



INNER DEVELOPMENT GUIDE

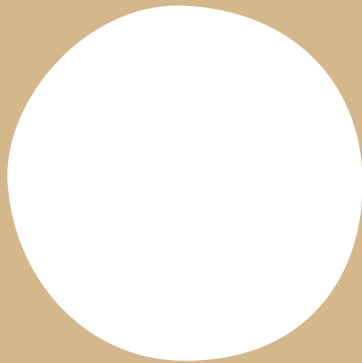
Inner Growth for Outer Change

Wolof

AI projection — not an official translation. The 2025 guide drafted from the official 2021 Wolof translation by claude-fable-5-1, 2026-09-17. Not reviewed by a speaker of Wolof unless the last page says so.

Nekk

Yar sunu dundug biir



Gën a xóotal sunu xam-xam ci li nuy yëg ci biir ak ni muy jokkoo ak àdduna bi nu wër, dafay yokk teewlu bu am dal ci yaram wi, leeral ci sunu jubluwaay, ak tontu yu xóot bu nuy jàankoonte ak lu lëj.



Yëg ak déglu sa bopp

Fas yéene bu xóot ngir dund ak jëf ci gëm-gëm ak jubluwaay yu jëm ci njariñu ñépp.



Njub ak dëggu

Fas yéene bu dëggu ci wax dëgg ak ci gëm-gëm yu sax, te muy feeñ ci sa jëf.



Ubbiku ak bëgg a jàng

Jikko ju dëñ-kumpa te mën a soppiku, di feeñ ci bëgg a weccante gis-gis, nangoo néew doole, nangu coppite ak màgg.



Xam sa bopp

Mën a seet bu baax say xalaat, say yëg-yëg, say bëgg-bëgg ak say jëf; am gis-gis bu dëggu ci sa bopp, ak mën a yemale sa bopp.

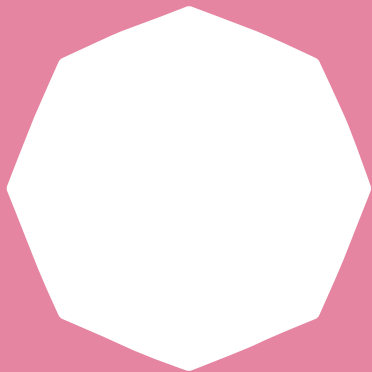


Teewlu

Mën a teew bu mat saa su nekk ak fépp, nangu li am ni mu nekke, te tontu ci anam bu am solo.

Xalaat

Xam àdduna bu lëj bi nu dëkk



Gën a leeral, xool ay gis-gis yu wuute, ak xalaat li
ëllëg di indi, dafa nuy jàppale nu mën a dox ci biir lu
lëj te jël ay dogal yu gën a baax ci àdduna bu
lëkkaloo bii.



Xalaat bu xóot

Mën a settantal bu baax wérug xalaat yi, firnde yi, li ñu jàpp ni dëgg la, ak naal yi.



Mën a xool mbir

Mën a jàng ci gis-gis yu wuute, te boole leeral yi ci ni nuy nànd mbir yi ak ci jëf.



Xalaat ci ni mbir yi lëkkaloo

Mën a nànd lu lëj te liggeey ak ni mbir yi lëkkaloo ak seeni jikko.



Gis lu sore lu ñëwagul

Xalaat ay jubluwaay yu sore te sax ci ñoom ci anam yu jàppale njariñu askan wi ak càkkeef gi ci anam bu gën a yaatu.

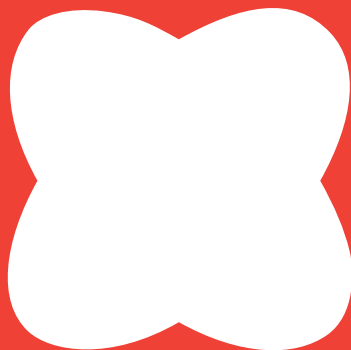


Sos lu bees

Mën a xalaat lu wuute ak li ñu miin, xalaat lu bees lu mën a am, te def leen ay xalaat yuy soppi mbir yi.

Jëflante

Toppatoo ñeneen ñi ak àdduna bi



Jokkoo ak ñeneen ñi ci mbaax, xolu yërmaande ak yëg ni danu bokk ci ay mbooloo, ci suuf si dund ak ci ëllëg gi, dafa nuy jàppale nu sos àdduna bu gën a jub, bu boole ñépp te naat.



