



Sustainability
Mindset
Indicator®

**/REPORT
PREPARED FOR:
vinayak
09/Jul/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.

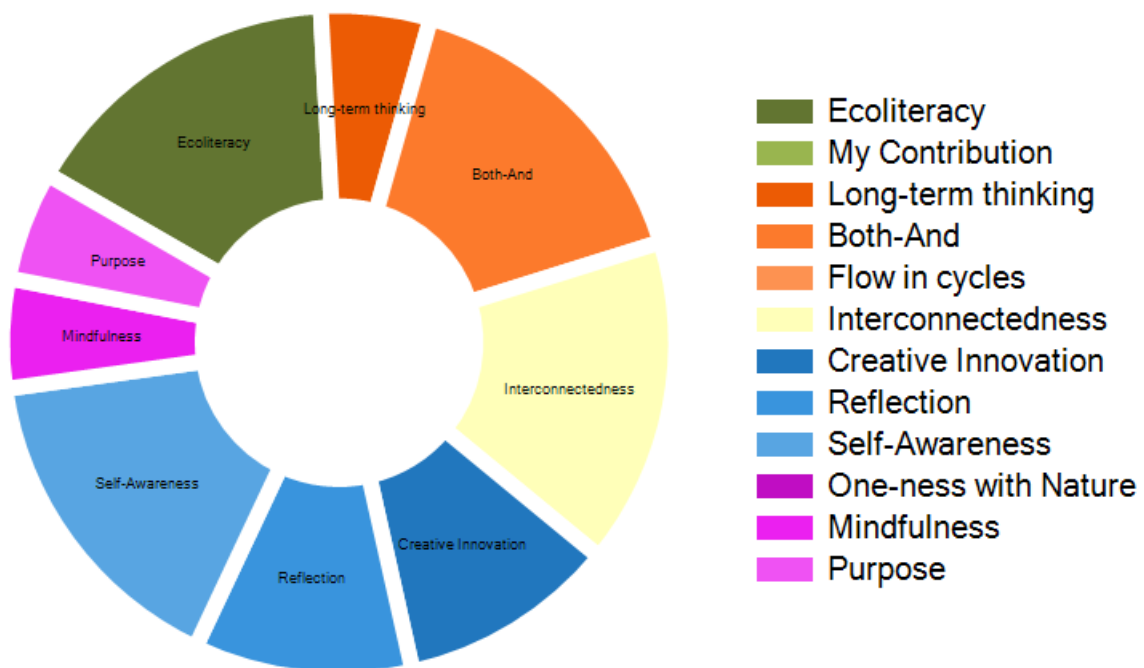
***Enjoy your journey into the realm of the Sustainability Mindset
- a place where you can be your best, for yourself and for the
World.***

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.

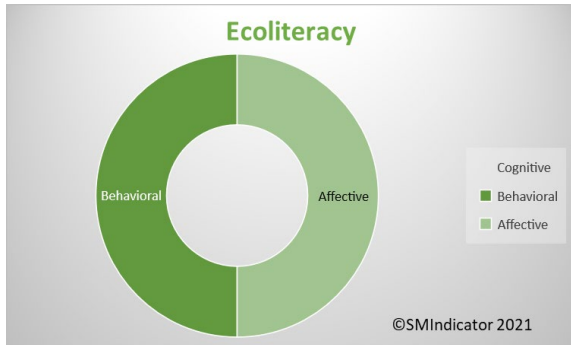




/ECOLOGICAL WORLDVIEW

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.



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.**

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 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:

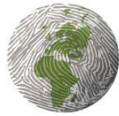
What if you could develop the habit of asking yourself periodically: *how am I contributing to this problem?*

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.



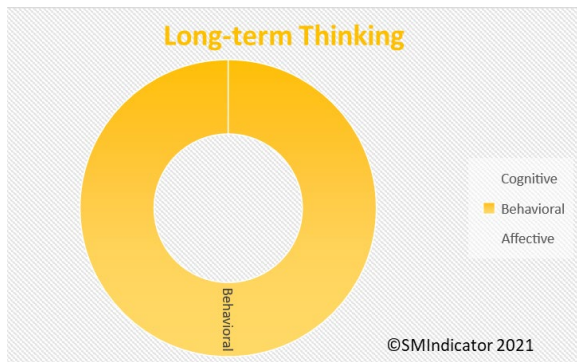
When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness and develops social sensitivity.



