



Sustainability
Mindset
Indicator®

**/REPORT
PREPARED FOR:
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08/Sep/2024**

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

FOOD FOR THOUGHT.

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

These are some of the key indicators of resilience.

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

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

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

Let this report be a gift for your soul.

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

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

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

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

/WHAT YOU WILL FIND IN THE FOLLOWING PAGES

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

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

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

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

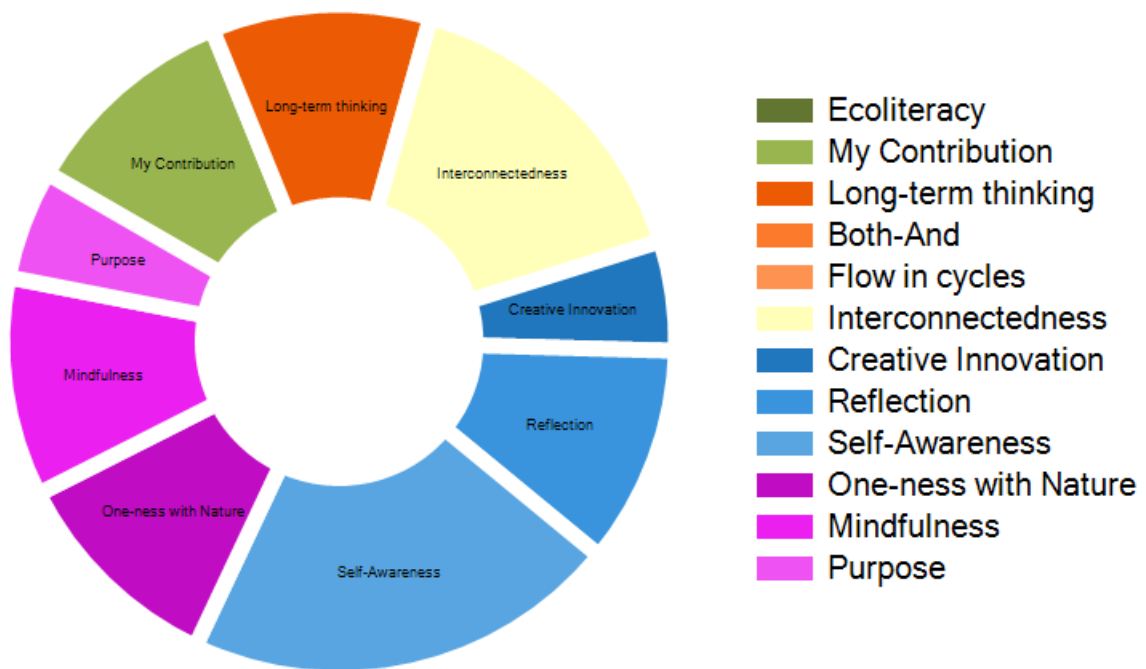
Each graph is accompanied by a box with a brief explanation, and you will find much more information in the text to include what your choices suggest, why this Principle is key for a sustainability mindset, and questions to ponder and suggestions to try.

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

The SMI Team

**/ Your overall SUSTAINABILITY
MINDSET PROFILE**

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





/ECOLOGICAL WORLDVIEW

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

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

YOUR SMI RESPONSES INDICATE THAT you have a limited sense of urgency and your need to personally change behaviors towards achieving greater sustainability is moderate, at best. We cannot comment on your understanding or feelings since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

That opens one interesting path. Understanding the scope of the sustainability challenges, from the environmental and social perspective, allows us to start noticing linkages, relationships, and connections.

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

/HOW ABOUT YOU TRY:

Here are a few questions to consider: Think of a situation in the past where you engaged from the heart, where you connected with your deeper values and perhaps with the suffering of others in need. How was that experience? How did it feel?



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.



This page is here for you to note your reflections, insights, and questions.

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



What this tells you:

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

YOUR SMI RESPONSES INDICATE THAT you periodically ponder if you are personally playing a role in the world's social or environmental problems of the world.

Certainly, you didn't create the problems intentionally, but you seem to pause and wonder in what ways you may be contributing to them.

/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.

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

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.

