



Sustainability
Mindset
Indicator®

**/REPORT
PREPARED FOR:
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09/Jan/2024**

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

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

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

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

/WHAT YOU WILL FIND IN THE FOLLOWING PAGES

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

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

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

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

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

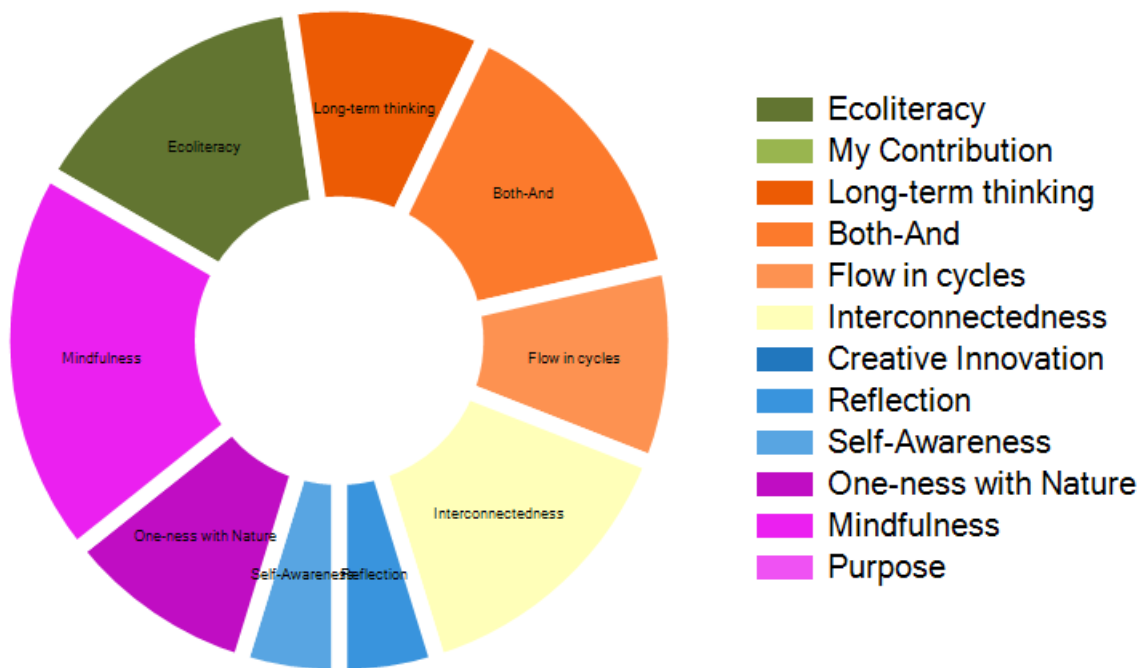
***Enjoy your journey into the realm of the Sustainability Mindset
- a place where you can be your best, for yourself and for the
World.***

The SMI Team

/ Your overall
**SUSTAINABILITY
MINDSET PROFILE**

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

If you see some aspects listed in the side box that are not included in the graph, it means that these are areas to be considered more closely. It may be that you didn't feel represented by any of the statements to choose from, or it might be that your reality, context, and/or habits prompt you to think, act or feel differently. You will find further comments in this report about these aspects, exploring their up- and downsides.





/ECOLOGICAL WORLDVIEW

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

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



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 socially sensitive and have empathy for the suffering of others. In addition, in your daily decisions you seem to act 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:

Interestingly, in terms of Ecoliteracy, it seems that you lack a broad picture of the planetary challenges, particularly how they are interrelated. You are aware of some facts, but perhaps do not

clearly see how different data connect or impact each other.

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

We are definitely living in a time of information overload. It is challenging to stay on top of all that is happening, while keeping up with our own obligations and activities. Furthermore, sustainability news tends to be on the negative side, creating doomsday scenarios and scary prophecies that can trigger anxiety, make us feel bad, sad, or worried.

