



# Toolkit for Future Generations for the Wisocratic Civilization

Better Thinking ❖ Inner-Alignment ❖ Relational Integrity



# Toolkit

for Future Generations for the

# Wisocratic Civilization

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# Wisocratic Civilization

## Introduction & Invitation



Dear Friend of Earth & Humanity.

We need a Wisocratic Civilization BEYOND CAPITALISM & TOTALITARIANISM —  
Wisocracy = Wise Social Democracy — based on peace, love, wisdom, and  
wellness in economic, governance, and education systems.

We are providing this free Toolkit for future generations of the Wisocratic  
Civilization and for people in the present who want to help prepare others to  
create the future Wisocratic Civilization.

If you appreciate this toolkit, you can become a Wisocracy member and help us  
help future generations create the world they need.

With you,  
Sandy Hinden  
Founder, Wisocracy



Wisocracy  
**Members Receive**  
Monthly Newsletter  
Access to All  
Wisocracy Tools & Programs

Become a Wisocracy Member Here



# Wisocratic Civilization

Creating Future Generations  
for Peace, Love, Wisdom & Wellness  
on Earth

# Wisocratic Civilization

Today's society and capitalism create an obsession with having more and more success and wealth.

There is a perpetual feeling of being driven, pushed, pulled, rushed, and striving for more and more.

One can never feel contentment and wellbeing.



**May we all be healed from this *More Sickness*  
and feel contentment and wellbeing**

**May we appreciate life, others, and ourselves.**



## **BEYOND CAPITALISM & TOTALITARIANISM**

### **Wisocracy = Wise Social Democracy**

**based on peace, love, wisdom, and wellness  
in economic, governance, and education systems.**



**Each month,  
700–1,000 people visit  
w i s o c r a c y . o r g**



**If you value Wisocracy,  
tell a friend, a colleague, a student, a seeker.  
Invite them to read, reflect, and share the vision.**

*Sandy Hinden, Founder of Wisocracy*





Earth & Future  
Generations



Systems  
Transformation

Wisocracy.org



Depth  
& Integrity



Spread  
the Word





# Toolkit for the Wisocratic Civilization

## Better Thinking

**Unpacking the Patterns That Shape Our Lives**

We don't  
just learn lessons  
— we learn patterns.  
And patterns shape futures.

## Better Thinking, Better Living

Unhealthy	Healthy
Shiney Objects	<b>Meditation</b>
Stress	<b>Serenity</b>
Obsession	<b>Mindfulness</b>
Addiction	<b>Wellness</b>
Conflict	<b>Compassion</b>
Unhappiness	<b>Gratitude</b>
Excess	<b>Simplicity</b>

## What We Learn & Practice

To explore  
the **hidden lessons** beneath our **beliefs**

To sharpen  
**discernment** and **relational integrity**

To create space for  
**transformation**, not performance

## Reflection Themes

What's a **lesson**  
you learned from life?

What **belief**  
did you form from that experience?

Is there a deeper **pattern**  
(meta-lesson) beneath it?

## Warm-Up Prompts

How do our minds  
**protect us — and trap us?**

What **assumptions** do we carry  
from family, school, society?

What happens when we  
**stop defending our story?**

## Meta-Lesson Examples

### **Surface Lesson → Deeper Meta-Lesson**

“Don’t trust people.” → “I equate vulnerability with danger.”

“Work hard.” → “My worth depends on proving myself.”

“Be nice.” → “I fear rejection more than being honest.”



## Examples of Meta-Lessons

Superficial Lesson	Deeper Meta-Lesson
“I learned not to trust people.”	“I confuse control with safety, and that makes me withdraw when I’m hurt.”
“You’ve got to work hard to succeed.”	“My worth got tied to productivity — and I fear being unloved if I rest.”
“Be careful who you love.”	“I was never shown how to set boundaries, so I mistake enmeshment for connection.”
“Always think for yourself.”	“My mistrust of authority comes from childhood experiences of being dismissed or controlled.”



