



Sustainability  
Mindset  
Indicator®

**/REPORT  
PREPARED FOR:  
Kaile  
17/Nov/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.

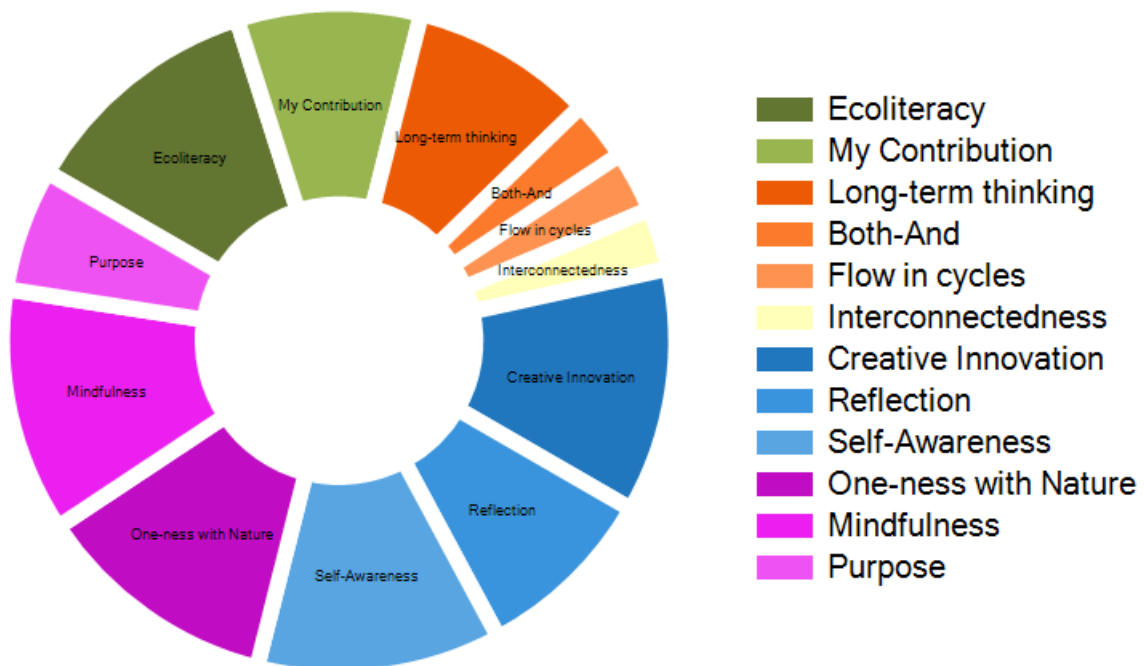
***Enjoy your journey into the realm of the Sustainability Mindset  
- a place where you can be your best, for yourself and for the  
World.***

*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:**

**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 complexity of the planetary challenges we are facing, and how they are interrelated. In addition, you seem to be socially sensitive and have empathy for the suffering of others.

This may be an important motivation for you to act in your daily decisions in ways that can minimize your ecological or social footprint, and/or help the sustainability of our planet.

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

This is a great foundation so, where do you think your next challenge is? Maybe to understand more about what is happening, and connect more through your heart and your feelings? Perhaps you can imagine ways in which you can use your skills and unique gifts to contribute and make personal changes for the greater good.

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

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.

Here are some suggestions to consider: What are things you are good at that you aren't incorporating into your sustainability contributions? Who could benefit and where from your gifts and talents and possibly your passion?



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

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



**What this tells you:**

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

**YOUR SMI RESPONSES INDICATE THAT** you are a very sensitive person, with an open heart, and you have a skill to connect with your emotions, and also 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.

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

Particularly, it may collide with your pragmatic approach to the world. You seek to distance

yourself from distressing information about sustainability problems to avoid getting too emotionally entangled. You are aware of the many environmental and social challenges, but you aim to keep them separated from your personal life. After all, you didn't cause them!