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

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

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

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

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

/HOW ABOUT YOU TRY:

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

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

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



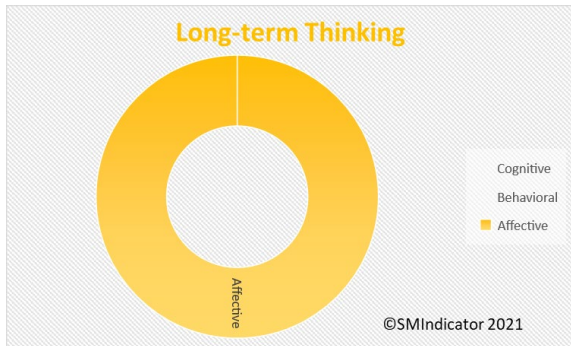
When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness and develops social sensitivity.



/SYSTEMS PERSPECTIVE

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

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



What this tells you:

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

YOUR SMI RESPONSES INDICATE THAT you are a sensitive person who seems to worry about the long-term impact that your decisions or lifestyle may be having on the planet. It is difficult to live with this feeling!

We cannot comment how you think and behave related to this topic, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

There is a tacit pressure to act promptly and focus on that which needs immediate attention. This is very important, and there are many circumstances where this way of responding is the optimal, or even the only one that matters. A fire in the house, for example. We can sense the urgency and it is not a good idea to pause and reflect on the long-term implications of the fire. But for many daily decisions, the context is different, and yet we still prioritize short term thinking, often without even pondering any medium- or long-term impacts of what we are doing. The stream of life, our colleagues, perhaps everyone with whom we interact takes for granted that we "all" act this way.

On the other hand, with greater understanding of the social and environmental problems we are facing, it has become clear that the law of cause-and-effect is always at play, even if not immediately obvious. In other words, the consequences of our daily actions do have impacts - some over time, some just in a different geography, and many on both. As with other aspects which are key for a sustainability mindset, it is not a question of choosing one over the other, but a matter of balancing both views and taking both time horizons into account.

/HOW ABOUT YOU TRY:

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

For example, what might be some long-term consequences for sustainability of a purchasing decision you recently made? What would your latest decision look like if you had considered these potential long-term impacts? It takes practice to develop new mental habits, but they too, can have long term impacts - for the better.

It is thanks to people with your level of sensitivity that changes happen in the world. What will you do?



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.**

**YOUR SMI RESPONSES INDICATE
THAT** you are a pragmatic person that likes clarity in life.

/YOU FEEL MOST COMFORTABLE when you have clear choices - black and white options - and you 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, but perhaps you also miss out on understanding the complexities of the situation.

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

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?

What may we be missing that these others are seeing when we find ourselves in a situation where we see it the right way, and others are wrong? How could we all benefit from having a fuller picture?

You are aware that when we start to be inclusive of other people’s perspectives, we may lose sight of what we hold true and right, thus not fully honoring the responsibility we feel to champion these values. This may cause you a certain amount of tension, as you realize that it may be perceived by others as not being very inclusive.

Because much of the world is changing, you may feel compelled to be more understanding with others’ perspectives, but this doesn’t come easy to you, and you may feel frustrated or impatient.

/HOW ABOUT YOU TRY:

Can you think of an event or situation, however minor, where someone with a different opinion was able to step into your shoes? How did it make you feel? How did it impact your attitude and your behavior?

What if we could shape a world that makes room for different perspectives? Where you acknowledge others’ points of view, and yours are also included by others?

Since we cannot control what others think or do but do have control over our own way of thinking, there may be an interesting path worth exploring here.

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

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

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

When we understand something, we can begin caring. This is the start of a better world for all.



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

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

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

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

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

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

While planning is a way to feel in control of situations, it is constantly challenged since life -

with its countless variables - is too complex to be managed.

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

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

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

Contrast this with the sustainability problems we are facing. To begin with, they are complex and multidimensional by their very nature. Many are the result of our linear thinking, for example we believe that we can pursue unlimited growth, yet depletion of natural resources shows us this is not possible.

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

/HOW ABOUT YOU TRY:

Planning in itself is not the problem but rather, excessive reliance on carefully crafted steps. How do you incorporate the cycles of nature into your planning? As an example, do you accept phases of

growth and decline - aging and impermanence, along with endings and mortality followed by new beginnings and birth? How do you incorporate humanity as part of Nature, rather than its controller?

Many implications, indeed.

