



Sustainability
Mindset
Indicator

**/REPORT
PREPARED FOR:
Marco Pievani
05/Oct/2022**

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

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

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

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

/WHAT YOU WILL FIND IN THE FOLLOWING PAGES

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

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

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

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

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

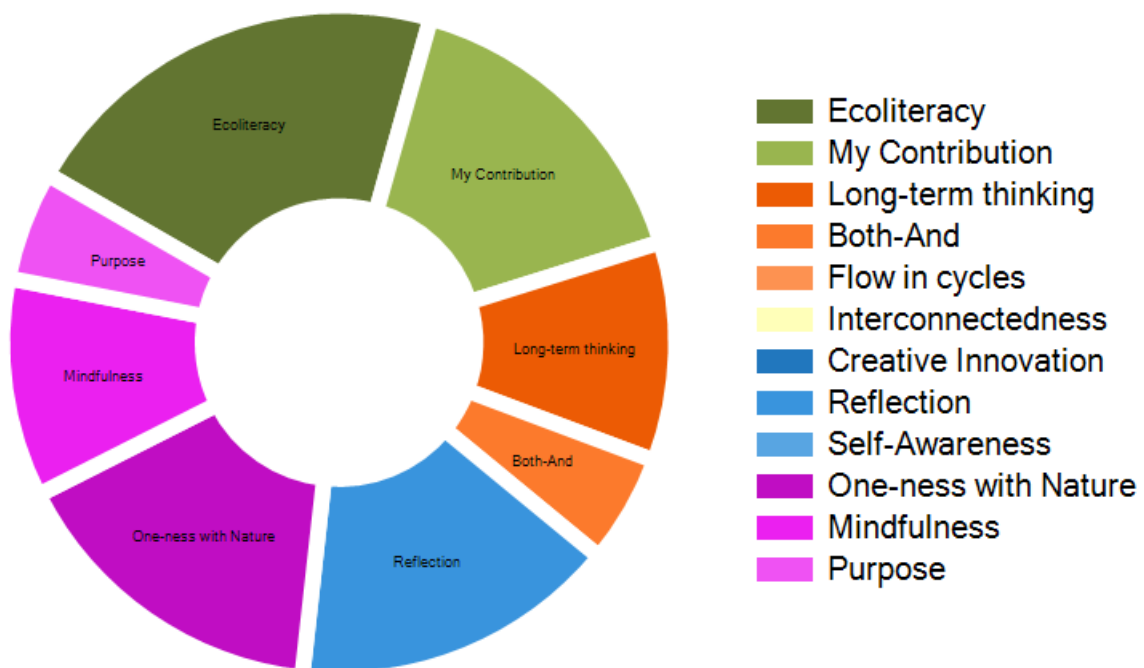
Enjoy your journey into the realm of the Sustainability Mindset - a place where you can be your best, for yourself and for the World.

The SMI Team

/ Your overall
**SUSTAINABILITY
MINDSET PROFILE**

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

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





/ECOLOGICAL WORLDVIEW

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

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



What this tells you:

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

YOUR SMI RESPONSES INDICATE THAT you have a good understanding of the complexity of the planetary challenges we are facing, and how they are interrelated. In addition, you seem to be socially sensitive and have empathy for the suffering of others.

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

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

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

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

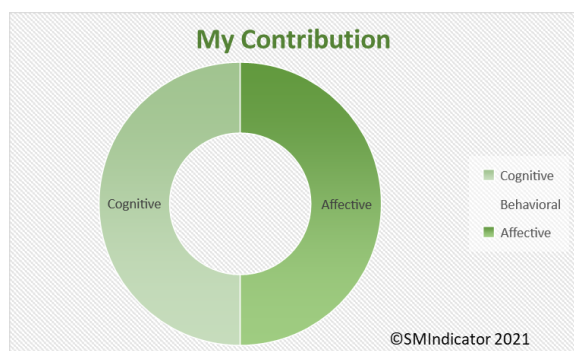
We tend to underestimate our own power and influence in shaping a better world. As a matter of fact, if the challenges we are currently experiencing are a product of past problematic behaviors, then we are also positively shaping the future of the planet with our current mindful decisions and restorative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

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



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

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



What this tells you:

This graph shows that your approach to the assessed topic is both cognitive and affective. We don't enough have data to report about your behaviors and whether or how your understanding and feelings are converted into actions.

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

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

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

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

We cannot comment how this impacts your behaviors, 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 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.

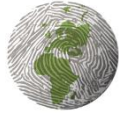
/HOW ABOUT YOU TRY:

What if 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.



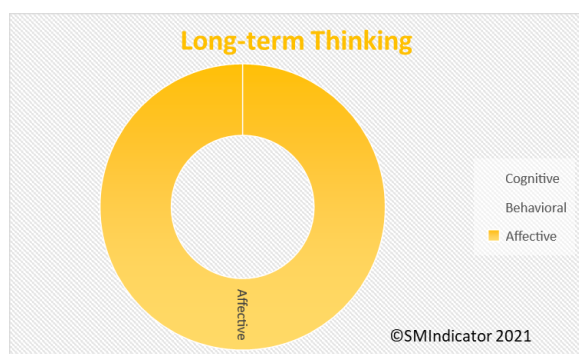
When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness, and develops social sensitivity.



/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 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 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!

