



INNER DEVELOPMENT GUIDE

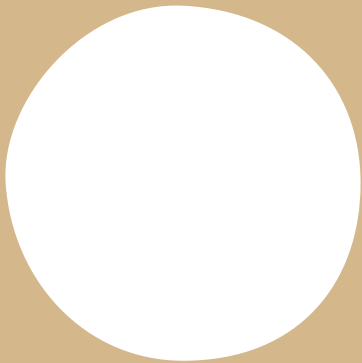
Inner Growth for Outer Change

简体中文

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

存在

培养我们的内在生活



加深我们对内在体验及其与周遭世界动态关系的觉察，能够滋养具身的临在、清晰的目的，以及在面对复杂环境时深思熟虑的回应。



内在指南针

深切承诺依照服务于整体利益的价值观和目的去生活和行动。



正直与真实性

对诚实和根基稳固的价值观的真诚承诺，并在行动中加以表达和体现。



开放与学习心态

一种好奇且灵活的态度，体现为愿意交流视角、接纳脆弱、欢迎变化并成长。



自我意识

反思性地觉察自己的思想、情绪、欲望和行为的能力；保持现实的自我形象并进行自我调节的能力。

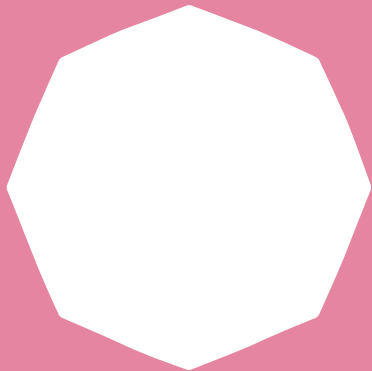


当下存在感

能够完全活在当下，接纳正在展开的现实，并以有意义的方式作出回应。

思考

理解我们复杂的世界



提升思维的清晰度、考量多元视角并设想长远的后果，有助于我们在相互联系的世界中驾驭复杂性，做出更明智的决策。



批判性思维

反思想法、证据、假设和计划是否成立的能力。



洞察技能

能够从多元视角中学习，并将所获洞察融入反思性的意义构建与行动。



系统思维

理解复杂性，并把握系统的相互联系及其特性的能力。



长期导向与愿景构想

构想长期目标，并以支持更广泛的社会与生态福祉的方式坚持这些目标。



创造力

能够跳出传统模式思考，想象新的可能性，并将其塑造为变革性的想法。

关系

关爱他人与世界



以善意、慈悲以及对社群、生机勃勃的地球和后代的共同归属感建立连结，有助于我们创造一个更加公正、包容、欣欣向荣的世界。



欣赏

带着深切的感恩、积极的关注和喜悦，与人以及地球建立关系。



联结

感受到自己归属于一个更大的整体，例如人类、地球的生命之网以及存在的精神维度。



谦逊

能够依情况的需要而回应，而非突出自己的重要性。



同理与慈悲

以减少痛苦为意图，怀着善意、关怀和爱，与他人、自己和自然建立连结。



宽恕

愿意超越敌意、走出创伤，并为疗愈创造空间。

协同

建立信任，携手合作



发展信任关系，认可多元的价值观、技能和视角，并创造安全的空间，使每个人都能为共同目标和集体影响力做出贡献。



建立关系的技能

以情绪智力培育关系，并以信任、尊重、相互理解和协作精神为基础。



包容心态与跨文化能力

愿意且能够拥抱多样性，并包容不同观点和背景的个体及社群的意愿和能力。



共创技能

促进与多元利益相关者的合作过程，培育团队协作与心理安全感，并对权力关系保持觉察。



沟通技能

能深入倾听，培养真诚对话，巧妙地提倡自己的观点，建设性地处理冲突，以及适应与多元群体沟通的能力。

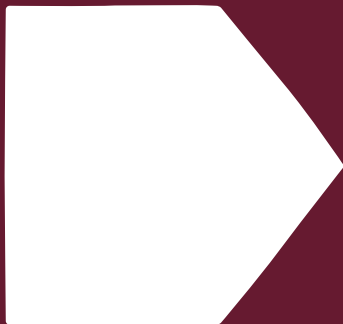


动员技能

激励并支持他人投入共同目标与集体行动。

行动

引领并驱动变革



带着勇气和乐观向前迈进，培育集体的行动力，并带着目标感坚持不懈地行动，在不确定的时代将愿景转化为有意义的变革。



勇气

捍卫基本价值观、做出决策、采取行动，并在必要时质疑和颠覆现有的结构和观点。



希望与乐观

建立并维系一种共同的信念：我们有能力创建一个更加公正、包容和可持续的未来。



有意识地使用资源

行动时意识到地球自然资源的有限性，优先考虑保护、再生和节俭，以避免有害的消费。



主动性

面对紧迫的挑战，践行面向未来、负责任的守护职责，并以团结，以及对人类尊严和生机勃勃的地球的关怀为根基。



韧性

灵活应对逆境，保持投入，即使进展缓慢或不确定也坚持不懈。

About this document

AI projection — not an official translation. Inner Development Goals has published the 2025 Inner Development Guide in twelve languages, and Chinese (Simplified) (简体中文) is not among them. What it has published in Chinese (Simplified) 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 Chinese (Simplified) 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. 0 skill sentences are the official 2021 translation carried untouched, and 16 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, the zh-Hant sibling and the ja pairs.

Reviewed by a speaker of Chinese (Simplified): not yet.

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 Chinese (Simplified) guide. The official translations are at idg.guide/translations; the official 2021 framework in Chinese (Simplified) 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 Chinese (Simplified) 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 — Japanese, English — read side by side, 2021 against 2025, skill by skill, as the example of how each sentence moved between editions.

What is official. 16 of the 25 skill titles are the official 2021 Chinese (Simplified) titles, kept where the 2025 guide kept the English title; 0 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, the zh-Hant sibling and the ja pairs, which changed: All five dimension descriptions and the Acting subtitle (驱动 kept from 2021); B1, B2, B3, B4, T3, R4, R5, C5, A1, A2, A3, A4. Full-width , ; ; throughout the projected strings (the 2021 deck's ASCII commas are a PDF artefact, and the shipped Japanese uses full-width); the two kept 2021 sentences (R3, C2) stay verbatim, ASCII commas included, so a speaker sees them as they were printed. 'flourishing' is 欣欣向荣, not 繁荣. Open for a speaker: 主动性 vs 积极主动 (A4 title), and C2's official sentence saying willingness-and-ability twice..

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

本投射版本的制作方式

本文件不是官方译本。Inner Development Goals 尚未发布 2025 年版指南的简体中文译本，其已发布的是 2021 年框架（五个维度、23 项技能，每项一句话）。本文件是在此基础上起草的 2025 年版指南：以 2025 年英文版为源文本，以 2021 年官方简体中文译本为语言锚点，并以同时拥有两个版本的语言（日语、英语）为每句话如何演变的范例。2025 年版保留的技能名称即为 2021 年官方中文名称；其余内容由语言模型 Claude Fable 5.1 于 2026 年 9 月 17 日起草，并由同一模型复读。尚未经母语人士审校。如果您阅读中文并发现错误，请通过 idg.guide/contact 告诉我们。

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