



Sustainability
Mindset
Indicator®

**/REPORT
PREPARED FOR:
Minahil Gillani
26/Jan/2024**

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

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

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

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

/WHAT YOU WILL FIND IN THE FOLLOWING PAGES

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

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

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

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

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

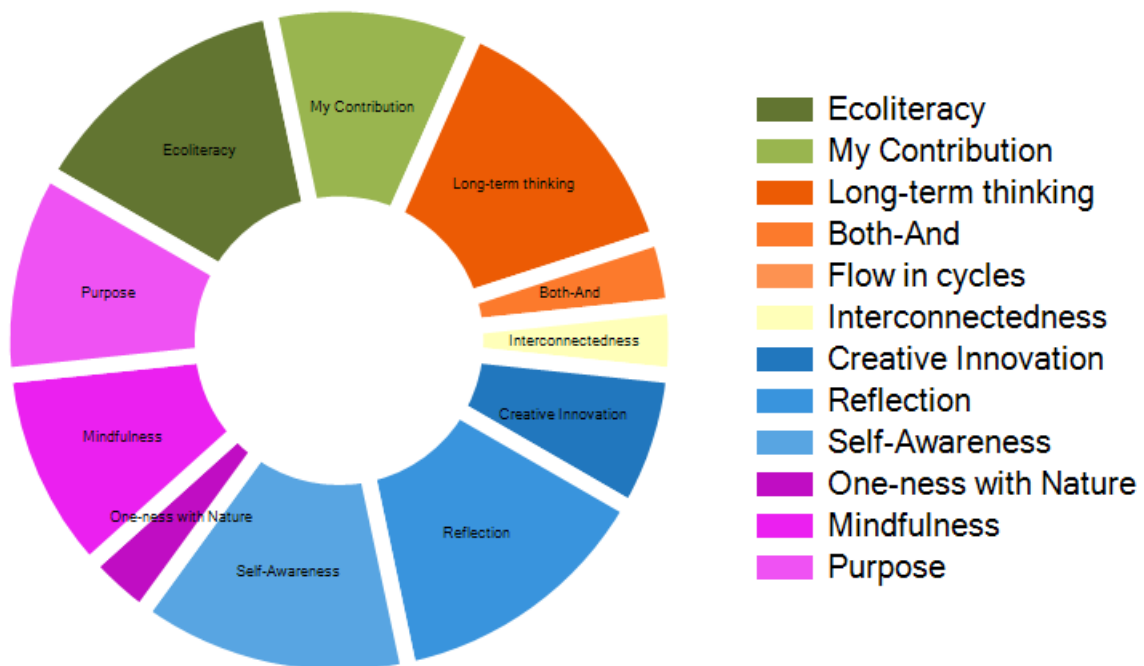
***Enjoy your journey into the realm of the Sustainability Mindset
- a place where you can be your best, for yourself and for the
World.***

The SMI Team

/ Your overall
**SUSTAINABILITY
MINDSET PROFILE**

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

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





/ECOLOGICAL WORLDVIEW

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

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



What this tells you:

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

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

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

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

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

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

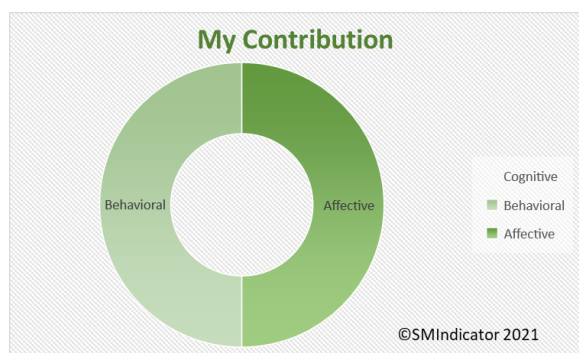
We tend to underestimate our own power and influence in shaping a better world. As a matter of fact, if the challenges we are currently experiencing are a product of past problematic behaviors, then we are also positively shaping the future of the planet with our current mindful decisions and restorative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

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



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

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



What this tells you:

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

YOUR SMI RESPONSES INDICATE THAT you are a very sensitive person, with an open heart, and you have a skill to connect with your emotions, and also feel for others, with empathy and compassion for their suffering. This is a precious quality, although at times it can be difficult to live with it.

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

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

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

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

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

/HOW ABOUT YOU TRY:

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

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

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



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



/SYSTEMS PERSPECTIVE

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

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



What this tells you:

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

In addition, this understanding is not indifferent to you: You are a sensitive person who seems to get worried about the long-term impact that your

decisions or lifestyle may be having on the planet. It is difficult to live with this feeling!

/YOU ARE COMFORTABLE WHEN you convert the emotional motivation into actions. In this case, 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, but from the perspective of shaping a sustainable world, this contribution is a great asset to yourself and to your working groups. Your perspective will likely enrich actions, as they result from considering potential impacts in the longer term.

