



PERSONAL REPORT

PREPARED FOR:
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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**

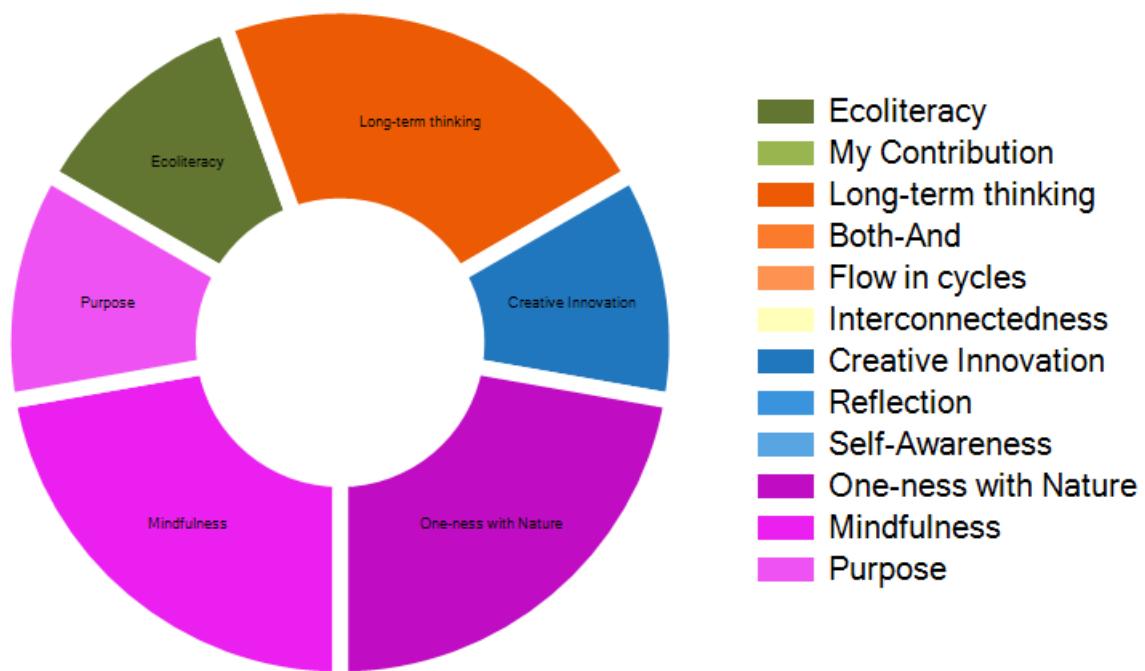


SUSTAINABILITY MINDSET INDICATOR

**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.

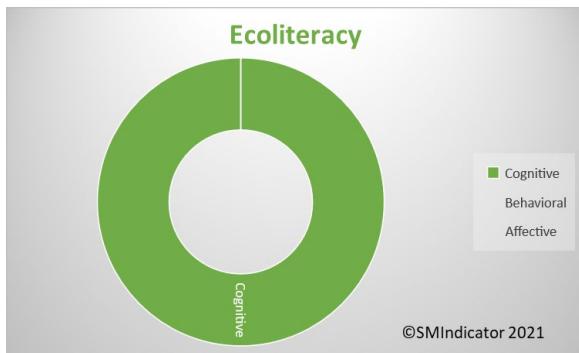




/ECOLOGICAL WORLDVIEW

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 only one dimension – cognitive – meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.

YOUR SMI RESPONSES INDICATE THAT you seem to have a good understanding of the complexity of the planetary challenges we are facing, and how they are interrelated.

This appears, however, to be an intellectual understanding and not necessarily connected to your feelings or to your personal life. As a consequence, your sense of urgency is limited and your need to personally change behaviors towards achieving greater sustainability is moderate, at best.

/YOU ARE COMFORTABLE distancing yourself from a challenging reality, which allows you to avoid disturbing feelings about the state of our planet, the

ecosystem, or social injustice. The emotional distance helps you stay focused on your daily reality.

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

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. You are present with your head, but not necessarily with your heart and soul.

You also may miss an opportunity to make a difference with modest decisions and actions that could impact your future, your loved ones or the next generation.

/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 it makes us feel bad, sad, or concerned.

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 up one interesting path. Understanding the scope of the sustainability challenges, from the environmental and social perspective, allows us to start noticing linkages, relationships and connections.

The other powerful path is in our emotions. 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 very fulfilling.



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.**

**YOUR SMI RESPONSES INDICATE
THAT** you maintain an emotional distance with the planet's social or environmental problems, by expecting others to fix. After all, you didn't cause them.

This can be a useful coping strategy. Perhaps you sense that you would be overwhelmed by emotions while feeling powerless to solve those problems.