In addition, the world around you tends to live more in the moment, focusing on the tangible and the short term and acting as if there were no such thing as a long-term impact. You are aware of this, and thus you seek to extract from the problem quickly.

/YOU ARE COMFORTABLE letting your pragmatic side take over when solving a problem, and you focus on the short term because it seems more concrete and functional. It saves time (or so it seems).

You are a good problem solver – looking for quick and efficient ways to address a situation. Acting promptly is important for you, and it provides you and others with a sense of control and direction.

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

That said, this same decisiveness may impede the consideration of long-term impacts of the solution proposed, which could mean sustainability issues in the future. Much of the unsustainability problems originate in the focus on the short term when making decisions!

For example, what might be some long-term consequences on sustainability of a purchasing decision you recently made? What would your latest decision look like if you would have considered those potential long-term impacts?

/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.

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 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 AWARE YOU ARE ABOUT THE ANCHORS OF YOUR IDENTITY AND YOUR VALUES; HOW YOU FEEL AND ACT IN CONSEQUENCE.

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

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

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

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

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

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

These may be difficult dilemmas for you right now. Besides, you don't see any pragmatic alternatives at hand.

/YOU WANT TO STAY FOCUSED.

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.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Let's pause for a moment.

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

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

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

/HOW ABOUT YOU TRY:

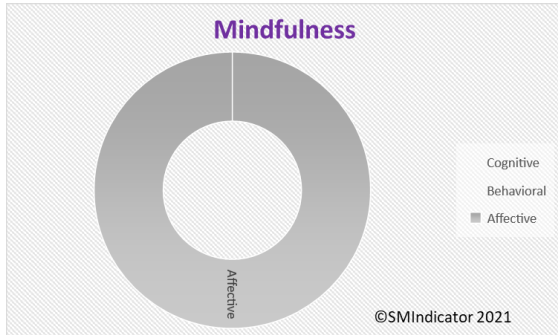
But what if we would realize that some our habits today are (unintentionally) contributing to more of these problems in the future? And vice versa: What if a change in a small habit today could do its part to shape a better future?

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

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



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



What this tells you:

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

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

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

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

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

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

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

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

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

Sometimes we hear people say "you should do less, you should relax, you should take time for yourself, etc.," and from your perspective, their suggestions may sound somewhere between unreal and ridiculous, since you are the one living with the

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

/HOW ABOUT YOU TRY:

Being very concentrated on our obligations rarely leaves time or space to look around, yet oftentimes information is available "out there" that could facilitate our task, but we just don't see it. For example, perseverance is an important virtue, except when it makes us miss easier or better ways to achieve our goal.

Pausing and stepping away from our task clears our mind, and we can return to it with renewed energy and sharper vision. Is this something you remember to do when you need it? If not, how could you help yourself remember it just in time?

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

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

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

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

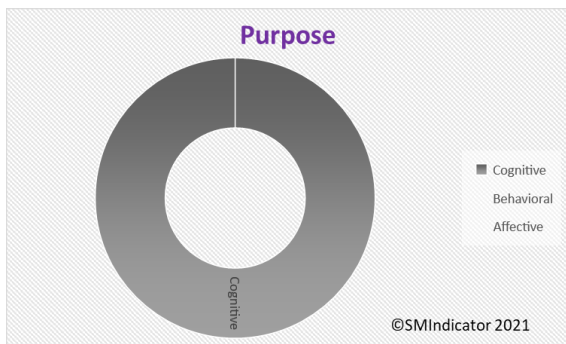
In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world.

What are some ideas to try out?

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



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



What this tells you:

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

At the same time, you know how to set priorities, because what is urgent needs attention before what sounds important, like thinking about what is our purpose in life. This is an important skill in times when there seem to be more obligations and

things we are expected to take care of, than hours in a day.

Work, family, relationships, career or health issues can 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:**

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

In contrast, 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, some thoughts to evaluate:

Which of the activities that you engage in are a necessity, a “must-do,” and which ones represent a choice? Who would do these activities if it were not you? What would it take to let go of some activities, or perhaps of “how” you do them?

These questions have an agenda: to help you free up some time and space to try out a different experience, one that consists of something you do for others outside your inner circle.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

The research regarding core aspects for a sustainability mindset identified the role of activities intentionally done for the “greater good.” The state of our planet is such that it requires each of us to step up and play an active role in shaping a better world.

The actions needed, whether large or small, share a similar result: they provide us with a feeling of joy, which then we want to replicate in order to feel good again, thus creating a reinforcing loop. Interestingly, we tend to think that we need to take care of ourselves first, before helping others, but the facts show that when we do small acts of kindness for others, we feel much better ourselves.

/HOW ABOUT YOU TRY:

With this in mind, what are some new experiments you can try? What are some different things for the greater good that you already did, and perhaps could repeat, do regularly, or improve? Which of your natural gifts and skills could you put into service for the greater good, in a cause for which you have a passion?

Don’t get intimidated by grandiose words like ‘changing the world” or having a life mission or purpose. In fact, each small action of kindness has already an impact that we may never be able to imagine. That is also changing the world, one interaction at a time.

Defining our purpose provides an unconscious compass, and when it is grounded in values of our higher self, we actively shape a better world.



[Please click HERE](#)

and provide us with a brief (1 min) Feedback.

Thank you!

