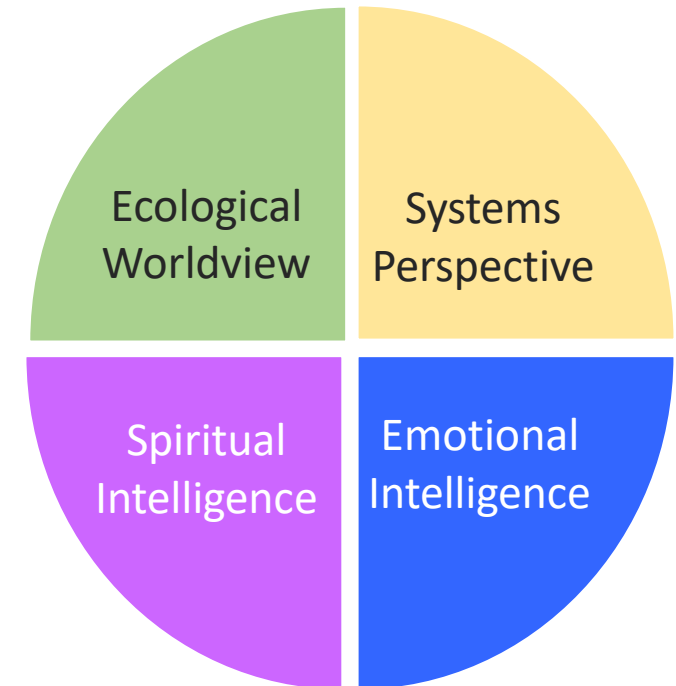
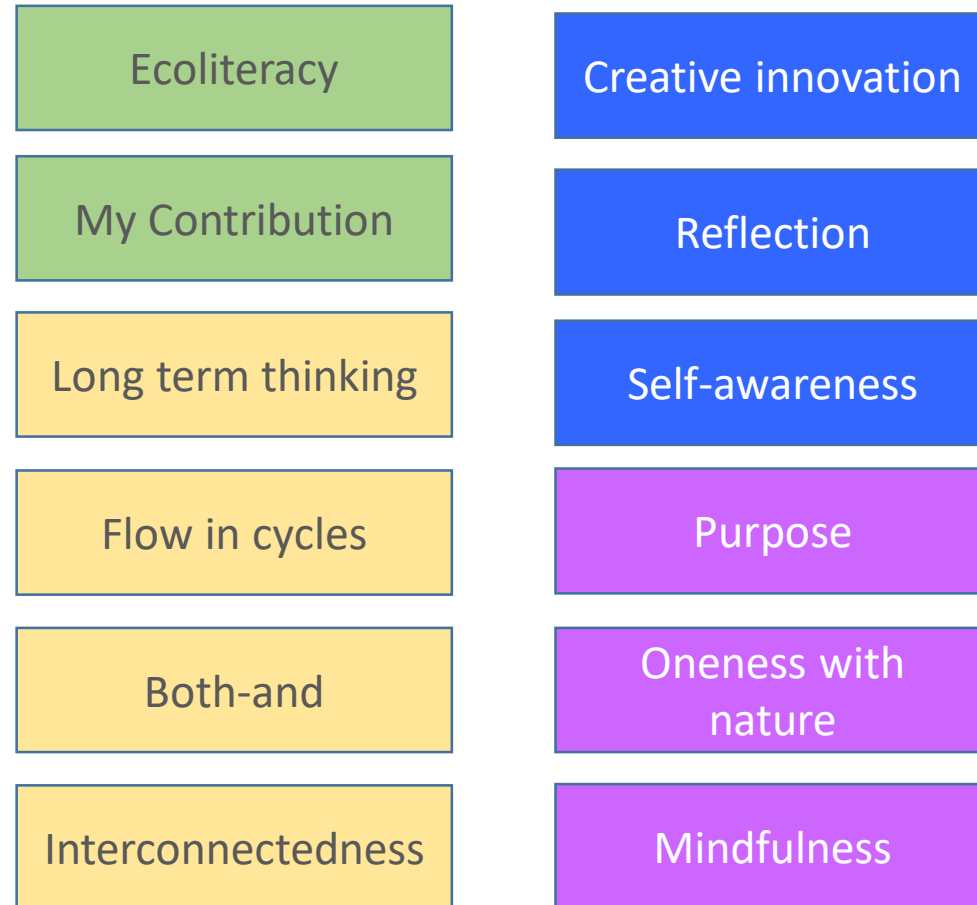


The 12 Sustainability Mindset Principles

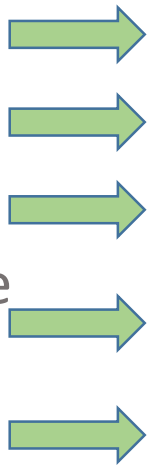




What do you want to achieve?

