



Sustainability
Mindset
Indicator®

PERSONAL REPORT

PREPARED FOR:
Jordan Sheehy
07/Jan/2026

SUSTAINABILITY MINDSET INDICATOR

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If for every dollar in minute that we invest in AI, we invest another dollar in developing our own consciousness, our own mind, we will be ok.

Yuval Noah Harari

FOOD FOR THOUGHT.

How ready do you feel you are to deal with the complexity we are living in? How do you respond to the increasing polarization, to the need to expand our attention to stakeholders impacted by our daily decisions? How comfortable are you planning and yet letting go of your plans as you consider the feedback that reality is giving you? How easy is it for you to adapt, revisit your assumptions, unleash your creativity, and innovate? **These are some of the key indicators of resilience.**

We find comfort in our plans, in the 'known and tried out' ways of doing things. Yet this may also be the obstacle that slows us down when we need to find new ways of acting that have a better impact on the world. While much is talked about the future that awaits us, it's easy to forget that it is us, each one of us, who is shaping this future with our daily decisions and actions. Yet, rushed as we all live in these demanding times, we may not take the moment to pause, observe where we are, what our most precious goals and values are, and how our day, today, is reflecting those values, leading us to those goals. And what course corrections we may want to do!

This is the Era of Purpose. How mindful are you of your larger purpose? Setting a purpose becomes the compass offering certainty in a world filled with uncertainty. Are you giving yourself the gift of a pause, to ask yourself what your larger, higher purpose could be?

You may recognize in these lines some aspects that were addressed in the statements offered to you in the Sustainability Mindset Indicator, as you were invited to reflect and choose which best represented you. This report constitutes a picture, a map of your personal journey towards a resilient, purposeful, creative mindset for flourishing as an individual that is making a difference in the world. Which is sustainability at its best.

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.**

SUSTAINABILITY MINDSET INDICATOR



Sustainability
Mindset
Indicator

/ YOUR OVERALL **SUSTAINABILITY MINDSET PROFILE**

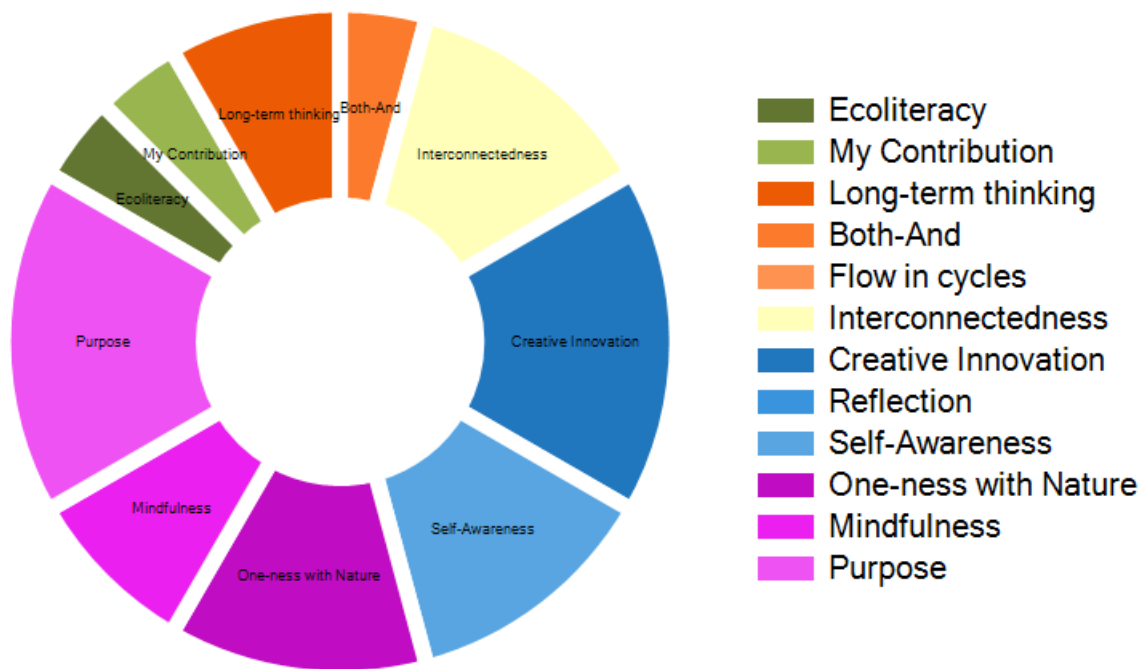
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**THIS PAGE IS HERE FOR YOU TO
NOTE YOUR REFLECTIONS,
INSIGHTS, AND QUESTIONS.**

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.

