

BEING



### Inner Compass

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

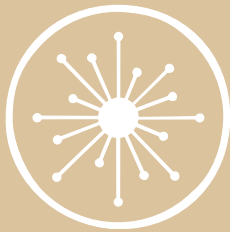
BEING



### Integrity and Authenticity

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

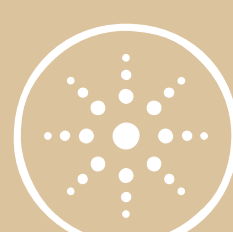
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### Openness and Learning Mindset

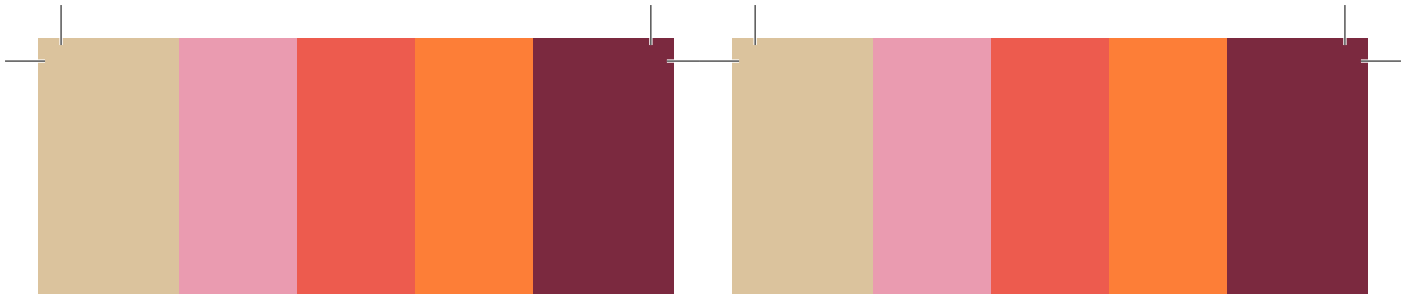
Having a basic mindset of curiosity and a willingness to be vulnerable and embrace change and grow.

BEING



### Self-awareness

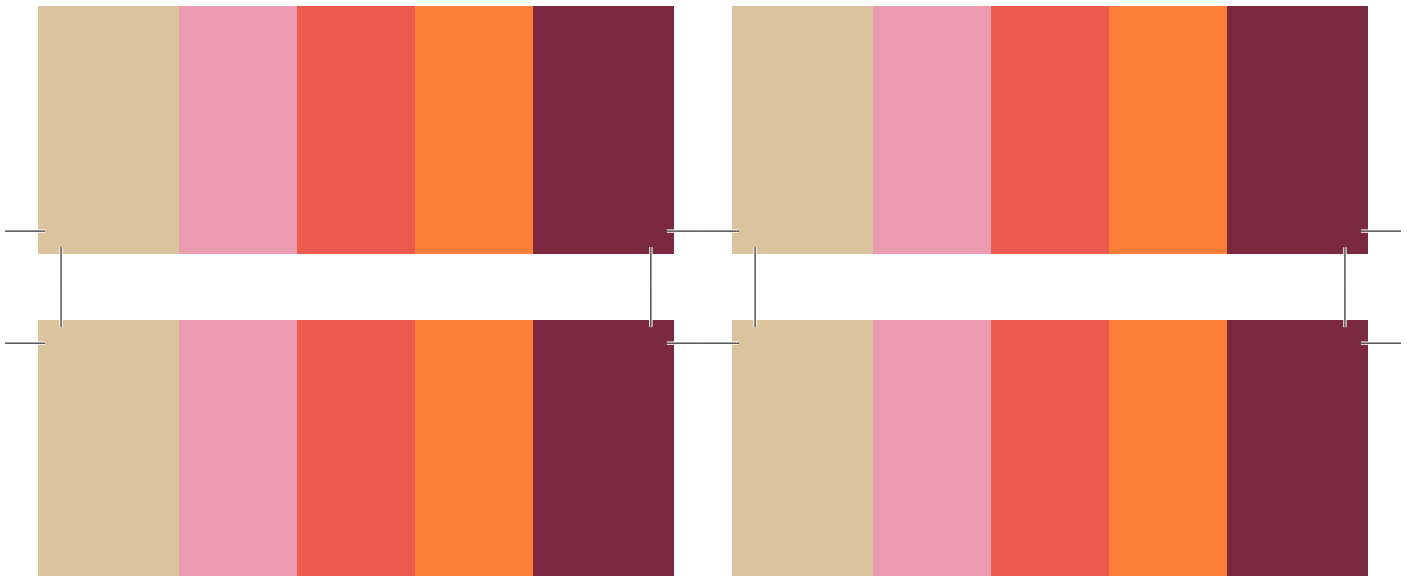
Ability to be in reflective contact with own thoughts, feelings and desires; having a realistic self-image and ability to regulate oneself.



