

IDGs Handbook

for Primary/Elementary Schools.



Inner Development Goals

Transformational Skills for Suitable Development

Being

Inner compass / Integrity and Authenticity / Openness and Learning mindset / Self-awareness / Presence

Thinking

Critical thinking / Complexity awareness / Perspective skills / Sense-making / Long-term orientation and Visioning

Relating

Appreciation / Connectedness / Humility / Empathy / Compassion

Collaborating

Communication skills / Co-creation skills / Inclusive mindset and intercultural competence / Trust / Mobilisation skills

Acting

Courage / Creativity / Optimism / Perseverance

Areas of focus for schools

The Flourish Project has taken the Inner Development Goals (IDGs) and created sets of topics that can be explored within primary/elementary school settings:



1. Honour the body

Sensory skills
(trust your body
and feelings)



2. Connect

Communications skills
Empathy
Inclusive mindset
Inner-cultural competence
Trust of others
Mobilisation and
Cooperation skills



3. Be yourself

Self-awareness
Self-Regulation
Courage
Perseverance
Optimism



4. Meaningful work

Sense-making
Critical thinking
Complexity awareness



5. Balance and flow

Creativity
Presence and authenticity



6. Contribution

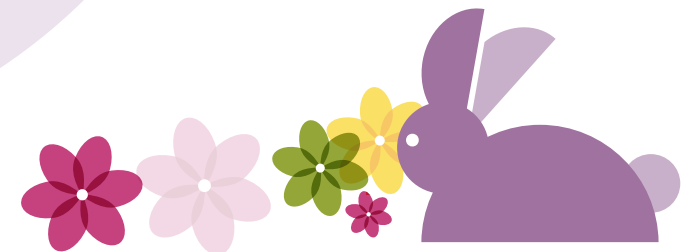
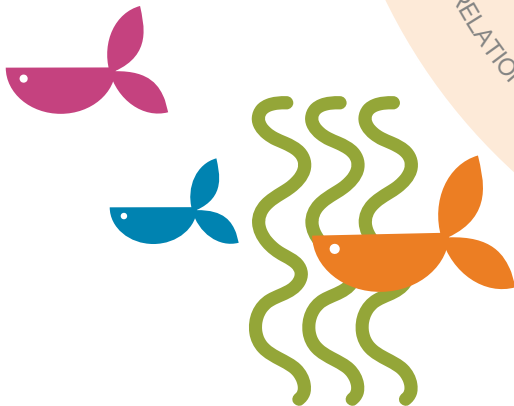
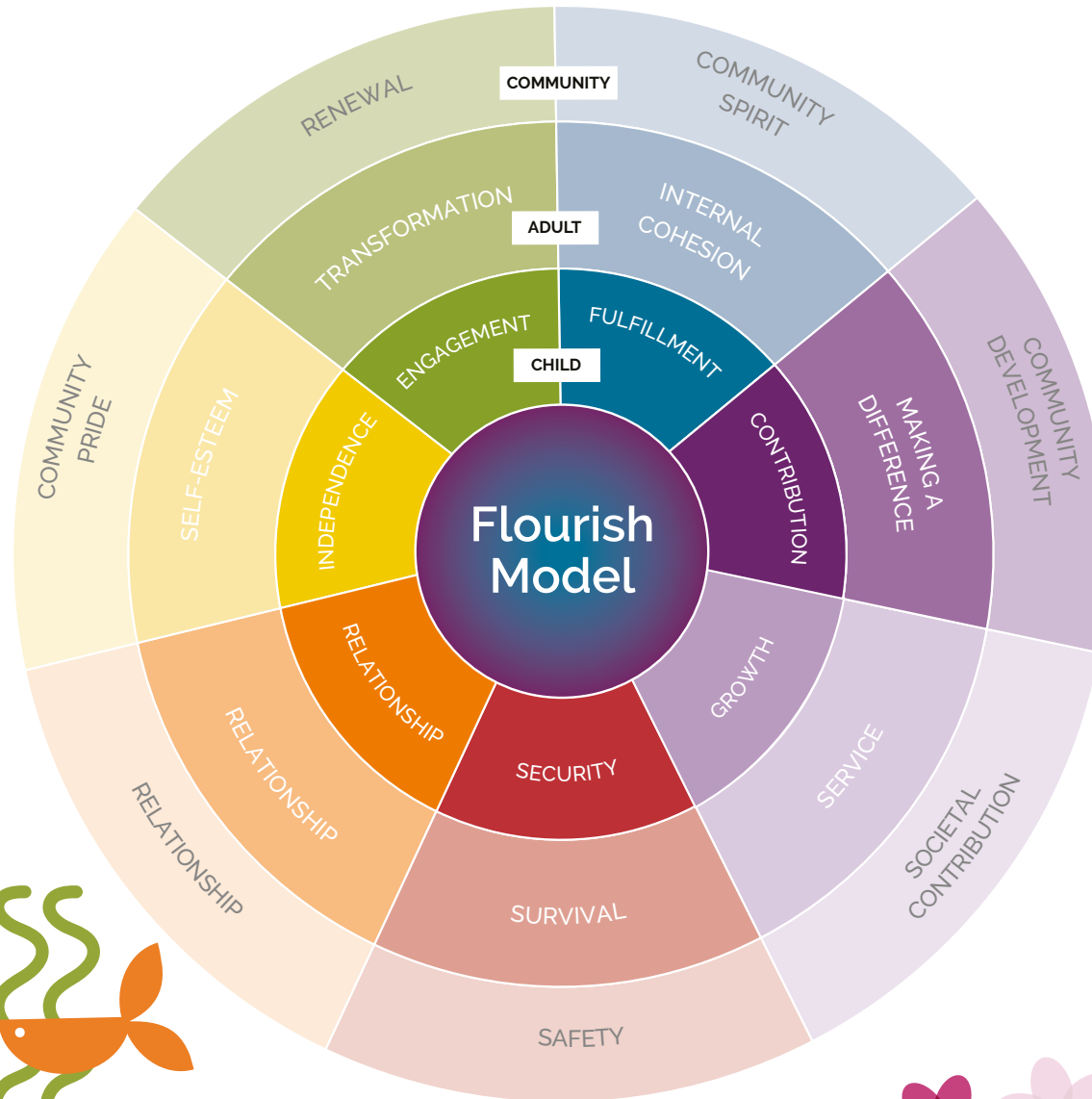
Appreciation
Connectedness
Perspective skills
Co-creation skills
Long-term orientation
and visioning