/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:

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

YOUR SMI RESPONSES INDICATE THAT you seem to have a natural tendency to think of “what ifs” and the long-term consequences of possible decisions before taking them.

This may not always be welcome in a team setting, and you may feel hesitant to bring up your questions about long term impacts, because they can create anxiety.

Furthermore, trying to imagine future consequences may be puzzling because it requires a stretch of the imagination, and can make us feel responsible for future impacts that we can’t quite conceive.

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

You are aware of this, and thus you may experience a tension between the desire to think about the longer term, and the pressure to get out of the problem quickly.

But from the perspective of shaping a sustainable world, this contribution is a great asset to yourself and to your working groups. Your perspective can likely enrich actions, as they result from considering potential impacts in the longer term.

So many of the problems of unsustainability result from a short-term focus when making decisions.

**/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.

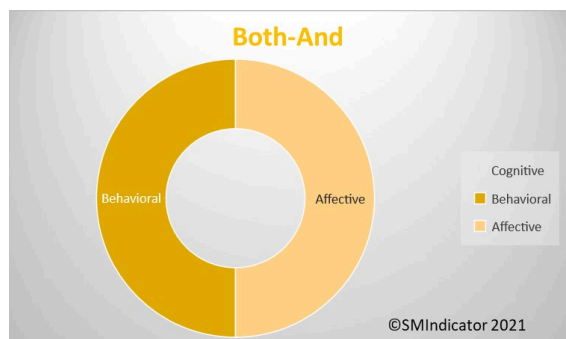
For example, what might be some long-term consequences for sustainability of a purchasing decision you recently made? What would your latest decision look like if you had considered these potential long-term impacts?

It takes practice to develop new mental habits, but they too, can have long term impacts - for the better.



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 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 an empathic person.

It comes easy to you to put yourself into another person's shoes, trying to see life from their point of view. It makes you feel really good when you do so, in a way you feel closer to the other. Not being inclusive may also make you feel guilty, selfish, righteous, or irresponsible. This is your internal compass.

/YOU ARE COMFORTABLE exploring how other people arrive at their opinions and perspectives, puzzling as they may look to you. It is possible that you engage in conversations to

understand them. It may almost feel like a "civilized duty".

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

You have a valuable trait, particularly in our sustainability-challenged times, where the solutions to our environmental or social problems must consider a vast array of interests and needs.

At the same time, you may sense some tension, because it is clear to you that when one starts 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. How is it possible to balance honoring our values, what "feels right", with accepting very opposite positions?

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, take a glance into their world, and in your actions, you try to honor that feeling. What are the boundaries? Which are situations where either-or thinking is appropriate, and when do we need a creative both-and solution?

Here are a few thoughts to ponder. We are living in a complex world. Much 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, either my way or yours, etc." 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?

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.

/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.

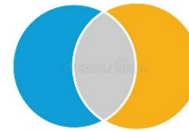
Challenging as this may be, there is a benefit to it: We are becoming aware of our own worldviews just by realizing that there are other ways of seeing and feeling. This is an evolutionary insight of great value, the foundation for more peaceful societies. In a way, life is prompting us to expand our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

/HOW ABOUT YOU TRY:

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

There are multiple daily opportunities to expand your acceptance of differences, in new ways. Any thoughts?



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

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

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

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

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

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

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

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

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

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

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

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

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

/HOW ABOUT YOU TRY:

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

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

Many implications, indeed.

