



Sustainability  
Mindset  
Indicator  
®

# PERSONAL REPORT

PREPARED FOR:  
Carson Hunter  
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.**

## SUSTAINABILITY MINDSET INDICATOR

# 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

/ YOUR OVERALL  
**SUSTAINABILITY  
MINDSET PROFILE**

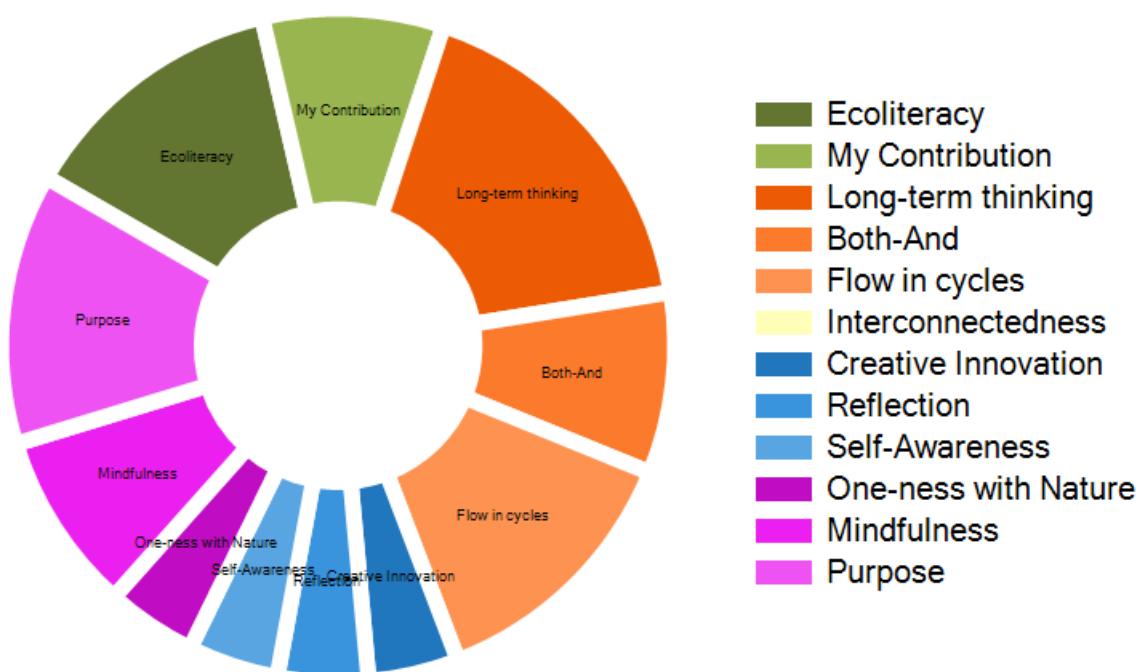


**SUSTAINABILITY MINDSET INDICATOR**

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

**SUSTAINABILITY MINDSET INDICATOR**

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.

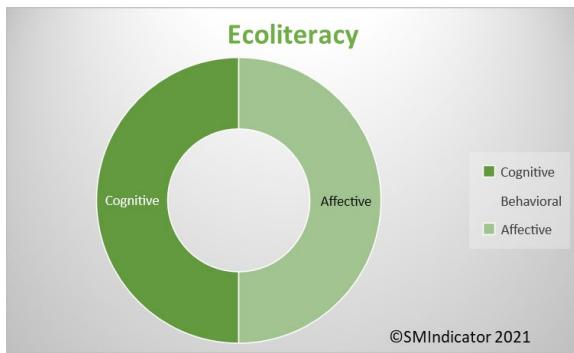




# /ECOLOGICAL WORLDVIEW

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 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 good understanding of the complexity of the planetary challenges we are facing, and how they are interrelated.

You also seem to be socially sensitive and have empathy for the suffering of others. This may be creating some emotional stress, perhaps feelings of being overwhelmed by a reality that you think you cannot change.

But is it really so, that you cannot influence and make a difference?

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

You understand the scope of the sustainability challenges, from the environmental and social perspective; you notice linkages, relationships and connections. The other powerful path is in your emotions. Your social sensitivity is a special gift. Yet somehow, you are not connecting what you know and how you feel, with actions or behaviors that could contribute to greater sustainability.