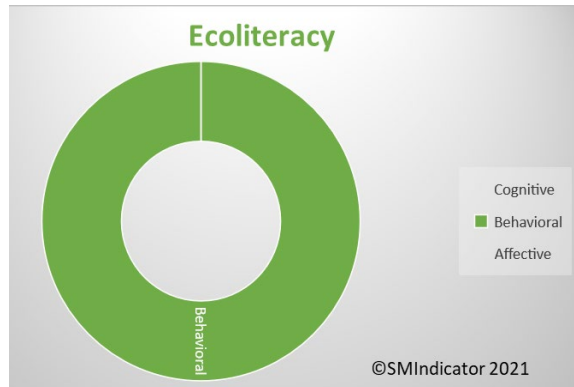




/ECOLOGICAL WORLDVIEW

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 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 act in ways that can minimize your ecological or social footprint, and/or help the sustainability of our planet in your daily decisions.

At the same time, in terms of Ecoliteracy, it seems that you are aware of some facts, but perhaps do not see the larger picture of how different data connect or impact each other.

/YOU ARE COMFORTABLE staying emotionally distanced from negative feelings related to the state of our society or our planet. The benefit is that this saves you from stress, and may help you stay focused

on your daily reality. The downside is that you may miss engaging from the heart, and connecting with your deeper values and with others suffering or in need, which can be a very powerful experience.

/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, and not precisely inspiring us to act. We may tend to avoid the news because they make us feel bad, sad, or concerned.

Yet we tend to underestimate our own power and influence in shaping a better world.

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

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.

Understanding the scope of the sustainability challenges, from the environmental and social perspective, can allow you to start noticing linkages, relationships and connections.

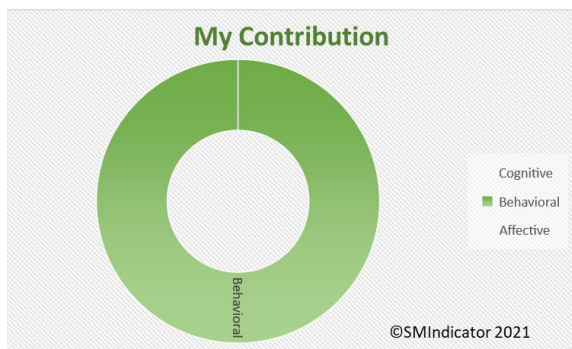
/HOW ABOUT YOU TRY:

The other powerful path is in our emotions. When you allow yourself to connect from the heart with the reality of the news and find small ways to change your behavior, you might feel more present, and have a more fulfilling experience.



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 only one dimension – behavioral - indicating that you are action- oriented. We don't have enough data to report on your feelings about or understanding of this topic.

YOUR SMI RESPONSES INDICATE

THAT 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!

/YOU ARE COMFORTABLE taking a proactive role. Instead of remaining “the victim,” you choose to act. (We cannot comment on your thinking of feelings about this topic since you indicated -by choosing "neither"- that you did not feel represented by either of the available options).

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

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

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

If we collectively influenced the place, we find ourselves in now (with all 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.

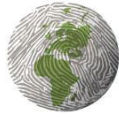
/HOW ABOUT YOU TRY:

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. 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.



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 the two dimensions of cognitive and behavioral, meaning that you have an intellectual understanding of this aspect, and you also act upon it. We don't have enough data to report if or how you connect with your feelings related to this item.

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.

/YOU ARE COMFORTABLE thinking 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.

We cannot comment how you feel about this, since you indicated (by choosing "neither") that you did not feel 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:

So how do you relate to others, who don't see it like you? Does it happen sometimes to you that you cannot understand why others passionately resist your long-term thinking?

If that is the case you might want to remember the emotional weight of uncertainty. You might feel a bit of anxiety or fear of the unknown yourself, if you would check on your feelings.

/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.

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.