Cër

Jokkoo ak nit ñi ak suuf si ci sant bu xóot, cër ak mbégte.



Jaxasoo

Yëg ni danu bokk ci lu gën a yaatu, muy doomi aadama yépp, dundu suuf si, ak wàllu ruu ci nekk gi.



Woyof

Mën a def lu méngoo ak tolluwaayu jamono ji te doo ci boole rëy wala jiital say soxlay bopp rekk.



Xolu yërmaande

Jokkoo ak ñeneen ñi, ak sa bopp ak càkkeef gi ci mbaax, toppatoo ak mbëggeel, ak yéene wàññi mettit.



Baal

Bëgg a weesu mbañeel, jàll ci ay gaañu-gaañu yu xóot, te ubbi bérab ngir wér.

Jëlante

Tabax kóolute te liggeeyandoo



Tabax ay diggante yu kóolute, nangu gëm-gëm, mën-mën ak gis-gis yu wuute, ak sos ay bérab yu am kaaraange, dafay may ku nekk mu yebu ci jëmu yi ñépp bokk ak ci coppite yi mbooloo mi di indi.



Mën a tabax ay diggante

Toppatoo ay diggante ak xel mu xam yëg-yëg, yu sukkandiku ci kóolute, cër, nàndante ak xolu liggeeyandoo.



Mën a boole ñépp ak boole ay cosaan ak aada

Bëgg ak mën a boole nit ak kureel yu seeni cosaan ak xalaat wuute.



Mën a bokk sos am mbir

Yombal liggeeyandoo ak ñeneen ñu wuute, suqali liggeey ci mbooloo ak kaaraangeg xel, te xam ni doole ji di doxe ci diggante nit ñi.



Mën-mëni jukkoo

Mën a déglu bu xóot, ñaax waxtaan bu dëggu, sàmm say gis-gis bu baax, saafara ñaayoo yi bu baax, ak wax ak kenn ku nekk ca na mu tollu.

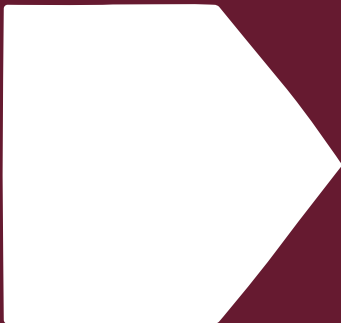


Mën a dajale

Xelal ñeneen ñi te may leen ñu yebu ci jëmu yi ñépp bokk ak ci jëfu mbooloo mi.

Jëf

Jiite te yombal coppite



Jëm kanam ak fit ak rafet njort, tabax doole ju ñépp bokk, te jëf ak jubluwaay ak pasteef, dafay soppi gis-gis yi ci coppite yu am solo ci jamono yu jaaxle.



Fit

Xeex ngir gëm-gëm yu mag, jël ay dogal, jëf, te su ko jaree, sàkku ay laaj te fexe xeex ak doxalin ak xalaat yu fi nekkoon bu yàgg.



Yaakaar ak rafet njort

Tabax te saxal gëm bu ñépp bokk ne mën nanu sos ëllëg gu gën a jub, boole ñépp te sax.



Jëfandikoo alal ji ak xel

Jëf te xam ni alalu suuf si dafa yem, jiital sàmm ko, yeesalaat ko ak bañ a yàq, ngir bañ jëfandikoo bu lor.



Jiitu jëf

Toppatoo bu am wareef te jëm ëllëg ci kanamu ay jafe-jafe yu jamp, sukkandiku ci jàppalante ak toppatoo cëru doomu aadama ak suuf si dund.



Muñ te dëgër

Jànkoonde ak jafe-jafe yi ak xel mu gaaw te mën a soppiku, wéy di yebu, te bañ a xàddi su njariñ li yéexee walla wóoradi.

About this document

AI projection — not an official translation. Inner Development Goals has published the 2025 Inner Development Guide in twelve languages, and Wolof (Wolof) is not among them. What it has published in Wolof is the 2021 framework — the same five dimensions, twenty-three skills, a line each — and this document is the 2025 guide drafted from that: the 2025 English as the source, the official 2021 Wolof as the register, and the ten languages that have both editions as the pattern for how each sentence moved between them.

What in it is official. 2 skill sentences are the official 2021 translation carried untouched, and 18 skill titles are the official 2021 titles; the rest — every dimension paragraph, every other description, the titles of the skills the 2025 guide renamed or added — was drafted on 2026-09-17 by claude-fable-5-1 from the material above.