You have an opportunity there to put your unique gifts and passions to use for the greater good. When we allow ourselves to connect from the heart with the reality of the news and find small ways to change our behavior, we are more present and don't need to live with our divided selves. This can be more fulfilling.

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

We are definitely living in a time of information overload. It is challenging to stay on top of all that is happening, while keeping up with our own obligations and activities. Furthermore, sustainability news tends to be on the negative side, creating doomsday scenarios and scary prophecies that can trigger anxiety, make us feel bad, sad, or worried.

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

**/HOW ABOUT YOU TRY:**

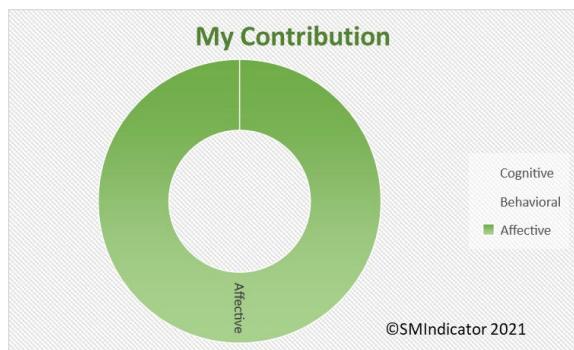
Here are some suggestions to ponder:

What are things you are good at that you aren't incorporating into your sustainability contributions? Who could benefit and where from your gifts and talents and possibly your passion? What do you see as your next frontier of development?



*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 the affective dimension, meaning that your predominant tendency is to connect emotionally with this aspect, without necessarily engaging in related behaviors or fully comprehending it. You might want to try and expand your understanding and also explore how you might make a small difference every day.**

**YOUR SMI RESPONSES INDICATE THAT** you are a sensitive person with an open heart, and you possess the skills to connect freely with your emotions as well as to 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.

**/YOU ARE COMFORTABLE WHEN** you can have a pragmatic approach to the world. This collides with your natural gift to feel empathy, and so you seek to distance yourself from distressing

information about sustainability problems to avoid getting 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!

So, you hope someone will eventually intervene. Yet, this perspective also can cause stress, as it assumes we are at the mercy of powerful external forces or individuals.

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

There may be another way to look at this: What if you could identify small ways in which you realize that you are contributing to the problems, and then, begin to explore changes that are within your control?

Certainly, you will not solve the bigger problems, but you may feel more empowered, less at the mercy of others, and playing a role that you may actually enjoy. Food for thought!

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

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

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

future problems at the environmental or social level, and how to innovate to avoid negative impacts into the future.

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

### **/HOW ABOUT YOU TRY:**

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

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

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



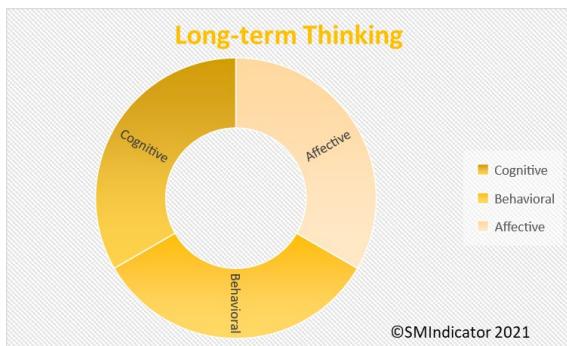
*When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness and develops social sensitivity.*



# **/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.

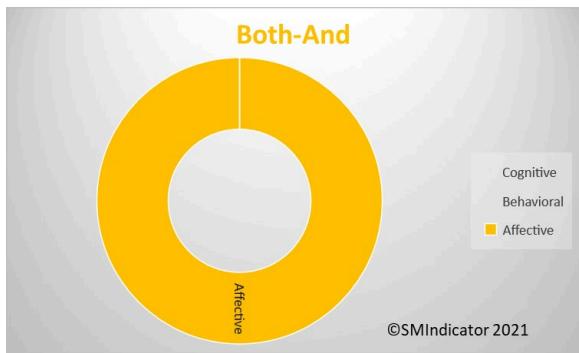


*Every action has consequences that are not immediately visible. Considering the long-term when analyzing situations and making decisions has a positive impact on global sustainability.*

### **/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?

**/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 the affective dimension, meaning that your predominant tendency is to connect emotionally with this aspect, without necessarily engaging in related behaviors or fully comprehending it. You might want to try and expand your understanding and explore how you might make a small difference every day.**

**YOUR SMI RESPONSES INDICATE THAT** you are an empathetic person, and it comes easily to put yourself in another person's shoes, trying to see life from their point of view, as puzzling at it might be.