From

- Narrow focus on discipline
- Siloed information, fragmented
- Unaware of linkages
- Cognitive and rationale, no space for emotions
- Unrelated to self

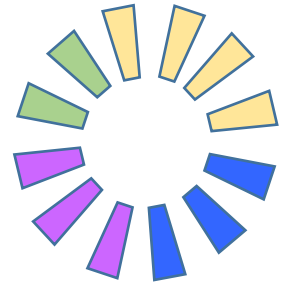
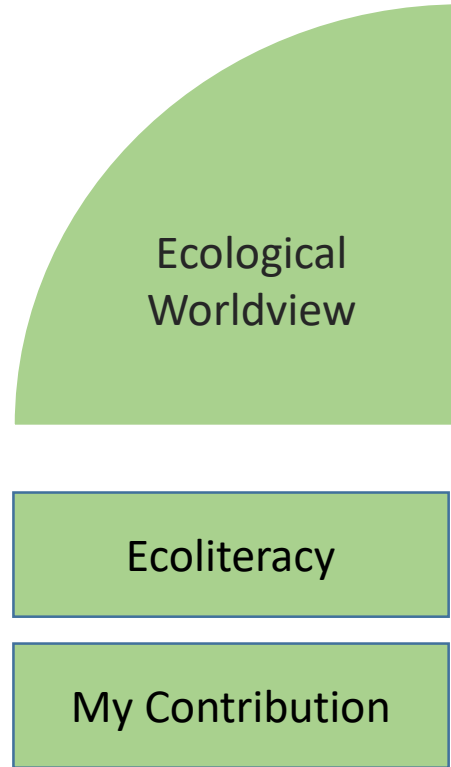


To

- Superficial but broad view
- Connecting the dots
- Seeing complexity
- Engaging feelings
- Making it personal



2 Principles



Principle 1: Ecoliteracy



- 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**.

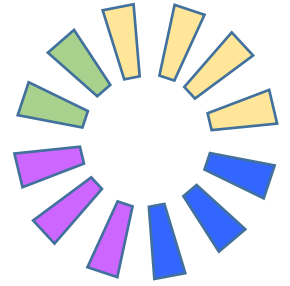


Principle 2: My Contribution



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





What do we want to achieve?

From

- Analysis
- Dualism
- Fragmentation
- Deconstruction
- Quantitative



To

- Relationships
- Paradox and complexity
- Seeing the whole
- Seeking patterns, flows, processes, feedback loops
- Qualitative

4 Principles



Systems
Perspective

Long term thinking

Both-and

Flow in cycles

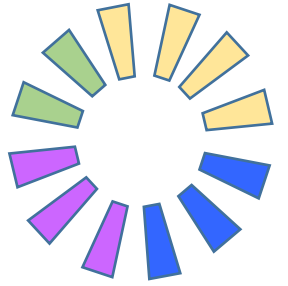
Interconnectedness

Principle 3: Long-term Thinking



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





Principle 4: Both-and Thinking

- Both-and thinking allows us to understand **paradoxes**, and calls for creative **solutions that are inclusive** of all stakeholders.

This type of solutions are key for the health of the ecosystem, and create fair and peaceful societies.

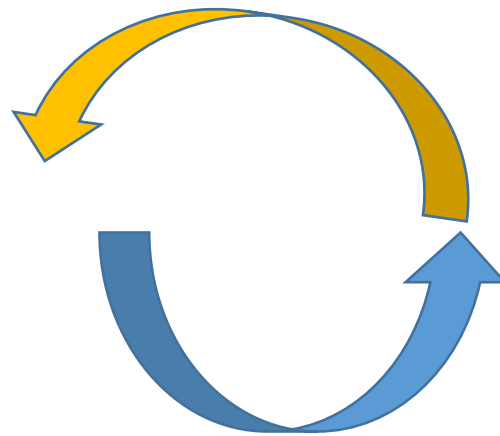


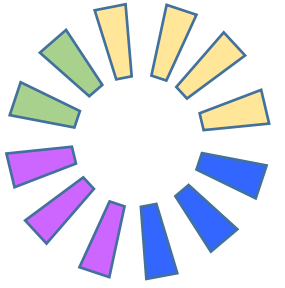


Principle 5: Flow in Cycles

- There are no linear processes in Nature: all flows in cycles of birth, growth, death, rebirth.

