CREATING CONDITIONS FOR CHANGE
In 2015, the Sustainable Development Goals provided us with a comprehensive plan for a sustainable world by 2030. The 17 goals cover a wide range of issues that involve people with different needs, values, and convictions.

There is an urgent need to accelerate this moonshot for humanity.
What can we as individuals and organisations do to become more effective in the work towards greater sustainability and wellbeing?
We believe that personal development is necessary for societal change.
This is why we are co-creating the **Inner Development Goals**
- a blueprint of the capabilities, qualities and skills that are needed to achieve the 17 Sustainable Development Goals.
INNER DEVELOPMENT GOALS
Transformational Skills for Sustainable Development

inner development goals.org
Our aim is to educate, inspire and empower people to be a positive force for change in society and find a more purposeful way to look at our lives and the lives of the people around us.

The Inner Development Goals (IDGs) will provide an essential framework and field-kit for inner growth. It is the greatest possible accelerator to reach the Sustainable Development Goals and create a prosperous future for all of humanity.

The journey has already started.
The First Phase of the IDGs Included:

1. A survey based method to identify crucial skills, based on input from 1000+ respondents.

2. Development of a community with 23 supporting organisations and three *MindShift - Growth that Matters* conferences with 2400+ active participants.

3. An IDG report (bit.ly/3FEgdns) that explains the background, method and framework of the project that also presents 23 skills in 5 categories.
What’s Next?

1. Gathering input from people, scientists and organisations around the world to improve and finalise the IDGs system, ensuring its international validation and inclusion.

2. Mapping out validated methods, practices and tools from the field of adult development and personal growth.

3. Co-creating a field-kit and communication system for the skills - open source and free for all to use.
THE CURRENT FRAMEWORK
5 CATEGORIES WITH 23 SKILLS

that actively can be developed
<table>
<thead>
<tr>
<th></th>
<th>Being</th>
<th>Relationship to Self</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Thinking</td>
<td>Cognitive Skills</td>
</tr>
<tr>
<td>3</td>
<td>Relating</td>
<td>Caring for Others and the World</td>
</tr>
<tr>
<td>4</td>
<td>Collaborating</td>
<td>Social Skills</td>
</tr>
<tr>
<td>5</td>
<td>Acting</td>
<td>Driving Change</td>
</tr>
</tbody>
</table>
1. 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 and grow.

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

Presence
Ability to be in the here and now, without judgement and in a state of open-ended presence.
2. 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 and sustain commitment to visions relating to the larger context.
3. Relating — Caring for Others and 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.
4. 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 and 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.
5.

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

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

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.
What if everyone in your organisation developed the IDG skills?

How would it affect your customers, your suppliers, the society at large?

Could it benefit both profitability and sustainability?
Human growth helps us to better face our organisational, societal and global challenges. We invite you to be part of the conversation about the IDGs and be part of the Inner Development Goals 2022 Summit on April 29; co-created by Stockholm School of Economics, CSS at Karolinska Institute, The New Division, 29k and Ekskäret Foundation, together with many of the world's learning scientists, practitioners and thought leaders.

Become a Co-Creator of the Inner Development Goals
As a Co-Creator and Partner You Will:

- Accelerate the work towards the Sustainable Development Goals and create engagement for your organisation’s sustainability work through human growth.
- Get exposure and collaborate with a network of progressive organisations that prioritises inner growth development and sustainability.
- Co-create the IDG field-kit to promote human development and sustainability.
- Be provided with tools and methods for creativity and better collaboration within your organisation.
- Learn and work with some of the most famous thought leaders and scientists in the world.
- Get to participate at the hybrid event of Inner Development Goals 2022 Summit on April 29.
Partnership Commitments

Small size organization: 50 000 SEK
Medium size organization: 150 000 SEK
Large size organization: 300 000 SEK
We need your support!

Contact: info@innerdevelopmentgoals.org