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

/HOW ABOUT YOU TRY:

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



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.**

YOUR SMI RESPONSES INDICATE THAT you are aware of the many environmental and social challenges, which you aim to keep separated from your personal life. After all, you didn't cause them!

/YOU ARE MOST COMFORTABLE WHEN you can keep a pragmatic approach to the world. You seek to distance yourself from distressing information about sustainability problems to avoid getting emotionally entangled.

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

This can be a useful coping strategy. Perhaps you sense that you would be overwhelmed by emotions while feeling powerless to solve the problems. What's more, you are aware that others played a role in causing the many problems we experience, and you may try to maintain emotional distance by expecting them to fix it.

When problems seem exceedingly large, our hope may be that someone will eventually intervene. Yet, this perspective also can cause stress, as it assumes we are victims at the mercy of powerful external forces or individuals.

All that said, there may be another way to look at this: What if you could identify small ways in which

you realize that you are contributing to the problem, and then, begin to explore changes that are within your control? Certainly you will not solve the bigger problems, but to begin with you may feel more empowered, less at the mercy of others, and playing a role that you may actually enjoy. Food for thought.

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

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

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

If we collectively influenced the place we find ourselves in now (with all 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 how we might be contributing to environmental or social problems makes us better planetary citizens. At the same time, this enhanced awareness is an important milestone in our broader personal development.



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:

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 long-term sustainability impacts that our decisions may have, even the simple and daily ones, not to mention behaviors commonly accepted in our society.

/YOU FEEL 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:

It seems that you have a rational and pragmatic approach, seeking to avoid getting emotional about future scenarios, particularly related to our planet or our society. This may be very useful to stay focused and concentrate on the action.

At the same time, we are complex human beings: rationality is one aspect, and emotions also form who we are. Trying to keep your feelings related to the uncertainty of the future under control may make it more challenging to connect with others who look through the prism of their feelings, and empathize with them.

Does it happen sometimes to you that you cannot understand why others passionately resist your long-term thinking? If that is the case you might want to remember the emotional weight of uncertainty. You may yourself feel a bit of anxiety or fear of the unknown, if you would check on your feelings.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

There is a tacit pressure to act promptly and focus on that which needs immediate attention. This is very important, and there are many circumstances where this way of responding is the optimal, or even the only one that matters. A fire in the house, for example. We can sense the urgency and it is

not a good idea to pause and reflect on the long-term implications of the fire.

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

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

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

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

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

/HOW ABOUT YOU TRY:

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



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

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



What this tells you:

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

YOUR SMI RESPONSES INDICATE THAT you are an empathic person who knows how important it is to listen to other perspectives, and to find solutions that can accommodate diverse needs.

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

At the same time, you are a pragmatic person that likes clarity in life. **You are most comfortable** with clear choices - black and white options - and find a sense of stability and reassurance in holding onto your values and your worldview. When faced

with a new situation, you seek to rapidly frame it within what you have learned is "right" or "wrong."

This may be useful for avoiding gray areas, although it may also create a tension: is it possible to balance honoring your values, what "feels right", with accepting very opposite positions?

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

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

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

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

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

It seems that today, more than ever, we are collectively being confronted with paradoxes and ambiguity. Increased transparency and access to information from around the world makes us aware of very different ways of thinking, being and acting with which we may not agree or be comfortable.

Challenging as this may be, there is a benefit to it: We are becoming aware of our own worldviews just by realizing that there are other ways of seeing and feeling. This is an evolutionary insight of great value, the foundation for more peaceful societies.

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

It is wonderful to experience our perspective included by others. Since we cannot control what others think or do, but have control over our own way of thinking, there may be an interesting path worth exploring here.