/YOU ARE MOST COMFORTABLE WHEN
you can keep a pragmatic approach to the world.

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

When problems seem exceedingly large, you hope that someone will eventually intervene. Yet, this perspective also can cause stress, as it assumes we are victims at the mercy of powerful external forces or individuals.

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 problem, and then, begin to explore changes that are within your control? Certainly, you will not solve the bigger problems, but to begin with 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 how we might be contributing to environmental or social problems makes us better planetary citizens. At the same time, this enhanced awareness is an important milestone in our broader personal development.



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.



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:

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?

**/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.**

YOUR SMI RESPONSES INDICATE THAT you are a pragmatic person that likes clarity in life.

/YOU ARE MOST COMFORTABLE when you have clear choices - black and white options - and you 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."

This may be useful for avoiding gray areas, but perhaps you also miss out on understanding the complexities of the situation.

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

You are aware that when we start 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.

That said, 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.

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? What may we be missing that these others are seeing when we find ourselves in a situation where we see it the right way, and others are wrong? How could we all benefit from having a fuller picture?

/HOW ABOUT YOU TRY:

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?

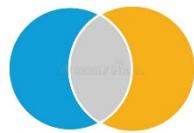
Since we cannot control what others think or do but do have control over our own way of thinking, there may be an interesting path worth exploring here.

**/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 you, crafting plans and setting goals to measure your progress. This allows you to feel empowered and in control, which is a nice feeling, particularly as it avoids the stress of uncertainty.

/YOU ARE COMFORTABLE making plans and implementing them, and derive a sense of fulfillment and satisfaction when you achieve the goals you set for yourself. We cannot comment on how you think about this, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

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

While planning is a way to feel in control of situations, you also may have noticed that it is frequently 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:

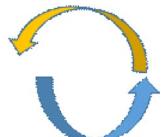
Planning in itself is not the problem but rather, excessive reliance on carefully crafted steps. How do you incorporate the cycles of nature into your planning? As an example, do you accept phases of growth and decline - aging and impermanence, along with endings and mortality followed by new beginnings and birth? How do you incorporate humanity as part of Nature, rather than its controller? Many implications to think about, indeed.

Here are 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.**

YOUR SMI RESPONSES INDICATE

THAT you thrive in contexts where you can compete and work towards being your personal best.

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.

You are comfortable when you are faced with challenges. In fact, you enjoy the adrenaline that motivates 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. (This may come at a price).

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

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.

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?

**/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?

/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.

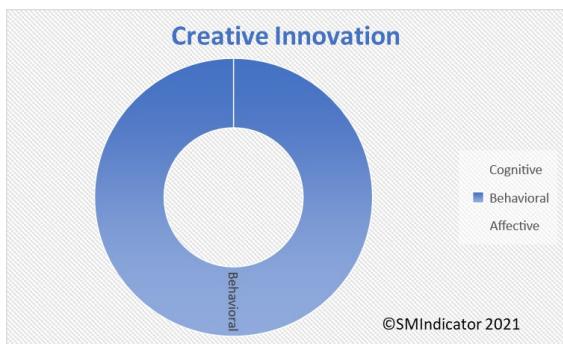




/EMOTIONAL INTELLIGENCE

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 – behavioral – indicating that you are action-oriented without much engagement of your feelings. You might use this information to explore your emotions.

We don't have enough data to report on your understanding about this aspect.

YOUR SMI RESPONSES INDICATE THAT you enjoy order and dislike the uncertainty of chaotic situations.

You feel most comfortable when you can think things through, following proven steps and organizing reality into priorities.

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.

Interestingly, at the same time, it seems that you have found yourself in situations where you made great contributions by putting your "creative hat" on, by being playful, by not preemptively censoring your ideas, and even tolerating the uncertainty of not knowing how something will work out.

You seem able to live with a certain degree of risk-taking, and based on your answers, that worked well for you. How did that feel?

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

You may notice 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.

However this also 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.

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

These seem to be your current challenges: How can you feel more comfortable trying and experimenting without knowing? Here is a thought to consider: What have you learned about yourself through those

positive experiences when you made valuable contributions thanks to your creative imagination? In what conditions were you able to act in that way? What could you learn and replicate from those circumstances? What would have to be true and how can you influence this?

/HOW ABOUT YOU TRY:

It seems that you have a reservoir of imagination available to tap into, and perhaps intuitive wisdom as well. How can you trust a bit more this unique gift? It certainly can help 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.**

/YOUR SMI CHOICES 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.

/YOU ARE COMFORTABLE:

This fits you well, as you have no concerns about making a quick assessment of a situation and acting promptly. You are a quick thinker, 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 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
FURTHER 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.

