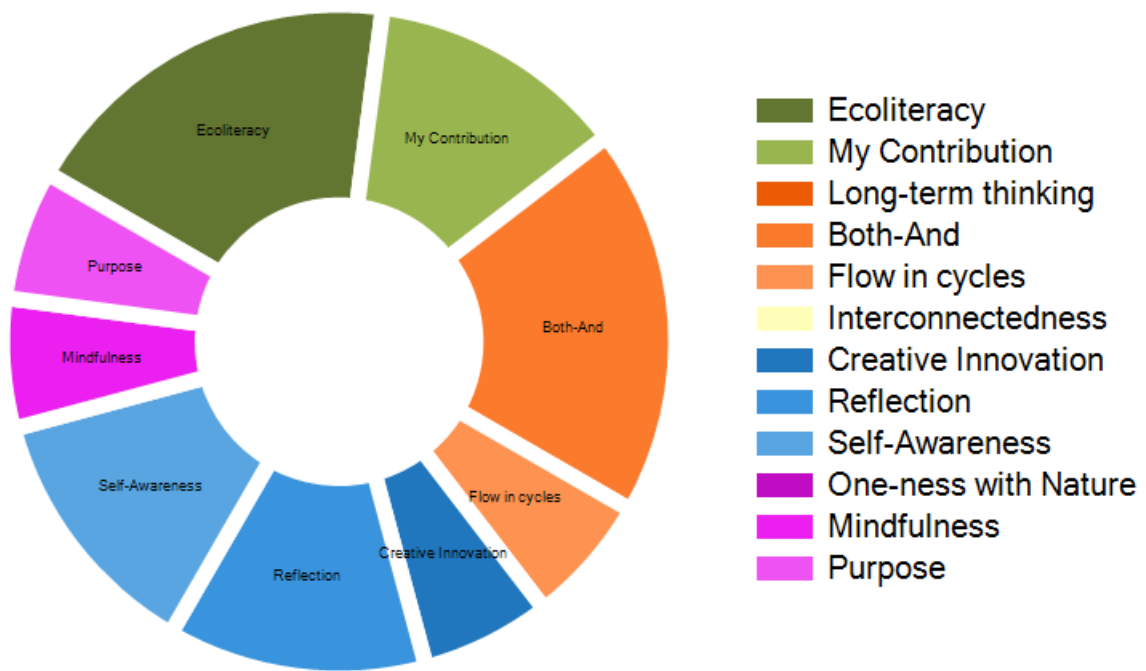
Each graph is accompanied by a box with a brief explanation, and you will find much more information in the text to include what your choices suggest, why this Principle is key for a sustainability mindset, and questions to ponder and suggestions to try.

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

*The SMI Team*

**/ Your overall SUSTAINABILITY  
MINDSET PROFILE**

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

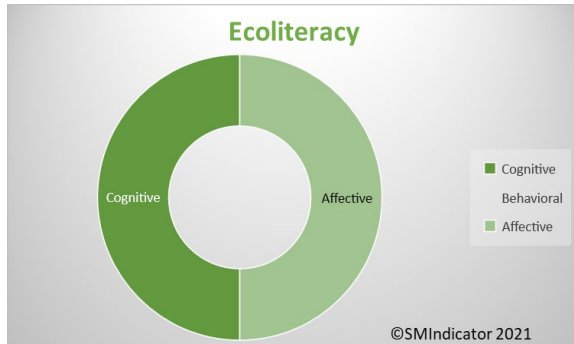




# /ECOLOGICAL WORLDVIEW

An ECOLOGICAL WORLDVIEW is the result of having an intellectual and affective broad understanding of the planetary challenges, how they are interrelated, and how we are contributing to them.

**/WHAT IS ASSESSED HERE:  
HOW YOU UNDERSTAND THE  
ENVIRONMENTAL AND SOCIAL  
CHALLENGES, AND HOW YOU FEEL  
ABOUT IT, AND THE IMPACT ON  
YOUR BEHAVIORS.**



**What this tells you:**

**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 good understanding of the complexity of the planetary challenges we are facing, and how they are interrelated.

You also seem to be socially sensitive and have empathy for the suffering of others. This may be creating some emotional stress, perhaps feelings of being overwhelmed by a reality that you think you cannot change.

But is it really so, that you cannot influence and make a difference?

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

You understand the scope of the sustainability challenges, from the environmental and social perspective; you notice linkages, relationships and connections. The other powerful path is in your emotions. Your social sensitivity is a special gift. Yet somehow, you are not connecting what you know and how you feel, with actions or behaviors that could contribute to greater sustainability.

You have an opportunity there to put your unique gifts and passions to use for the greater good. 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.