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

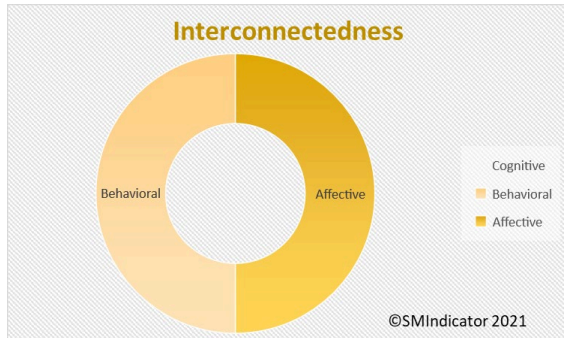
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river's current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

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

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



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



What this tells you:

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

YOUR SMI RESPONSES INDICATE THAT you are 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.

We cannot comment on how you think about this topic, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

**/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).

/HOW ABOUT YOU TRY:

The combination of your responses seem to indicate that your heart and your head 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.

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.**



What this tells you:

This graph shows only one dimension – cognitive - indicating that you have knowledge about this aspect, without necessarily connecting it with your behaviors. You might use this information to seek ways to convert your understanding into action.

We don't have enough data to report about your feelings on this topic.

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

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

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

At the same time, **you feel most comfortable** being the 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.

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

How well do you balance your strategic thinking with some creative imagination?

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

The reason for this question is that the sustainability challenges we are facing are largely new, and as COVID-19 taught us, increasingly situations arise for which we don't have previous experience or science on which to rely.

We have become more aware of the complexity of our challenges, and we are skeptical of simplistic solutions. This requires entry into uncharted territories. Resilience calls for flexibility in adapting to new situations, and this entails innovating and experimenting. Having no plans or blueprints to follow may be unsettling, and the only choice is to take some risks.

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

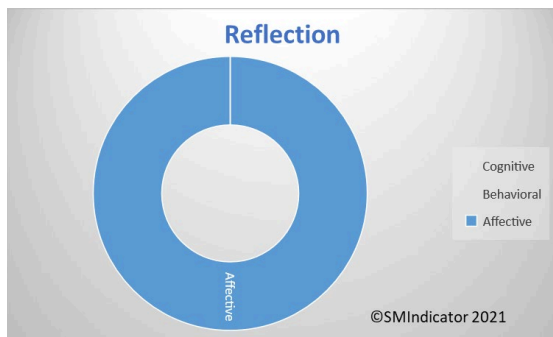
How comfortable do you feel when experimenting without knowing? Here is a thought to consider: What are some situations in which you are creative, relaxed and playful? Perhaps cooking or gardening? Playing some team sports? Or around small children? Maybe planning a party?

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

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

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

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

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

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

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

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

/HOW ABOUT YOU TRY:

For example, what can you learn to avoid or repeat from past experiences? Can you identify in hindsight, what was at stake? When we have more information we can better weigh alternatives. All of this, however, is at odds with speed. We cannot both act fast and ponder carefully.

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

Food for thought!

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



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



What this tells you:

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 can 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 tension, as you scrutinize your image of self.

You may have been taught certain values, like being a winner, not being a loser, always remaining rational, having more to be more. And you became these values. But then something began 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 can?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Let's pause for a moment.

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

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

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

But 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 their 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 do 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.

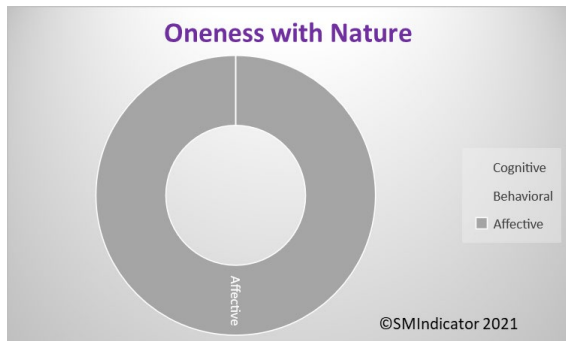




/SPIRITUAL INTELLIGENCE

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:

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

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

We cannot comment on how you think about this topic since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

This said, have you noticed that some betterments have come at a cost for the environment or society, and we are collectively paying that price? For

example, soil erosion or waterways contamination from chemical crop fertilizers meant to enhance soil productivity.

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

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

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

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

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

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

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

We rely on and praise scientific progress, but history has demonstrated that scientific findings are always within the constraints of available instruments,

paradigms or assumptions and many myopic or biased conclusions have been revealed with the passage of time, the development of more precise measurement techniques and revolutionary thinking. Biomimicry, a discipline studying how Nature solves problems, has been highlighting the wisdom of billions of years of evolution, and suggesting that we may find more answers in Nature than through our human intellect.

