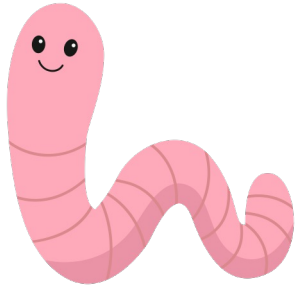


## REGENERATIVE CREATIVITY



You are capable of thinking and designing solutions to regenerate living environments.

It is easy and natural for you to imagine collective actions that focus on respecting Life on Earth.

It is easy for you to envision alternative narratives.

Eco-wisdom

## CURIOSITY AND INTEREST FOR SUSTAINABLE CITIZENSHIP



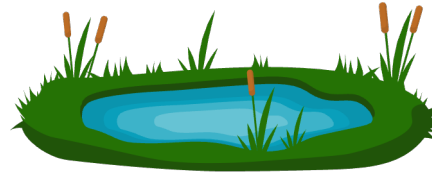
You are actively interested in socio-environmental issues.

You enjoy asking questions to interdisciplinary experts and people "on their way".

You like exploring new ways of doing, being, and living together that support all forms of Life.

Eco-wisdom

## JUDGMENT AND OPENNESS TO ALTERNATIVES



You are able to identify and examine the many layers and pitfalls of dominant narratives.

You enjoy taking time to explore different perspectives and develop critical thinking.

By deconstructing mainstream narratives, you are committed to spreading positive and inspiring alternative stories to help address today's socio-environmental challenges.

Eco-wisdom

## LOVE FOR ECO- CONSCIOUS LEARNING



You love learning new things about the relationships between humans and their living environments, through books, courses, and conversations.

You always find opportunities to make connections between the interdependence of non-human life and human beings.

You enjoy getting to know yourself better by seeing yourself as being in relationship with "Nature" as a whole.

Eco-wisdom

## PLANETARY WISDOM

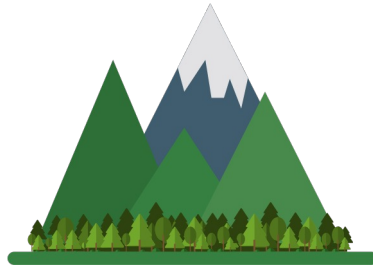


Although you don't see yourself as a "climate sage," your friends do. They appreciate your ability to look at the current ecological situation with clarity and perspective, and they turn to you when they want to take action that truly matters.

You make decisions by listening to the "Voice of Nature" and value the unique strengths and key skills of each person to help drive the necessary transitions.

*Eco-wisdom*

## BRAVERY AND COLLECTIVE ENGAGEMENT



You act with courage and don't shy away from challenges, even in the face of dominant narratives like "infinite growth," collapse, or techno-solutionism.

You speak up for what is right in order to protect life on Earth, even when it meets resistance.

You surround yourself with eco-lucid individuals who support you in this commitment.

*Courage*

## PEACEFULL PERSEVERANCE



You actively work on projects that support Life, communities, and future generations.

You persevere over the long term, without seeking immediate results. You just go for it, that's all.

You don't let yourself be distracted by the "dragons of inaction" or other limiting beliefs when you commit to meaningful work.

*Courage*

## ECO-GROUNDED HONESTY



You consistently live your ecological values by embodying them in your daily actions.

You are honest — with yourself and with others — about what you are already doing and the path you still have to take to reach your eco-embodied ideal.

You walk your path with clarity and authenticity — without pretension or preaching — setting an example through the way you live.

*Courage*

## MILITANT ZEST

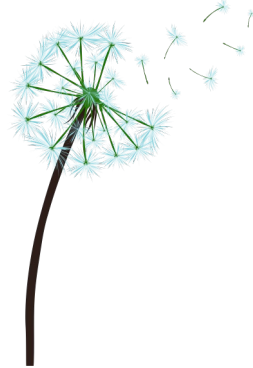


No matter the ecological challenge at hand, you face it with passion, enthusiasm, and energy.

You never do things halfway, because you imagine today's challenges (no matter how complex) as heroic adventures and exciting quests, where Play and Joy help pave the way to solutions!

*Courage*

## LOVE OF LIVING BEINGS



You cherish close relationships with others (both human and non-human) and you value those where authenticity and affection are present and mutual: the Earth that holds your home, the Trees that support your breath, the Bees that pollinate your gardens, the Humans who work alongside you, the Children who brighten your life with their bursts of laughter.

In this deep connection with the Living World, you may even at times sense "Nature" thanking you, in its own way, for the care you offer it.

*Humanity*

## CONTRIBUTIVE KINDNESS



You are a kind and generous person (offering your time, material and immaterial resources) to both humans and non-humans.

You enjoy taking actions that contribute to a more cooperative world, mindful of the interdependencies that connect you with people near and far (from other cities, countries, or cultures), as well as with future generations.

*Humanity*

## ECO-SOCIAL INTELLIGENCE

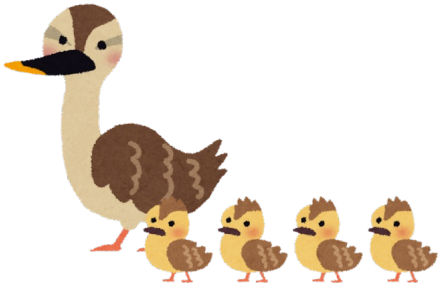


You have a natural ability to understand people's different sensitivities, their emotions, and the motivations that drive them to respond to socio-ecological issues.

You are aware of the vital interdependence between humans, non-humans, and the ecosystems we call home.

*Humanity*

## NURTURING TEAMWORK



You thrive as a member of a team. You work deeply and more effectively with others, creating synergy within a group committed to addressing social and environmental challenges.