# Questions

What am I starting to see about myself?

What am I learning about how I think  
— not just what I think?

What stories shape how I see others — and myself?

What "truths" do I defend that might no longer serve me?

What deeper pattern is asking to be seen?



# Toolkit for the Wisocratic Civilization

## Inner-Alignment

**How Aligned Are**  
My Feelings, Needs, Values, Goals & Actions?

# **Wisocracy**

## **Inner-Alignment**

### **How Aligned Are My Feelings, Needs, Values, Goals & Actions?**

**Understand why people often can't continue  
their habit improvement programs.**

**Become aware of what really matters to you.**

**Align your feelings, needs, and values  
with your goals and daily actions  
to create what you really want.**



## **Wellness enables you to stay on track to your goals.**

**Wholistic  
people and media  
strengthen your  
wellness**

**You have  
more aligned  
actions**

**You  
get closer  
to your goals**

**When you are not in wellness,  
your actions will engage in processes that  
temporarily lowers pain but can become addictive.**

**Toxic people and  
media erode your  
wellness**

**You have  
addictive behavior  
to lower pain**

**You  
go farther  
from your goals**



# Inner Alignment Self-Inventory & Score Summary

A Personal Clarity Tool

This self-inventory helps assess alignment between your:  
**Feelings, Needs, Values, Goals, and Actions.**

Reflect, rate, and realign  
for deeper inner coherence.

## Step 1: Rate Yourself (1–5)

1 = Rarely True

2 = Sometimes True

3 = Often True

4 = Usually True

5 = Always True

You will respond to 20 statements across 5 domains.



# Inner Alignment Self-Inventory

**Rate yourself on each statement from 1 (Rarely True) to 5 (Always True).**



## Your Values

		1	2	3	4	5
<b>1</b>	<b>I can clearly name my core values.</b>					
<b>2</b>	<b>I make decisions based on what truly matters to me.</b>					
<b>3</b>	<b>I feel proud of how I live out my values in daily life.</b>					
<b>4</b>	<b>When I feel conflicted, I return to my values for guidance.</b>					



# My Core Values

1

2

3

4

5



# Inner Alignment Self-Inventory

Rate yourself on each statement from 1 (Rarely True) to 5 (Always True).



## Your Goals

1

2

3

4

5

**1** I have personal and professional goals that inspire me.

**2** My goals reflect my deeper values — not just external pressures.

**3** I regularly track or revisit my goals.

**4** I feel energized when working toward my goals.

# My Current Goals

1

2

3

4

5



## Inner Alignment Self-Inventory

Rate yourself on each statement from 1 (Rarely True) to 5 (Always True).



### Your Feelings

		1	2	3	4	5
1	I pause to recognize and name how I feel each day.					
2	I trust that my feelings are signals worth listening to.					
3	I share my feelings honestly in safe relationships.					
4	I know how my feelings influence my decisions and behaviors.					



# Inner Alignment Self-Inventory

**Rate yourself on each statement from 1 (Rarely True) to 5 (Always True).**



## Your Needs

		1	2	3	4	5
<b>1</b>	I know what I truly need — emotionally, physically, spiritually.					
<b>2</b>	I advocate for my needs without guilt or apology.					
<b>3</b>	I notice when I'm neglecting my needs or over-giving.					
<b>4</b>	I feel nourished and resourced most of the time.					

# Feelings and Needs

**Feelings are often related to needs. If our needs are met, we feel good.  
If our needs are unmet, we will feel that something is not right.**

Feelings	Needs

## Human Needs

Lack of needs satisfaction creates emotional and social conflict.

What are you feeling and needing?

What would you like?