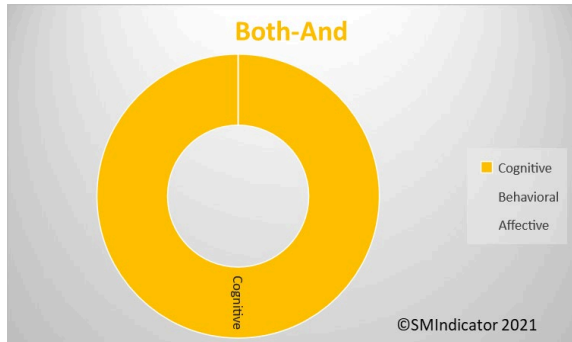
/HOW ABOUT YOU TRY:

Empathy and understanding go hand in hand, and smooth out our interactions. Is this something you remember when you are in a conversation? Or something you would like to keep in mind?



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 – 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 know that it is important to listen to others' perspectives, and to find solutions that can accommodate diverse needs, even compromising what is important to one or the other.

At the same time, you are most comfortable when your heart remains true to values you were taught and respect.

**/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 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, but you wonder if this may be realistic. Do you sometimes ask yourself if you may be perceived as not being very inclusive?

We cannot comment further on how your thinking and feelings connect with your behaviors since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

/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 you acknowledge others' points of view, and yours are also included by others?

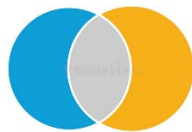
Since we cannot control what others think or do but do have control over our own way of thinking, there may be an interesting path worth exploring here.

/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?

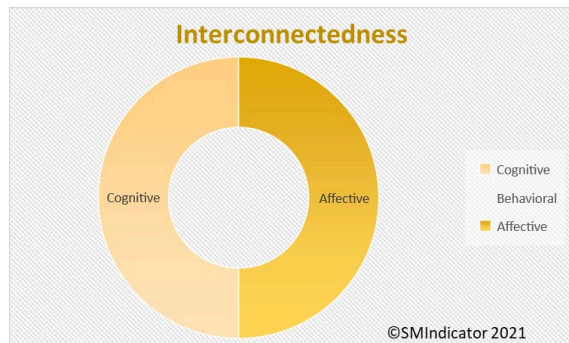
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river's current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

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 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:

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 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 COMFORTABLE WHEN reality presents you with plenty of unknowns. You actually enjoy it and find uncertainty exciting.

It seems that you often find yourself in situations where you make great contributions by putting your “creative hat” on, being playful by not preemptively censoring your ideas. You have a good tolerance of the uncertainty of not knowing how something can work out. You are able to live with a certain degree of risk-taking. What a valuable asset for these times!

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

Are you happy with how you listen to and consider your own intuition, this non-verbal wisdom? Is your imagination and creativity nurtured and well expressed, or do you think you could do more? What do you see as your next developmental frontiers in this aspect?

**/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.

It seems that you have a reservoir of imagination, even intuitive wisdom, available to tap into. This helps you complement your strategic thinking, and maximize your achievements. For the benefit of all.

/HOW ABOUT YOU TRY:

Our world is certainly giving preference to rational and logical thinking, so you have a much-needed perspective to contribute. In what new ways could you envision doing this?

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.**

/YOUR SMI CHOICES INDICATE THAT
you are a quick thinker!

You indicate that you have no concerns about making a quick assessment of a situation and acting promptly, and while you may overlook some details, you consider that your decisiveness also helps stimulate those that are more hesitant. Speed is justified.

We cannot comment on your thinking or feelings 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
LEVERAGE YOUR STRENGTHS AND
MANAGE SOME OF THE
LIMITATIONS WHICH MAY BE
HOLDING YOU BACK:**

Questions for reflection: Does it ever happen that you wish you could relax, slow down and do nothing? Does your body, your mind or perhaps your soul call for less stress, or even a break? What message might be there for you, waiting to be heard?

**/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 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 as you do it can be very useful to avoid future problems.

/HOW ABOUT YOU TRY:

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.

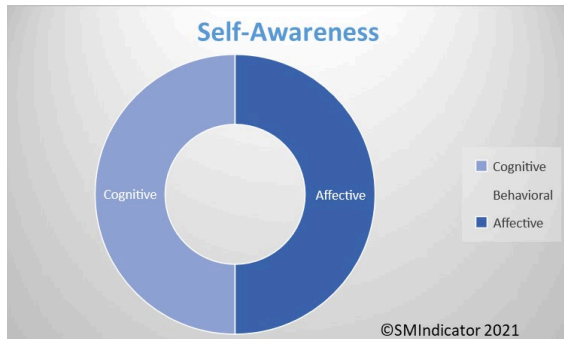
The question becomes: Is decisiveness and fast action coming at an expensive price for you and others, us, the next generations, and the ecosystem?

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 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 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.

