



INNER DEVELOPMENT GUIDE

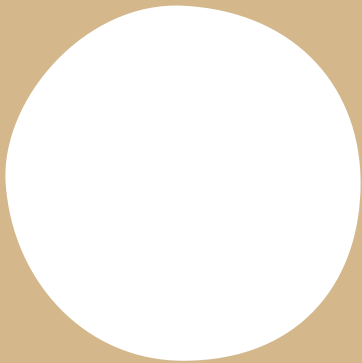
Inner Growth for Outer Change

繁體中文

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

存在

培養我們的內在生活



深化我們對內在經驗及其與周遭世界動態關係的覺察，能滋養身心合一的臨在、清晰的目標，以及面對複雜情境時深思熟慮的回應。



內在指南針

深切承諾：依循促進整體福祉的價值觀與使命而生活與行動。



正直和真實性

真誠承諾於誠實與根基穩固的價值觀，並在行動中加以表達與體現。



開放和學習心態

一種好奇且靈活的態度，展現於願意交流觀點、接納脆弱、迎接改變並成長。



自我覺察

能夠反思自我的思維、情緒、欲望與行為；維持真實的自我印象並自我調節的能力。

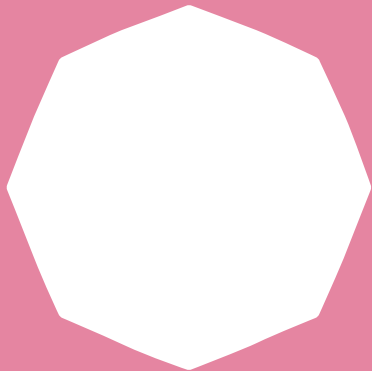


臨在

能夠全然活在當下，接納正在展開的現實，並以有意義的方式回應。

思考

理解我們複雜的世界



增進思路的清晰、考量多元觀點並設想長遠的後果，有助於我們在相互關聯的世界中駕馭複雜性，做出更明智的決策。



批判性思維

能反思各種想法、證據、假設與計畫是否成立。



觀點技能

能從多元觀點中學習，並將所獲得的洞見整合到反思性的意義建構與行動之中。



系統思維

能理解複雜性，並處理系統的相互關聯與特性。



長期導向和願景

構想長期目標，並以支持更廣泛的社會與生態福祉的方式堅持這些目標。



創造力

能跳脫傳統模式思考、想像新的可能性，並將其塑造為具轉化力的想法。

關聯

關心他人與世界



以仁慈、慈悲，以及對社群、生機蓬勃的地球和未來世代的共同歸屬感建立連結，有助於我們創造一個更公平、包容且繁榮的世界。



欣賞

以深刻的感恩、正向關懷與喜悅之心，與人們及地球建立連結。



連結感

感受到自己歸屬於一個更大的整體，例如人類、地球的生命之網，以及存在的靈性面向。



謙遜

能回應情況的需要，而不在意自身的重要性。



同理心和慈悲

懷著減少痛苦的意圖，以仁慈、關懷和愛與他人、自己及大自然建立連結。



寬恕

願意超越敵意、走過創傷，並為療癒創造空間。

協作

建立信任，攜手合作



發展信任關係、肯認多元的價值觀、技能與觀點，並創造安全的空間，使每個人都能為共同目標與集體影響力做出貢獻。



建立關係的技能

以情緒智慧培育關係，並以信任、尊重、相互理解與協作精神為基礎。



包容性思維與跨文化能力

願意且能夠擁抱多樣性並包容擁有不同觀點和背景的個人和社群。



共同創造技能

促進與多元利害關係者的合作過程，培養團隊合作與心理安全，並對權力關係保持覺察。



溝通技能

能深入聆聽他人，促進真誠的對話，有技巧地提倡自己的觀點，建設性地處理衝突，並調整與不同群體的溝通方式。

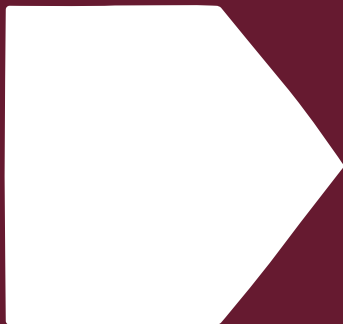


動員技能

激勵他人並使其能夠投入共同目標與集體行動。

行動

引領並促進改變



帶著勇氣與樂觀向前邁進，培養集體的行動力，並懷著目標感堅持不懈地行動，便能在不確定的時代將願景轉化為有意義的改變。



勇氣

堅守基本價值觀、做出決策、採取行動，並在必要時質疑和打破既有的結構與觀點。



希望與樂觀

建立並維繫一種共同的信念：我們有能力創造一個更公平、包容且永續的未來。



有意識地使用資源

在行動中意識到地球自然資源的有限性，優先考量保育、再生與節儉，以避免有害的消費。



主動性

面對迫切的挑戰，以團結以及對人性尊嚴與生機蓬勃的地球的關懷為根基，實踐面向未來、負責任的守護之責。



韌性

靈活因應逆境，保持投入，即使進展緩慢或不確定也堅持不懈。

About this document

AI projection — not an official translation. Inner Development Goals has published the 2025 Inner Development Guide in twelve languages, and Chinese (Traditional) (繁體中文) is not among them. What it has published in Chinese (Traditional) 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 (Traditional) 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-Hans sibling and the ja pairs.

Reviewed by a speaker of Chinese (Traditional): 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 (Traditional) guide. The official translations are at idg.guide/translations; the official 2021 framework in Chinese (Traditional) 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 (Traditional) 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 (Traditional) 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-Hans sibling and the ja pairs, which changed: Being, Thinking and Acting descriptions; B1, B2, B3, T1, T3, R1, R4, A3, A4. '生機地球' unified to '生機蓬勃的地球'; T1 and T3 dropped the '...的能力' shape the 2021 deck avoids; 'positive regard' is 正向關懷. Open for a speaker: 系統思維 vs 系統思考 (T3 title; kept parallel to 批判性思維), and C2's kept 集體 where EN25 now says communities..

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

本投射版本的製作方式

本文件不是官方譯本。Inner Development Goals 尚未發布 2025 年版指南的繁體中文譯本，其已發布的是 2021 年架構（五個面向、23 項技能，每項一句話）。本文件是在此基礎上草擬的 2025 年版指南：以 2025 年英文版為來源，以 2021 年官方繁體中文譯本為語言定錨，並以同時擁有兩個版本的語言（日語、英語）作為每句話如何演變的範例。2025 年版保留的技能名稱即為 2021 年官方中文名稱；其餘內容由語言模型 Claude Fable 5.1 於 2026 年 9 月 17 日草擬，並由同一模型重讀。尚未經母語人士審校。若您閱讀中文並發現錯誤，請透過 idg.guide/contact 告訴我們。

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