**/YOU ARE COMFORTABLE WHEN** you can take a proactive role. Instead of remaining "the victim," you choose to act. You find small ways in which you are contributing to the problems and seek out those changes you could make to be less a "part of the problem" and become part of the solution. This is a wonderful start. The more you observe, the more opportunities you will find to make a real difference with a few simple changes to your behavior and habits.

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

Thinking of how we are personally contributing to the planetary challenges may not be something we do daily. Our demanding lives have many obligations and don't leave much time for reflecting on this. We are busy getting things done!

Yet when analyzing the current un-sustainability of our planet, science has clearly established a link between human behaviors in past decisions and the current problems we face. Much attention is now focused on how to repair the damage done, and how to restore damaged, depleted or endangered resources. Scientists and entrepreneurs study how to minimize current or future problems at the environmental or social level, and how to innovate to avoid negative impacts into the future.

If we collectively influenced the place we find ourselves in now (with all of its problems), that means we also hold the key to influence where we will collectively be in the future – we meaning humankind at large, or, from a closer perspective, our families, children and grandchildren.



## /HOW ABOUT YOU TRY:

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

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

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



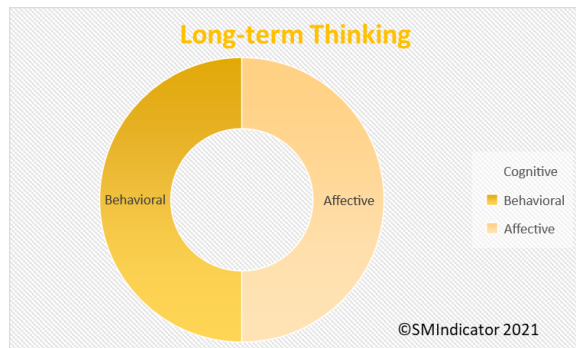
*When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness, and develops social sensitivity.*



# /SYSTEMS PERSPECTIVE

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

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



**What this tells you:**

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

**YOUR SMI RESPONSES INDICATE THAT** you 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! So, you convert your emotional motivations into actions.

**/YOU ARE COMFORTABLE** thinking of “what ifs” and the long-term consequences of possible decisions before taking them.

This may not always be welcome in a team setting, but from the perspective of shaping a sustainable world, this contribution is a great asset to yourself and to your working groups.

Your perspective will likely enrich actions, as they result from considering potential impacts in the longer term.

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

Interestingly, according to your questionnaire choices, there seems to be a contradiction between what you feel, how you think about priorities, and how you naturally ponder decisions – the “what ifs” as you consider long term potential impacts. The paradox comes because you also indicated that you view a focus on the short term as a useful way to speed up decisions and avoid hesitation and uncertainty.

Maybe it’s time to check that assumption?

What is the value of a rapid decision if we are creating unwanted consequences? Is avoiding uncertainty worth it?

It is possible that you sense the world around you demanding a fast pace and decisiveness, focusing only on the tangible and short term, and acting as if there were no such thing as a long-term impact. But change never starts as mainstream, and you may be introducing a new way of doing things – for the sustainability of the planet.

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

There is a tacit pressure to act promptly and focus on that which needs immediate attention. This is

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

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

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

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

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

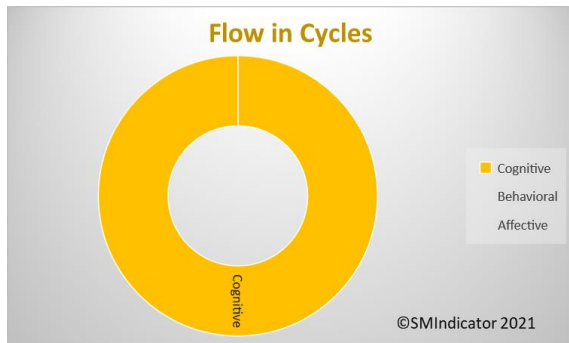
### **/HOW ABOUT YOU TRY:**

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 BALANCE YOUR CAPACITY  
TO ANALYZE AND PLAN WITH THE  
UNDERSTANDING OF NATURAL  
CYCLES, AND MAKE THEM PART OF  
YOUR MINDSET.**



**What this tells you:**

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

**YOUR SMI RESPONSES INDICATE THAT** you are profoundly committed to actions, enjoying the challenges life offers you.

**/YOU ARE VERY COMFORTABLE** crafting plans and setting goals to measure your progress. You derive a sense of fulfillment and satisfaction when you achieve the goals you set for yourself. This allows you to feel empowered and in control, which is a nice feeling, particularly as it avoids the stress of uncertainty.