/HOW ABOUT YOU TRY:

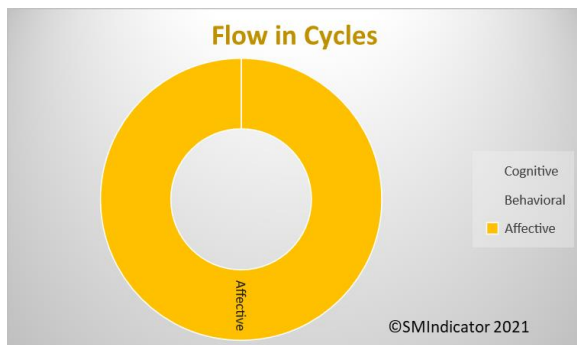
Which are situations where either-or thinking is appropriate, and when do we need a creative both-and solution?

There are multiple daily opportunities to convert your natural empathy into inclusive behaviors. Any thoughts?



Both+and thinking allows us to understand paradoxes, and calls for creative solutions that are inclusive of all stakeholders.

**/WHAT IS ASSESSED HERE:
HOW YOU BALANCE YOUR CAPACITY
TO ANALYZE AND PLAN WITH THE
UNDERSTANDING OF NATURAL
CYCLES, AND MAKE THEM PART OF
YOUR MINDSET.**



What this tells you:

This graph shows only the affective dimension, meaning that your predominant tendency is to connect emotionally with this aspect, without necessarily engaging in related behaviors or fully comprehending it. You might want to try and expand your understanding and also explore how you might make a small difference every day.

YOUR SMI RESPONSES INDICATE THAT you are a person profoundly committed to actions.

You enjoy the challenges life offers and look 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.

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

At the same time, while planning is a way to feel in control of situations, you know that it is constantly challenged, since life – with its countless variables - is too complex to be managed. It may be that same frustration, when things don't work out as you planned or expected, that makes you wonder: What if I let go of my plans and observe what life is telling me? This thought alone seems to bring you a welcome sense of peace.

This is a very valuable attitude, since flexibility and adaptability are key aspects for resiliency!

In our day-to-day this may mean accepting ageing and mortality, endings of relationships or certain phases in our life, and new beginnings as well. In another context, it means that we see ourselves as part of Nature, not as its controller-in-charge.

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

/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 personally 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? What do you see as your personal development challenges in this aspect?

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 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 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.

Interestingly, your choices in the questionnaire also indicate that you are a person who is appreciative about other people's input, feeling gratitude in your heart for their support even to your personal accomplishments.

You are comfortable paying attention to the input of stakeholders when analyzing a problem

and seeking effective solutions, seeing yourself as part of a larger whole.

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

While certain cultures have a collectivistic framework, most of the western-northern culture - widely exported and globalized - is individualistic and celebrates personal achievement. Do you experience this unspoken expectation in your daily life - to be independent, to outperform others, to be self-reliant or perhaps to demonstrate your value in competitive settings? Have you sensed the contradiction between these two paradigms, one valuing competition and self-reliance, the other promoting collaboration and inclusion?

How realistic and even feasible is this idea of autonomy? 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?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

The polarities of independence vs. interconnectedness and competition vs. collaboration are of particular relevance when focusing on sustainability. The environmental and social challenges are complex and multidimensional, making it impossible for any person to solve on their own. It is only through collective thinking, action and 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).

The combination of your responses seem to indicate that your heart and your actions have embraced collaboration, stakeholder inclusion and participatory solutions. You are on the right track – the old paradigm of competition and individual achievement may be outdated soon, particularly with the planetary sustainability challenges.

/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 a priority for you, or is it something automatically inherited, or maybe adopted without giving it much thought?

Are you able to share your perspectives with others? How can you bring your collaborative spirit to new contexts, where it might be much needed? You might help expand other people’s thinking horizon.

That can be an interesting task ahead.

*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.

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

You know that the human mind is capable of great accomplishments, as history has shown. And you trust that our sustainability problems might be addressed with rational thinking and good strategies.

