

INNER DEVELOPMENT GUIDE

Inner Growth for Outer Change

Our World Will Not Change Unless We Do

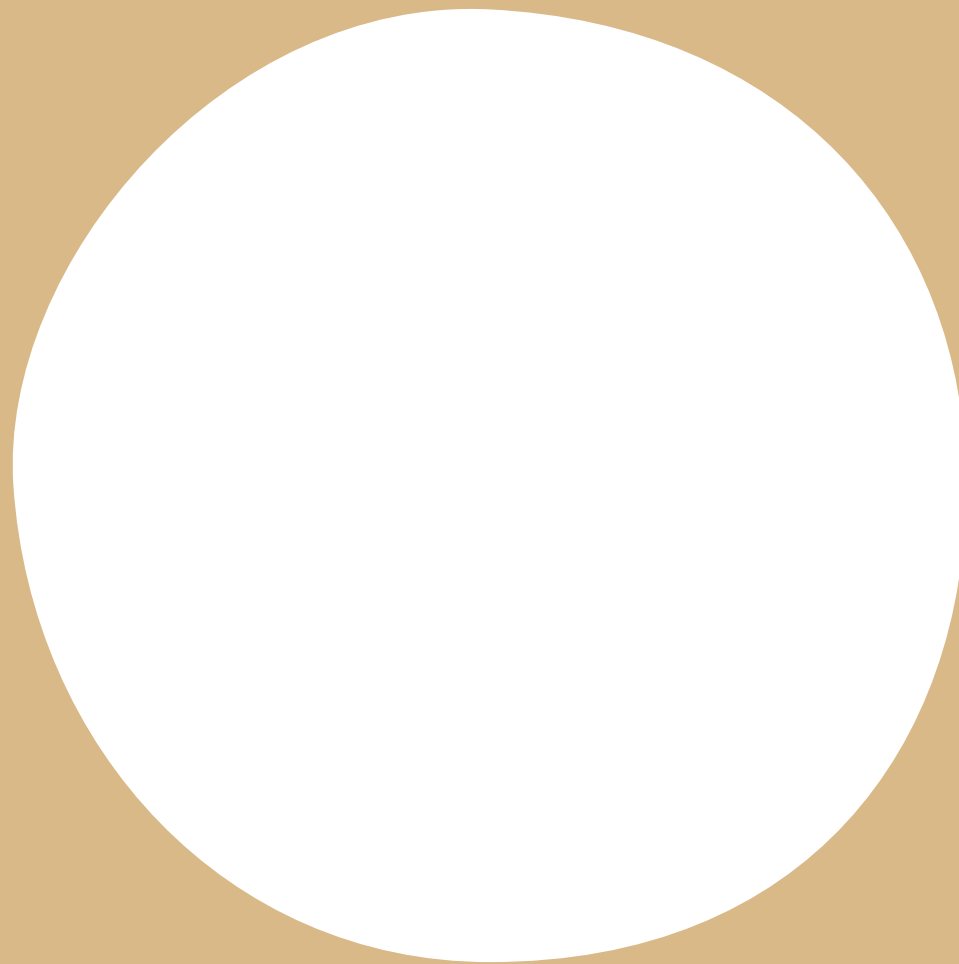
This simple truth lies at the heart of the **Inner Development Guide**, an open-source collection of human capacities, skills, and qualities that help us live meaningful lives in harmony with one another and our planet.

Created by the **Inner Development Goals Foundation**, this updated Guide draws on insights from over 21,000 people in 165 countries, and was curated by 25 research teams around the world. We offer it as a companion on the journey — a guide to collective human wisdom, ancient and emerging, that empowers us to shape a more compassionate, sustainable, and thriving future.

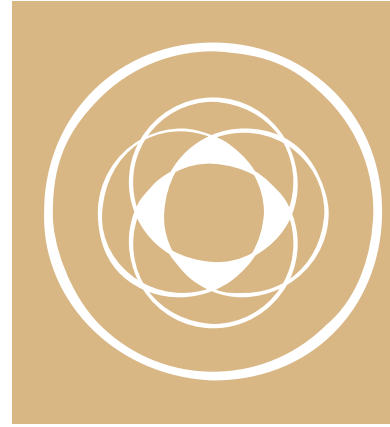
We are a global community promoting the human capacity for wisdom, compassion, and collective action for a better world.

