



Sustainability  
Mindset  
Indicator®

**/REPORT  
PREPARED FOR:  
Dhanang Adisasmaya  
17/May/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.

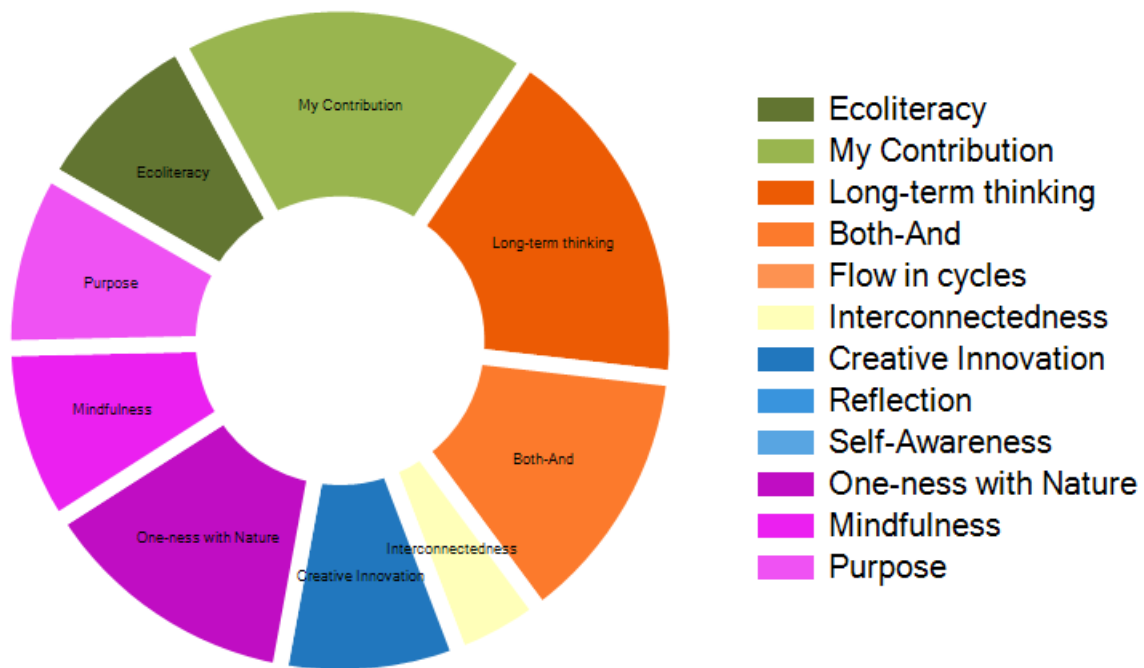
***Enjoy your journey into the realm of the Sustainability Mindset - a place where you can be your best, for yourself and for the World.***

*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:**

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

Furthermore, in your daily decisions **you are comfortable** acting in ways that can minimize your ecological or social footprint, and/or help the sustainability of our planet.

That said, you seem to be emotionally distanced from negative feelings related to the state of our society or our planet.

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

The benefit is that this saves you from stress, and may help you stay focused on your daily reality. The downside is that you may miss engaging from the heart, and connecting with your deeper values and with others suffering or in need, which can be a very powerful experience. You are present with your head, but not necessarily with your heart and soul.

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

We are definitely living in a time of information overload. It is challenging to stay on top of all that is happening, while keeping up with our own obligations and activities. Furthermore, sustainability news tends to be on the negative side, creating doomsday scenarios and scary prophecies that can trigger anxiety, and not precisely inspiring us to act. We may tend to avoid the news because it makes us feel bad, sad, or concerned.

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

**/HOW ABOUT YOU TRY:**

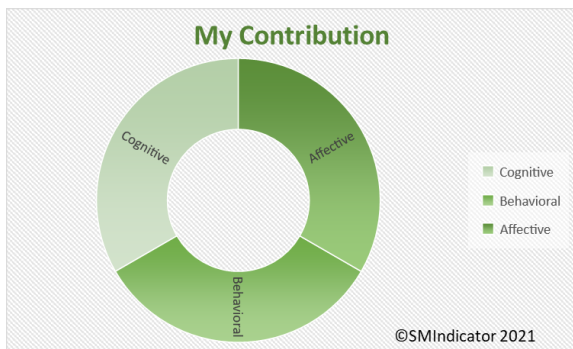
When we allow ourselves to connect from the heart with the reality of the news and find small ways to change our behavior, we are more present and don't need to live with our divided selves. This can be more fulfilling.



