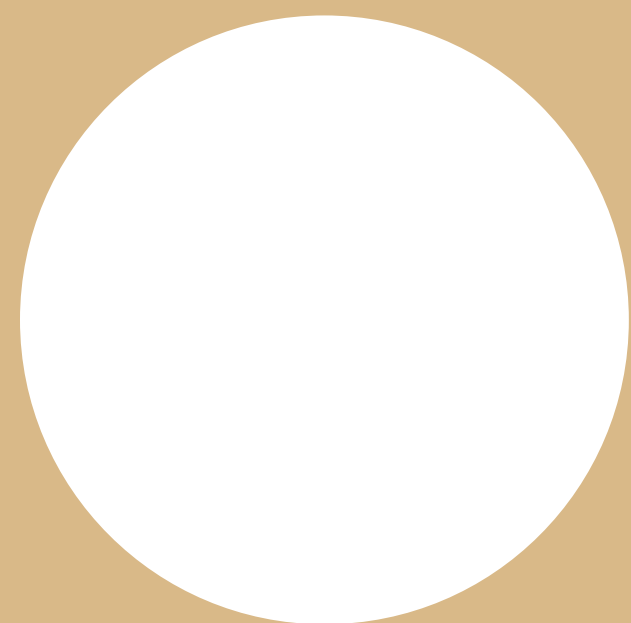




# **INNER DEVELOPMENT GOALS**

Transformational Skills for Sustainable Development



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## 1 Being

Relationship to Self

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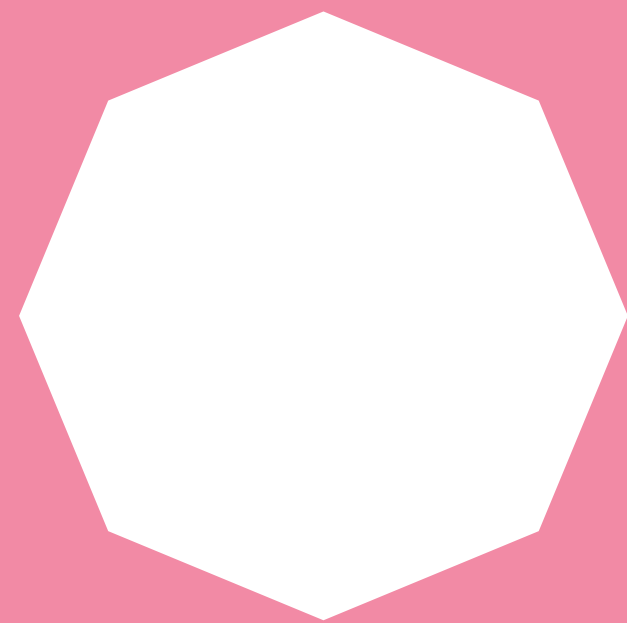
Inner Compass

Integrity and  
Authenticity

Openness and  
Learning Mindset

Self-awareness

Presence



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## 2 Thinking

Cognitive Skills

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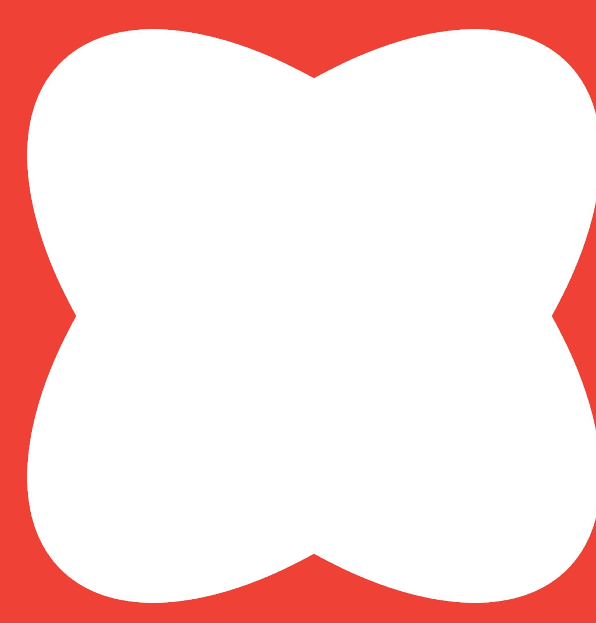
Critical Thinking