You probably sense that the world around demands a fast pace, decisiveness, focusing just on the tangible short term and continues as if no such thing as a long-term impact would be realistic. But change never starts as mainstream, and you may be showing a new way of doing things – for the sustainability of the whole.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

There is definitely 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 weighing any medium- or long-term impacts of what we are doing. The stream of life, our colleagues, perhaps everyone with whom we interact takes for granted that we “all” act this way.

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

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

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

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

/HOW ABOUT YOU TRY:

How comfortable are you bringing the long-term perspective into the conversation? Do you sense that sometimes you hold back, because it is not so popular? Are you fully aware that your perspective, by not being culturally mainstream, is what we all need more? Is this something that may encourage you further to speak up?



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

**/WHAT IS ASSESSED HERE:
HOW YOU 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 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 might frequently ask yourself how other people arrive at their opinions and perspectives, puzzling as they may look to you. It is possible that you even become curious and engage in conversations to better understand them.

At the same time, 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.

/YOU ARE COMFORTABLE when your heart remains true to values you were taught and respect. This may cause you a certain amount of tension, as you realize that you may be perceived as not being inclusive.

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

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. Of course you wish there would be a solution that might make everyone happy, one that accommodates diverse ways of seeing the economy, ecosystems, the human race and the planet, but you don't think this is as simple as it sounds.

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. Your behavior tends towards inclusion, and this is very valuable. Are you aware of it? Do you help others notice it, particularly the benefits of inclusion?

/HOW ABOUT YOU TRY:

Here is a question to consider: 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 people acknowledge others' points of view, the way you frequently include theirs?

/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?

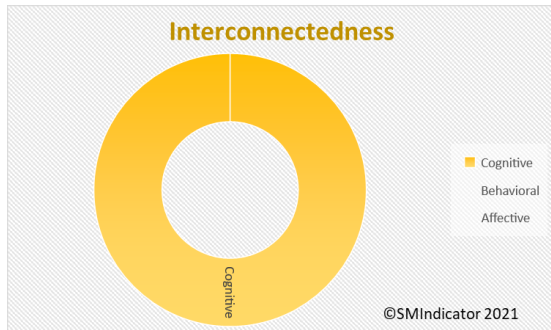
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river's current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

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 only one dimension – cognitive - indicating that you have knowledge about this aspect, without necessarily engaging your feelings. You might use this information to explore your emotions.

We don't have enough data to report on your behaviors related to this topic.

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.

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

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

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

We cannot comment on how your thinking and feelings impact your behaviors, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options. However, our achievements are a validation of our personal capabilities in action. How important is it for you to outperform others?

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

Your personal drive may come at a price. It is not always possible to live up to other people's expectations, not to mention our own, which often are even higher!

Furthermore, in many settings where teamwork or collaboration is expected, it may be challenging to balance your individual performance with the collective contributions, and your personal efforts, gifts or skills may go unrecognized, or possibly even unappreciated.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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).

While certain cultures have a collectivistic framework, most of the western-northern culture - widely exported and globalized - is individualistic and celebrates personal achievement. However, is this realistic and even feasible?

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:

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

If you have identified an accomplishment that you consider authentically your merit, make a list of who may have played a role in it. Rank them, in order of relevance or impact on your success. What does this exercise tell you about the polarity of autonomy versus interconnectedness?

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:

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 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?

You are comfortable seeking a slower pace of life. It makes you feel better, more relaxed or lowers your stress levels.

Furthermore, it seems that you frequently pause and explore what might be at stake in a decision, or check the assumptions at play before acting. This behavior, seemingly at odds with how the world works these days, must have given you good results in the past, which reinforced it and now keeps you decelerating in critical moments.

Congratulations if this is the case, since you are helping to avoid many problems in the future. A valuable and timely contribution!

/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 we learn to avoid or repeat from past experiences? Can we identify, in hindsight, something that was at stake and overlooked because we were trying to act fast? When we have more information we can better weigh alternatives. All of this, however, is at odds with speed. We cannot both act fast and ponder carefully.

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

/HOW ABOUT YOU TRY:

According to your answers, you seem to be gifted with the understanding that something is not right. *In what areas do you see your next developmental horizon?* Perhaps it is to more confidently share a different way of being and living with others?

And at a personal level, does it happen to you that you wish you could relax more, slow down or do nothing? Does your body, your mind or perhaps your soul call for a break, less stress? What message may be there for you, waiting to be heard and acted upon?

A lot of 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 are able to connect with your feelings about it, and that you tend to act upon what you know and feel. This is a good start, and you might want to think about circumstances or contexts in which you would like to act more, understand better or further explore your feelings.

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

You have been noticing that many of your daily automatic behaviors are actually not very environmentally friendly, or perhaps have some kind of negative social impact.