Being

Cultivating Our Inner Life

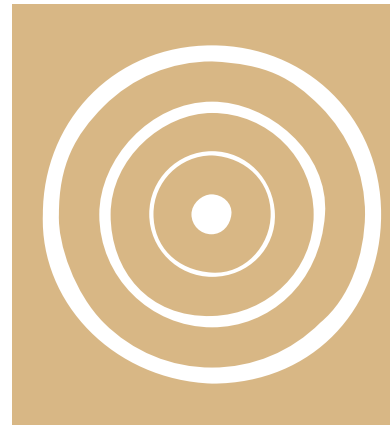


Deepening our awareness of inner experiences and their dynamic relationship with the world around us nurtures embodied presence, clarity of purpose, and thoughtful responses when we face complexity.



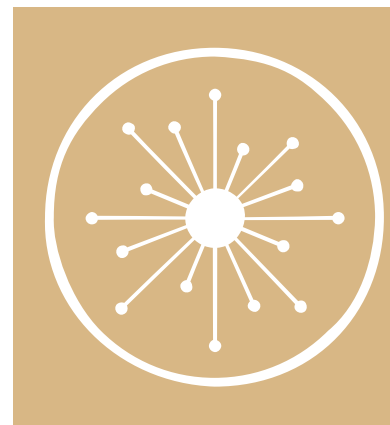
Inner Compass

A deeply felt commitment to live and act in accordance with values and purposes that serve the good of the whole.



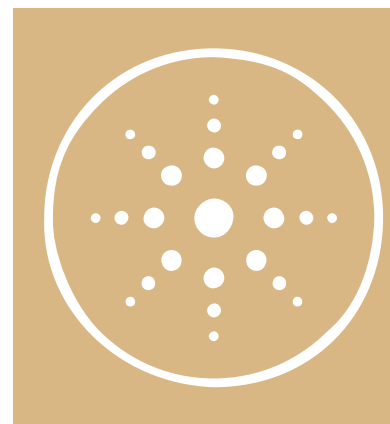
Integrity and Authenticity

A sincere commitment to honesty and firmly grounded values, expressed and embodied in action.



Openness and Learning Mindset

A curious, adaptive attitude expressed through willingness to exchange perspectives, be vulnerable, welcome change, and grow.



Self-Awareness

Ability to be in reflective contact with thoughts, emotions, desires, and actions; to maintain a realistic self-image and to regulate oneself.