At the same time, you are aware of the commonly shared belief that humans are the most intelligent species, the apex of creation, with the intellectual ability to control nature. And you have come to realize this assumption is most frequently contradicted by reality, particularly when we think in a linear way, acting outside the cycles of Nature.

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

While planning is a way to feel in control of situations, you also have noticed that it is constantly challenged since life - with its countless variables - is too complex to be managed.

Do you experience frustration at times when things don't work out as you planned, or expected? How do you react? Do you let go of your plans and observe what the events are telling you, or do you use persistence and incremental efforts to stay on top of your planned course?

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

You may be wondering why planning is related to several key aspects for a sustainability mindset. The connection is not in the planning as an activity per se, but in the way we think and process information when we plan. Planning is about organizing and structuring in order to control outcomes. Planning is linear by definition -one step after the other - and it assumes cause-effect relationships. But what about multi-effects, multi-causes, and feedback loops?

Contrast this with the sustainability problems we are facing. To begin with, they are complex and multidimensional by their very nature. Many are

the result of our linear thinking, for example we believe that we can pursue unlimited growth, yet depletion of natural resources shows us this is not possible.

Our reliance on the human mind can create a collective assumption that we are in control, but a “small” manifestation like Covid-19 arrives as a surprise to debunk the myth of our own superiority.

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

Planning in itself is not the problem but rather, excessive reliance on carefully crafted steps. How do you incorporate the cycles of nature into your planning? As an example, do you accept phases of growth and decline - aging and impermanence, along with endings and mortality followed by new beginnings and birth? How do you incorporate humanity as part of Nature, rather than its controller? Many implications to think about, indeed.

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

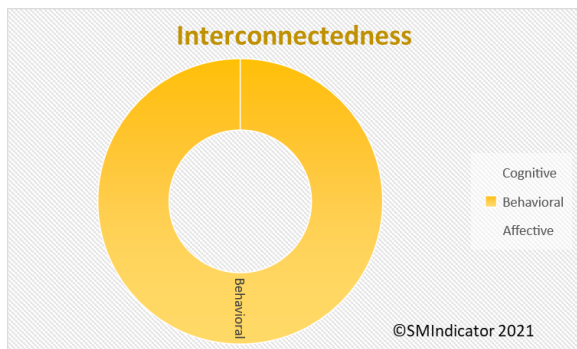
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river’s current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

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

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



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



**What this tells you:**

**This graph shows only one dimension – behavioral - meaning that you are action- oriented, without much engagement of your feelings and without necessarily thinking about this aspect intellectually. You might use this information to seek ways to expand your understanding and explore your emotions.**

**YOUR SMI RESPONSES INDICATE THAT** you 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.

Additionally, you enjoy the adrenaline of the challenges that motivate you. The excitement of seeking to be successful, to win or to outperform others is a pleasant feeling for you.

Recognition may be a reward, but it is not always external: it can also be for your personal satisfaction and sense of accomplishment. You feel

proud of your achievements and perceive them as a validation of your autonomy and personal capabilities in action. It is important for you to be self-sufficient as much as possible.

**Interestingly though,** your choices in this questionnaire indicate that, in your actions, you actually see yourself as part of a larger whole, which may mean that you pay attention to the impact of your behaviors on others. This may create a certain tension, for example when you want to make progress on something, yet you also have to consult with others, for example stakeholders. How do you handle this tension?

