

# Inner Development Goals

VALUE CARDS



# INSTRUCTIONS

## *Aim*

To promote discussion on values required to support the issue, the chosen SDG and group cohesion.

## *When to use*

During the preparation phase.

## *How to use:*

- Ask participants to record the top three values they feel relate to the topic and SDGs
- Share responses and decide on core values to be embedded into solutions or outcomes.
- Ask participants to review the values again, record three core values for effective participation in the Futures Workshop
- Group discussion to agree on the group's core values.

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# 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.



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# Being

## Relationship to Self

### *Inner Compass*

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

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# Being

## Relationship to Self

### *Integrity and Authenticity*

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





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# Being

## Relationship to Self

### *Openness and Learning Mindset*

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

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# Being

## Relationship to Self

### ***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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# Being

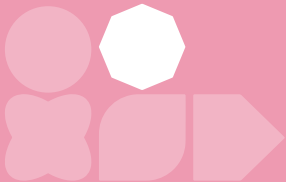
## Relationship to Self

### *Presence*

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

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# Thinking

## Cognitive Skills

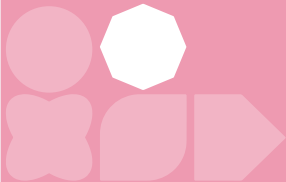
Developing our cognitive skills by taking different perspectives, evaluating information and making sense of the world as an interconnected whole, is essential for wise decision-making.





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# Thinking

## Cognitive Skills

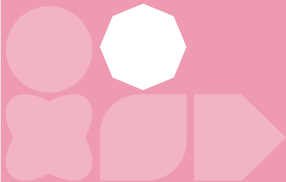
### *Critical Thinking*

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



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# Thinking

## Cognitive Skills

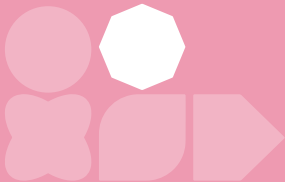
### ***Complexity Awareness***

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



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# Thinking

## Cognitive Skills

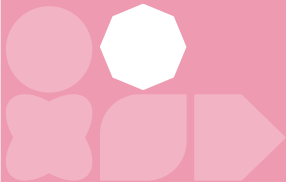
### *Perspective Skills*

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



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# Thinking

## Cognitive Skills

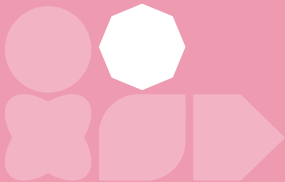
### *Sense-making*

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



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# Thinking

## Cognitive Skills

### *Long-term Orientation and Visioning*

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

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# Relating

## Caring for Others and the World

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



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# Relating

## Caring for Others and the World

### *Appreciation*

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

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# Relating

## Caring for Others and the World

### *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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# Relating

## Caring for Others and the World

### *Humility*

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

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# Relating

## Caring for Others and the World

### *Empathy and Compassion*

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

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# 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.



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# Collaborating

## Social Skills

### *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.



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# Collaborating

## Social Skills

### ***Co-creation Skills***

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

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# Collaborating

## Social Skills

### *Inclusive Mindset and Intercultural Competence*

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



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# Collaborating

## Social Skills

### *Trust*

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

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# Collaborating

## Social Skills

### *Mobilisation Skills*

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



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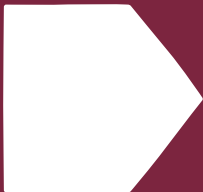
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# Acting

## 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.



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# Acting

## Enabling Change

### *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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# Acting

## Enabling Change

### *Creativity*

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



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# Acting

## Enabling Change

### *Optimism*

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



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# Acting

## Enabling Change

### *Perseverance*

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