YOUR SMI RESPONSES INDICATE THAT you notice an increasing trend to highlight the negative consequences of progress, of capitalism, or of society in general, and this seems to make you feel uncomfortable, even upset.

It is possible that you, yourself, sense a personal tension between the gravity of what we are facing as humanity and your individual bewilderment about what you might actually do to help prevent or solve the problems. For example, you may feel that climate change is too complex to be attributed to our mere daily behaviors.

In addition, the tension may put into question the values with which you were raised or grew up, and this is likely an uncomfortable experience, particularly if these values are important for you, or are an important part of your identity. For instance, achievement, competition, being a winner, not being a loser, and success may be important foundations of who you are. You may wonder what makes them suddenly wrong!? These may be difficult dilemmas for you right now.

Besides, you don't see any pragmatic alternatives at hand.

You are focused: Your selections in the questionnaire indicate that you are focused on addressing your many personal obligations and challenges, and you don't have the bandwidth to entertain seemingly 'philosophical' concerns about the future of humanity, our personal or modern values, or the planet. You are aware that

your views may not be "politically correct," but this is how you see things today.

We cannot comment further 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.

/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:

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?

Can you think of a habit 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.

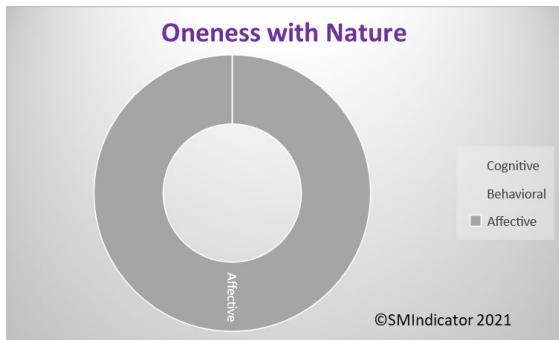




/SPIRITUAL INTELLIGENCE

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 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 see yourself as a rational individual, opting for an intellectual approach to Nature and valuing efforts to build scientific and objective knowledge about it.

This is certainly how our understanding of the natural world, including our bodies, has advanced over time.

Aligned with this understanding, your behaviors are based on a worldview in which humans are the most evolved and intelligent species, proven through many achievements and improvements in our quality of life.

This said, have you noticed that some betterments have come at a cost for the environment or society, and we are collectively paying that price? For example, soil erosion or waterways contamination from chemical crop fertilizers 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 message may be in this for you?

Consider this for a moment: We rely on and praise scientific progress, but history has demonstrated that scientific findings are always 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.

A noteworthy paradox: Your answers to the survey indicate that you have experienced some special moments when you stood in awe, admiring nature, your heart perhaps filled with joy and a wordless experience of beauty.

What memories did that moment leave you with? Do you long to replicate, repeat or experience this again? Does something hold you back?

The combination of your chosen responses seems to show that those powerful moments may remain encapsulated, disconnected from your more rational daily manner of being. This may be your functional way of operating in a society that rewards rational thinking and intellectual capabilities, and that encourages a utilitarian or instrumental approach to the natural world and its resources.

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

There is a buried treasure here for you, though! Having had an experience of oneness with Nature, you have the possibility to reach back into it and honor it, reintegrating it into who you are. Research has indicated that the experience of oneness with Nature, albeit rare, has a direct connection to shaping a more sustainable society and planet.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

That said, 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.

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

/HOW ABOUT YOU TRY:

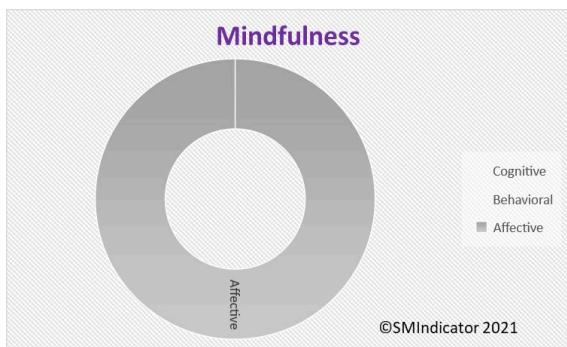
How can you plan to have more of these moments? Your being, your soul will welcome it, and the nourishment may help heal a currently divided self.

It is impossible to guess your particular context, and your current priorities. But we invite you to give yourself an unusual gift: Spend an hour in Nature, on your own, without looking at your phone, and with no books, pets, or other people. If you have never experienced this, you are up for a very special treat!

Understanding that we are one with Nature, a species within species, is a powerful spiritual experience that can shape behaviors leading to a more harmonious relationship with each other and all beings.