You feel most comfortable when you can think things through, following proven steps and organizing reality into priorities. You enjoy order and dislike the uncertainty of chaotic situations. These preferences make you a great contributor of rational thinking when analyzing a problem. You may find yourself in the role of the defender of structure and stability, and the keeper of the status quo. You are careful to avoid what you consider as unnecessary risks.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

That said, the sustainability challenges we are facing are largely new, and as COVID-19 taught us, increasingly situations arise for which we don't have previous experience or science on which to rely. We have become more aware of the complexity of our challenges, and we are skeptical of the effectiveness of simplistic solutions.

However, this also requires entry into uncharted territories.

Resilience calls for flexibility in adapting to new situations, and this entails innovating and experimenting. Having no plans or blueprints to follow may be unsettling, and the only choice is to take some risks.

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

These seem to be your current challenges: How can you feel more comfortable trying and experimenting without knowing?

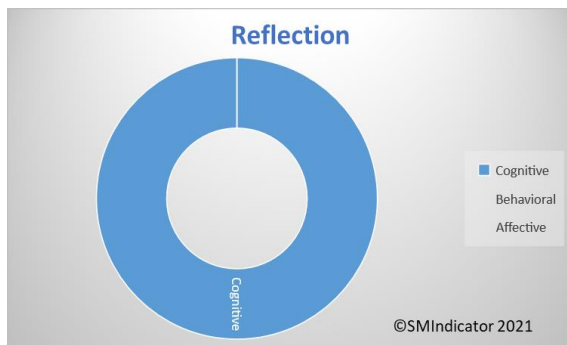
Here is a thought to consider: What are some situations in which you are creative, relaxed and playful? Perhaps cooking or gardening? Playing some team sports? Or around small children? Maybe planning a party?

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

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



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



What this tells you:

This graph shows 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 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?

AT THE SAME TIME, YOU ARE COMFORTABLE 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 enjoy the tension which brings out your best performance. You are a true citizen of our times.

/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 can be very useful to avoid future problems.

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

For example, what can 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?

/HOW ABOUT YOU TRY:

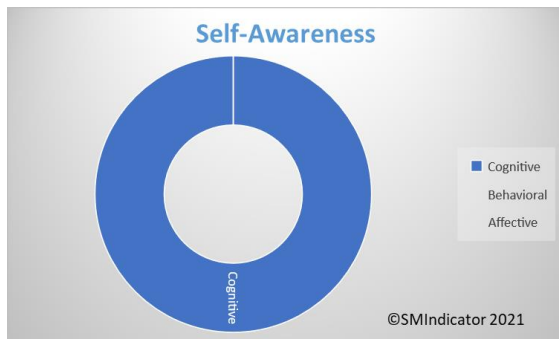
You are blessed to have good endurance of tension to sustain multitasking and even enjoy it. Does it ever happen to you that you wish you could relax, slow down and do nothing? Does your body, your mind or perhaps your soul call for a break, less stress? What message may be there for you, waiting to be heard?

Food for thought!

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



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



What this tells you:

This graph shows only one dimension – 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 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.

At the same time, you don't see any pragmatic alternatives at hand. Your selections in the questionnaire indicate that you are focused on addressing your many personal obligations and challenges, and you don't have the bandwidth to

entertain seemingly 'philosophical' concerns about the future of humanity, our personal or modern values, or the planet. You are aware that your views may not be "politically correct," but this is how you see things today.

You are well aware: Certainly, 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 have been 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 have been important foundations of who you are. You may wonder what makes them suddenly feel wrong!?

These may be difficult dilemmas for you right now.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

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

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

/HOW ABOUT YOU TRY:

Can you think of 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.