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Transformational Skills for Sustainable Development



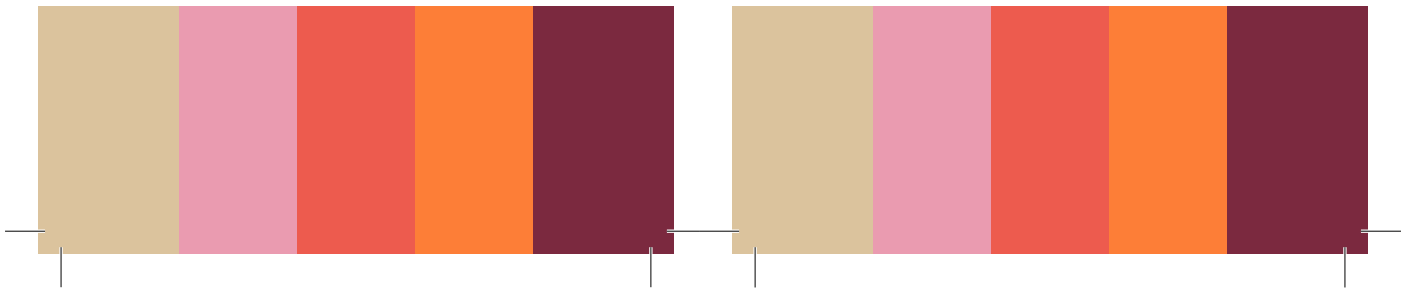
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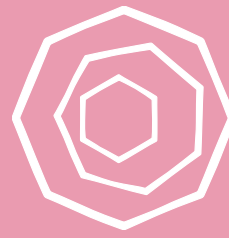
BEING



Presence

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

THINKING



Critical Thinking

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

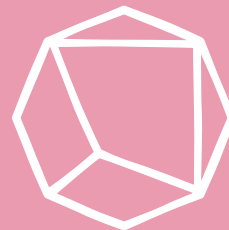
THINKING



Complexity Awareness

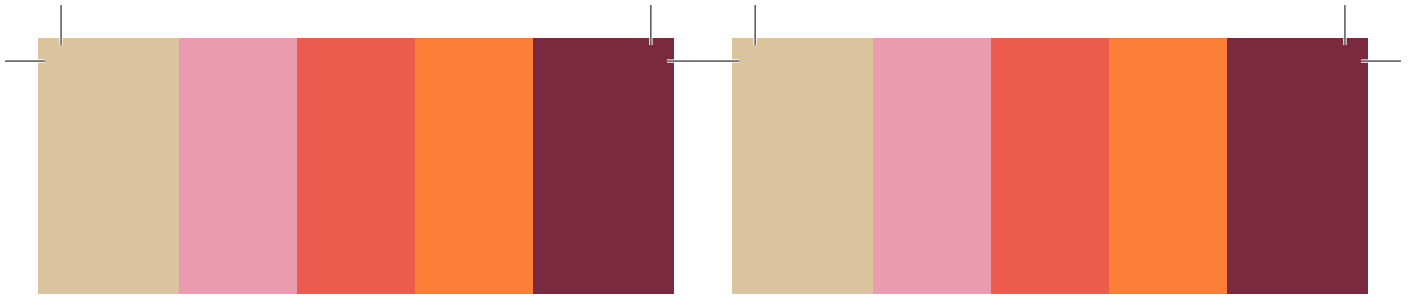
Understanding of and skills in working with complex and systemic conditions and causalities.