Complexity  
Awareness

Perspective Skills

Sense-making

Long-term  
Orientation and  
Visioning



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## 3 Relating

Caring for Others  
and the World

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Appreciation

Connectedness

Humility

Empathy and  
Compassion



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## 4 Collaborating

Social Skills

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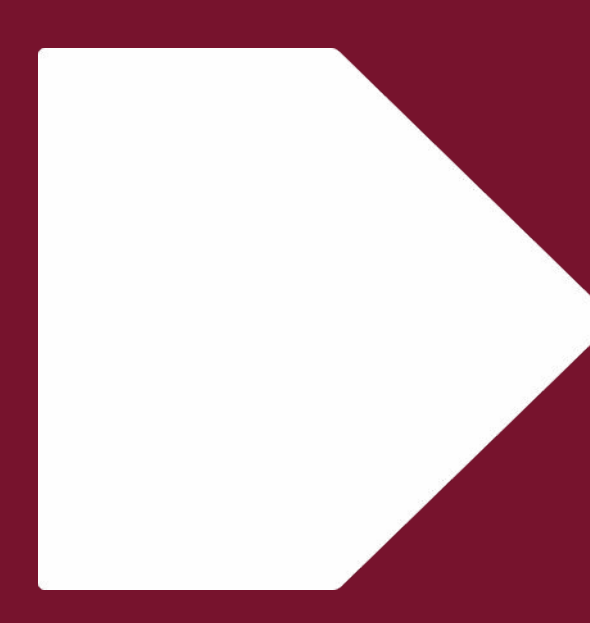
Communication  
Skills

Co-Creation Skills

Inclusive Mindset  
And Intercultural  
Competence

Trust

Mobilization Skills



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## 5 Acting

Enabling Change

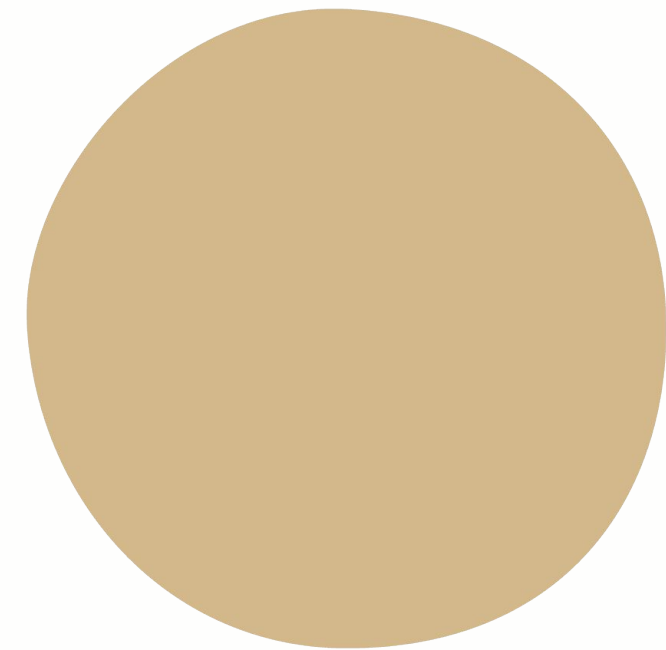
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Courage

Creativity

Optimism

Perseverance



# Being

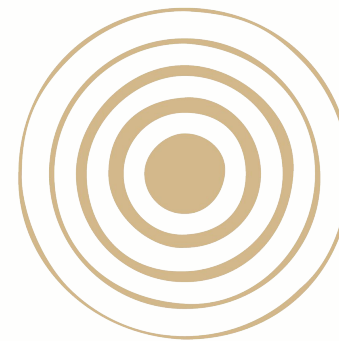
## Relationship to Self

Cultivating our inner life and developing and deepening our relationship to our thoughts, feelings and body help us be present, intentional and non-reactive when we face complexity.



