

# Ensuring Sustainability by Optimizing Human Development

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A Mindful Path to Achieving the SDGs

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# Science and Statistics are Important

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**Mindful Life Intelligence is Vital!**



# An Unceasing State of Human Suffering

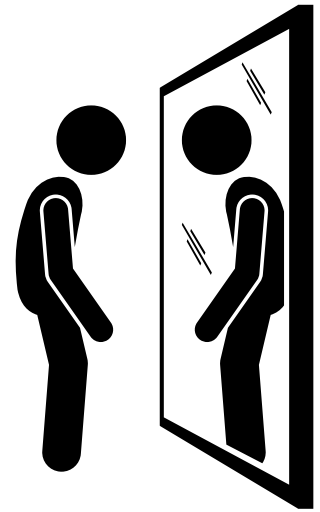
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Statistics High Rates of  
Inequalities, Poor Health  
Education Crisis  
Work-stress, Insecurity  
Loneliness & Suicide  
Fear for the Future  
Conflict & War  
Natural Disasters  
and Struggle for Happiness



# Let's Take a Moment to Reflect

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Can you think of any aspect of your life or work where human issues were not caused by the human mind, through thoughts, perceptions, choices, actions, socialization, or programming?

# The Inner Gap

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## Where Sustainability Efforts Fall Short.

- Focused on outer systems: tech, policy, innovation, funding
- Neglect inner systems: cognitive, emotional, relational, spiritual
- Trying to create sustainable solutions with and for **unsustainable minds!**

# What's and Unsustainable Mind?

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- **Inefficient mindful life intelligence** and false notions
- **Social conditioning**, trauma, living on autopilot, not understanding natural systems, and unconscious biases.
- **Ineffective patterns** of thinking, feeling, connecting, and acting that undermine their goals of wellness, prosperity, and sustainability.
- **Unable to recognize or regulate** their own triggers, reactions, and false assumptions.
- **Pushing unexamined strategies**, hold onto the belief that thoughts are facts
- **Reacting habitually** instead of mindfully composing responses.
- **Causing wicked Problems** through systems, policies, and innovations
- **Increasing** disconnection and loneliness, anxiety, inequality, injustice, discontentment, conflict, and war.
- **These are not just individual but systemic and global issues.**

# It's Not Easy to Be Human!

Book in publication

If we don't address the reality that humans need a fully developed, **mindful life-intelligent brain**, we'll keep trying to fix broken system, pursuing sustainable goals, yet continually falling short of enduring solutions.



# A Well-Designed and Tested Methodology

**MLO**  
Mindful Life Optimization

**3 Domains of  
Life  
Intelligence**

**Five-Stages of  
Human  
Software  
Optimization**

**OPTIMIZED  
Inner  
Navigation  
Asset**





# THREE DOMAINS OF Mindful Life Intelligence

60 fundamental concepts, inner qualities, and skills that all humans, regardless of background or geography, should learn and embody. (Aligns with IDGs or Inner Developmental Goals)



## Domain 1

### **SYSTEMS:**

Natural &  
Constructed

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**15 Lessons**

## Domain 2

### **PLANET:**

Relationship and  
Sustainable  
Living

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**10 Lessons**

## Domain 3

### **HUMAN:**

Experience,  
Conduct and  
Happiness

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**38 Lessons**

## PROCESS

### **Five-Stage Human Software Optimization**

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A pathway to learn and  
embody these essential  
fundamental concepts,  
inner qualities and skills

# Why This Matters:

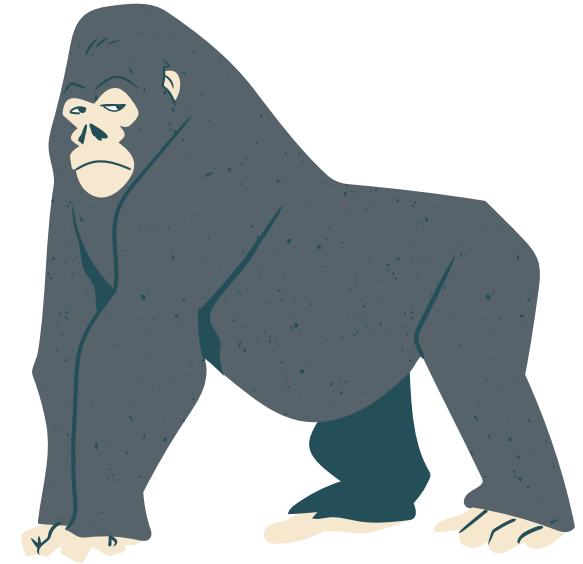
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When we fully optimize our inner qualities and skills we unlock a new level of positive impact.

That's why we believe the MLO Methodology can support the achievement of most—if not all—of the 17 Sustainable Development Goals.