## Transcendence & Generative Needs



Inspiration, Oneness with Creation-Universe, Sun, Earth, Ancestors, Future Generations, Care for Earth & the Whole

## Self-Actualization Needs

Purposeful effort to develop and use one's talents and potentials

Meaning, Purpose, Expression, Explanations, Understanding, Education, Freedom, Direction, Creativity, Intellectual & Aesthetic Fulfillment

## Esteem Needs

Self-respect, self-esteem, self-appreciation, respect from others



## Love & Belonging Needs

Nurturing relationships, Friendship, intimacy, family, a sense of connection, compassion, community, happiness, wellbeing

## Safety Needs

Peace, trust, personal security, employment, resources, healthy environment



## Physical Needs

Air, water, food, shelter, health, sleep, clothing, pleasure, reproduction



# Inner Alignment Self-Inventory

**Rate yourself on each statement from 1 (Rarely True) to 5 (Always True).**



## Your Actions

		1	2	3	4	5
<b>1</b>	<b>My daily choices reflect what I care about.</b>					
<b>2</b>	<b>I follow through on commitments I make to myself.</b>					
<b>3</b>	<b>I act in ways that bring my goals closer to reality.</b>					
<b>4</b>	<b>I live in integrity between my inner truth and outer behavior.</b>					



## Step 2: Inventory Domains

- Values** Are you living by what truly matters?
- Goals** Do your goals reflect your values and inspire you?
- Feelings** Are you aware of and guided by your emotions?
- Needs** Do you understand and respect your deeper needs?
- Actions** Do your behaviors reflect your inner truth?  
Do you take actions in the direction of your goals and values each day?

## Step 3: Score Summary Grid

Use this grid to total your scores per domain (4 statements each):

Domain	Statement 1	Statement 2	Statement 3	Statement 4	Domain Total
Values					
Goals					
Feelings					
Needs					
Actions					
Total Score					/ 100

## Step 3: Score Summary Grid



### Sample Entry in the Grid

Let's say you're rating the 4 statements under the **"Goals"** domain:

You'd do the same for the other four domains.

Domain	Statement 1	Statement 2	Statement 3	Statement 4	Domain Total
Goals	3	4	3	5	15







### Step 2: Add Your Scores

For each row/domain, total your 4 ratings and write it in the **Domain Total** column.

At the bottom, add all 5 domain totals together to get your **Total Score out of 100**.

## Step 4: Interpret Your Score

81–100		<b>Strong Alignment</b> – Clarity, integrity, and coherence.
61–80		<b>Moderate Alignment</b> – Some tuning needed.
41–60		<b>Partial Alignment</b> – Check for disconnects.
0–40		<b>Misalignment Zone</b> – Time to realign with core truth.

## Step 5: Reflect & Realign

**Where is your alignment strongest?**

**Which domain feels most out of sync?**

**What small shift today could bring greater alignment?**

**What would help you feel more congruent in your life?**

# More On Goals

Goal	Sub-Goals	Methods
What do I want?	What would it take to get there? What would I need to do?	Is it motivating and achievable?
<p><b>What would bring me happiness and fulfillment?</b></p> <p><b>What would help me get the most out of life?</b></p> <p><b>What would help me make my life feel more alive and wonderful?</b></p> <p><b>How can I be calm, peaceful, and centered?</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Relevant</li> <li><input type="checkbox"/> Meaningful</li> <li><input type="checkbox"/> Motivating / Feels Right</li> <li><input type="checkbox"/> Realistic</li> <li><input type="checkbox"/> Achievable / Attainable</li> <li><input type="checkbox"/> Specific</li> <li><input type="checkbox"/> Measurable</li> <li><input type="checkbox"/> Time-base / Time-tabled</li> <li><input type="checkbox"/> Cost effective</li> </ul> <p><b>What is my present pattern?</b></p> <p><b>What pattern would I need to change/create?</b></p>	<p><b>I keep experimenting</b></p> <p><b>I keep learning</b></p> <p><b>I keep updating my goals</b></p> <p><b>I keep reprioritizing them</b></p> <p><b>Do I want to do it?</b> <b>(It feels right and is motivating)</b></p> <p><b>Can I do it?</b> <b>(It is achievable)</b></p>

Goal	Sub-Goals	Methods
What do I want?	What would it take to get there? What would I need to do?	Is it motivating and achievable?