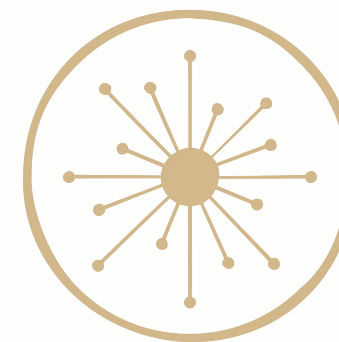
### **Inner Compass**

Having a deeply felt sense of responsibility and commitment to values and purposes relating to the good of the whole.



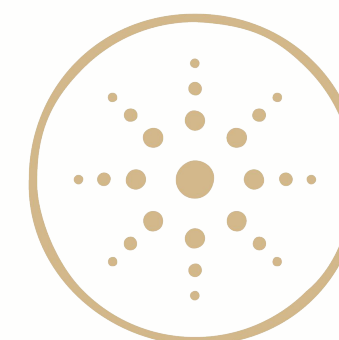
### **Integrity and Authenticity**

A commitment and ability to act with sincerity, honesty and integrity.



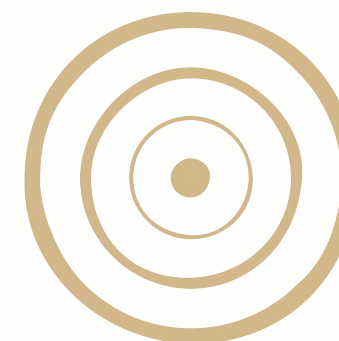
### **Openness and Learning Mindset**

Having a basic mindset of curiosity and a willingness to be vulnerable and embrace change & grow.



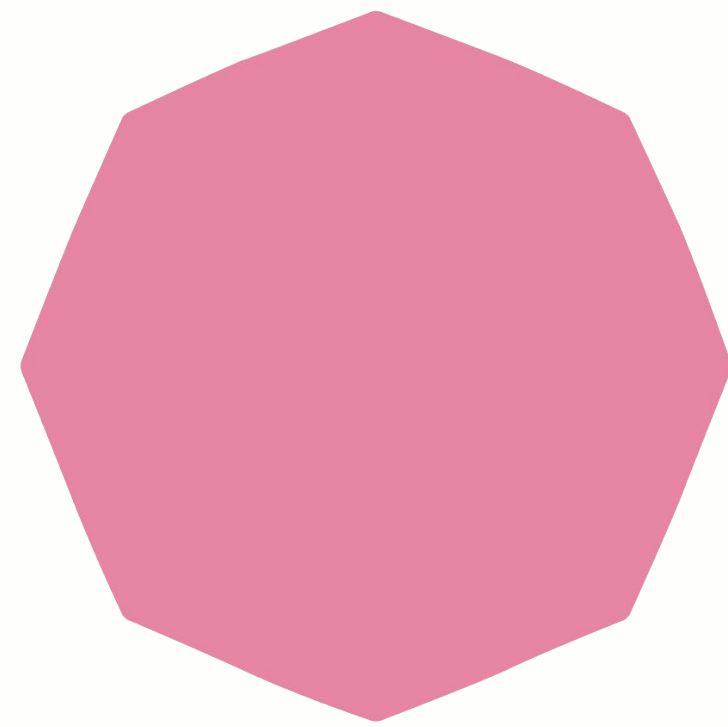
### **Self-awareness**

Ability to be in reflective contact with own thoughts, feelings and desires; having a realistic self-image & ability to regulate oneself.



### **Presence**

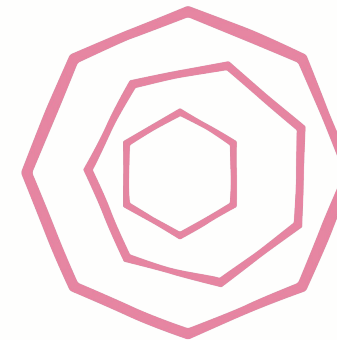
Ability to be in the here and now, without judgement & in a state of open-ended presence.



# Thinking

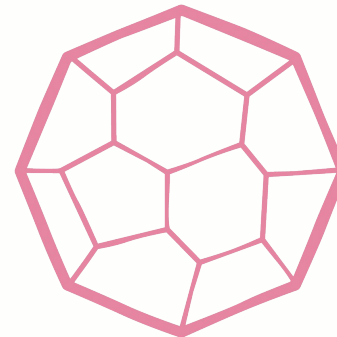
## Cognitive Skills

Developing our cognitive skills by taking different perspectives, evaluating information and making sense of the world as an interconnected whole is essential for wise decision-making.