THINKING



Perspective Skills

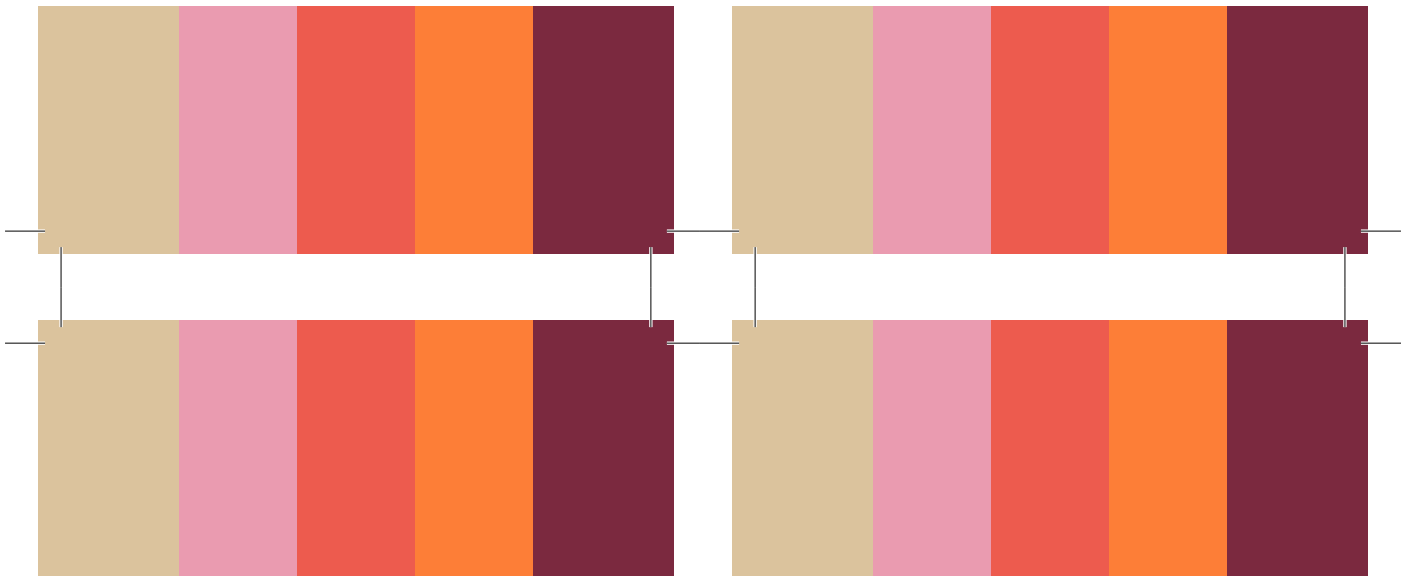
Skills in seeking, understanding and actively making use of insights from contrasting perspectives.



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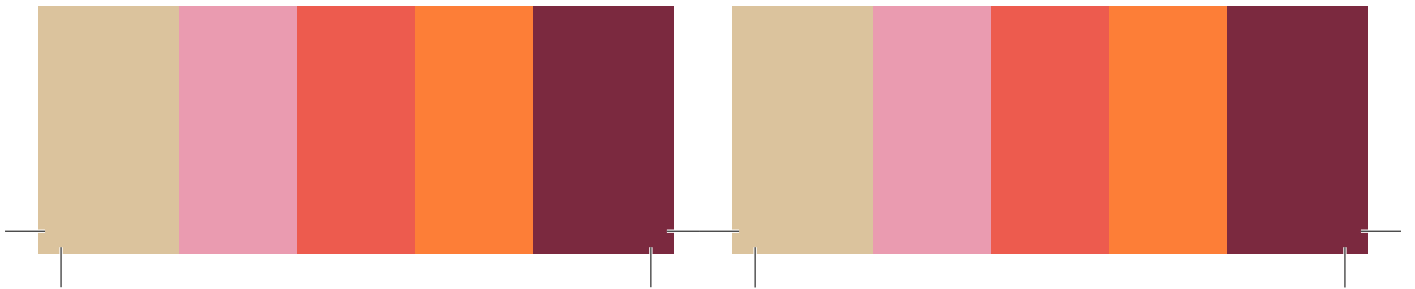
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THINKING