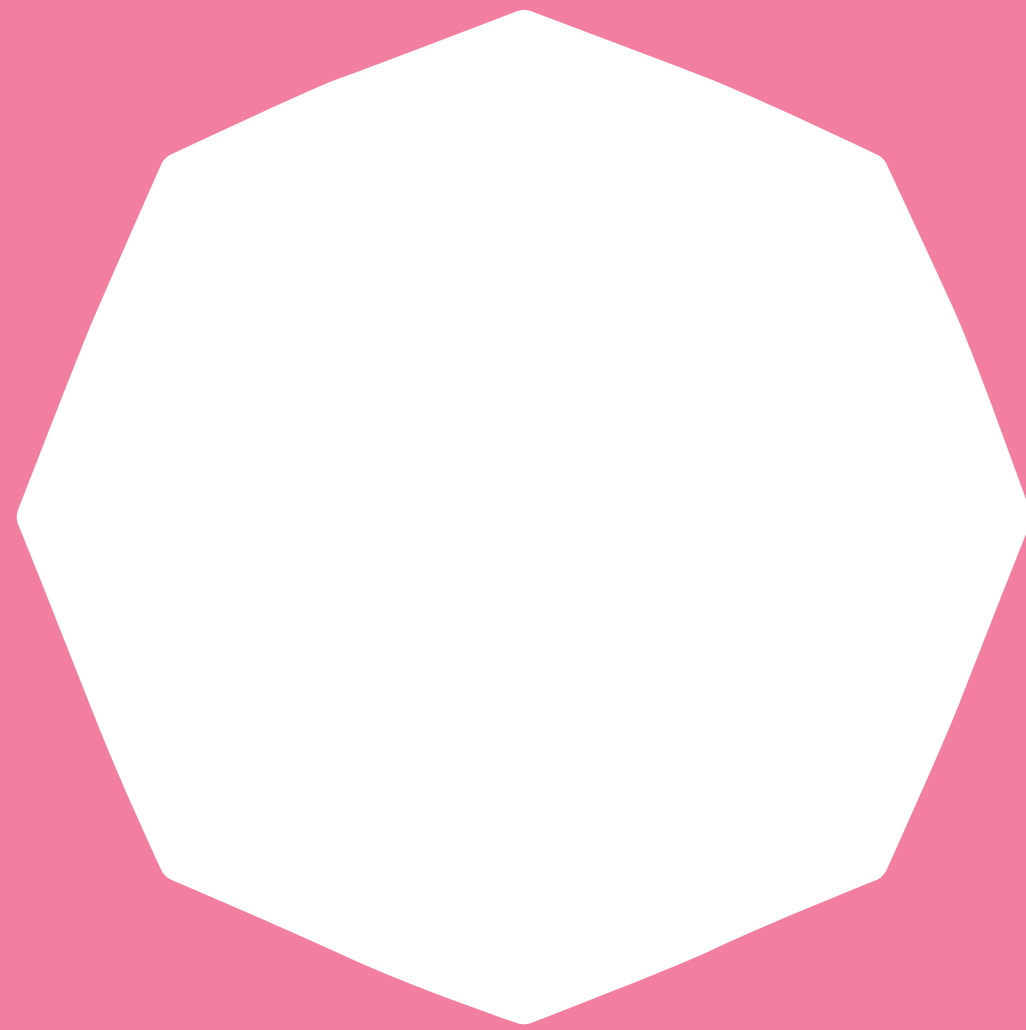


Presence

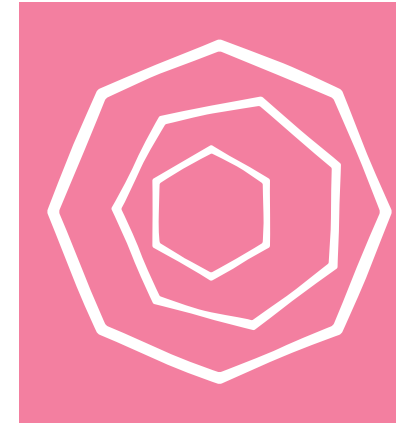
Capacity to be fully present in the here and now, to accept reality as it unfolds, and to respond in meaningful ways.

Thinking

Understanding Our Complex World

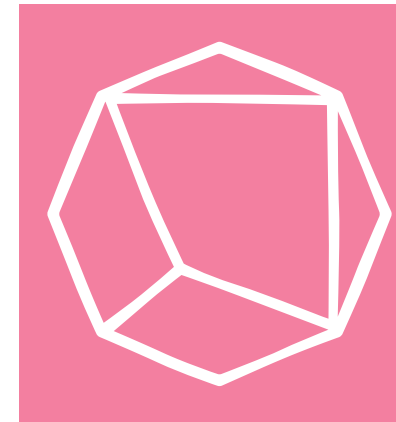


Expanding clarity, considering diverse perspectives, and imagining long-term consequences help us navigate complexity and make wiser decisions in our interconnected world.



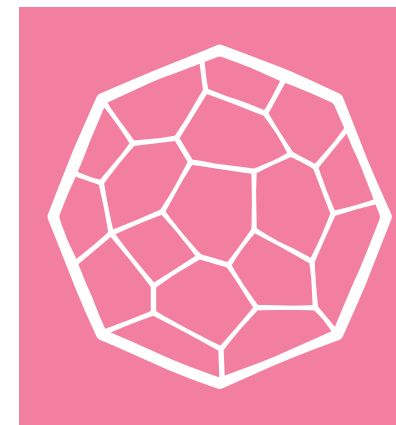
Critical Thinking

Ability to reflect on the validity of ideas, evidence, assumptions and plans.