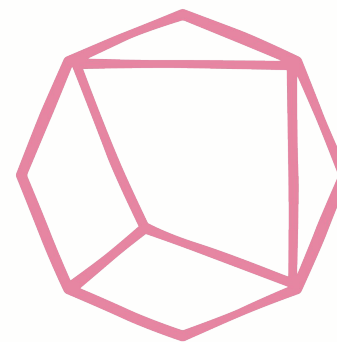
### **Critical Thinking**

Skills in critically reviewing the validity of views, evidence and plans.



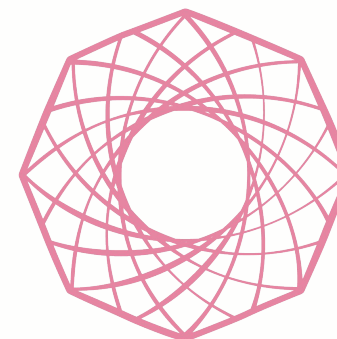
### **Complexity Awareness**

Understanding of and skills in working with complex and systemic conditions and causalities.



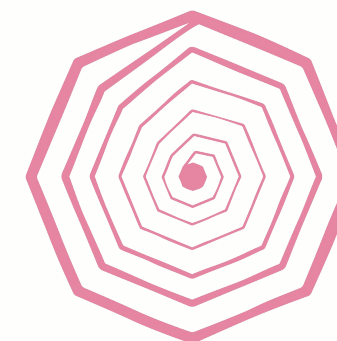
### **Perspective Skills**

Skills in seeking, understanding and actively making use of insights from contrasting perspectives.



### **Sense-making**

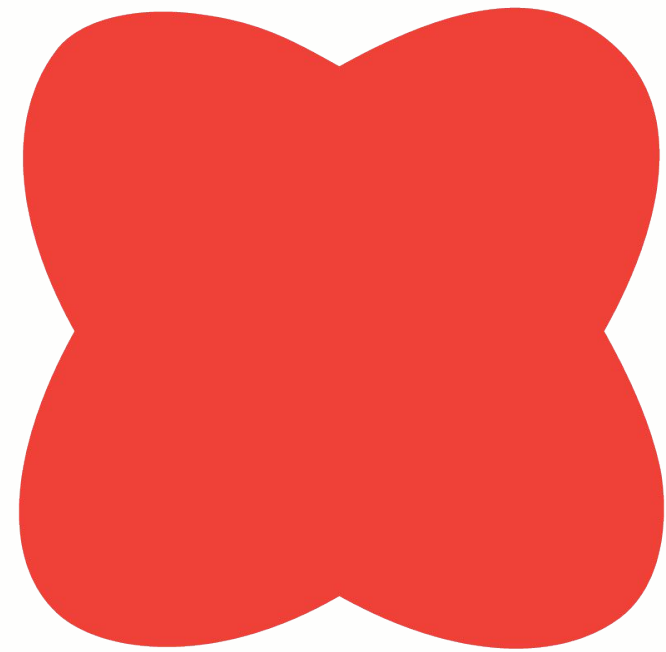
Skills in seeing patterns, structuring the unknown and being able to consciously create stories.



### **Long-term Orientation and Visioning**

Long-term orientation and ability to formulate & sustain commitment to visions relating to the larger context.

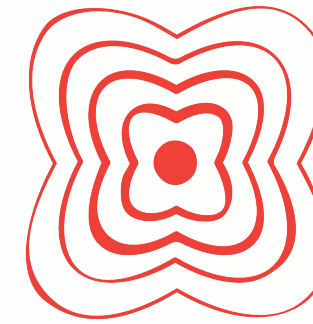




# Relating

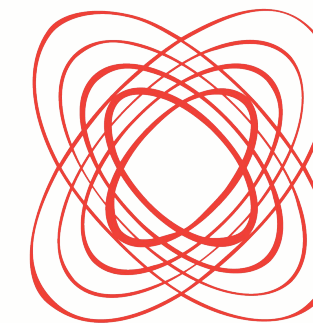
## Caring for Others & The World

Appreciating, caring for and feeling connected to others, such as neighbors, future generations or the biosphere, helps us create more just and sustainable systems and societies for everyone.