**/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, make us feel bad, sad, or worried.

Yet we tend to underestimate our own power and influence in shaping a better world. As a matter of fact, if the challenges we are currently experiencing are a product of past problematic behaviors, then we are also positively shaping the future of the planet with our current mindful decisions and restorative actions. That opens an interesting path.

**/HOW ABOUT YOU TRY:**

Here are some suggestions to ponder:

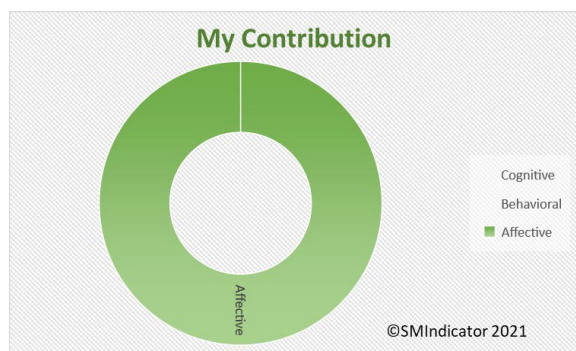
What are things you are good at that you aren't incorporating into your sustainability contributions? Who could benefit and where from your gifts and talents and possibly your passion? What do you see as your next frontier of development?





*Understanding the state of the planet allows us to be more fully aware of the challenges, the complexity of how they are linked to each other, and to explore what it means to us.*

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



**What this tells you:**

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

**YOUR SMI RESPONSES INDICATE THAT** you are a sensitive person with an open heart.

You possess the skills to connect freely with your emotions as well as 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, particularly when considering the social and environmental problems of our times.

**/YOU ARE COMFORTABLE** hoping someone will eventually intervene, to do something about those complex challenges.

Yet, this perspective also can cause stress, as it assumes we are at the mercy of powerful external forces or individuals.

We cannot comment on your thinking 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:**

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 problems, and then, begin to explore changes that are within your control?

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!

**/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 its problems), that means we also hold the key to influence where we will collectively be in the future – we: meaning humankind at large, or, from a closer perspective, our families, children, and grandchildren.



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

What if you could develop the habit of asking yourself periodically: *how am I contributing to this problem?* This question opens a path of inquiry, which automatically leads to expansion of your consciousness. You become more alert to take notice, and thus more open to try out new behaviors.

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

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

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



# /SYSTEMS PERSPECTIVE

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

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

**YOUR SMI RESPONSES INDICATE THAT** you are a good problem solver – looking for quick and efficient ways to address a situation and seeking to simplify matters.

Acting promptly is important for you, and it provides you and others with a sense of control and direction.

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

It seems to be important for you to limit the uncertainty as much as possible. Your choices suggest that you find it puzzling to imagine future consequences of your actions, which requires a stretch of the imagination. It can make you feel responsible for future impacts that you can't quite conceive. This unpredictability can create anxiety.

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

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

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

On the other hand, with greater understanding of the social and environmental problems we are facing, it has become clear that the law of cause-and-effect is always at play, even if not immediately obvious. In other words, the consequences of our daily actions do have impacts - some over time, some just in a different geography, and many on both.

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

**/HOW ABOUT YOU TRY:**

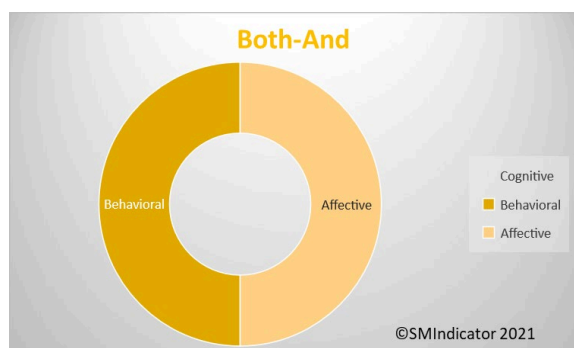
This mental habit expands our consciousness, as we become more aware of the way we are impacting others and the world. Not thinking about this doesn't stop it from happening. Rather, stretching our imagination to consider potential impacts across time helps us make better decisions, and play a more active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

For example, what might be some long-term consequences 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:**

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

**YOUR SMI RESPONSES INDICATE THAT** you are an empathic person.

It comes easy to you to put yourself into another person's shoes, trying to see life from their point of view. It makes you feel really good when you do so, in a way you feel closer to the other. Not being inclusive may also make you feel guilty, selfish, righteous, or irresponsible. This is your internal compass.

**/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 even become curious and engage in conversations to understand them.

You have a valuable trait, particularly in our sustainability-challenged times, where the solutions to our environmental or social problems must consider a vast array of interests and needs.

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

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

Does it ever happen to you that you struggle to balance honoring your values, what "is right", with accepting very opposite positions? If that is the case, you will be happy to hear that you are not alone in the struggle. You already have come far in your personal journey, as you can empathize with others, take a glance into their world, and in your actions, you try to honor that feeling. What are the boundaries?