## **/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 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:**

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

We invite you to explore what success and autonomy mean for you. What are the roots of these values for you, perhaps in your upbringing or in your current context? Are they authentically a priority for you, or are they something automatically inherited, or adopted without giving it much thought?

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



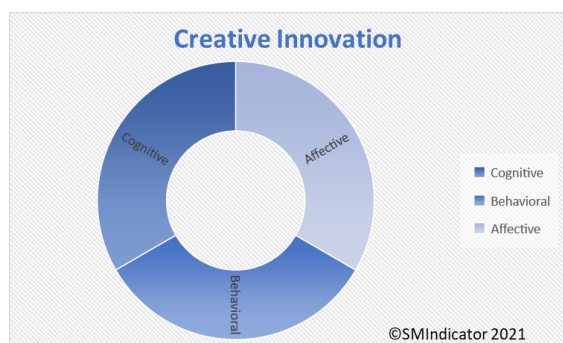




# /EMOTIONAL INTELLIGENCE

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

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



**What this tells you:**

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

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

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

even trust that our sustainability problems could be addressed with a good balance of these abilities.

**/YOU ARE COMFORTABLE WHEN** reality presents you with plenty of unknowns. You actually enjoy it and find uncertainty exciting.

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

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

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

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

You know that the sustainability challenges we are facing are largely new, and as COVID-19 taught us, increasingly situations arise for which we don't have previous experience or science on which to rely. We have become more aware of this

complexity of our challenges, and we are skeptical of simplistic solutions.

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

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

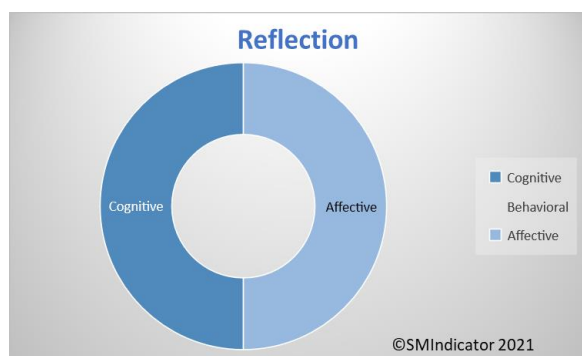
### **/HOW ABOUT YOU TRY:**

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

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



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



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

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

**YOUR SMI RESPONSES INDICATE THAT** you have a sense that we are collectively trapped in an accelerated pace. Perhaps you notice your own speed, or see it in others.

The fact is that you observe and seem to think about this phenomenon, and may be asking yourself about the cost of this upon you or others. How is it possible to contemplate the future implications of decisions taken under the pressure of speed?

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

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

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

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

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

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

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

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

But today we are understanding better that problems are complex, that solutions impact a multiplicity of future stakeholders, and that there are always consequences.

Of course, it is not possible to anticipate all scenarios, but pausing and checking assumptions can be very useful to avoid future problems.

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

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

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

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

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

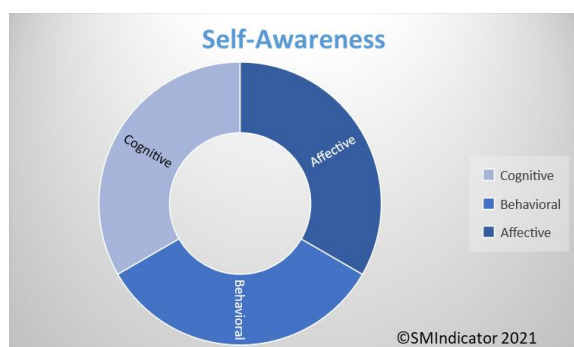
According to your answers, you seem to be gifted with an intuition that something is not quite right. Does it ever happen to you that you wish you could relax more, slow down and do nothing? Does your body, your mind or perhaps your soul call for a break, less stress? What message may be there for you,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

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

A lot of food for thought!



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



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

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

You have been noticing that many of your daily 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 wasn't easy. That didn't stop you from seeking new alternatives, new ways of lowering your ecological footprint, or even to make this planet a better place.