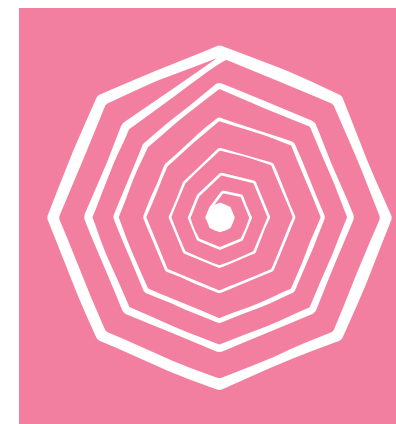
Perspective Skills

Ability to learn from diverse perspectives and integrate insights into reflective sense-making and action.



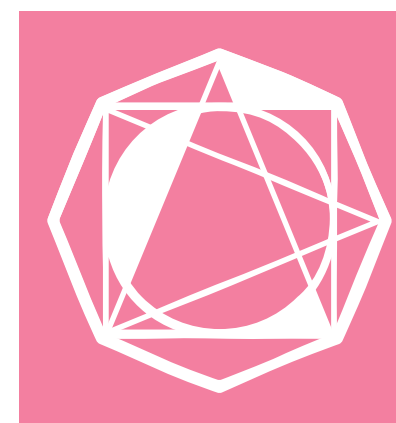
Systems Thinking

Ability to understand complexity and work with the interconnections and properties of systems.



Long-Term Orientation and Visioning

Imagining long-term goals and staying committed to them in ways that support broader societal and ecological well-being.