It makes you feel good when you do so - in a way you feel closer to the other. Moreover, not being inclusive may make you feel guilty, selfish, righteous, or irresponsible. This is your internal compass.

At the same time, you are a pragmatic person that likes clarity in life. **You feel most comfortable with clear choices** - black and white options - and find a sense of stability and reassurance in holding onto your values and your worldview. When faced with a new situation, you seek to rapidly frame it within what you have learned is "right" or "wrong."

You are also aware 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.

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

The combination of your natural empathy towards others, and your desire to have clear distinctions of what is right and wrong doesn't make your life easy! Simplifying complexity is helpful for avoiding gray areas, but you sense that you also miss understanding the complexities of the situation.

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?

In a way, you are already feeling empathy for others, which is a valuable asset in these polarized times. How could you convert your empathy into inclusive behaviors?

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 could role model appreciation of diversity. Are you aware of it? You could inspire others to feel empathy.

### **/HOW ABOUT YOU TRY:**

You are a naturally caring person. Now, in what areas does empathy and inclusion come easier to you, and which situations are more challenging? This is your work.

You can start practicing with little day-to day opportunities to put your empathy into action, in new ways. Any thoughts?

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

Many of our world's sustainability challenges originate in choices such as: "either the planet or the economy" and "either protect the wolves or the farmer." Yet, *either-or* choices can be misleading, and have us believe there are win-lose solutions that work.

But do they really? If the cost is high, do they still work? It is reassuring to find ourselves in a situation where we see it the right way, and others are wrong. But at the same time, you sense that we may be missing what these others are seeing, that we don't. How could we all benefit from having a fuller picture?

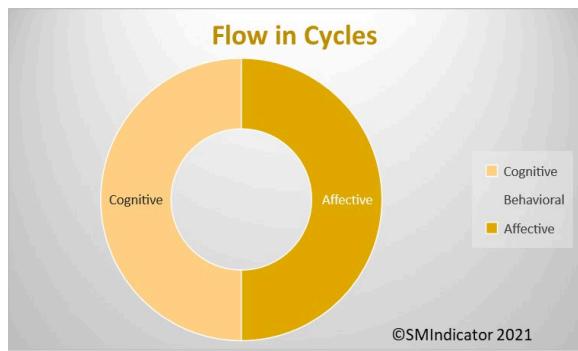
It seems that today, more than ever, we are collectively being confronted with paradoxes and ambiguity. Increased transparency and access to information from around the world makes us aware of very different ways of thinking, being and acting with which we may not agree or be comfortable. Challenging 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.

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.**



**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 go 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.*



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

**YOUR SMI RESPONSES INDICATE**

**THAT** you believe independence and autonomy are very important aspects of human life, perhaps as a combination of a given right, a personal goal and a precious virtue to cultivate.

They signify ownership and accountability to you.

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

However your other choices in the questionnaire indicate that 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 is important for you to be self-sufficient as much as possible.

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

This combination of aspects 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:**

You may not have given it much thought, but the polarities of independence vs. interconnectedness and competition vs. collaboration are of particular relevance when focusing on sustainability. To begin with, the environmental and social challenges are complex and multidimensional, making it impossible for any one person to solve on their own. It is only through collective thinking, action and the 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 autonomy means for you. What are the roots of this value for you, perhaps

in your upbringing or in your current context? Is this authentically a priority for you, or is it 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.*

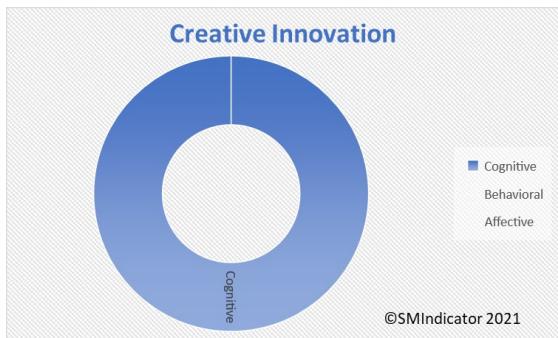




# /EMOTIONAL INTELLIGENCE

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:**

**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 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.

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

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

Your intuition and actions are not mainstream, and thus very important to drive much needed change. How happy are you with how you are sharing your valuable perspectives with others? Do you feel you are doing it as much as you could?