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

The changes are painfully slow, or seem minimal to you compared to the size of the challenge. That creates some unpleasant feelings of misalignment, between what you do and how you would like to see yourself. You experience a tension, as you scrutinize your image of self.

You may have been taught certain values, like being a winner, not being a loser, remaining rational at all times, having more to be more. And you became these values. But then something has begun to shift and these values don't feel entirely OK any longer. This may make you feel confused, perhaps a bit guilty at times. You may even feel more grateful or indebted to others for their help in your achievements than stubbornly proud of being a self-made person. These are not easy times for you.

However you are on a journey of consciousness development. Change starts with us noticing some discomfort about something, and we want to do something to feel better (or less bad). In this case, you seem to have taken several steps. Of course it can be overwhelming to think of the complex problems, but many times we underestimate the power of small changes.

Your understanding and intuition are not mainstream, and thus very important to drive much needed change. How happy are you with how you are sharing your valuable perspectives

with others? Do you feel you are doing it as much as you could?

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

Let's pause for a moment.

This survey was designed around the Sustainability Mindset, which is a way of thinking and being, to optimally adapt to the moment in which we are living. This Mindset focuses on using our natural gifts to shape a better future, for ourselves and for all, the ecosystem included.

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

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

But at the same time, it's worth remembering that our habits today are still (unintentionally) contributing to more of these problems in the future. And vice versa: Small changes in a habit today can do its part to shape a better future.

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

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

How about exploring a few of your unused possibilities?

You don't know what you can until you try. You may encounter some cynicism but your actions will speak louder than your words, as it always happens. Worth trying, right?

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



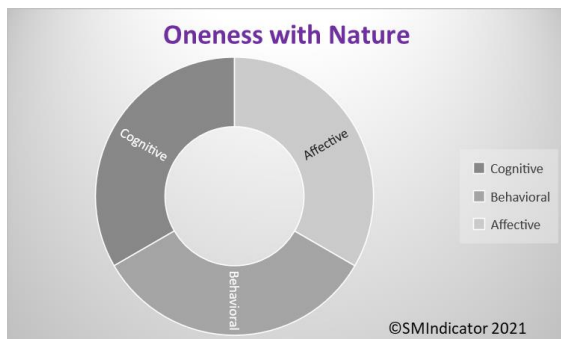


# /SPIRITUAL INTELLIGENCE

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



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



**What this tells you:**

**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 think of Nature as an experience that offers more wisdom than we can intellectually grasp.

You see the limitations of pure rationality, and realize that the intellectual capability is valuable for building scientific knowledge, but also frequently overstated. It is clear to you that over

time, the development of more precise measurement techniques or revolutionary thinking has revealed the myopic or biased conclusions of the past!

**You are comfortable** acting in ways that acknowledge a relationship characterized by respect and sensitivity toward other beings. Human achievements and improvements of our quality of life are worthy, yet in your behaviors you keep in mind that many have come at a cost for the environment or society, for which we are collectively paying that price.

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

The human-centric paradigm that we collectively adopted and believe has begun to show some shortcomings, and you are frequently rethinking your place and role in the larger ecosystem before acting.

How do you manage the tensions of living in a context that mostly rewards rational thinking and intellectual capabilities?

Your caring behaviors for other beings or the ecosystem 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. The combination of your choices in this instrument seem to show that those powerful moments created an empathic disposition, which manifests in how you act, or at least try to act, in your day to day.

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

Research has indicated that the experience of oneness with Nature has a direct connection to shaping a more sustainable society and planet. However you know this is not yet mainstream.

According to a 2018 United Nations study, over 55% of the world's population lives in urban areas, a proportion that is expected to increase to 68% by 2050. As a result, for many of us, the disconnection from Nature is rather "natural." Hectic life in large cities makes it difficult for us to remember that we are more than individuals moving through traffic and buildings.