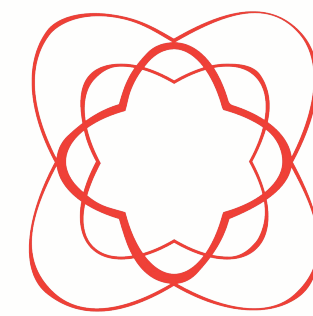
### **Appreciation**

Relating to others and to the world with a basic sense of appreciation, gratitude and joy.



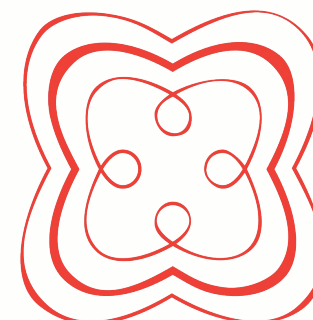
### **Connectedness**

Having a keen sense of being connected with and/or being a part of a larger whole, such as a community, humanity or global ecosystem



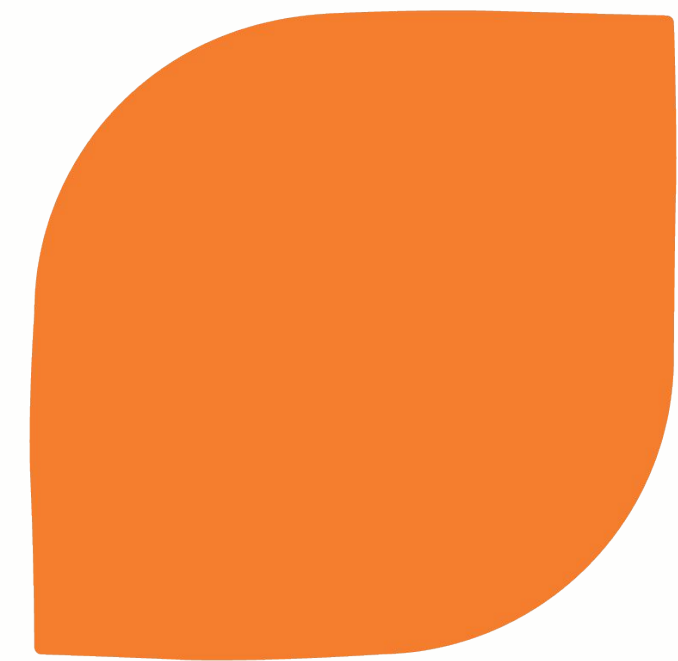
### **Humility**

Being able to act in accordance with the needs of the situation without concern for one's own importance.



### **Empathy and Compassion**

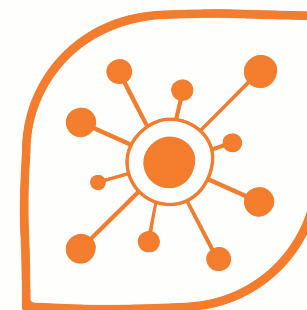
Ability to relate to others, oneself and nature with kindness, empathy and compassion and address related suffering.



# Collaborating

## Social Skills

To make progress on shared concerns, we need to develop our abilities to include, hold space and communicate with stakeholders with different values, skills and competencies.



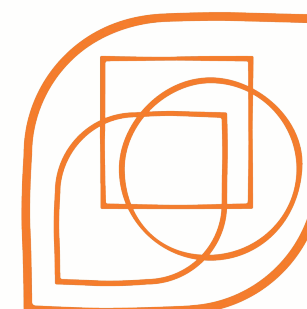
### **Communication skills**

Ability to really listen to others, to foster genuine dialogue, to advocate own views skillfully, to manage conflicts constructively & to adapt communication to diverse groups.



### **Co-creation skills**

Skills and motivation to build, develop and facilitate collaborative relationships with diverse stakeholders, characterized by psychological safety and genuine co-creation.