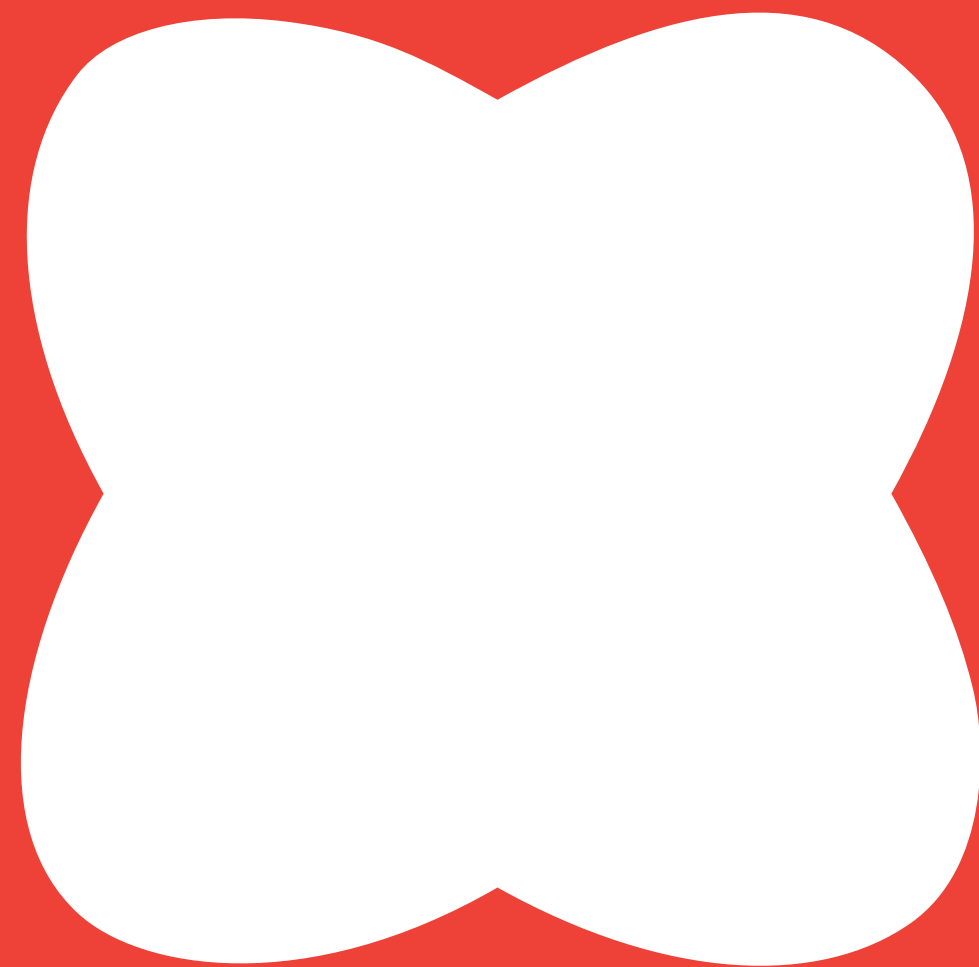


Creativity

Ability to think outside conventional patterns, imagine new possibilities, and shape them into transformative ideas.

Relating

Caring for Others and the World

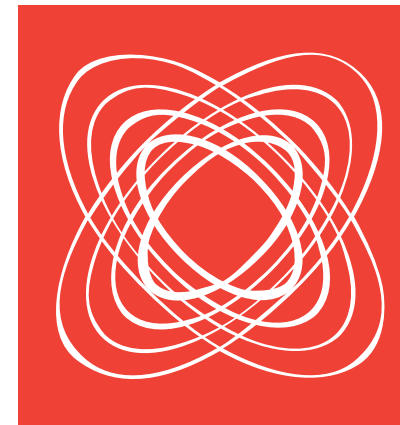


Connecting with kindness, compassion, and a sense of shared belonging to communities, the living planet, and future generations helps us to create a more just, inclusive, and flourishing world.



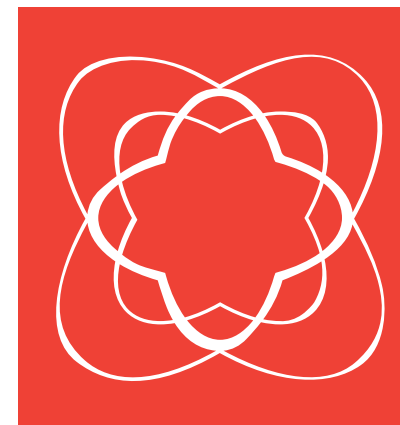
Appreciation

Relating to people and planet Earth with a deep sense of gratitude, positive regard, and joy.



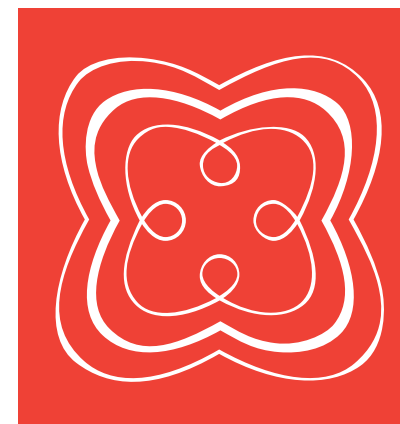
Connectedness

Feeling a sense of belonging to a larger whole, such as humanity, the planet's web of life, and the spiritual dimensions of existence.



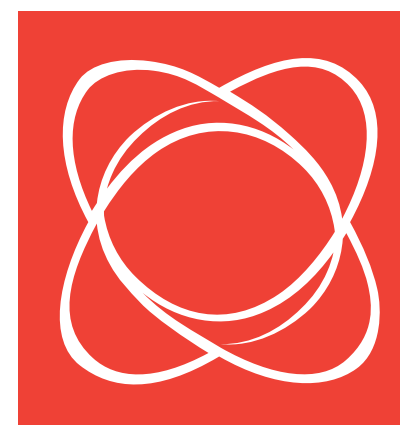
Humility

Being able to respond to the needs of the situation without concern for one's own importance.



Empathy and Compassion

Connecting to others, oneself, and nature with kindness, care, and love, guided by the intention to reduce suffering.