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



What this tells you:

This graph shows 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 focus on what you need to get done, according to your own goals and expectations, and/or the demands that you receive from your social surroundings.

This is already a lot to keep you busy, and often you don't even have enough time to accomplish all of it. There are great expectations placed upon you!

You are very aware that society rewards action and its ensuing achievements, rather than inaction and passivity, which is kind of what mindfulness practice seems to you.

ALIGNED WITH THIS, your choices in the questionnaire indicate that you do not see particular value in the concept of mindfulness, or perhaps it is just not a part of your life at this time. You realize that other cultures have different behavioral patterns from the one in which you live, but you are cognizant of the importance of adapting to the culture to which you belong. As the saying goes, "when in Rome do as the Romans do".

When your reality is challenging and poses a high demand on your physical, emotional and psychological systems, you try to manage the best you can and seek to gain inner peace. It is not clear from the information you shared what, if any, strategies you have found that work to help you lower your stress or find some balance.

So here are some questions for you to contemplate.

Has it ever occurred to you that the fact that "everyone lives like this" may not necessarily make it ideal? 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.

Have you ever reflected on the high value our world gives to consumption, linking "who we are" with "what we have or own"? Have you ever felt like being trapped in a race to pursue a perhaps elusive and short-lived happiness?

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

Sometimes we hear people say "you should do less, you should relax, you should take time for yourself, etc." and from your perspective, their suggestions may sound somewhere between unreal and ridiculous, since you are the one living with the

challenges. They don't always realize that you are doing your best all of the time.

Yet, being very concentrated on our obligations rarely leaves time or space to look around, and oftentimes information is available "out there" that could facilitate our task, but we just don't see it.

/HOW ABOUT YOU TRY:

For example, perseverance is an important virtue, except when it makes us miss easier or better ways to achieve our goal. Pausing and stepping away from our task clears our mind, and we can return to it with renewed energy and sharper vision.

Is this something you remember to do when you need it? If not, how could you help yourself remember it just in time?

Individuals that regularly balance their tasks with contemplative practices realize the positive impact this has on their peace of mind, how they relate to others and even on their 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.

If these are some of the activities that help you unwind, you are on the right path already. They are called "contemplative practices" because they engage a different part of our brain, creating a "buffer zone" that permits the release of tensions, after which, often we end up seeing our challenges in a different light.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

From the perspective of a sustainability mindset, mindfulness is both a key practice and an amazing result. Research has shown a direct link between individuals that have some contemplative

practices not just with their physical and psychological health, but also with the emergence of feelings of empathy and compassion.

This creates a disposition towards positive social and environmental actions, and the resulting satisfaction feeds a positive reinforcing loop. In other words, the better we feel about something we've done, the more we seek to repeat the experience.

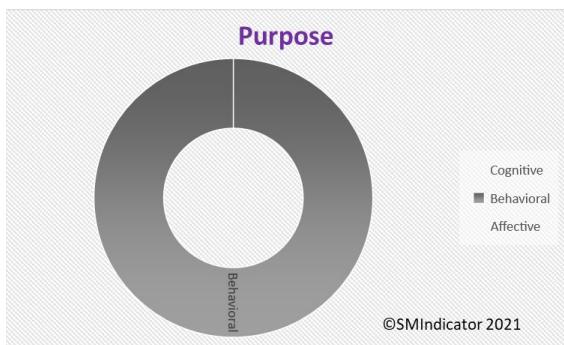
When we access and display a more balanced version of ourselves, we convey an unspoken message to the people with whom we interact, not just by what we say or how we behave, but through our attitude and energy. This has a proven positive influence on others, as science has identified with the phenomenon of "emotional contagion."

In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world. What are some ideas to try out?

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 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 have already found your purpose in life, through actions that serve others.

It is possible that a large part of your daily obligations and responsibilities are, in fact, in service to others, attending to their needs or expectations. You may have found a cause that you care for, or perhaps it's your work, family, and relationships that form a large part of your reality, and you perceive this as your service. How does this make you feel? Do these activities feel like your "calling," or like an obligation that lands upon you?

Sometimes we don't see that we have a choice, and this may place an extra burden on us, which is perceived very differently than when we intentionally decide and choose where and how to "serve."

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

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. Have you personally experienced this? Or perhaps focusing on the demands of your life does take a toll on your health, your mood, creates tension or anxiety, disrupts your sleep or impacts how you interact with others.

If this is the case, 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 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 experiments you are willing to try? What are some things for the greater good that you have already done, and perhaps could repeat, do regularly, or improve?

Don’t be intimidated by lofty phrases like “changing the world” or having a life’s mission or purpose. In fact, each small act of kindness comes with an impact that we may never be able to imagine. That also changes the world, one positive 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!