### **Inclusive mindset and intercultural competence**

Willingness and competence to embrace diversity and include people and collectives with different views and backgrounds.



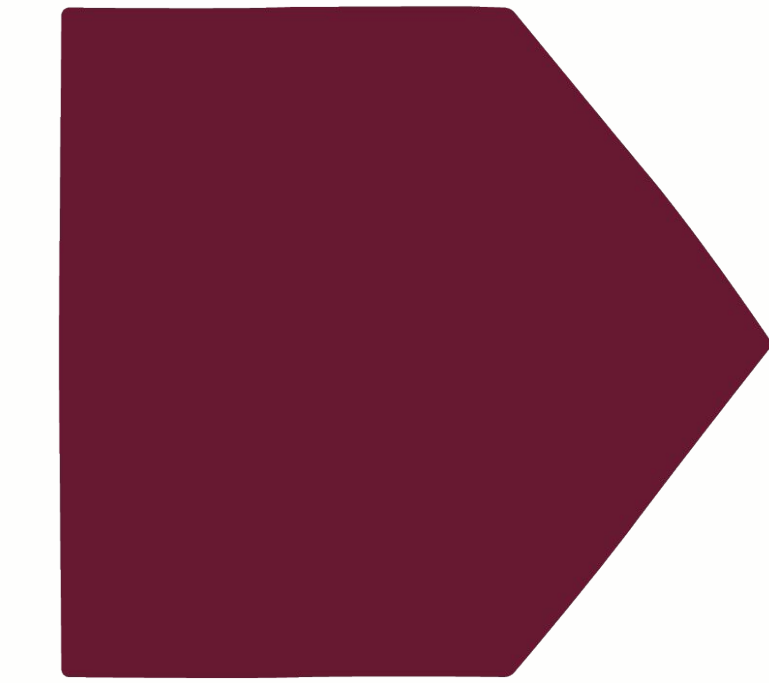
### **Trust**

Ability to show trust and to create and maintain trusting relationships.



### **Mobilization skills**

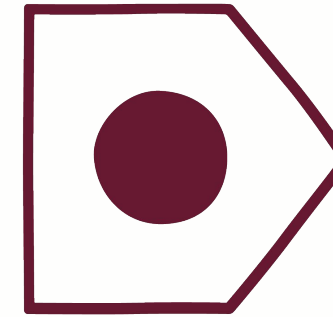
Skills in inspiring and mobilizing others to engage in shared purposes.



# Acting

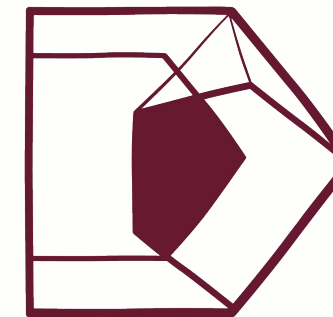
## Enabling Change

Qualities such as courage and optimism help us acquire true agency, break old patterns, generate original ideas and act with persistence in uncertain times.



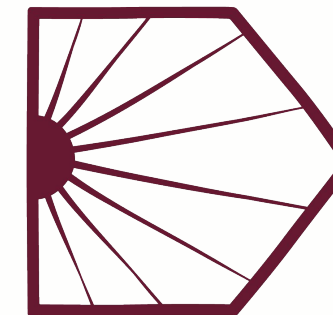
### **Courage**

Ability to generate and develop original ideas, innovate and being willing to disrupt conventional patterns.



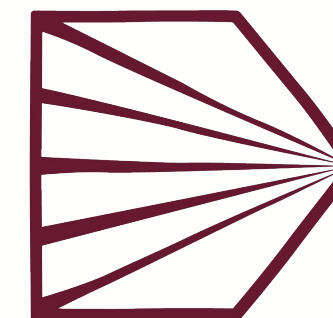
### **Creativity**

Willingness and competence to embrace diversity and include people and collectives with different views and backgrounds.



### **Optimism**

Ability to sustain and communicate a sense of hope, positive attitude and confidence in the possibility of meaningful change.



### **Perseverance**

Ability to sustain engagement and remain determined and patient even when efforts take a long time to bear fruit.