Forgiveness

Willingness to transcend hostility, work through trauma, and create space for healing.

Collaborating

Building Trust and Working Together

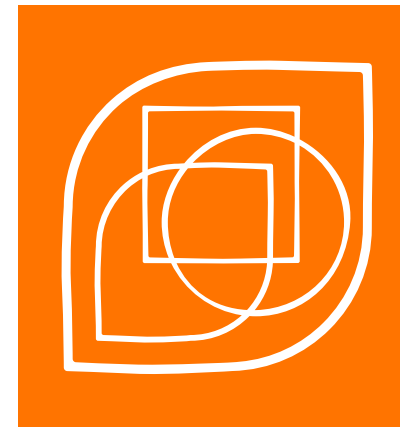


Developing relationships of trust, acknowledging diverse values, skills, and perspectives, and creating safe spaces enables everyone to contribute to shared purposes and collective impact.



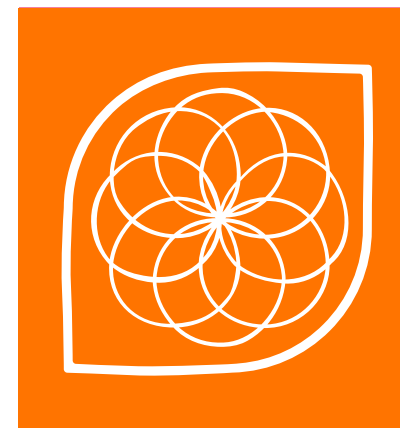
Relationship-Building Skills

Nurturing relationships with emotional intelligence grounded in trust, respect, mutual understanding, and a spirit of collaboration.



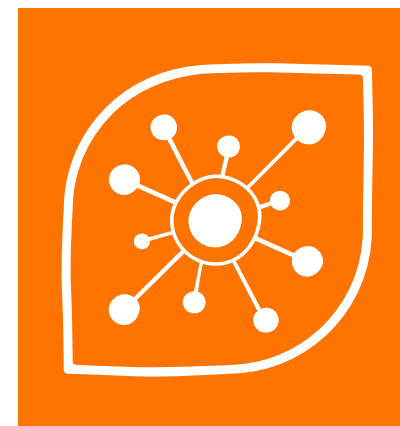
Inclusive Mindset and Intercultural Competence

Willingness and competence to embrace diversity and include people and communities with different perspectives and backgrounds.



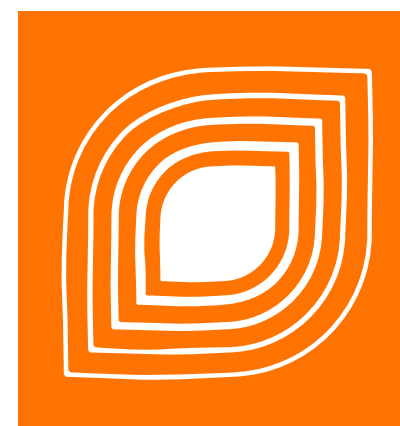
Co-Creation Skills

Facilitating collaborative processes with diverse stakeholders, fostering teamwork and psychological safety, and being aware of power dynamics.



Communication Skills

Ability to listen deeply, foster genuine dialogue, advocate one's views skillfully, manage conflicts constructively and adapt communication to diverse groups.