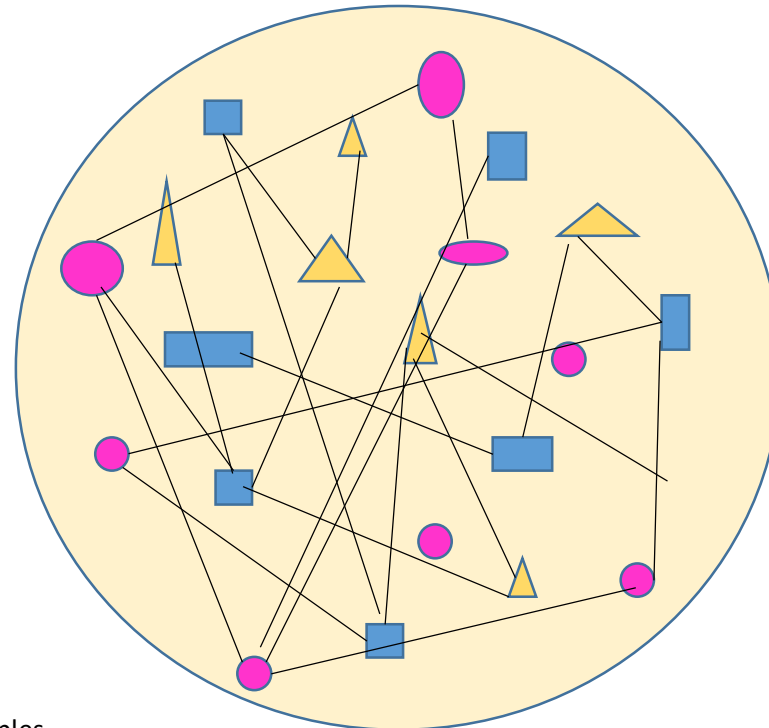
Many aspects of man-created unsustainability of the planet are a result of the misconception that we are not governed by this law of Nature.

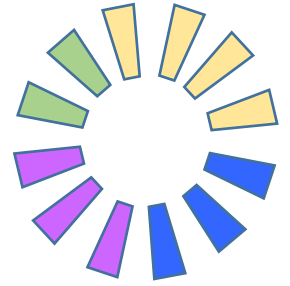




Principle 6: Interconnectedness

- When we consider both **diversity** and **interconnectedness**, our decisions and actions are more **inclusive** and contribute to the sustainability of the whole.

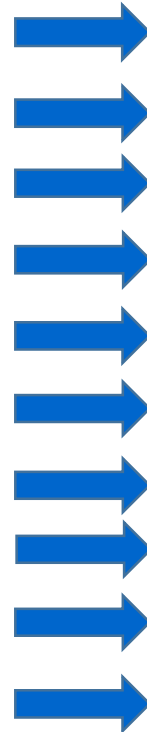




What do you want to achieve?

From

- Resignation
- Rigid
- Despair
- Resisting
- Victim
- Automatic
- Reactive
- Unconscious, unaware
- Repetition
- Defensive



To

- Innovation
- Flexible
- Resilience
- Adaptive
- Self empowered
- Thoughtful
- Reflective
- Conscious, aware
- Choice
- Insightful

3 Principles

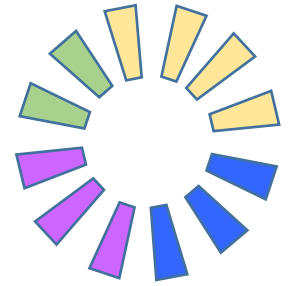


Emotional
Intelligence

Creative innovation

Reflection

Self-awareness



Principle 7: Creative Innovation

- 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.