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

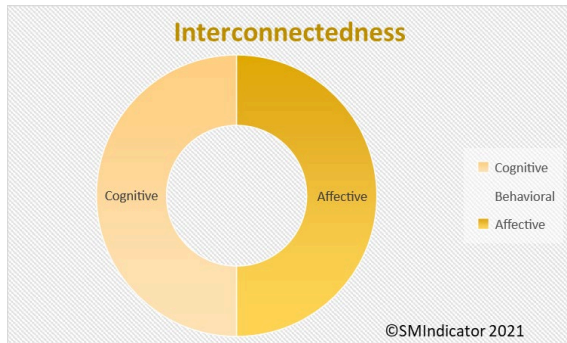
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river's current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

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

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



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



What this tells you:

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

YOUR SMI RESPONSES INDICATE THAT you have a clear understanding that we are all interconnected, even in non-obvious ways, and that no one is really fully independent.

In addition, you are appreciative of other people's input and support, feeling gratitude in your heart even for your personal accomplishments.

Interestingly though, your choices in the questionnaire indicate that **you are comfortable** competing and working towards being your personal best, in a more autonomous way, without having to collaborate or include other people's perspectives.

Is it possible that a part of you adapts well to competing environments, but your heart would rather collaborate if that were possible? Or perhaps you find yourself in a context where collaboration is not required or even desirable? If so, is this the place that suits you best?

/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).

/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?

/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?

A question to ponder: Are you in the place that best represents your values and where you can let your skills flourish?

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.

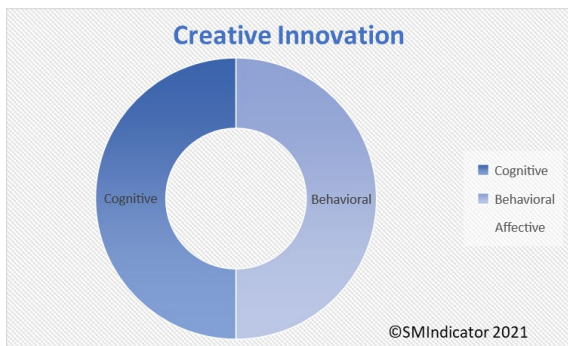




/EMOTIONAL INTELLIGENCE

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:

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 clear understanding of the value of combining your logical and analytical thinking abilities with creative imagination. You know that the human mind is capable of great accomplishments, as history has shown, when intuition and creative ideas are coupled with rational thinking and good strategies. You may even trust that our sustainability problems could be addressed with a good balance of these abilities.

You are quite comfortable in situations where you can contribute by putting your “creative hat” on, by being playful, by not preemptively censoring your ideas, and even tolerating the uncertainty of not knowing how something will work out.

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

You seem able to live with a certain degree of risk-taking, and based on your answers, that worked well for you. How did that feel? Because your responses also reveal a personal preference for more structured situations, where you can think something through and craft some concrete strategies to implement a solution.

You indicate that you enjoy organizing reality into priorities, and when you can follow proven steps. Order is something you cherish, disliking the uncertainty of chaotic situations.

This must create some tension - between your need for order and strategic plans and your moments of unleashed imagination!

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

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

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

/HOW ABOUT YOU TRY:

This seems to be your current challenge: How can you feel a bit more comfortable bringing your rich creativity and risk acceptance into other situations? You have a very valuable asset in the ability to unleash your imagination. Can you imagine if you could fully enjoy and deploy it, letting go of any fears and concerns?

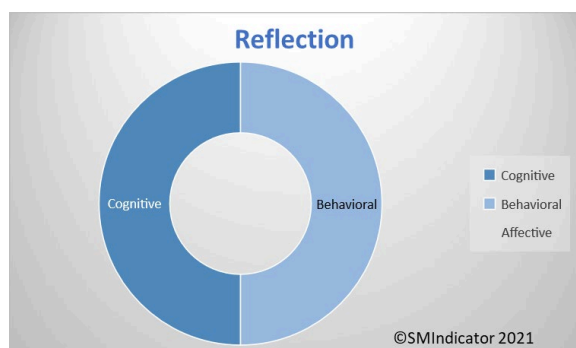
Here is a thought to ponder: What would have to be true and how can you influence this?

It seems that you have a reservoir of imagination and perhaps intuitive wisdom, which you are already tapping into. This may come at a personal cost, in the form of “what-ifs,” concerns and maybe even fears. But if you find ways learn to trust your intuition, you will flourish further and enjoy it more. This, complemented with your strategic thinking, will 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:

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 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 prior potential impacts. For decades, well-intended decisions were largely made by quickly identifying the best option.