### Sense-making

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

THINKING



### Long-term Orientation and Visioning

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

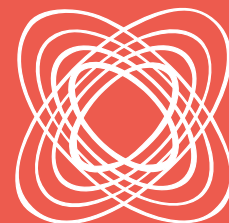
RELATING



### Appreciation

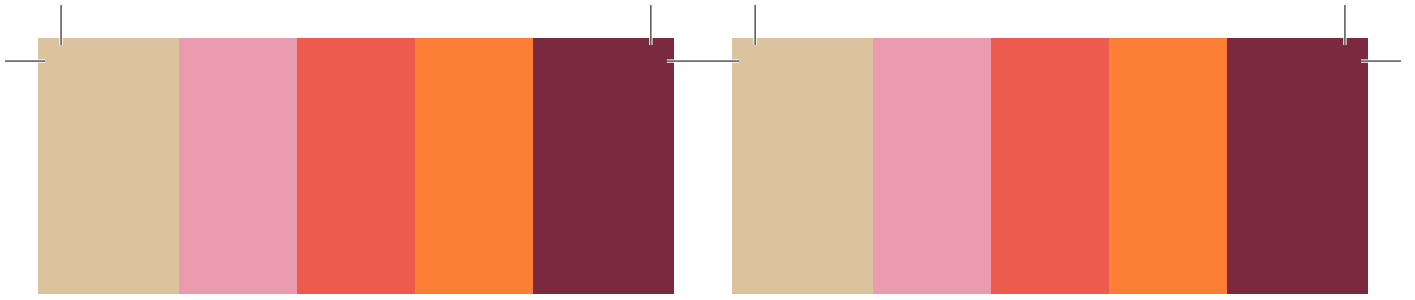
Relating to others and to the world with a basic sense of appreciation, gratitude and joy.

RELATING



### Connectedness

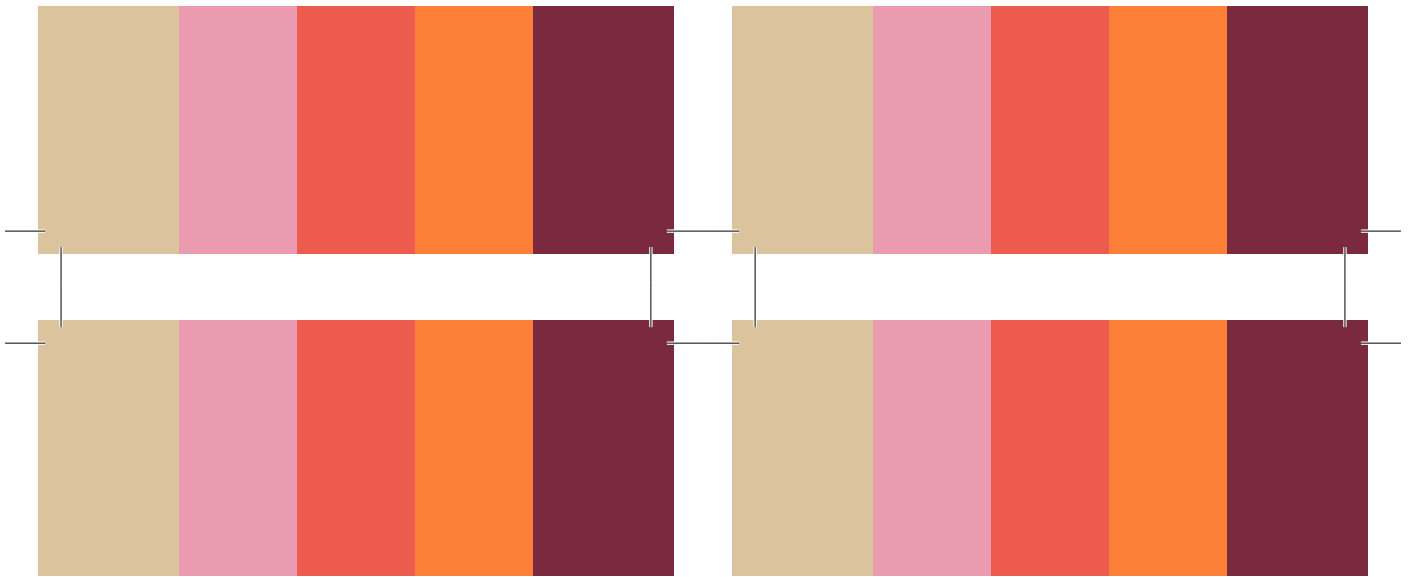
Having a keen sense of being connected with and/or being a part of a larger whole, such as a community, humanity or global ecosystem.



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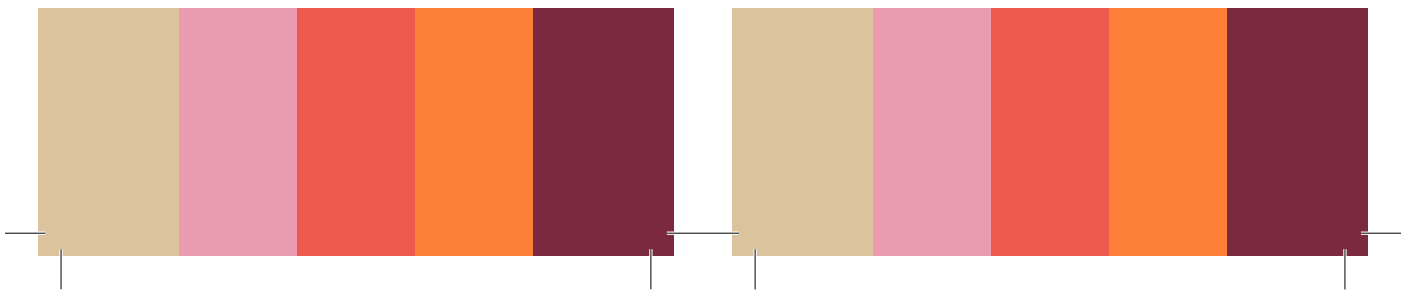
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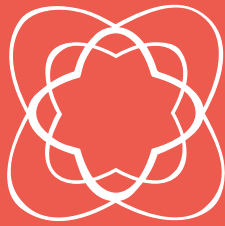
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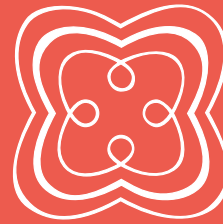
**RELATING**