Reviewed by: 2026-09-17: Claude Fable 5.1, a second read-only pass against EN25, the 2021 anchor and the fr pairs; confidence moderate on vocabulary, low on class markers and relative clauses. **Reviewed by a speaker of Wolof:** not yet. **Confidence:** Lowest of the seven, before and after the second read: Wolof is the language the drafting model knows least, the 2021 anchor is the only Wolof text it had, and French was the nearest pair. The acting dimension and the three new skills have no anchor at all. Every line here needs a Wolof speaker before it is shown to anyone; provenance.review names where to start.

What you may do with it. The guide's text is Inner Development Goals' and reaches you under their Public Licenses (non-commercial, unmodified: CC BY-NC-ND 4.0); a translation is an adaptation of it, and this one is published, if it is published, with their agreement. Do not present it as the official Wolof guide. The official translations are at idg.guide/translations; the official 2021 framework in Wolof is linked from innerdevelopmentgoals.org/guide/.

Made at idg.guide · 2026-09-17

How this projection was made

Source. The 2025 Inner Development Guide in English, the edition Inner Development Goals published in 2025.

Anchor. The official 2021 Wolof translation of the framework (five dimensions, twenty-three skills, a line each), linked from innerdevelopmentgoals.org/guide/ — the register, the terms and the titles this document keeps to.

Pattern. The languages that have both editions — French, English — read side by side, 2021 against 2025, skill by skill, as the example of how each sentence moved between editions.

What is official. 18 of the 25 skill titles are the official 2021 Wolof titles, kept where the 2025 guide kept the English title; 2 skill sentences are the official 2021 sentence carried untouched. Every dimension paragraph, every other description, and the titles of the skills the 2025 guide renamed or added were drafted.

Drafted by *claude-fable-5-1* on 2026-09-17. **Read again** on 2026-09-17 by Claude Fable 5.1, a second read-only pass against EN25, the 2021 anchor and the fr pairs; confidence moderate on vocabulary, low on class markers and relative clauses, which changed: All five dimension descriptions (one focus marker, *dafa/dafay*; 'lu lëj' for complexity, 'jafe-jafe' kept for challenges and adversity; 'yebu' restored for engage; collective impact as 'coppite yi mbooloo mi di indi'); the Thinking subtitle; B3, T1 (settantal), T2 (nànd, so T1's title is not reused as a phrase), T3, T4 (càkkeef gi), T5 (mën-mën no longer stands for possibilities), R2, R5, C3, C5, A1, A2 (nañu → nanu: our capacity, not theirs), A4 (jàppalante, yu jump), A5. R3 and C2 stay the official 2021 sentences: both still say the 2025 thing. Still unsure and first for a Wolof speaker: A5 ('xel mu gaaw te mën a soppiku', 'wóoradi'), A4 and A3 titles (Jiitu jëf, Jëfandikoo alal ji ak xel), R5, C3's 'doole ji di doxe', A1's 'sàkku ay laaj', B5's 'bu mat', and C2's official sentence, which never rendered 'embrace diversity'..

Reviewed by a speaker of Wolof: not yet. If you read Wolof and something here is wrong, write to idg.guide/contact.

Ni ñu defe bii xalaat

Bii du tekki bu ofisel. Inner Development Goals génnul Guide bi ci atum 2025 ci wolof; li mu génn ci wolof mooy téralinu 2021 (juróomi wàll, 23 mën-mën, benn ligne ci kenn ku nekk). Bii téere mooy Guide bu 2025 bi ñu bind ci kaw loolu: téere bu angale bu 2025 mooy ndëgg li, tekki bu ofisel bu wolof bu 2021 mooy li ñu sukkandiku ci làkk wi, te làkk yi am ñaari téere yi (farañse, angale) mooy misaal ci ni bépp waxin soppikoo. Turu mën-mën yi Guide bu 2025 bi wóoral ñooy tur yu ofisel yu wolof yu 2021; li ci des, modelu làkk bi Claude Fable 5.1 moo ko bind ci 17 septembar 2026, te moom itam moo ko jàngaat. Kenn ku làkk wolof jàngu ko ba tey. Soo jàngee wolof te gis njuumte, bindal nu ci idg.guide/contact.

Written by the drafting model in the language, unreviewed like the rest; the English beside it is the authoritative statement.