You are able to recognize and articulate the positive impact that each team member's strengths and skills have on others, and you understand how this complementarity generates Diversity within your team—mirroring the richness of the Living World.

*Justice*

## FAIRNESS FOR ALL LIVING BEINGS



You make it a point of honor to treat people fairly. You take into account historical and cultural legacies (both local and global) when participating in decision-making processes. You are aware of the potential impacts of choices on marginalized communities.

You do not allow your personal feelings or privileges to take precedence in decisions that affect or involve others.

*Justice*

## CO-CREATIVE LEADERSHIP



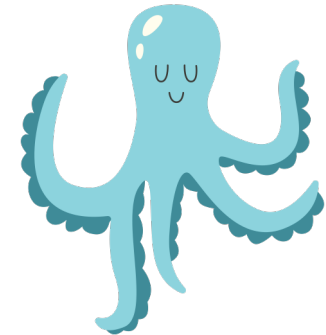
You excel at co-creating shared governance models (such as holacracies or cooperatives) that honor the Living World and embrace diversity.

You foster participation and collaboration among all stakeholders, and you know how to implement inclusive and participatory decision-making processes.

You have a talent for maintaining harmony within a group, and for encouraging or guiding others when they need support.

*Justice*

## ECO- COMPASSIONATE FORGIVENESS



You forgive those who make ecological "mistakes," while encouraging positive change and open dialogue. You are able to suspend judgment and respond with understanding.

You offer second chances, knowing that transformation takes time.

Forgiveness is close to your heart, as is compassion (both for yourself, as an imperfect human being on their way, and for others, who are also imperfect and finding their way).

*Temperance*

## INTERDEPENDENT HUMILITY



You're not someone who feels comfortable in the spotlight, and you tend to avoid drawing attention to your knowledge or actions related to social and ecological issues.

You acknowledge your interdependence with ecosystems and let your actions speak for themselves.

You are simply in your place (without seeing yourself as special, and without diminishing your worth. You exist, no more, no less) and you do your part.

*Temperance*

## PRUDENT CONSUMPTION



You are cautious in the face of consumerist and advertising appeals that flood our living environments, as well as the dominant narratives that saturate our imaginations.

You take a thoughtful approach to consumption, considering the social and environmental impacts of your choices (whether related to housing, travel, food sourcing, and more).

You also assess your work-related activities through an eco-responsible lens.

*Temperance*

## JOYFUL SELF- AND CO-REGULATION



You are able to self- and/or co-regulate your thoughts and emotions in response to the crises affecting the world.

You know how to maintain balance in order to sustain your long-term engagement.

You are aware of your needs and limits when it comes to using your resources (time, energy) without being overwhelmed by eco-emotions that might push you to "always do more" or, conversely, lead to discouragement.

*Temperance*

## APPRECIATION OF THE BEAUTY OF THE LIVING WORLD



You are someone who appreciates Beauty, Goodness in others, and Excellence across many areas of life (music, the arts, sports, nature, architecture, and more).

You view this capacity for wonder as a form of resistance an act of activism in societies where negativity bias and mainstream media often spotlight only the dramatic and the distressing.

*Transcendence*

## EXISTENTIAL GRATITUDE



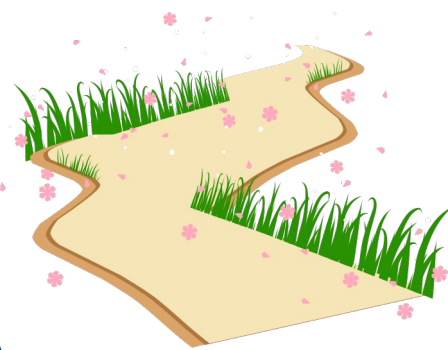
You are aware of the beautiful things (big and small) that happen in your life, and you feel gratitude toward people, Nature, animals, and Life itself.

When you experience unpleasant emotions or difficult moments, you know how to move through them by reconnecting with that sense of gratitude.

Regularly, you reflect on these beautiful moments and are able to relive them in detail (recalling the emotions, sensations, and thoughts you felt) either by sharing them with others or through an existential gratitude journal.

*Transcendance*

## CONTEMPLATIVE HOPE AND OPTIMISM



You expect better days ahead and you actively contribute to making them happen.

You highlight the positive changes already underway, the communities in transition, and you see this optimism as a force that fuels both hope and action.

You believe that you have a role to play and some agency in shaping potential future climate scenarios.

*Transcendance*

## CHEEKY HUMOR



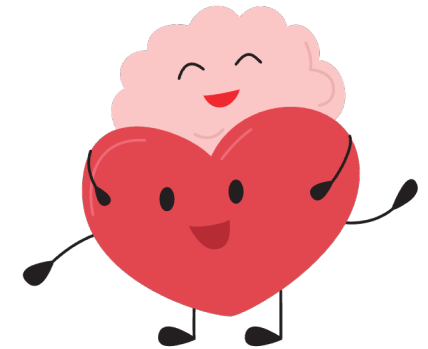
It matters to you to bring joy and lightness—even when dealing with heavy and painful topics like today's socio-climatic challenges.

You use humor to question the status quo, create offbeat content that raises awareness of environmental issues, sparks engagement, and inspires change.

You enjoy making climate skeptics or self-proclaimed "experts" smile, while gently challenging their assumptions, beliefs... and your own, just as much!

*Transcendance*

## ECO-POETIC SPIRITUALITY



You feel part of a greater Whole, and your deep interconnectedness with the Living world gives your life meaning.

These strong beliefs express themselves among other ways through a poetic and spiritual sensitivity that brings you comfort and well-being.

In this way, you "inhabit the world poetically," through your words, your writing, your art, and your connection to both human and more-than-human otherness.

*Transcendance*