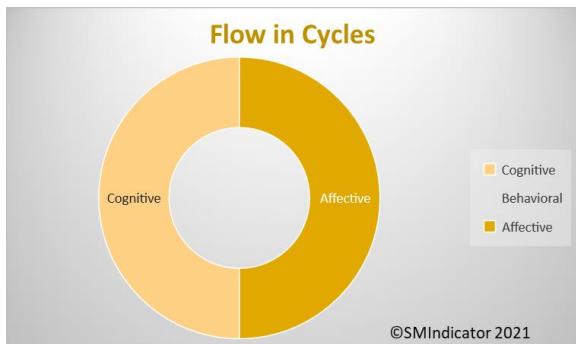


## /WHAT IS ASSESSED HERE:

**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 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 are aware of the commonly shared belief that humans are the most intelligent species, the apex of creation, with the intellectual ability to control nature. And you have come to realize this assumption is most frequently contradicted by reality, particularly when we think in a linear way, acting outside the cycles of Nature.

In addition, you sense that planning may just be a way to feel in control of situations, constantly challenged, since life – with its countless variables - is too complex to be managed. It makes you wonder: Shouldn't we more often let go of plans and observe what the events are telling us?

That thought alone seems to bring you a welcome sense of peace.

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

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

But given the fact that this is not how most of the people think, you may going back and forth between the importance of planning and controlling, and the impulse to let go of plans. This is a valuable movement though! Do you see yourself balanced in terms of making and letting go of plans?

## /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 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 of phases and relationships, 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.

Here a few thoughts to ponder. How do you balance structure and flow, organization and flexibility? What do you need to do a bit more, or a bit less?

*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.*