7. Learn and grow

Inner compass
Openness and
learning mindset
Humility
Compassion

The Inner Development Goals (IDGs)





HONOUR THE BODY

- Safe and sustainable environment
- Healthy diet, sleep and exercise
- Healing the trauma patterns of the past
- Feeling into what's true
- Trusting your feelings



IDG: BEING Flourish Level: 1 SECURITY

- Eat healthily
- Get enough exercise
- Get enough sleep
- Limit screentime (especially before sleep)
- Practice daily stress relief breathwork



CONNECT

- Deep Listening
- Self-Perception
- Fostering Empathy
- Respect of alternative worldviews
- Meeting people where they are at



IDG: RELATING Flourish Level: 2 RELATIONSHIP

- Support your friends
- Be thoughtful about your background and biases
- Be fully there when others are suffering
- Don't project your worldview onto others
- Try to see things through other people's eyes



BE YOUR SELF

- Try to stand in your truth (even when it's hard)
- Know that you matter
- Learn from your mistakes
- Be proud of who you are
- Be more than your conditioning



IDG: BEING Flourish Level: 3 INDEPENDENCE

- Courage and authenticity
- Personal agency and self-worth
- Resilience and adaptability
- Gender and sexuality
- I am more than what has happened to me



MEANINGFUL WORK

- Be clear about your priorities
- Stick by your values
- Create achievable goals
- Build in fun and playfulness
- Embrace risk and failure



IDG: THINKING AND ACTING Flourish Level: 4 ENGAGEMENT

- Resourcing essential needs
- Clarifying values
- Fulfilling goals
- Novelty and creativity
- Embracing risk and failure



BALANCE AND FLOW

- Be clear about your priorities
- Stick by your values
- Create achievable goals
- Build in fun and playfulness
- Embrace risk and failure

• • IDG: BEING AND ACTING Flourish Level: 5 FULFILMENT

- Find ways of expressing who you are
- Create spaces that feel like you
- Find ways of doing what you love
- Find ways of pushing yourself to your limits
- Make success an inner, rather than an outer process



CONTRIBUTION

- Participation/having a voice
- Sharing clear goals
- Sharing a common language and communication style
- Generosity and co-creation
- Understanding reciprocity



IDG: COLLABORATING Flourish Level: : 6 CONTRIBUTION

- Be fully present to others
- Seek places that you can offer your skills
- Help to define and shape group goals
- Be honest about the things that make you tense or uncomfortable
- Share your own thoughts and ideas about creating a better world



LEARN AND GROW

- Accepting what is
- Nurturing forgiveness and compassion
- Valuing the dark and the light
- Opening to change/transformation
- Dreaming in the future
- Reimagining lives and possibilities



IDG: COLLABORATING Flourish Level: : 6 CONTRIBUTION

- Practice mindfulness
- Explore your family and cultural patterns
- Non-judgementally track your moods and stress-points
- Commit to regular weekly journaling/note-taking about what you have learnt
- Regularly tune-in and record what the perfect future would look like from your own perspective

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– By So and So

The Flourish Values Model (FVM) is a new and powerful framework for understanding
and mapping human values and wellbeing that promotes community engagement
and whole-systems thinking www.flourishproject.net
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