**Humility**

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

**RELATING**



**Empathy and  
Compassion**

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

**COLLABORATING**



**Communication Skills**

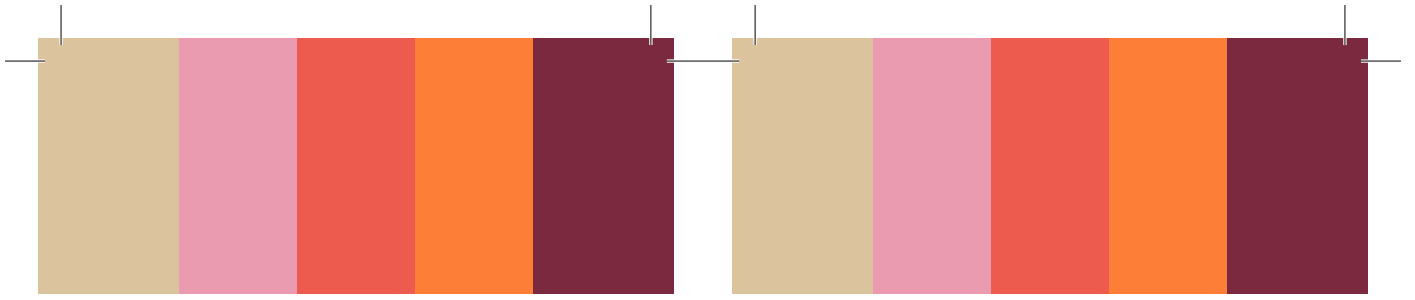
Ability to really listen to others, to foster genuine dialogue, to advocate own views skillfully, to manage conflicts constructively and to adapt communication to diverse groups.

**COLLABORATING**



**Co-creation Skills**

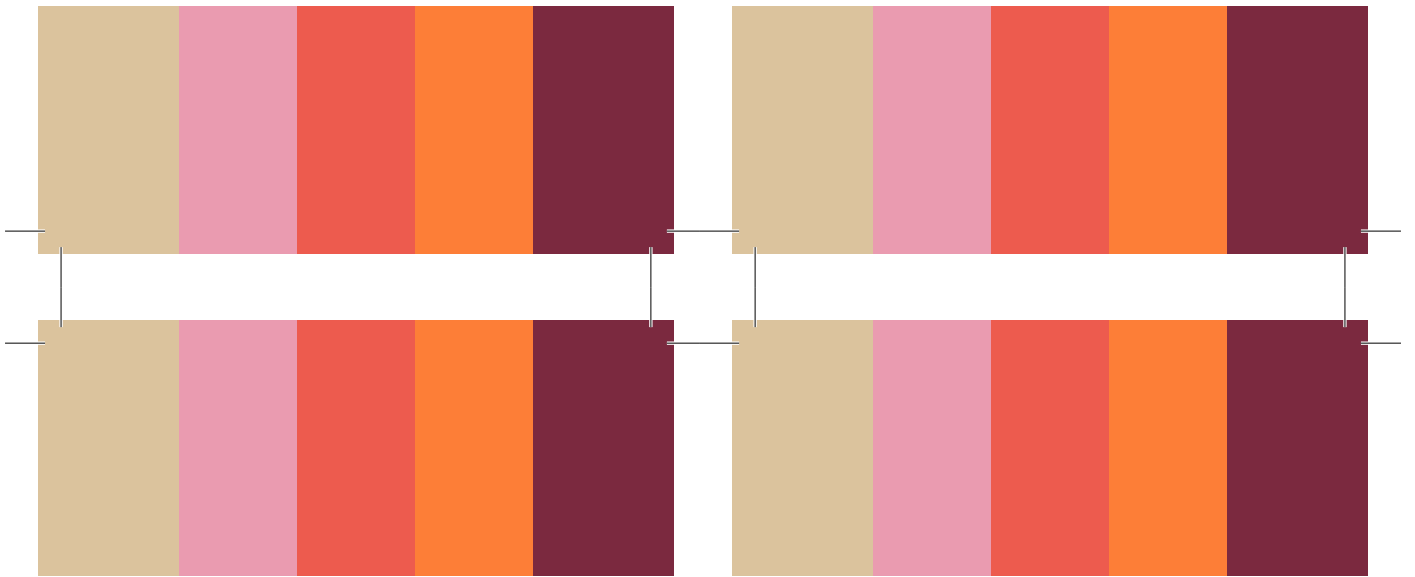
Skills and motivation to build, develop and facilitate collaborative relationships with diverse stakeholders, characterised by psychological safety and genuine co-creation.