*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:**

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

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

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

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

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

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

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

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

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

If we collectively influenced the situation 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.



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

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

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

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

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

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

How might you connect more from the heart with others?

Food for thought!



# /SYSTEMS PERSPECTIVE

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

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



**What this tells you:**

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

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

In addition, this understanding is not indifferent to you: You are a sensitive person who seems to get worried about the long-term impact that your

decisions or lifestyle may be having on the planet. It is difficult to live with this feeling!

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

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

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

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

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

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

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

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

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

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

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

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



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

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



**What this tells you:**

**This graph shows 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.**

**YOUR SMI RESPONSES INDICATE THAT** you are a person who is profoundly committed to actions, who enjoys the challenges life offers, and looks at them as opportunities to find intelligent solutions. Indeed, intellectual abilities are important for you, as they permit you to control difficult situations.

**/YOU ARE COMFORTABLE** crafting plans and setting goals to measure your progress. And if a problem is beyond your control, as many sustainability-related problems are, you rely on those who are capable of solving them. You strongly believe and trust in human ingenuity to figure out solutions for our environmental or social problems.

This allows you to feel empowered and in control, which is a nice feeling, particularly as it avoids the stress of uncertainty. You seem to enjoy making plans and implementing them, and derive a sense of fulfillment and satisfaction when you achieve the goals you set for yourself.

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

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.

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, indeed.

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

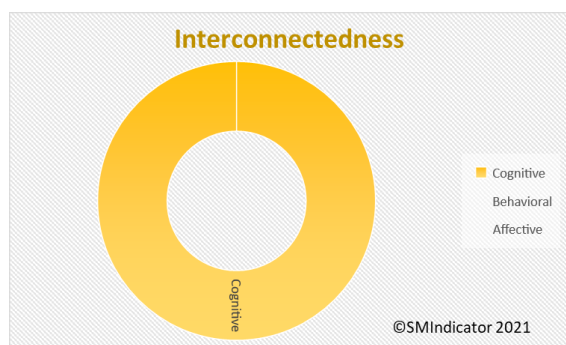
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river's current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

*There are no linear processes in Nature: Everything flows in cycles of birth, growth, death, and rebirth.*

*Many aspects of man-made unsustainability of the planet are a result of the misconception that we are not governed by this law of Nature.*



## **/WHAT IS ASSESSED HERE: HOW YOU UNDERSTAND AND EXPERIENCE INTERCONNECTEDNESS, VERSUS VALUES LIKE AUTONOMY AND INDEPENDENCE.**



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

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

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

You believe independence and autonomy are very important aspects of human life, perhaps as a combination of a given right, a personal goal and a precious virtue to cultivate. They signify ownership and accountability to you. You like to be faced with challenges. In fact, you enjoy the adrenaline that motivates you.

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

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

The excitement of seeking to be successful, to win or to outperform others is a great feeling for you. Recognition may be a reward, but it is not always external: it can also be for your personal satisfaction and sense of accomplishment. You feel proud of your achievements and perceive them as a validation of your autonomy and personal capabilities in action. It is important for you to be self-sufficient as much as possible. This may come at a price.

It is not always possible to live up to other people's expectations, not to mention our own, which often are even higher!

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

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

You may not have given it much thought, but the polarities of independence vs. interconnectedness and competition vs. collaboration are of particular relevance when focusing on sustainability. To begin with, the environmental and social challenges are complex and multidimensional, making it impossible for any one person to solve

on their own. It is only through collective thinking, action and the collaboration of multiple stakeholders that we will be able to develop alternatives. (This, by the way, makes sustainability a great opportunity for contributing personal skills to a larger cause).

While certain cultures have a collectivistic framework, most of the western-northern culture - widely exported and globalized - is individualistic and celebrates personal achievement. However, is this realistic and even feasible?

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

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

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

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

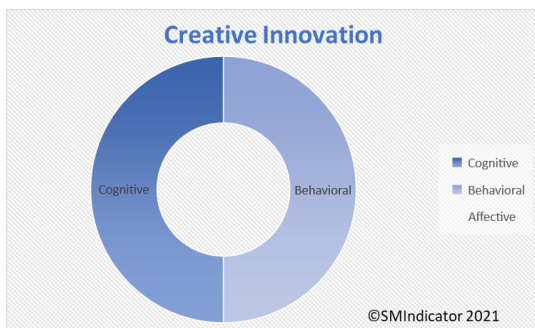




# /EMOTIONAL INTELLIGENCE

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

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



**What this tells you:**

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

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

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

be addressed with a good balance of these abilities.

