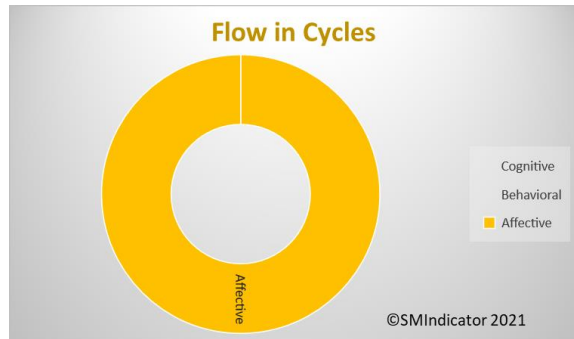


**/WHAT IS ASSESSED HERE:**  
**HOW YOU BALANCE YOUR CAPACITY TO ANALYZE AND PLAN WITH THE UNDERSTANDING OF NATURAL CYCLES, AND MAKE THEM PART OF YOUR MINDSET.**



**What this tells you:**

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

**YOUR SMI RESPONSES INDICATE THAT** you are a person profoundly committed to actions, who enjoys the challenges life offers.

**/YOU ARE COMFORTABLE** crafting plans and setting goals to measure your progress. It is important for you to stick to your plans, as it gives you a sense of controlling your destiny.

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

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

At the same time, there is an interesting paradox. Your selections also indicate that you feel good when you can trust the flow and let go of plans! This is a very valuable attitude, since flexibility and adaptability are key aspects for resiliency.

In our day-to-day this may mean accepting ageing and mortality, endings of relationships or certain phases in our life, and new beginnings as well. In another context, it means that we see ourselves as part of Nature, not as its controller-in-charge. This is a valuable attitude, because it may make your life easier. Like swimming along with the river's current, it increases your speed, and reduces the stress of resisting obstacles.

This brings up a few questions to reflect on. Do you see yourself balanced in terms of making and letting go of plans? How do you balance structure and flow, organization and flexibility? What do you see as your personal development challenges in this aspect?

**/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, the excessive reliance on carefully crafted steps is. How do you personally incorporate the cycles of nature into your planning?

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

Many implications to think about, indeed.

In view of this, what do you see as your personal development challenges in this aspect?

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

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

