



ACT-ivate

YOU

You cannot pour from an empty vessel



The internal work is the external work. To effectively implement the Act-ivate methodology, you must **first look inward**. Your **presence, resilience, and mindset** are the foundations upon which your organisation grows.

If you are depleted, the training loses its transformative power.

This card is your permission to focus on yourself before you think of your training cohort.

YOU

The Inner Development Goals (IDGs) are your roadmap for this journey. By cultivating these essential cognitive and emotional skills—such as **critical thinking, empathy, and courage**—you ensure that you building strength and power to best serve future generations.

The IDGs guide describes the inner capacities we need to tackle complex challenges and bring to life the five ways of working. They are not soft skills. They are the foundation. Revisit them periodically and ask where you feel strong and where you feel depleted.

Find your people. The Act.ivate network exists because this work is harder alone. Use the buddy system to connect with a trainer in another organisation, connect with someone who understands the terrain without being inside your organisation.

SOURCE

The Inner Development Goals Guide

Co-produced through the collaborative grouping that is the Inner Development Foundation. A not-for-profit and open source initiative. You can download their extensive guide from their website innerdevelopmentgoals.org.