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

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

/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:

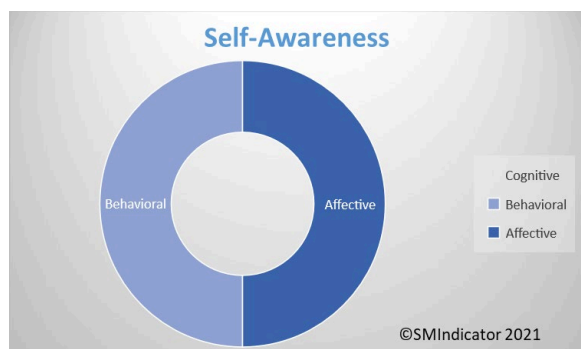
You are blessed to have good endurance of tension to sustain multitasking and even enjoy it. Does it ever happen to you that you wish you could relax, slow down and do nothing? Does your body, your mind or perhaps your soul call for a break, less stress? What message may be there for you, waiting to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

/HERE IS A NOTEWORTHY FINDING:

Through the selections you made in the survey, you suggest some tension, an uncomfortable feeling of misalignment between some of the things you do and how you would prefer to see yourself. 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.

You are aware.

You have been noticing that many of your automatic behaviors are actually not very environmentally friendly, or perhaps have some kind of negative social impact. This seems to have motivated you to try to make some changes, which probably was somewhat challenging and didn't give you a good feeling of satisfaction.

And yet this is a very important moment of awareness: change starts with our noticing some discomfort about something, and we want to do something about it to feel better (or at least less bad). In this case, you seem to have achieved this very important step. Of course it can be overwhelming to think about the complex problems. But what if you start small?

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

Your intuition and actions 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?

Let's pause for a moment.

/ THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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.

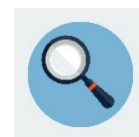
But what if we realized that some our habits today are (unintentionally) contributing to more of these problems in the future? And vice versa: What if a change in a small habit today could do its part to shape a better future?

/ HOW ABOUT YOU TRY:

Can you think of a few habits of yours that might qualify? We don't know what we can do 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 because of a new experience. Worth trying, right?

Another suggestion is that you explore the roots of some values that are important for you, such as success, winning, and outperforming others. Where can you trace their origins? Perhaps in your upbringing, or in your current context? What do they represent for you, which makes them important? Are they authentically yours, or are they perhaps inherited, adopted without giving much thought to it?

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.

YOUR SMI RESPONSES INDICATE THAT you see yourself as a rational individual.

You are comfortable opting for an intellectual approach to Nature and you value efforts to build scientific and objective knowledge about it. This is certainly how our understanding of the natural world, including our bodies, has advanced over time!

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

The evolution of science has also shown that findings are made within the constraints of available instruments, paradigms, or assumptions. 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.

Exploring assumptions and beliefs:

According to your choices in the questionnaire, 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.

Yet we are increasingly aware that some betterments have come at a cost for the environment or society, and we are collectively paying the price, for example, soil erosion or waterway contamination from chemical crop fertilizers meant to enhance soil productivity.

The human-centric paradigm that we collectively adopted and believe has begun to show some shortcomings, inviting us to revisit our place and role in the larger ecosystem. What are some undesirable consequences of human progress that you have personally experienced? What message may be in this for you?

To complete the picture of how you understand and experience the human relationship with Nature, you indicate some emotional distance, as if you might not have any specific feelings towards the natural world.

Do you really experience it in this way? 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?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

According to a 2018 United Nations study, over 55% of the world's population lives in urban areas, a proportion that is expected to increase to 68% by 2050. As a result, for many of us, the disconnection from Nature is rather "natural." Hectic life in large cities makes it difficult for us to remember that we are more than individuals moving through traffic and buildings. The common associations with the word "Nature" may be vacation time, a park, or a documentary. What about our food? Our body? The materials of every object we use?

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?

Here is a thought to ponder: The artificial separation of the individual from the ecosystem has been found to be causing not only spiritual alienation but is the root cause for many unsustainability behaviors. When we understand something, we start caring for it.