**/YOU ARE COMFORTABLE WHEN** you can contribute by putting your "creative hat" on, by being playful, by not preemptively censoring your ideas, and even tolerating the uncertainty of not knowing how something will work out. You seem able to live with a certain degree of risk-taking, and based on your answers, that worked well for you. How did that feel?

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

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

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

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

You know that the sustainability challenges we are facing are largely new, and as COVID-19 taught us,

increasingly situations arise for which we don't have previous experience or science on which to rely. We have become more aware of this complexity of our challenges, and we are skeptical of simplistic solutions.

However this also requires entry into uncharted territories. Resilience calls for flexibility in adapting to new situations, and this entails innovating and experimenting, as you indicate you sometimes do. Definitely having no clear blueprints to follow may be disturbing, yet there are no choices but to take some risks. And fortunately you can handle them.

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



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

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

It might be for the benefit of all.

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

**/YOUR SMI CHOICES INDICATE THAT**  
you see the importance of swift actions in a world that you believe is unforgiving of slow-movers. You know that the present day pace is fast or highly accelerated, depending upon who you ask. You are a true citizen of our times!

**YOU ARE COMFORTABLE.** This fits you well, as you have no concerns about making a quick assessment of a situation and acting promptly. You are a quick thinker, and while you may overlook some details, you consider that your decisiveness also helps stimulate those that are more hesitant. Speed is justified.

As a matter of fact, you thrive on the adrenaline of urgency. You find multitasking very stimulating and are gifted with endurance. You enjoy the tension which brings out your best performance.

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

Does it ever happen that you wish you could relax, slow down and do nothing? Does your body, your mind or perhaps your soul call for less stress, or

even a break? What message might be there for you, waiting to be heard?

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

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

While there is a call for urgent action about climate change and the related social and environmental problems, many modern sustainability challenges are actually the result of overlooked potential impacts.

For decades, well-intended decisions were largely made by quickly identifying the best option. But today we are understanding better that problems are complex, that solutions impact a multiplicity of future stakeholders, and that there are always consequences.

Of course, it is not possible to anticipate all scenarios, but pausing and checking assumptions as you do it 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.**

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

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

This progress may have come at a price that we now see, particularly at the environmental or social level, but from your perspective the fallout was not intentional and was justified by the benefits. Human “can-do” spirit and individual ambition will continue developing new solutions.

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

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

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

We cannot comment 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.

**/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.

Undoubtedly, there are social and environment related challenges everywhere. Some happen locally, others across borders. Science has been linking many of these issues to human behaviors, such as consumption of unhealthy foods, depletion of natural resources, pollution or contamination of air, soil and water. And we are left to deal with the consequences today, trapped in a paradigm that prioritizes values that have a negative impact, such as thoughtless consumption.

## /HOW ABOUT YOU TRY:

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

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

*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 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 think of Nature as an experience that offers more wisdom than we can intellectually grasp. This understanding may be the result of some special moments, when you stood in awe admiring Nature, your heart perhaps filled with joy and some kind of wordless experience of beauty.

You see the limitations of pure rationality, and realize that the intellectual capability is valuable for building scientific knowledge, but also frequently overstated. Our comprehension of the

natural world, including our bodies, has advanced over time, but in the history of science findings are always within the constraints of available instruments, paradigms or assumptions. It is clear to you that over time, the development of more precise measurement techniques or revolutionary thinking has certainly revealed the myopic or biased conclusions of the past!

**However, you are also comfortable** acting with a utilitarian approach to natural resources, considering the rights granted by our belief in “human superiority”.

With no doubt, many scientific discoveries and improvements of our quality of life have shown the power of the human mind. Yet you may have also 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 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?

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

The combination of your choices in this instrument seem to show a disconnect between what you believe and value, and your actions. You have been blessed with some powerful experiences of

oneness with Nature that give you an empathic disposition, yet they don't seem to manifest in how you act. It may be a way of blending into a context that rewards rational thinking and intellectual capabilities.

But is that who you really are?

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

According to a 2018 United Nations study, over 55% of the world's population lives in urban areas, a proportion that is expected to increase to 68% by 2050. As a result, for many of us, the disconnection from Nature is rather "natural."

