



dignity[®] cues

Small prompts for seeing differently.

Welcome

Small prompts for seeing differently.

What if some of the things we most need to learn are not subjects, but ways of being with ourselves, with one another, and with the world?

Fewer of us were explicitly taught how to understand our own patterns, navigate difference, recognise our inherent worth, participate with agency, repair relationships, or notice the conditions that shape our choices.

Cues creates small opportunities to practise some of these capacities in everyday life.

Not as another subject to master, but as ways of seeing that can change how we learn, work, relate and live together.

We have compiled **cues — short prompts** — for developing the capacity to pause, become curious, recognise different perspectives, understand our own patterns, and choose how we want to participate.

A cue is essentially **an invitation to look again**.

We often know how something feels before we have words for it. The words behind each cue are therefore carefully curated from our [glossary](#) — helping us name and understand what may be happening underneath.

This resource is designed for educators to use in classrooms, conversations, mentoring, group work, or simply as a question to carry through the day.

There is no right answer.

The purpose is to notice what becomes possible when we ask a different question.

PAUSE. CONTEMPLATE. SIMPLIFY. LEAD.

There are four movements throughout this document:

PAUSE

Notice what is happening.

CONTEMPLATE

Become curious about what you are seeing.

SIMPLIFY

Come back to what matters.

LEAD

Choose how you want to participate.

These are not steps you have to complete in order. They are movements we can return to whenever we need them.

We hope this document supports **a widening curiosity towards care, belonging and inclusion**, contributing to the broader movement towards co-prosperity.

Experience → Question → Language → Understanding → Choice

PAUSE

TIP: Notice what is happening and notice again, before we react.

1. What am I feeling right now?

Behind the cue: Self-awareness

Self-awareness means noticing our feelings, beliefs, limits and patterns — and recognising that they influence how we respond.

2. What changed?

Behind the cue: Reflective capacity

Reflective capacity is the space to pause and reconsider what we think, feel or want before deciding what to do.

3. What do I want to do right now?

Behind the cue: Agency

Agency is our capacity to make meaningful choices and participate intentionally, even though we cannot control everything around us.

4. Am I reacting, or responding?

Behind the cue: Reflective sovereignty

Reflective sovereignty means directing our participation thoughtfully rather than simply being carried by an immediate reaction.

5. What happened before I felt this way?

Behind the cue: Human bandwidth

Human bandwidth is the psychological, emotional, relational, financial and physical capacity we have available for meaningful participation. When our bandwidth is low, even small things can feel much bigger.

6. Do I need to answer right now?

Behind the cue: Stability capacity

Stability capacity is the ability to stay grounded while navigating uncertainty or change without losing dignity or participation.

7. What am I noticing in my body?

Behind the cue: Self-awareness

Notice before you interpret. Sometimes our first signal is not a thought.

8. Can I make a little more space before I decide what this means?

Behind the cue: Exploratory space

Exploratory space is having enough room to wonder, consider possibilities and change direction rather than immediately closing around one interpretation.

CONTEMPLATE

Become curious about what we are seeing.

1. What assumption am I making?

Behind the cue: Reflective capacity

An assumption is something we believe to be true without having examined it.

2. What else could be true?

Behind the cue: Exploratory space

There may be more than one reasonable way to understand what is happening.

3. What don't I know yet?

Behind the cue: Humility

Not knowing is not failure. It can be the beginning of learning.

4. Could I be seeing only part of the picture?

Behind the cue: Intelligence

Intelligence here means more than knowing facts. It includes noticing patterns, context, different perspectives and what may not yet be visible.

5. What might this look like from their side?

Behind the cue: Relational trust

Relational trust grows when people can participate with honesty, respect, reciprocity and care.

6. Is this something I believe — or something I learned to believe?

Behind the cue: Participation scripts

Participation scripts are learned beliefs and behavioural patterns that shape how we think we are supposed to participate.

7. What pattern keeps repeating?

Behind the cue: Conscious differentiation

Conscious differentiation means recognising inherited beliefs and patterns while choosing responses that align with our values and dignity.

8. Am I willing to change my mind?

Behind the cue: Adaptive learning

Learning sometimes means allowing new information to change our understanding.