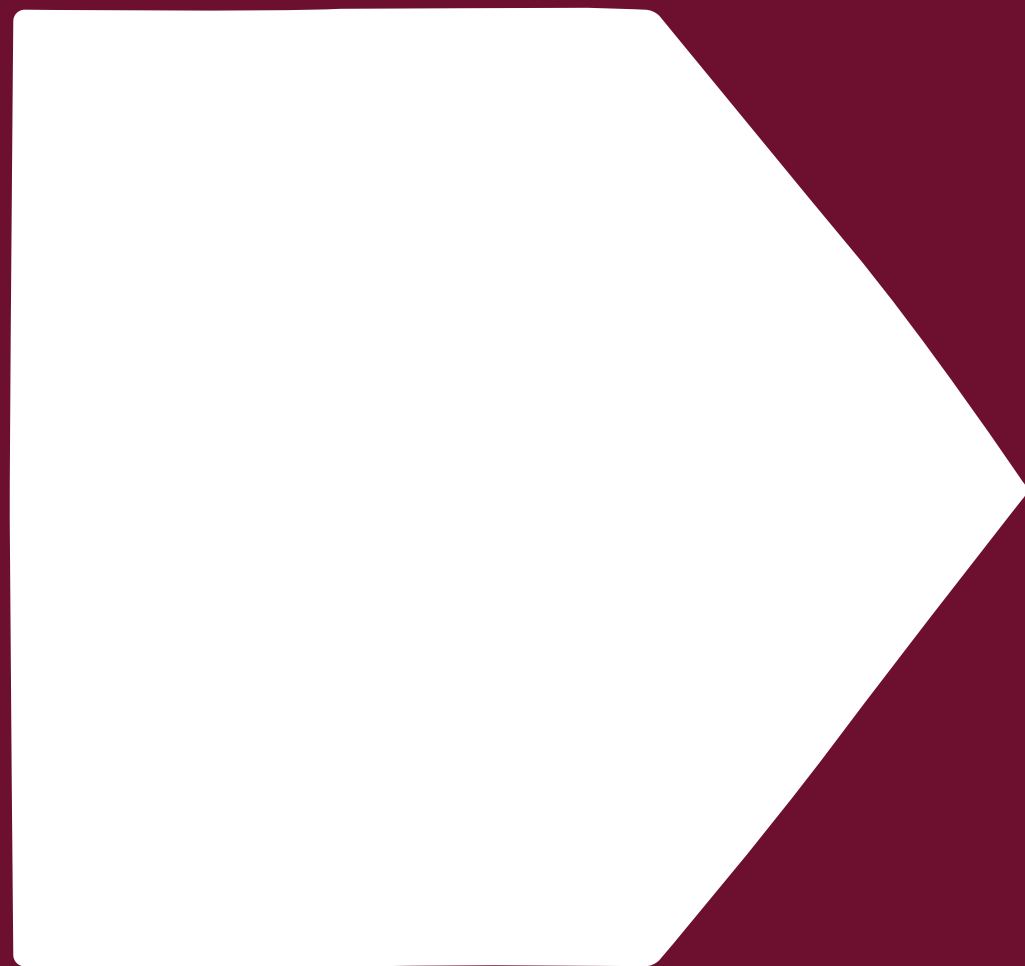


Mobilization Skills

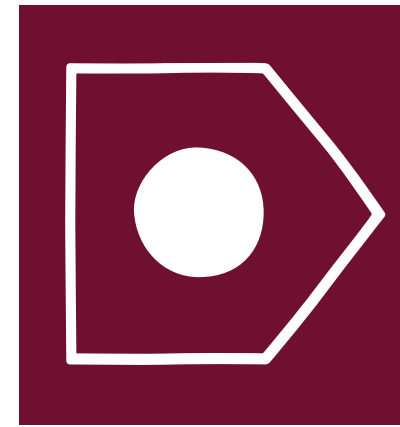
Inspiring and enabling others to engage in shared purposes and collective action.

Acting

Leading and Enabling Change

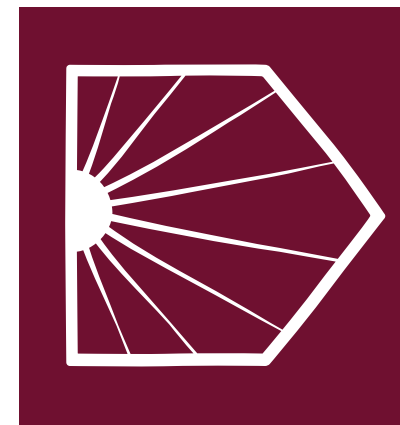


Moving forward with courage and optimism, building collective agency, and acting with purpose and persistence turns visions into meaningful change in uncertain times.