Let's pause for a moment.

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

How well do you balance your strategic thinking with some creative imagination? The reason for this question is 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 the complexity of our challenges, and we are skeptical of simplistic solutions.

This requires entry into uncharted territories. Resilience calls for flexibility in adapting to new situations, and this entails innovating and experimenting. Having no plans or blueprints to follow may be unsettling, and the only choice is to take some risks.

How do you feel when experimenting without knowing?

## /HOW ABOUT YOU TRY:

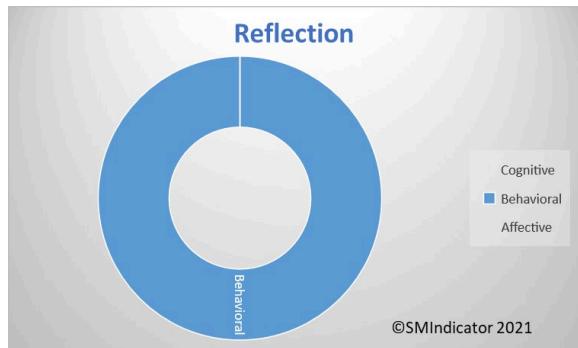
Here is a thought to consider: What are some situations in which you are creative, relaxed and playful? Perhaps cooking or gardening? Playing some team sports? Or around small children? Maybe planning a party?

If you can identify some of these creative and playful moments, in them you have a reservoir of imagination available to tap into. This can help you complement your strategic thinking and 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:**

**This graph shows only one dimension – behavioral – indicating that you are action-oriented without necessarily connecting to your understanding about this aspect. You might use this information to seek ways to expand your comprehension of this topic. We don't have enough data to report on how you feel about this aspect.**

**YOUR SMI RESPONSES INDICATE  
THAT** you are a true citizen of our times!

You see the importance of swift actions in a world that you believe is unforgiving of slow movers. You know that the present-day pace is fast or highly accelerated, depending upon who you ask.

**Interestingly however,** your questionnaire answers indicate that in your day-to-day life you

tend to pause and seek to explore what might be at stake in a decision or check the assumptions at play before acting. This behavior, seemingly at odds with your nature, 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!

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

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

Because 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 can be very useful to avoid future problems.

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, as you well know, is at odds with speed. We cannot both act fast and ponder carefully.

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

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

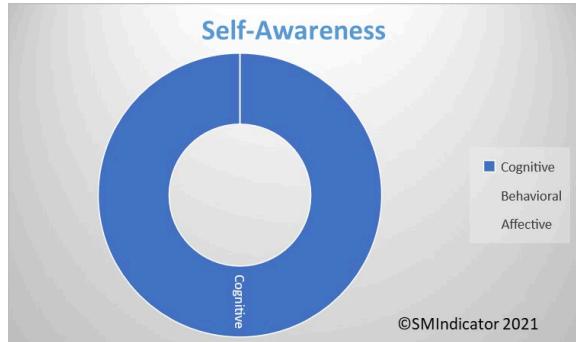
Does it ever happen to you that you wish you could relax more, slow down and do nothing? Does your body, your mind or perhaps your soul call for a break, less stress? What message may be there for you, waiting to be heard?

Food for thought!

*Reflective practices help to pause, and to ponder the situation and its implications before jumping into action.*



## /WHAT IS ASSESSED HERE: HOW AWARE YOU ARE ABOUT THE ANCHORS OF YOUR IDENTITY AND YOUR VALUES; HOW YOU FEEL AND ACT IN CONSEQUENCE.



### What this tells you:

**This graph shows 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 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 this understanding reflects on 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:

But 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.

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

## /HOW ABOUT YOU TRY:

Can you think of a few habits of yours that might qualify? We don't know what we can do until we try. And when we put aside cynicism for a moment, we actually may feel a deep sense of joy. Sometimes we shift our values because of a new experience. Worth trying?