Here are a few thoughts to ponder. We are living in a complex world. 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, either my way or yours, etc." 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? Which are situations where either-or thinking is appropriate, and when do we need a creative both-and solution?

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.

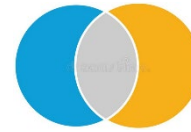
Challenging as this may be, there is a benefit to it: We are becoming aware of our own worldviews just by realizing that there are other ways of seeing and feeling. This is an evolutionary insight of great value, the foundation for more peaceful societies. In a way, life is prompting us to expand our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

**YOUR SMI RESPONSES INDICATE THAT** you enjoy the adrenaline of the challenges; they motivate you!

**You are also comfortable** winning or outperforming others. It is a great feeling for you, and you find the pursuit of success very exciting.

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

This combination of aspects can 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 further on how you think or behave in relation to this topic, since you indicated (by choosing "neither") that you did not find yourself represented by any 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?

**/HOW ABOUT YOU TRY:**

Let's pause for a moment: Can you name one achievement that was purely and authentically your own without another person playing any role in it?

We invite you to explore what 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.*

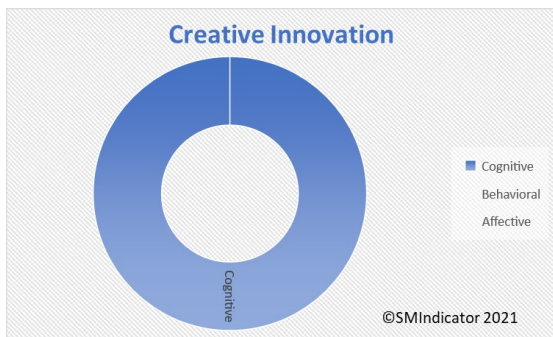




# /EMOTIONAL INTELLIGENCE

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 – cognitive - indicating that you have knowledge about this aspect, without necessarily engaging your feelings. You might use this information to explore your emotions.**

**We don't have enough data to report on your behaviors related to this topic.**

**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.

At the same time, your choices in the questionnaire indicate that **you feel most 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.

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

We cannot comment further on your behaviors related to this topic, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

How well do you balance your strategic thinking with some creative imagination? The reason for this question is 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. This 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 do you feel when experimenting without knowing?

## /HOW ABOUT YOU TRY:

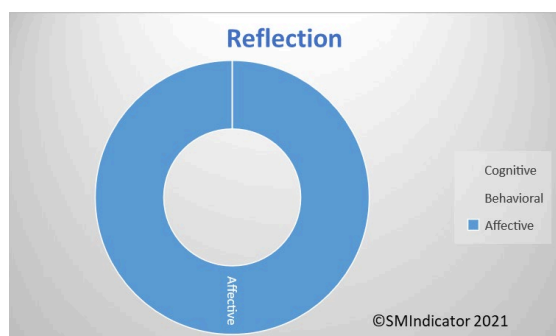
*Here is a thought to consider:* What are some situations in which you are creative, relaxed and playful? Perhaps cooking or gardening? Playing some team sports? Or around small children? Maybe planning a party?

If you can identify some of these creative and playful moments, in them you have a reservoir of imagination available to tap into. This can help you complement your strategic thinking and maximize your achievements for the benefit of all.

*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.

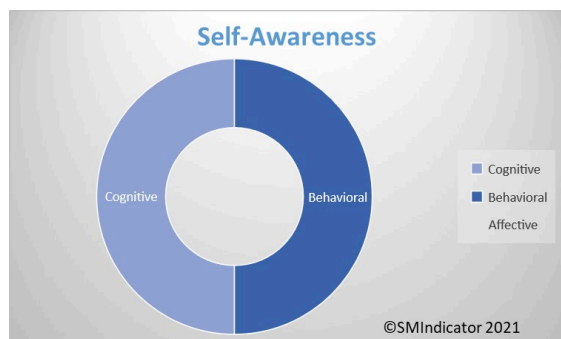
The question becomes: Is decisiveness and fast action coming at an expensive price for you and others, us, the next generations, and the ecosystem?

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:**

**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 believe the paradigm we have long been living with is due for revision.

You realize that 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, which probably was somewhat challenging and may not have left you satisfied with yourself.

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

Could it be that these failed attempts discouraged you from continuing to do more? You selected answers in this survey that describe a disenchantment of sorts. For example, 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 instance, 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 have been an important part of your identity.

Achievement, competition, being a winner, not being a not a loser, and success may be important foundations of who you are. You may wonder what makes them suddenly feel wrong. These may be difficult dilemmas for you right now.

*And yet this is a very important moment of awareness: change starts with our noticing some discomfort about something, and we want to do something about it to feel better (or at least less bad). In this case, you seem to have achieved this*

very important step. Of course it can be overwhelming to think about the complex problems. But what if you start small?