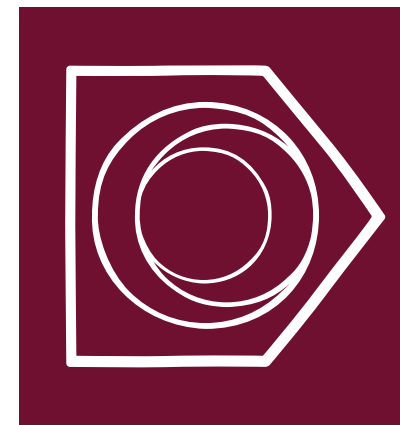
Courage

Standing up for fundamental values, making decisions, taking action, and, when needed, questioning and disrupting established structures and views.



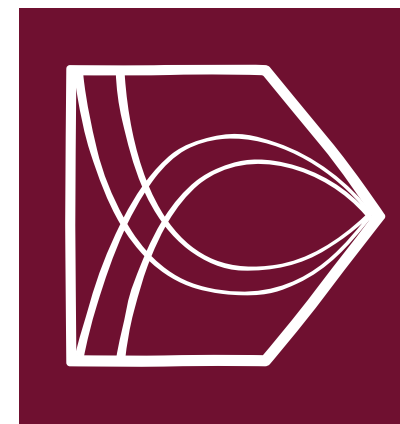
Hope and Optimism

Building and sustaining a shared belief in our capacity to create a more just, inclusive, and sustainable future.



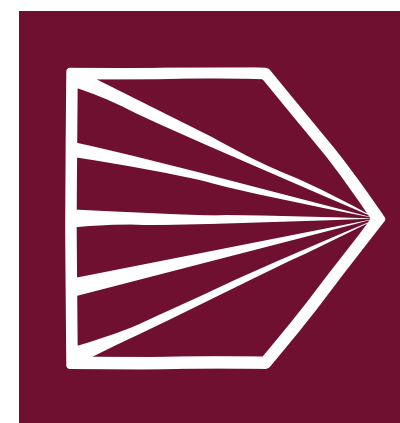
Conscious Use of Resources

Acting with awareness of the planet's limited natural resources, prioritizing conservation, regeneration, and frugality to avoid harmful consumption.



Proactivity

Practicing future-oriented, accountable stewardship in the face of urgent challenges, grounded in solidarity and care for human dignity and the living Earth.



Resilience

Navigating adversity with agility, staying engaged, and persevering even when progress is slow or uncertain.



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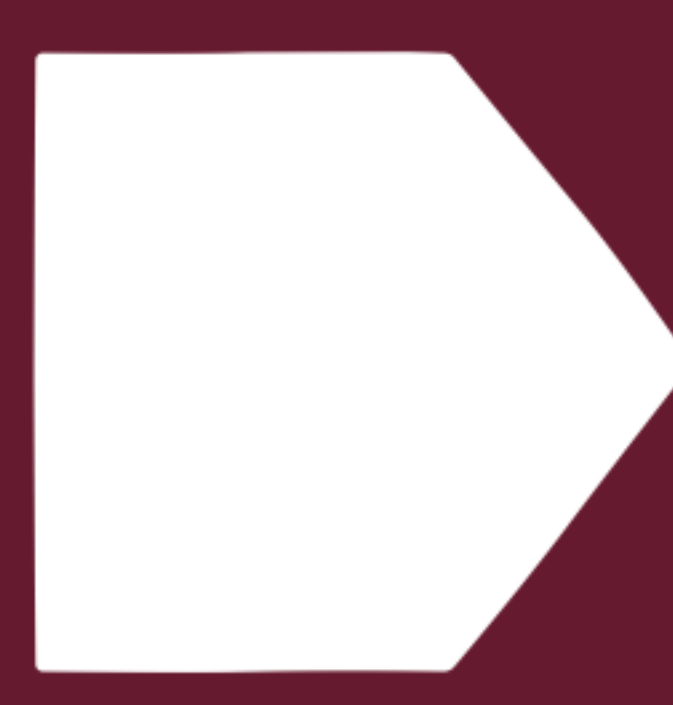
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INNER DEVELOPMENT GOALS