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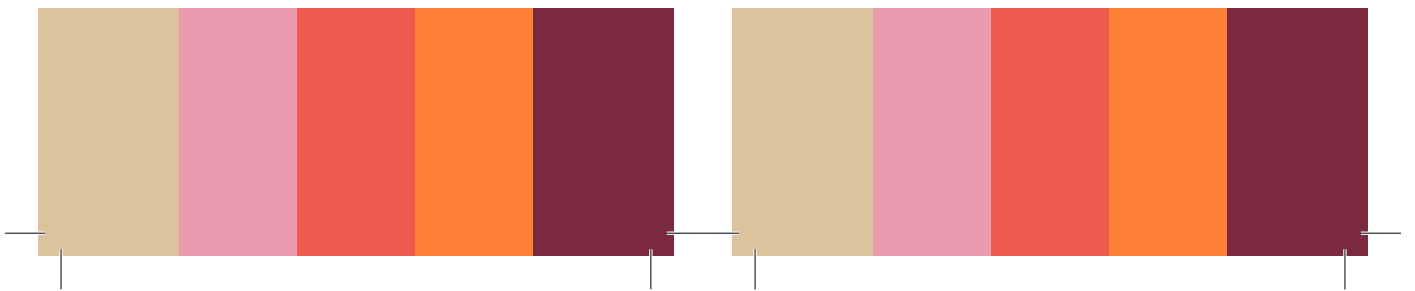
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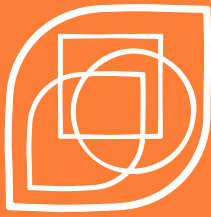


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**COLLABORATING**



## **Inclusive Mindset and Intercultural Competence**

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

**COLLABORATING**



## **Trust**

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

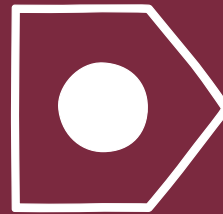
**COLLABORATING**



## **Mobilisation Skills**

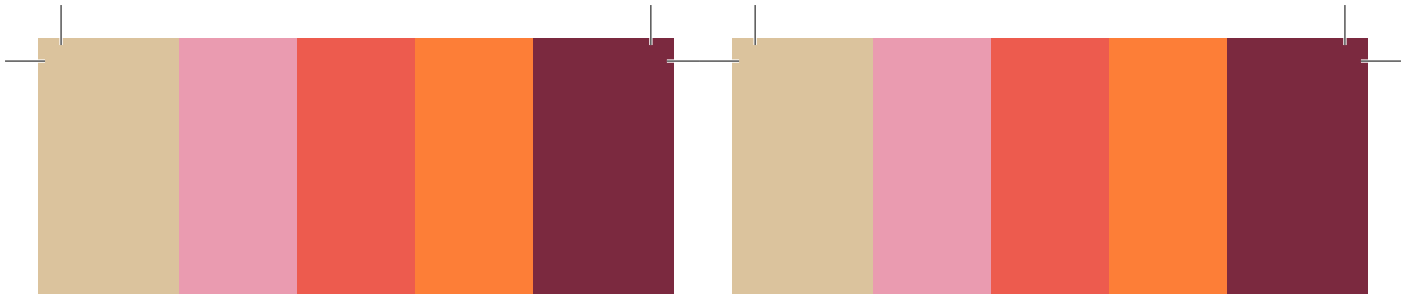
Skills in inspiring and mobilising others to engage in shared purposes.