# Satisfaction Survey

[illegible]

<b>NEEDS / WANTS</b>	<b>What are your needs and wants?</b>
<b>IMPROVEMENTS</b>	<b>What areas would you like to improve?</b>
<b>THINKING / FEELINGS</b>	<b>What thinking or feelings would you like to enhance?</b>
<b>PATTERN</b>	<b>What habit pattern would you like to change?</b>
<b>LET GO</b>	<b>What would you like to let go of?</b>
<b>SKILLS</b>	<b>What skills would you like to acquire or strengthen?</b>
<b>GOALS</b>	<b>What goals would you like to work on?</b>

<b>NEEDS / WANTS</b>	
<b>IMPROVEMENTS</b>	
<b>THINKING / FEELINGS</b>	
<b>PATTERN</b>	
<b>LET GO</b>	
<b>SKILLS</b>	
<b>GOALS</b>	

	Goal	Note/ Progress
What do I want to be?		
What skill do I want to develop?		
What knowledge do I want to acquire?		
What need do I want to fulfill?		
1.		
2.		
3.		
What problem do I want to solve?		
1.		
2.		
3.		
What obsession do I want to release?		
1.		
2.		
3.		
What compulsion do I want to stop?		
1.		
2.		
3.		

My Bucket List / Goals

Item	Note / Progress



# Toolkit for the Wisocratic Civilization

## Relational Integrity

**How Aligned Am I In My Relationships?**

**How I Show Up, Relate, and Take Responsibility in My Relationships:**

**Personal, Professional, Political**

# Relational Integrity Self-Inventory

## How Aligned Am I In My Relationships?

How I Show Up, Relate, and Take Responsibility in My Relationships:  
**Personal, Professional, Political**

## A Wisocracy Member Self-Inventory

Want to show up with more courage, clarity, and care  
in all your relationships — personal, professional, and political?

Assess where you stand.

Discover what's strong. Grow what's missing.

Receive your personal guide to living your values out loud.

# Wisocracy Member Benefit:

## Relational Integrity Self-Inventory & Growth Journey



### What It Is

A self-assessment and reflection tool offered exclusively to Wisocracy Members to support deeper self-awareness, relational responsibility, and wise leadership.



### Why It Matters

Wisocracy is built on systems change, but systems are made of relationships. This tool strengthens the **relational foundation** needed for truly collaborative, regenerative systems.



### Member Benefit Package Includes

#### 1. Downloadable RISI PDF (Interactive)

- Members receive the full 20-item Self-Inventory with scoring guide and reflection prompts.
- Format: Beautifully designed PDF or digital worksheet (fillable or printable).

#### 2. Quarterly “Relational Integrity Check-In” Zoom Sessions

- Optional group sessions to revisit the inventory, reflect on growth, and explore real-life challenges with others.
- Facilitated by Sandy Hinden, Wisocracy Founder



## Wisocracy Member Benefit:



### Relational Integrity Self-Inventory & Growth Journey

**The Relational Integrity Self-Inventory** is a self-assessment tool designed to help individuals reflect on how well they embody relational integrity across multiple dimensions of life.



### Relational Integrity Self-Inventory (RISI)

*How aligned am I  
in how I show up, relate, and take responsibility in relationships?*



### Scoring Instructions

- Rate yourself on each statement from **1 (Rarely True)** to **5 (Consistently True)**.
- At the end, you'll receive a **total score**, **category insights**, and a **reflection prompt**.



# Relational Integrity Self-Inventory & Growth Journey

Rate yourself on each statement from **1 (Rarely True)** to **5 (Consistently True)**.

◆ Section 1: Inner Alignment How true are you to your values, feelings, and needs?		1	2	3	4	5
1	I speak honestly even when it's uncomfortable.					
2	I notice when I'm triggered and pause before reacting.					
3	I name my feelings without blaming others.					
4	I take time to understand what I truly need.					
5	I align my actions with my stated values.					



# Relational Integrity Self-Inventory & Growth Journey

Rate yourself on each statement from **1 (Rarely True)** to **5 (Consistently True)**.