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

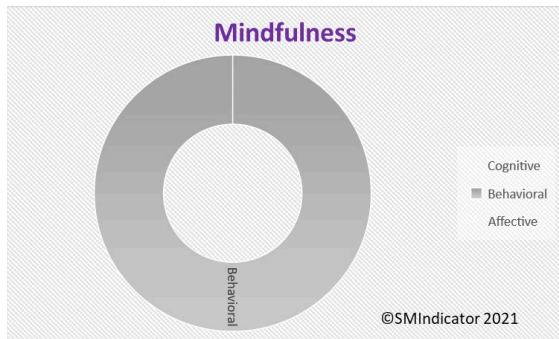
/HOW ABOUT YOU TRY:

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

YOUR SMI RESPONSES are quite intriguing! You indicate that you have discovered activities that quiet your mind, and help you gain some inner peace. You may not make these a regular practice, but when you engage in them, you can recognize the positive effect they have on your wellbeing.

At the same time, it seems quite challenging for you to make the time and space for these moments. 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. 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 the culture to which you belong. As the saying goes, “when in Rome do as the Romans do”.

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

When our reality is challenging, it poses a high demand on our physical, emotional and psychological well-being, which we all try to manage in the best way we can. You seem, at times, to experience the tension and stress that comes with your demanding reality. You may notice it in your health, sleeping patterns, moods, or in how you relate to others as a result.

Sometimes you hear people say “you should do less, you should relax, you should take time for yourself”, and these suggestions may sound anywhere from unreal to ridiculous from your perspective, since you are the one living with the challenges. Of course you know what you ‘should’ do, but you are doing your best all the time.

It’s time to pause and ponder.

How can you better listen to what your body tells you, both through the tension and through the release when you allow yourself some of those activities that give you a moment of peace? Would you like to find a way to make your life easier, more satisfying or less stressful, perhaps?

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.

/HOW ABOUT YOU TRY:

You have experienced it firsthand: when you allow some time to nurture this neglected part of yourself you realize the positive impact that small practices of slowing down have on your peace of mind, how you relate to others and even on your 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.

There are even certain words that, just by thinking of them create an expansion in our heart, bringing positive feelings. From a biological perspective, they cause our system to release dopamine, the so-called happiness hormone. Can you think of some of these words? How do they make you feel? For starters, a small but powerful gift that you well deserve!

/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.

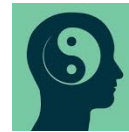
This creates a disposition towards positive social and environmental actions, and the resulting satisfaction feeds a positive reinforcing loop. In other words, the better we feel about something we've done, the more we seek to repeat the experience.

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."

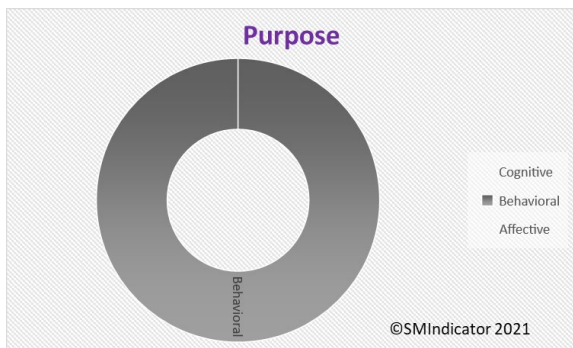
In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world.

Do you want to give it a try?

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

YOUR SMI RESPONSES INDICATE THAT you 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.

Aligned with this thinking, 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 sound 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.

/A NOTEWORTHY FINDING:

This said, you 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. Your work, family, and relationships form a large part of your reality and may use up all of your available energy, and you perceive this as your service.

How does this make you feel? Do these activities feel like your “calling,” or like an obligation that lands upon you? Sometimes we don’t see that we 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.”

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

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

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, 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 to feel good again, thus creating a reinforcing loop. Interestingly, we tend to think that we need to take care of ourselves first, before helping others, but the facts show that when we do small acts of kindness for others, we feel much better ourselves.

/HOW ABOUT YOU TRY:

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

the greater good, in a cause for which you have a passion?

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

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



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

Thank you!