**ACTING**



## **Courage**

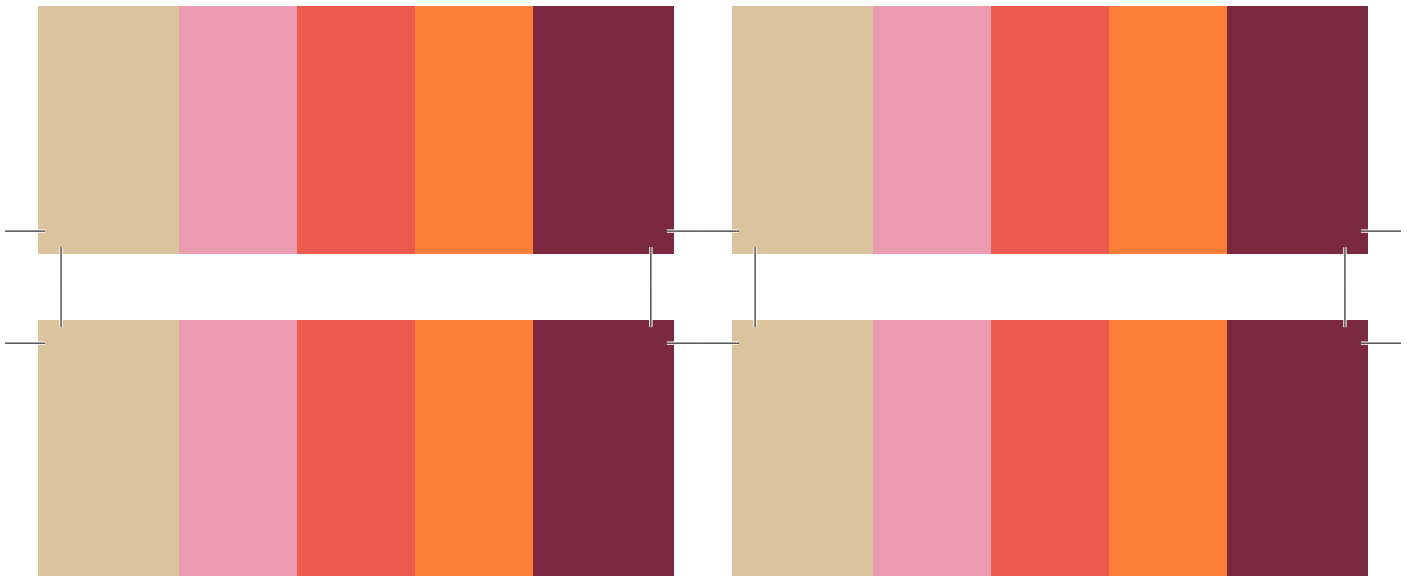
Ability to stand up for values, make decisions, take decisive action and, if need be, challenge and disrupt existing structures and views.



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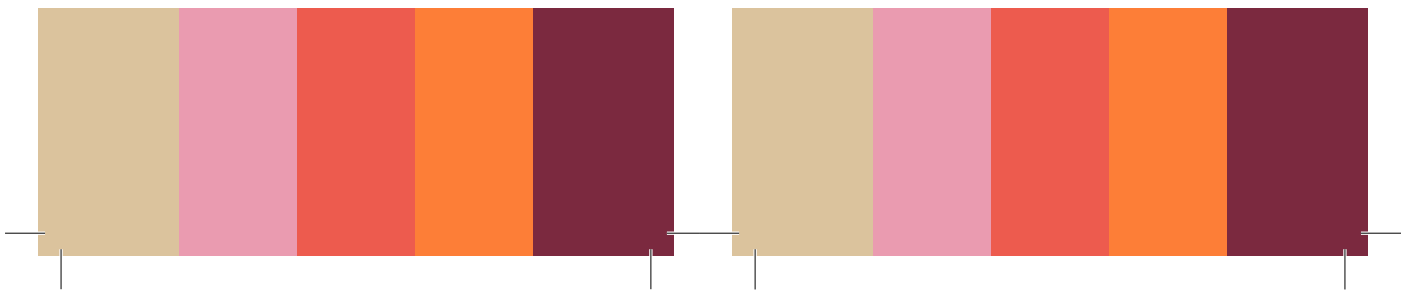
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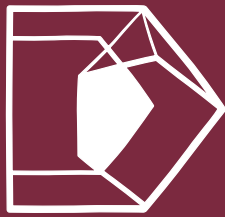
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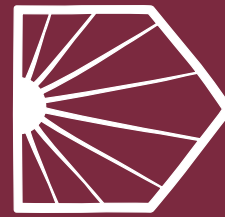
**ACTING**