SIMPLIFY

Come back to what matters.

1. Does someone's success change their worth?

Behind the cue: Worth

Worth is inherent. It does not depend on performance, productivity, achievement or status.

2. What is the difference between someone's worth and their value?

Behind the cue: Value

Worth is inherent. Value is what we create, contribute, exchange and build together.

Someone can make a mistake without becoming less worthy.

Someone can contribute something valuable without becoming *more worthy* than someone else.

3. Do I need everyone to agree with me?

Behind the cue: Dignity

Dignity is the inherent worth of every person, recognised and protected through the conditions that allow people to participate meaningfully.

Respect does not require sameness.

4. What would respecting myself look like here?

Behind the cue: Dignity

Honouring another person does not require abandoning ourselves.

5. What would respecting others look like?

Behind the cue: Recognition

Recognition means seeing another person's humanity and capacity rather than reducing them to a label, role, mistake or opinion.

6. What is mine to carry?

Behind the cue: Agency

We can take responsibility for our participation without taking responsibility for everything around us.

7. What is *not* mine to carry?

Behind the cue: Hidden burden

A hidden burden is work or pressure that may be invisible to others — emotional, relational, administrative, financial or otherwise.

Recognising it can help us understand why participation sometimes feels harder than it appears.

8. Can two different things be true?

Behind the cue: Difference

Someone can experience something differently from us without either person needing to disappear.

That is the beginning of learning to live across difference.

LEAD

Choose how we want to participate.

And this is where participation becomes much more than "joining in." It is not simply access or presence; it is having the conditions to contribute meaningfully with confidence, agency and dignity.

1. What kind of participant do I want to be?

Behind the cue: Participation

Participation means being able to contribute meaningfully to relationships, decisions, communities and systems.

2. Do I need to speak, listen, ask, wait — or act?

Behind the cue: Agency

Agency includes choosing *how* we participate, not just whether we participate.

3. Is there space for someone else to contribute?

Behind the cue: Co-Prosperity

Co-prosperity is shared flourishing: creating value together while strengthening the conditions for future participation.

4. Who has not been heard yet?

Behind the cue: Inclusion

Sometimes the most important contribution is noticing whose perspective is missing.

5. Am I making it easier or harder for others to participate?

Behind the cue: Emotional infrastructure

Emotional infrastructure is the relational environment that supports safety, trust, empathy and constructive engagement.

6. What small thing could make this situation better?

Behind the cue: Restoration

Restoration is rebuilding the conditions that support dignity, trust, participation and wellbeing after disruption, exclusion, harm or instability.

7. What could we create together that neither of us could create alone?

Behind the cue: Co-Prosperity

Contribution does not have to be a competition.

8. What will my choice make possible next?

Behind the cue: Regeneration

Regeneration means strengthening conditions for future learning, capability, resilience, relationships and flourishing.



RECAP

FOUNDATIONS

Dignity

The inherent worth of every person.

Worth

The value every person has simply by being human.

Value

What we contribute, create, exchange and build together.

PARTICIPATION

Participation

The ability to contribute meaningfully, not simply be present.

Agency

The capacity to make meaningful choices and influence what happens.

Human Bandwidth

The capacity available to think, feel, decide, relate and participate.

Hidden Burden

The invisible work or pressure someone may be carrying in order to participate.

RELATIONSHIP

Emotional Infrastructure

The conditions that help people feel safe, respected, supported and able to engage.

Participation Scripts

Learned ideas about how we are supposed to behave or participate.

Conscious Differentiation

Recognising inherited patterns while choosing how we want to respond.

Reflective Sovereignty

Directing our participation thoughtfully rather than reactively.

WHAT WE BUILD

Restoration

Rebuilding conditions that have been damaged or diminished.

Regeneration

Creating new capacity and possibility for the future.

Co-Prosperity

Flourishing together by creating value while strengthening the conditions for future participation.

Continue the Conversation

We would love to hear from you—visit our [Signal Collection Portal](#) to see if you would like to contribute a signal. None of us walks our journey entirely alone. Each perspective adds to what we can see and understand, together. **In sharing what we notice, we help one another remember more of something that was *never* truly lost.**