◆ Section 2: Relational Responsibility How accountable and trustworthy are you in relationship dynamics?		1	2	3	4	5
6	I own my mistakes without defensiveness.					
7	I follow through on commitments or communicate authentically if something changes.					
8	I repair when I've caused harm or created distance.					
9	I reflect on how my behavior impacts others.					
10	I can receive feedback without collapsing or attacking.					



# Relational Integrity Self-Inventory & Growth Journey

Rate yourself on each statement from **1 (Rarely True)** to **5 (Consistently True)**.

◆ Section 3: Boundaries & Truth-Telling How clear and courageous are you in setting limits and expressing truth?		1	2	3	4	5
11	I say “no” when something doesn’t feel right for me.					
12	I can name when something feels “off” in a relationship.					
13	I recognize emotional manipulation and don’t play along.					
14	I speak truth even when it might cost me approval.					
15	I leave relationships or spaces that erode my integrity.					



## Relational Integrity Self-Inventory & Growth Journey

Rate yourself on each statement from **1 (Rarely True)** to **5 (Consistently True)**.

◆ Section 4: : Compassion & Curiosity		1	2	3	4	5
How open are you to others' truth without losing your own?						
16	I listen with genuine interest, even when I disagree.					
17	I don't rush to fix people or take over their feelings.					
18	I see beyond people's defenses and try to understand what's underneath.					
19	I give others space to change instead of locking them in old stories.					
20	I can hold both my pain and someone else's pain without shutting down.					



# Relational Integrity Self-Inventory & Growth Journey



## Scoring Guide

- **80–100: Relational Steward**

You live with deep relational integrity. Keep tending the fire — and stay open to feedback from those closest to you.

- **60–79: Bridge Builder**

You're committed and aware, with a few areas for growth. What area might need more practice or courageous conversations?

- **40–59: Relational Learner**

You're becoming more conscious of your patterns. This is a good place to start — which section had the lowest scores?

- **20–39: At Risk of Disconnection**

Relational integrity has likely been compromised by survival patterns, trauma, or reactive behaviors. Support, reflection, and healing are essential.



## Relational Integrity Self-Inventory & Growth Journey



### Optional Reflection Prompts

- **Where am I most aligned?**
- **Where do I feel out of integrity?**
- **What's one pattern I inherited that no longer serves my relationships?**
- **Who do I trust to give me honest feedback — and am I willing to ask?**



# About

Wisocracy  
Wisocratic Civilization  
Sandy Hinden



# Wisocracy

## *Where Wisdom Guides Civilization*

A new path beyond capitalism and totalitarianism.

Wisocracy is Wise Social Democracy — grounded in peace, love, wisdom, and wellness across economic, governance, and education systems.

We offer thinking tools, inner practices, and relational maps to help future generations live with clarity, alignment, and integrity.

- ◆ Better Thinking
- ◆ Inner Alignment
- ◆ Relational Integrity

We plant seeds for those ready to heal the systems — by first healing within.

# Wisocratic Civilization

## *Toolkit for Future Generations*

Today's world teaches obsession, consumption, and control.

But we are creating a new foundation — a civilization that values:

Contentment over excess  
Connection over competition  
Regeneration over extraction

This toolkit is for those who want to:

- ◆ Align their values, goals, and actions
- ◆ Practice self-healing and systemic wisdom
- ◆ Live with relational courage and care

May we prepare ourselves... and prepare the way.

# Sandy Hinden

## *Founder of Wisocracy*

A systems healer and global educator, Sandy Hinden has dedicated his life to helping humanity shift from survival patterns to wise civilization.

His work is not just about ideas  
— but about how we think, relate, and choose.

Through Wisocracy, Sandy offers tools, models, and gentle guidance to help others lead with clarity and compassion in a chaotic world.

This is not a movement.  
It is a gift — for those who hear the call.



# Toolkit for Future Generations for the Wisocratic Civilization

Better Thinking ❖ Inner-Alignment ❖ Relational Integrity