Hectic life in large cities makes it difficult for us to remember that we are more than individuals moving through traffic and buildings. The common associations with the word "Nature" may be vacation time, a park or a documentary. What about our food? Our body? The materials of every object we use?

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

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

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

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

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

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

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

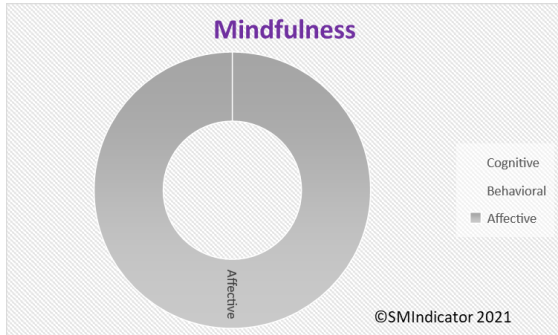
Sometimes we realize that our thinking, feeling and acting are not aligned. When we notice it, we may feel discomfort and tension- something out of sync. A sustainability mindset is not just harmony with the ecosystem, but it starts within ourselves.

Is there something you need to revise, to feel more authentically who you are? What part of you is still clinging to an old paradigm, and why might that be so?

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



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



**What this tells you:**

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

**YOUR SMI RESPONSES INDICATE THAT YOU** are very aware that society rewards action and its ensuing achievements, rather than inaction and passivity, which is kind of what mindfulness practice seems to you. As a consequence, you do not see particular value in the concept of mindfulness, or perhaps it is just not a part of your life at this time.

**YOU ARE COMFORTABLE** adapting to the culture to which you belong. As the saying goes, "when in Rome do as the Romans do". You may be

aware that other cultures have different behavioral patterns from the one in which you live, but you are cognizant of the importance of adapting to reality.

We cannot comment on how this thinking reflects on your behaviors, since you indicated (by choosing "neither") that you did not feel represented by either of the available options. Yet, according to your other selections in the questionnaire, when your reality is challenging and poses a high demand on your physical, emotional and psychological systems, you try to manage the best you can and seek to gain inner peace.

It is not clear from the information you shared what, if any, strategies you have found that work to help you lower your stress or find some balance.

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

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? 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.

Have you ever reflected on the high value our world gives to consumption, linking "who we are" with "what we have or own"? Have you ever felt like being trapped in a race to pursue a perhaps elusive and short-lived happiness?

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. They don't always realize that we are all doing our best all of the time.

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

Being very concentrated on our obligations rarely leaves time or space to look around, yet oftentimes information is 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. Is this something you remember to do when you need it? If not, how could you help yourself remember it just in time?

Individuals that balance their tasks with contemplative practices realize the positive impact this has 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.

If these are some of the activities that help you unwind, you are on the right path already. They are called "contemplative practices" because they engage a different part of our brain, creating a "buffer zone" that permits the release of tensions, after which, often we end up seeing our challenges in a different light.

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

From the perspective of a sustainability mindset, mindfulness is both a key practice and an amazing result. Research has shown a direct link between individuals that have some contemplative

practices not just with their physical and psychological health, but also with the emergence of feelings of empathy and compassion.

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

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

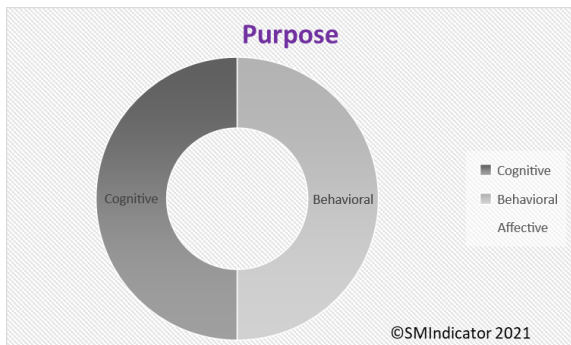
In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world.

What are some ideas to try out?

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



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



**What this tells you:**

**This graph shows the 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 think it is important to find a purpose in life, to identify something that, by making a difference, makes our life meaningful.

In fact, you have already found it, through actions that serve others. You may have found a cause, or it is possible that part of your obligations and responsibilities are to serve others, to attend to their needs or expectations.

Perhaps your work, family, perhaps relationships, form part of your reality and may use up your available energy – and you perceive this as your service. How does this make you feel? Do these activities feel like your “calling”, or like an obligation that lands upon you?

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

We cannot comment on how you feel 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:**

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 your case?

Perhaps you have 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.

Does it happen to you, that you don't feel happy with yourself or with others? If so, 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!*