You are comfortable trying to make some changes, which probably wasn't easy. That didn't stop you from seeking new alternatives, new ways of lowering your ecological footprint, or even to make this planet a better place.

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

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

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

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

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

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Let's pause for a moment.

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

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

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

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

/HOW ABOUT YOU TRY:

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

How about exploring a few of your unused possibilities?

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

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

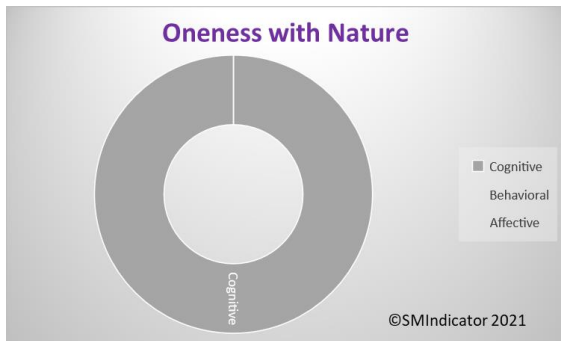




/SPIRITUAL INTELLIGENCE

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

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



What this tells you:

This graph shows only one dimension – cognitive - meaning that you have an intellectual understanding about this aspect. We don't have enough data to report on your behaviors or feelings about this topic.

YOUR SMI RESPONSES INDICATE THAT you think of Nature as an experience that offers more wisdom than we can intellectually grasp.

We cannot comment on how this understanding impacts your behaviors or feelings, since you indicated (by choosing "neither") that you did not find yourself represented by any of the available options.

/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?

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

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

/HOW ABOUT YOU TRY:

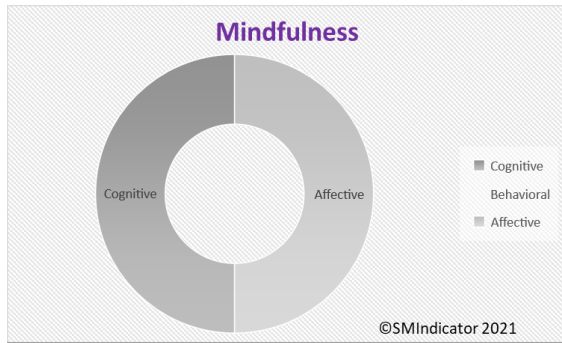
Sometimes we realize that our thinking, feeling and acting are not aligned. When we notice it, we may feel discomfort and tension- something out of sync. A sustainability mindset is not just harmony with the ecosystem, but it starts within ourselves.

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 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 of the world we live in and the importance of mindfulness.

You realize that consumption is rewarded, linking “who we are” with “what we do, have, or own”. You see this materialistic pattern in society, with its consequences on how we have to keep busy doing things, seeking to make money to be able to belong, feel respected and valued. You realize the unfortunate impact that this implicit message has on our health and well-being. It’s like being

trapped in a race to pursue an elusive and short-lived happiness.

However, you are also comfortable focusing on what you need to get done, according to your own expectations and goals, or the demands you receive from your social surrounding. You have a very pragmatic approach and it is already a lot to keep you busy; frequently you don’t even have enough time to accomplish all you intend to do.

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

Given what you notice about the “achievement race” that we live in, how does this align with your experience, and with your values? Does your reality reflect the priorities that are important for you? If not, what are some small changes you might make?

At times, you seem to experience the tension and stress that comes with the reality you are living. According to your choices in the questionnaire, you have discovered a way to pause and re-center, experiencing a positive impact on how you feel about yourself, and how you interact with others. It is not clear what strategies you employ to regain your inner calm.

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

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. 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 releasing tensions, and many times 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.

/HOW ABOUT YOU TRY:

What is mindfulness for you today: Is it a practice or a does it form 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?

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 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 think it is important to find a purpose in life, to identify something that, by making a difference, makes our life meaningful. It is not a good feeling for you not to have a meaningful life. And you wonder if you are on journey of seeking and finding answers to the question of "Why am I here?" This is a great question!

Indeed, for some the answer is clear and endures over time. For others, it changes and makes us seek renewed answers. When what you are doing no longer satisfies you, it is actually a great signal.

The tension we feel indicates that something has already begun to shift and we are on a path of further growth and transformation.

We cannot comment on how your thinking impacts your behaviors, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

However 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. Is this something familiar to you?

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

You may have also 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. Perhaps at times, 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 that as long as your demands remain high, there is not much you can do.

So here, again, are some questions to evaluate:

Which of the activities that you engage in are a necessity, a "must-do," and which ones represent a choice? Who would do these activities if it were

not you? What would it take to let go of some activities, or perhaps of “how” you do them?

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

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

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

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

/HOW ABOUT YOU TRY:

With this in mind, what are some 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!

