

Spark meaningful conversations
about inner development with
these 46 cards, based on the
Inner Development Goals.

Please take a moment to reflect
before you share your answers,
based on your interpretation.
Enjoy the exchange!



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BEING — RELATIONSHIP TO SELF



PRESENCE

What obstacles or distractions
tend to pull you away from
being fully present
in the moment?



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THINKING — COGNITIVE SKILLS



COMPLEXITY AWARENESS

What is your starting point
when approaching a
complex issue?



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RELATING — CARING FOR OTHERS AND THE WORLD



APPRECIATION

Describe a time when
you've felt deep wonder
and amazement.
How did it impact you?



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COLLABORATING — SOCIAL SKILLS



INCLUSIVE MINDSET &
INTERCULTURAL COMPETENCE

Can you give an example of
a time when you learned
from someone from a
different walk of life?



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ACTING — DRIVING CHANGE



CREATIVITY

If creative problem-solving
had a recipe, what would
the ingredients be?



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