

The Inner Development Goals Initiative

The Inner Development Goals (IDG) initiative is a non-profit, open-source endeavor dedicated to advocating for inner development—both individual and collective—as a vital pathway to a more sustainable, regenerative and just future for humanity and the planet.

Our Core Beliefs - of the co-founding organisations:

1. Inner Development is Necessary — Though not Sufficient

We believe that inner development is not only possible but profoundly beneficial. It has the potential to enhance personal well-being, collaboration, strengthen societies, and contribute to planetary sustainability. It may even be a necessary—though not sufficient—condition for the survival of democracy and humanity as a whole.

2. Inner Development Should Be Accessible to Many

In a democratic society, this understanding and practice cannot remain confined to a small intellectual elite - like in leadership development. Broad societal dialogue and widespread awareness and practice are essential to catalyze meaningful change and ensure a democratic process. Policymakers, institutions, and grassroots communities all have a role to play in ensuring equal access to inner development opportunities worldwide.

3. Simple Communication is Required for Widespread Awareness

Achieving widespread awareness of the role of inner development for sustainability and related action-taking of the role of inner development for sustainability and related action-taking requires adaptable communication strategies that dare to simplify. These must connect with diverse audiences while complementing—not replacing—more complex, nuanced communication and understandings.

4. Servant and Catalytic Leadership is Most Appropriate

Our initiative must be a co-creative and bottom-up movement. We harbour no long-term ambition to lead this initiative. In fact, we believe that leadership should ultimately come from elsewhere. Our primary concern is the urgency of the work and the recognition that no other entity is currently advancing related shifts in discourses, approaches and collective actions at scale. Like any effective NGO, our ultimate aim is to make our efforts redundant.

5. The Nature of Inner Development is Complex

Inner development is inherently multidimensional, nonlinear, emergent, messy and complex. A common misconception is that inner equals individual, while it is rather collective and systemic. While it cannot be controlled, it can be supported and facilitated, by offering more people the opportunity to reflect and grow, especially through organizations, different institutions and with the help of policy work.

6. A Pluralistic Approach will Best Serve a Diverse Field

The IDG Framework was created to point more people toward the diverse field of inner development. However, we do not aim to privilege any single framework, model or method for understanding or nurturing inner development—whether psychological, spiritual, or cultural. In order to provide some guidance in a complex field, we support the dissemination of scientifically validated approaches while acknowledging the importance of integrating different knowledge systems, including indigenous wisdom traditions. We also support communities in sharing good and emergent practices, tools and innovations with each other using the IDG Framework as a sensemaking, reflection and communications tool.

7. Embracing Tensions will Enable Collaboration

We acknowledge that the field of inner development is laced with tensions arising from differing methods, philosophies, and perspectives. Our role is not to take a stance or resolve these tensions but to provide opportunities for critical and constructive dialogue and collaboration to advance related knowledge and applications of inner development at large.