



INNER DEVELOPMENT GOALS

Transformational Skills for Sustainable Development



**We bring the power
of inner development
to all global challenges
faced by humanity.**



Who We Are

About the Inner Development Goals

The **Inner Development Goals** is a non-profit organization for inner development. We research, collect, and communicate science based skills and qualities that help us to live purposeful, sustainable, and productive lives.

The **Inner Development Goals** framework is fundamental in the work to reach the **Sustainable Development Goals**.

1. We Are on a Journey of Co-Creation

The Inner Development Goals represents crowd-sourced wisdom of all ages and all cultures. We have not invented any of the skills or methods.

We are building a constantly evolving, open source learning ecosystem where we listen, collect and connect the dots.

It is a continuous journey of co-creation with many participants.

2. We Are Building an Ecosystem

Our main focus is on working with organizations. They have a great potential to accelerate human growth and collective learning. It is a very efficient way to reach many people and achieve systemic change.

Still, the Inner Development Goals add value for everyone in every culture: individuals, families, organizations, communities, humanity and the planet.

3. We Make It as Simple as Possible

Our work is backed by scientific research, experience and continuous learning. Still, our most important job is to communicate the findings in a simple and accessible way. The IDG framework and methods must be easy to take to heart or they will not be used.

Our main and favorite topic of conversation is how do we create simple, functional everyday magic?

4. Our Passion Is Contagious

We are far more effective advocates when we are having fun. Let's always be creative and celebrate our progress in every way possible. Art, music and playfulness is part of our language.

Just because these things are serious doesn't mean they need to be boring.

5. We Live as We Learn

Everyone who is working with us should take the 23 skills and qualities of the framework to heart. It is our “staff handbook”.

We encourage everyone to openly discuss and guide us when we fall short. We are on a journey where we learn and develop together.



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