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

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

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

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

This disconnection from Nature leads to a utilitarian relationship: Nature is reduced to instrumental resources for human needs and wants. *What consequences do you see from having a utilitarian relationship with Nature?*

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

/HOW ABOUT YOU TRY:

You seem to have experienced it: a sensorial, intuitive understanding. It is not something to be learned, but rather an experience that we allow to happen, and

which makes us remember something we have always known but had forgotten.

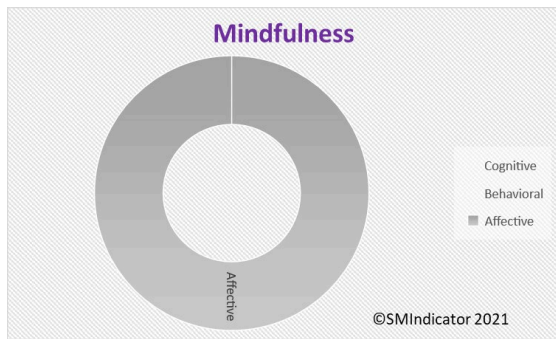
How can you plan to have more of these moments? Your being, your soul will welcome it, and the nourishment may help heal a perhaps currently divided self.

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

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



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



What this tells you:

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

YOUR SMI RESPONSES INDICATE THAT when your reality is challenging and poses a high demand on your physical, emotional and psychological systems, you try to manage the best you can and seek to gain inner peace.

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

We cannot comment on how you think and behave in relation to this topic, since you indicated (by choosing "neither") that you did not feel represented by any of the available options.

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

Here are some questions for you to contemplate. Has it ever occurred to you that the fact that “everyone lives like this” may not necessarily make it ideal? Studies show the physical and emotional consequences of a constant focus on doing while overlooking the more profound dimensions of ‘being,” such as reflection, spiritual or religious practices, time to recharge and find ourselves, and time to connect with our deeper self.

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

Individuals that balance their tasks with contemplative practices realize the positive impact this has on their peace of mind, how they relate to others and even on their health. It may be as simple as going for a walk, listening to your preferred music dancing, practicing a sport, playing with children or your pet, gardening or creating art.

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

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

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

individuals that have some contemplative practices not just with their physical and psychological health, but also with the emergence of feelings of empathy and compassion.

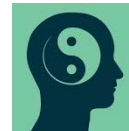
This creates a disposition towards positive social and environmental actions, and the resulting satisfaction feeds a positive reinforcing loop. In other words, the better we feel about something we've done, the more we seek to repeat the experience.

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

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

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.



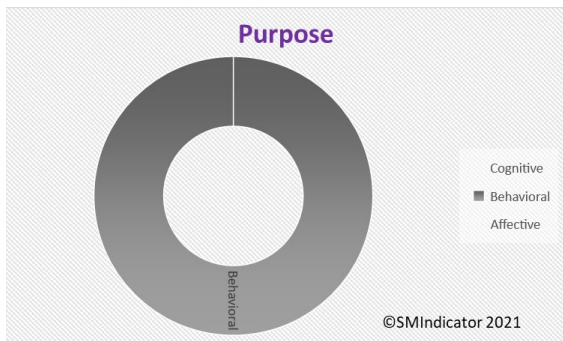
/HOW ABOUT YOU TRY:

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

What would need to be true for you to take it 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?

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



What this tells you:

This graph shows only one dimension – behavioral - indicating that you are action- oriented. We don't have enough data to report on your feelings about or understanding of this topic.

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

It is possible that a large part of your daily obligations and responsibilities are, in fact, in service to others, attending to their needs or expectations. You may have found a cause that you care for, or perhaps it's your work, family, and relationships that form a large part of your reality, and you perceive this as your service. How does this make you feel? Do these activities feel like your "calling," or like an obligation that lands upon you?

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

We cannot comment on how you think or feel about this topic, since you indicated (by choosing "neither") that you did not feel represented by any of the available options.

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

Research has shown that individuals who engage in activities of service to the community, volunteering or some kind of initiative for the greater good have a higher sense of wellbeing than those who do not. This includes benefits to health, feelings of joy, increased self-esteem, and personal satisfaction. Have you personally experienced this? Or perhaps focusing on the demands of your life does take a toll on your health, your mood, creates tension or anxiety, disrupts your sleep or impacts how you interact with others.

If this is the case, have you asked yourself what you could do to feel better, to lower your stress? Perhaps you have, but the answer you found may have been as long as your demands remain high, there is not much you can do.

So here, again, 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 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!