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.

A VALUABLE (AND UNCOMFORTABLE) TENSION:

But it seems that you experience 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.

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.

Well, this is a very important moment of awareness, because 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 YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

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 can?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Let's pause for a moment.

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

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

Undoubtedly, there are social and 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.

/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?

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.

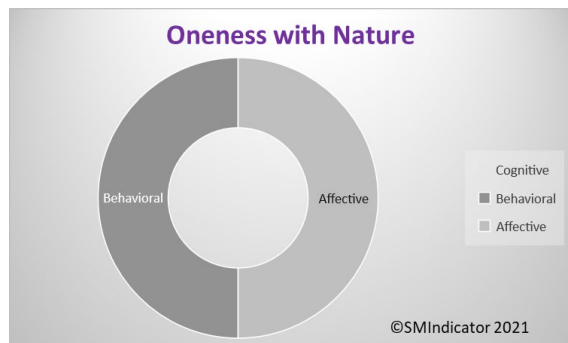




/SPIRITUAL INTELLIGENCE

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.**



What this tells you:

This graph shows the two dimensions of affective and behavioral, meaning that you have an emotional connection with this aspect, and you also act upon it. We don't have enough data to report whether or how your knowledge and understanding is related to or might support this aspect.

YOUR SMI RESPONSES INDICATE THAT you tend to act in ways that acknowledge a relationship characterized by respect and sensitivity toward other living things.

You are comfortable caring for others or the ecosystem. This may be the result of some special moments, when you stood in awe admiring Nature, your heart perhaps filled with joy and some kind of wordless experience of beauty.

We cannot comment on your thinking 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 LEVERAGE
YOUR STRENGTHS AND MANAGE SOME OF
THE LIMITATIONS WHICH MAY BE HOLDING
YOU BACK:**

The combination of your choices in this questionnaire seem to show that those powerful moments created a disposition towards empathy. How do you manage the tensions of living in a context that mostly rewards rational thinking and intellectual capabilities?

You may be aware that progress has frequently come at a cost for the environment or society, and we are collectively paying that price, for example, soil erosion or waterways contamination due to products that provide chemical fertilizers of crops 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 were your reactions?

**/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?

We collectively rely and praise scientific progress, but in the history of science findings are always 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, something that you seem to have experienced yourself.

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.

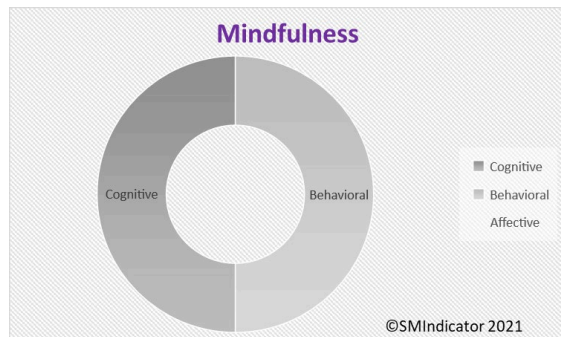


/HOW ABOUT YOU TRY:

Sometimes we realize that our thinking, feeling and acting are not fully 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 rather starts with harmony within ourselves.

How do you describe your own balance between what you think and value, how you feel and act with respect to Nature? Is there something you need to revise, to feel more authentically who you are? Is there a part of you that is still clinging to an old paradigm? Why might that be so?

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



What this tells you:

This graph shows the two dimensions of cognitive and behavioral, meaning that you have an intellectual understanding of this aspect, and you also act upon it. We don't have enough data to report if or how you connect with your feelings related to this item.

YOUR SMI RESPONSES INDICATE THAT you observe that we live in a world that rewards consumption, 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.

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.

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

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

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.

You have experienced it yourself: 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.

/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.

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



/HOW ABOUT YOU TRY:

There are 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? A small but powerful gift that you well deserve!

**/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:

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 think it is important to find a purpose in life, to identify something that, by making a difference, makes our life meaningful. You actually state that you may have found it, through actions that serve others.

It is possible that part of your obligations and responsibilities are to serve others, to attend to their needs or expectations. Your work, family, perhaps relationships, form part of your reality

and use up your available energy – and you perceive this as your service. Or you may have found a cause where you can contribute your unique skills and talents, for the greater good.

Your choices in the questionnaire indicate that it is not a good feeling for you not to have a meaningful life. And you wonder if we are on journey of seeking and finding answers to the question of “Why am I here?”

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.

**/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!