## **/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 environmentally 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 realized that some of 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 a few habits of yours that might qualify? We don't know what we can do until we try. And when we put aside cynicism for a moment, we actually may feel a deep sense of joy. That alone is worth trying.

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.**

**YOUR SMI RESPONSES INDICATE THAT** you see yourself as a rational individual.

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

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

The evolution of science has also shown that findings are made 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.

## **Exploring assumptions and beliefs:**

According to your choices in the questionnaire, 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.

Yet we are increasingly aware that some betterments have come at a cost for the environment or society, and we are collectively paying the price, for example, soil erosion or waterway contamination from chemical crop fertilizers meant to enhance soil productivity.

The human-centric paradigm that we collectively adopted and believe has begun to show some shortcomings, inviting us to revisit our place and role in the larger ecosystem. What are some undesirable consequences of human progress that you have personally experienced? What message may be in this for you?

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

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

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

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?

*Here is a thought to ponder:* The artificial separation of the individual from the ecosystem has been found to be causing not only spiritual alienation but is the root cause for many unsustainability behaviors. When we understand something, we start caring for it.

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

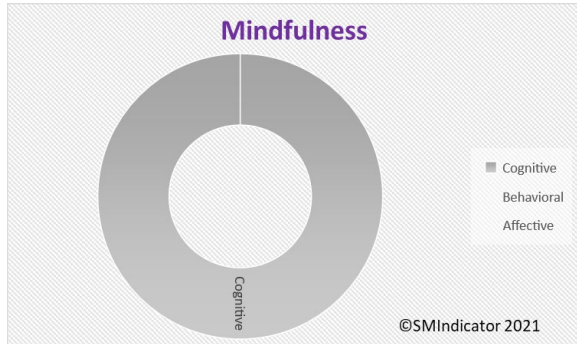
### **/HOW ABOUT YOU TRY:**

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

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



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



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

**This graph shows only one dimension – cognitive - indicating that you have knowledge about this aspect, without necessarily engaging your feelings. You might use this information to explore your emotions.**

**We don't have enough data to report on your behaviors related to this topic.**

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

You see this materialistic pattern in society, with its consequences on how we must 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.

It is possible that you have this insight as a result of your own experience: You seem, at times, to experience the tension and stress that comes with a demanding reality. You may notice it in your health, sleeping patterns, moods, or in how you relate to others as a result, and you try to manage in the best way we can.

We cannot comment on how this connects to your behaviors, since you indicated (by choosing "neither") that you did not feel 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:**

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

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

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

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

## /HOW ABOUT YOU TRY:

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

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

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

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

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

When we access and display a more balanced version of ourselves, we convey an unspoken message to the people with whom we interact, not just by what we say or how we behave, but through our attitude and energy. This has a proven positive influence on others, as science has identified with the phenomenon of "emotional contagion."

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

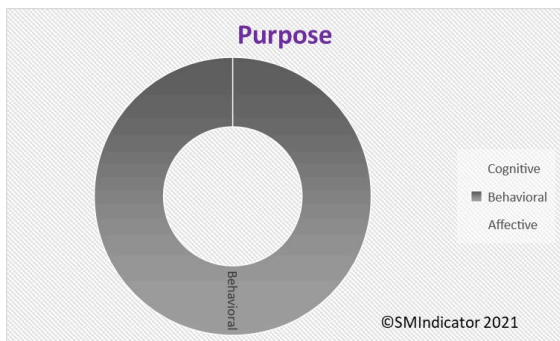
Do you want to give it a try?

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





**/WHAT IS ASSESSED HERE:  
WHAT YOU THINK ABOUT HAVING A  
PURPOSE IN LIFE, PARTICULARLY  
SOMETHING THAT IS IN SERVICE TO  
OTHERS; HOW THIS FITS YOUR  
REALITY AND HOW YOU FEEL ABOUT  
IT.**



**What this tells you:**

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

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

**YOUR SMI RESPONSES INDICATE THAT** you have already found your purpose in life, through actions that serve others.

It is possible that a large part of your daily obligations and responsibilities are, in fact, in service to others, attending to their needs or expectations. Your work, family, and relationships may form a large part of your reality and perhaps use up all of 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 have a choice, and this may place an extra burden on us, which is perceived very differently than when we intentionally decide and choose where and how to “serve.”

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.

You tend to get impatient with people who talk about having a mission in life, or “changing the world.” You compare these words with your current reality, and they sounds, grandiose, or unrealistic. Perhaps these people don't have the same challenges you have to manage, or maybe they just want to look good.

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

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. Have you personally experienced this? Or perhaps focusing on the demands of your life does takes a toll on your health, your mood, creates tension or anxiety, disrupts your sleep or impacts how you interact with others.

If this is case, 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 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!*