## **Creativity**

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

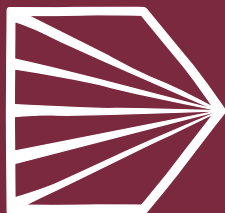
**ACTING**



## **Optimism**

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

**ACTING**



## **Perseverance**

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



### **More about the IDGs**

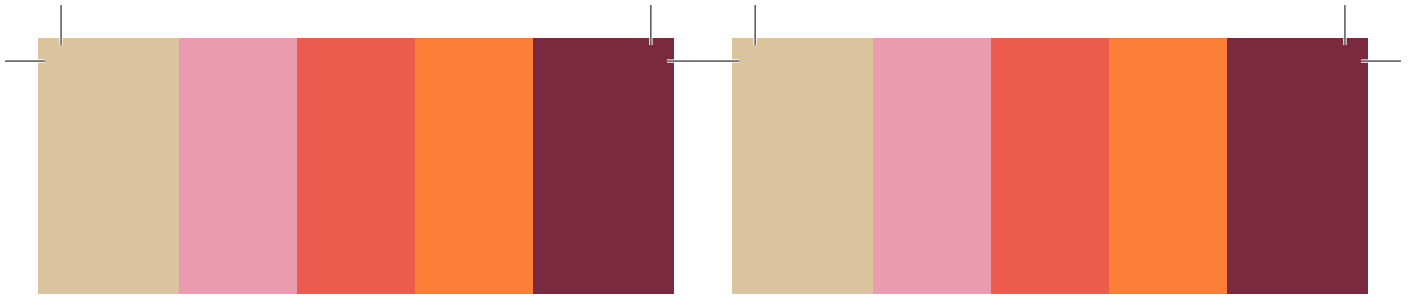
[www.innerdevelopmentgoals.org](http://www.innerdevelopmentgoals.org)

### **These cards are designed by**

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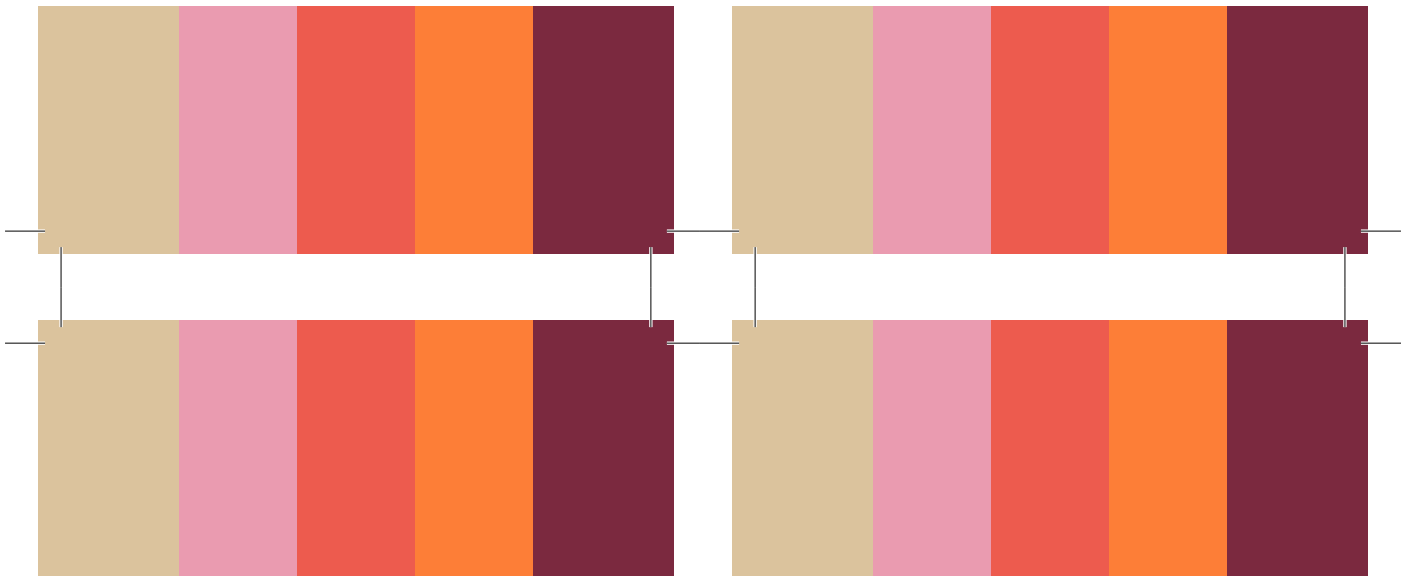




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