Whether it's reducing inequality, improving education, advancing climate action, or building more peaceful institutions—each of these efforts depends on the quality of the human mind behind the system.

When we optimize the human software, we don't just build better organizations—we build better outcomes for people and the planet.



# MLO Professional Counselor Certification

We are on a journey to certify 10,000 MLO PCs who can bring the MLO human development to organizations, communities, government agencies, colleges, schools, and families.

You can be a part of this great community of leaders and trainers to make a lasting impact and legacy. To find out more, go to:

<https://perfectlyhere.org/become-a-mindful-life-optimization-professional/>



# It's Not Easy to Be Human:

**A Compassionate Journey and Guide to Optimize Human Potential, Achieve Fulfillment, and Increase Systemic and Ecological Well-Being**

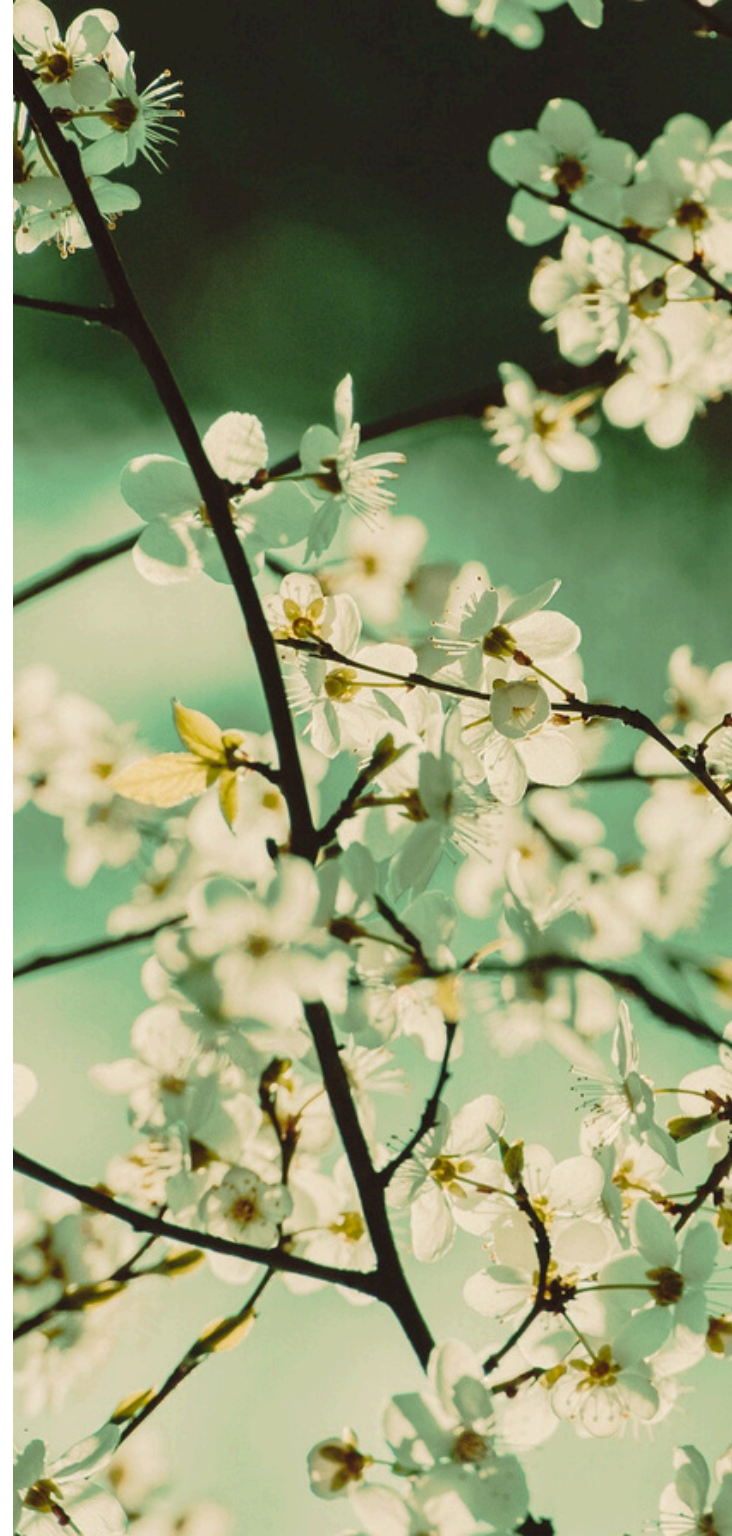
To get notified of the release date, use the QR code below to subscribe to our list:



**To Practice and Cultivate  
Mindful Life Intelligence**

**Join Us for a  
Mindfulness and Joy  
Day Retreat**

Saturday, March 29th  
from 9 AM to 5 PM,  
Pacific Time  
Fee: Sliding Scale



**For Speaking, Training,  
Seminars, and Workshops**  
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