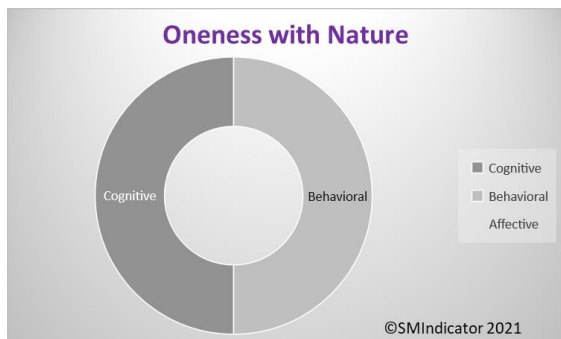




/SPIRITUAL INTELLIGENCE

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:

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 Nature 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 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. Over time, the development of more precise measurement techniques or revolutionary thinking has certainly 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 in our quality of life are valuable, yet in your behaviors you are conscious that these have come at a cost to the environment or society, for which we are collectively paying the price.

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.

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

Interestingly, your choices in the instrument show something unusual - your intellectual understanding and behaviors are compatible with a sustainability mindset, yet you don't acknowledge having had a profound emotional or sensory experience with Nature.

Have you never had a moment of awe in Nature, perhaps experiencing the beauty of a landscape - something that words couldn't describe? Or is it, perhaps, that you find yourself so consumed by life's demands that there are little/no opportunities to pause, relax, and simply be with yourself in a natural environment?

/HOW ABOUT YOU TRY:

It is impossible to guess your particular context, and your current priorities. But how can you plan to have some of those moments? Your soul, your being will welcome it, and the nourishment may help heal the currently divided life.

We invite you to give yourself an unusual gift: Spend an hour in Nature, on your own, without looking at your phone, and with no books, pets or other people. If you have never experienced this, you are up for a very special treat!

/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 this is not 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.

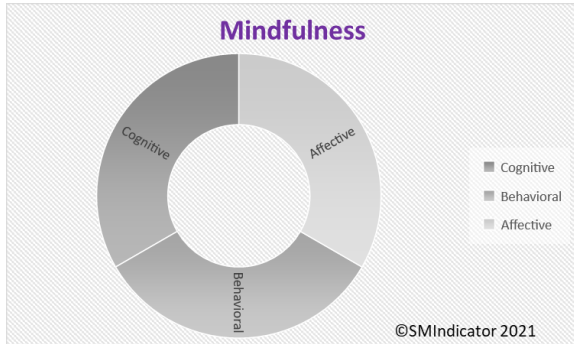
We need to re-connect with Nature and re-establish the experience of oneness that has been lost, causing not only spiritual alienation but also the artificial separation from the ecosystem. It has been found related not only to spiritual alienation, but is the root cause for many unsustainability behaviors.

You know it in your head, now you have the opportunity to make room for 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.

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.

YOUR SMI RESPONSES INDICATE THAT you seem to have a good understanding of the demands of our times. Meaning, you realize that we live in a context where there seem to be more obligations and things we are expected to take care of, than hours in a day.

Knowing how to set priorities is key, and what is urgent needs attention before what sounds important, like thinking about what is our purpose in life.

You are adapting to these circumstances, and work, family, relationships, career or health issues seem to use up all your available energy, often even leaving you with the feeling that nothing you do is enough. When topics arise like contributing to society, you believe this may be something to do once your other obligations diminish and you free up some time, hopefully in retirement.

Because of this combination, you tend to get impatient with people who talk about having a purpose or a mission in life, or “changing the world.” You compare these words with your current reality, and they sounds overoptimistic, grandiose, or unrealistic. Perhaps these people don’t have the same challenges you have to manage, or maybe they just want to look good. Either way, it’s not your reality.

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

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

In contrast, you may have personally experienced that focusing on the extreme demands of your life sometimes takes a toll on your health, your mood, creating tension or anxiety, disrupts your sleep or impacts how you interact with others. Oftentimes, you don’t feel happy with yourself or with others.

Have you asked yourself what you could do to feel better, to lower your stress? Perhaps you have, but the answer you found may have been 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 experiments you are willing to try? What are some things for the greater good that you have already done, and perhaps could repeat, do regularly, or improve?

Don't be intimidated by lofty phrases like “changing the world” or having a life's mission or purpose. In fact, each small act of kindness comes with an impact that we may never be able to imagine. That also changes the world, one positive 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!