Principle 8: Reflection

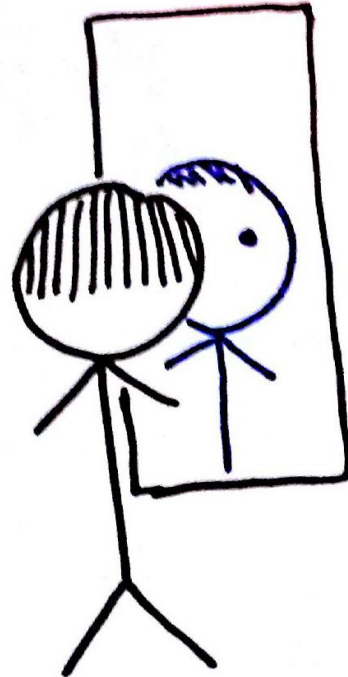
- Reflective practices help to pause, to ponder the situation and implications before jumping into action.





Principle 9: Self-Awareness

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





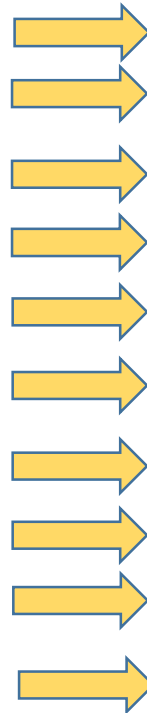
What do you want to achieve?

From

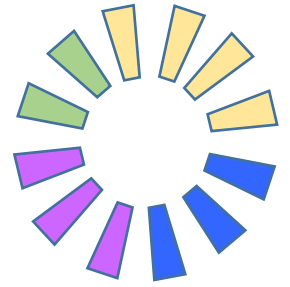
- Utilitarian
- Materialistic
- Rational
- Fragmented
- Control
- Doing
- Anxiety, uneasiness
- Satisfaction in Consumption
- Having
- Self-centered

To

- One with Nature
- Spiritual
- Intuitive
- Holistic, integral
- Flow
- Being
- Peace of mind
- Joy in purpose
- Serving
- Compassion, empathy



3 Principles

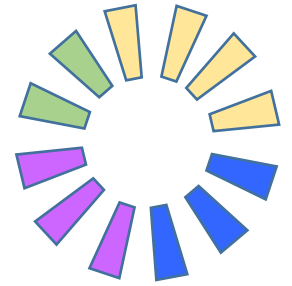


Spiritual
Intelligence

Oneness with
Nature

Mindfulness'

Purpose



Principle 10: Oneness with Nature

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



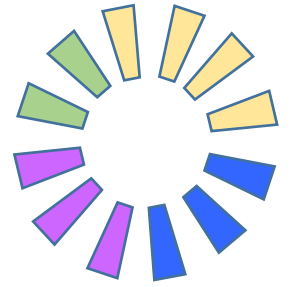
Principle 11: Mindfulness



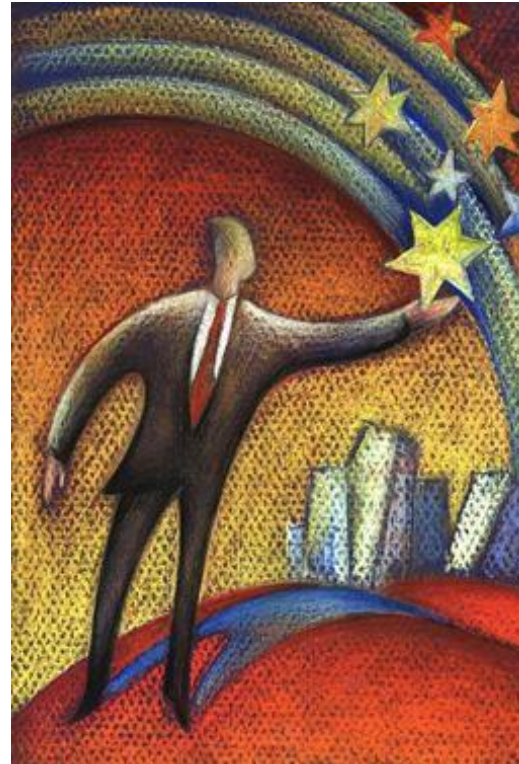
- Mindfulness is being fully present, experiencing connectedness with all that is. Mindfulness enhances awareness and compassion, and predisposes to social and environmental actions.



Principle 12: Purpose



- Defining our purpose provides an unconscious compass, and when it is grounded on values of our higher self, we actively shape a better world.



What's next?

The Sustainability Mindset Principles: Guide to developing a mindset for a better world

Forthcoming 2020, Routledge Taylor UK



The Sustainability Mindset Indicator



The Sustainability Mindset Workbook - For students (and educators)

Stay tuned!