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

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

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

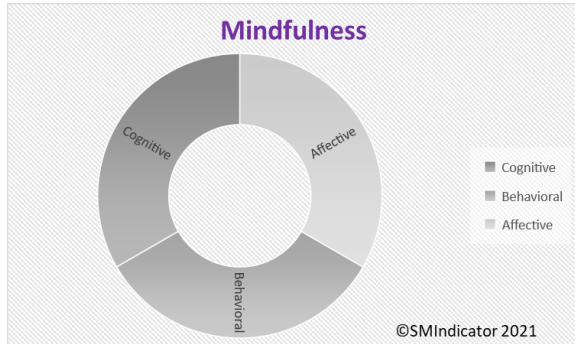
Do you realize that you are an ambassador of this worldview, perhaps not through what you say, but may be in your lifestyle decisions?

What are some areas in which you would like to express the sense of oneness a bit more? You can list a few goals that help you work towards them.

*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:**

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

**YOUR SMI RESPONSES INDICATE THAT** you have a clear understanding of the world we live in and the importance of mindfulness.

You realize that consumption is rewarded, linking “who we are” with “what we do, have, or own”. You see this materialistic pattern in society, with its consequences on how we have to keep busy doing things, seeking to make money to be able to belong, feel respected and valued. You realize the

unfortunate impact that this implicit message has on our health and well-being. It’s like being trapped in a race to pursue an elusive and short-lived happiness.

**/YOU ARE COMFORTABLE** pausing periodically to re-center, experiencing the positive impact on how you feel with yourself, and how you interact with others.

Pausing and stepping away from our task clears your mind, and you can get back with renewed energy. Is this something you remember to do when you need it? If not, how could you help yourself remember it more regularly?

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

The world you live in comes with many challenges that you need to attend. You seem to experience at times the tension and stress that comes with the daily difficulties. You may notice it in your health, sleeping patterns, or in how you relate to others as a result. When the reality is challenging and poses a high demand on your physical, emotional and psychological systems, you try to manage the best you can.

You may know that 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. As a matter of fact, you find in some of those contemplative practices a helpful path to regain inner calm.

You seem to have a good understanding of the challenges of our current paradigm - the consequences of an imbalance between doing and

being, between mundane action and the attention given to our higher self, our soul.

*So here are some questions for you to contemplate:*

Understanding the achievement race that we live in, how do these thoughts align with your experience, and with your values?

Does your reality reflect the priorities that are important for you? If not, what are some small changes you can make?

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

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

What would need to be true for you to take your practice to the next level, and what might that look like for you?

How easy is it for you to “catch yourself” in the moment when you are not fully present, not mindfully listening, or letting your emotional reactions control you, as opposed to your wiser self?

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

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

This creates a disposition towards positive social and environmental actions, and the resulting satisfaction feeds a positive reinforcing loop. In other words, the better we feel about something

we’ve done, the more we seek to repeat the experience.

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

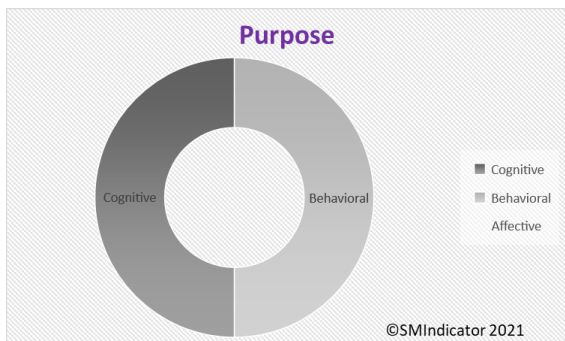
In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world.

You already know that.

*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:**

**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 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. 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”.

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

You indicated that you tend to get impatient with people who talk about having a purpose or a mission in life, of ‘changing the world’. You confront those words with your current reality, and it sounds rosy or grandiose, unreal. Perhaps those people don’t have the same challenges you have to manage, or just want to look good.

All that said, research has shown that individuals who engage in activities of service to the community, volunteering or some kind of initiative for the greater good have a higher sense of wellbeing than those who do not. This includes benefits to health, feelings of joy, increased self-esteem, and personal satisfaction.

In contrast, 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, 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!*