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

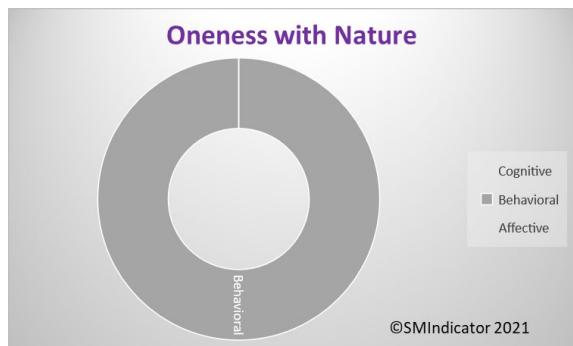




# /SPIRITUAL INTELLIGENCE

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 – 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 tend to act in ways that acknowledge a relationship characterized by respect and sensitivity toward other living things.

This is extremely valuable in the current times.

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

But have you ever considered how your behaviors connect with the predominantly mainstream worldview of human superiority and utilitarian approach to natural resources? How do you deal with

this in your everyday decisions? Do you feel expectations or pressure to act in ways that contradict your values or beliefs?

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

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 role do you play as the ambassador of a different perspective?

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

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

We are increasingly aware that some human inventions have come at a cost for the environment or society, for which we are collectively paying a price. For example, soil erosion or waterways

contamination due to products that provide chemical fertilizers of crops meant to enhance soil productivity.

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 impacts do you see from having a utilitarian relationship with Nature?

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.

*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.*

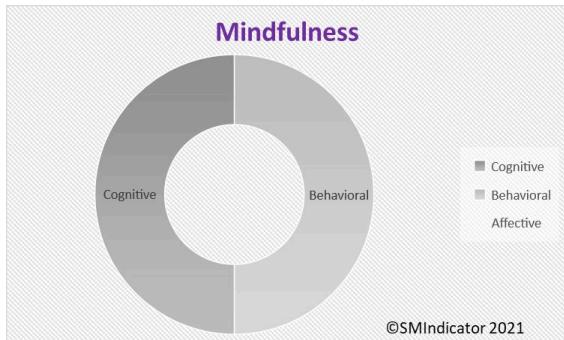


### **/HOW ABOUT YOU TRY:**

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

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!

## /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:

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 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.

This seems to be part of your world at this time, according to your choices in the questionnaire, and there are many challenges that you need to attend to. When our reality is challenging, it poses a high demand on our physical, emotional and psychological well-being, which we all try to manage in the best way we can.

You seem, at times, to experience the tension and stress that comes with your demanding reality. You may notice it in your health, sleeping patterns, moods, or in how you relate to others as a result.

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

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.

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

### /IT'S TIME TO PAUSE.

How can you better listen to what your body tells you, both through the tension and through the release when you allow yourself some of those activities that give you a moment of peace? Would you like to find

a way to make your life easier, more satisfying or less stressful, perhaps?

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. Do you want to give it a try?

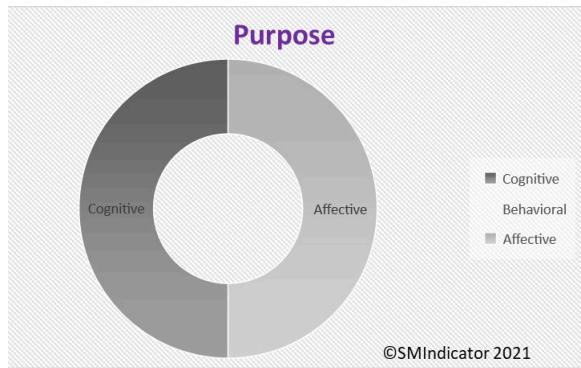
### **/HOW ABOUT YOU TRY:**

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? For starters, a small but powerful gift that you well deserve!

*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, 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 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.

At the same time, you sense that you need to set priorities, and what is urgent needs attention before what sounds important, like thinking about what our purpose in life is.

Focusing is an important skill in times when there seem to be more obligations and things we are expected to take care of, than hours in a day. Work, family, relationships, career or health issues can use up all your available energy, often even leaving you with the feeling that nothing you do is enough.

When topics arise like contributing to society, you believe this may be something to do once your other obligations diminish and you free up some time, hopefully in retirement.

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

This resolution doesn't fully satisfy you, which is actually a great start. When we sense a tension between what we are doing and what we would like, something has already started to shift, and we are on a path of growth and transformation.

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.

In contrast, you may have 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 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.*



QUESTIONS

[Please click HERE](#)

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

Thank you!

