

# VALUES BOOK

A short, thick black horizontal line is positioned to the left of the text.

Resonate with your Inner Values

**This Booklet is Copyright of Meaning Quotient GmbH**



*"Our Value is sum of our Values"*

---

*Joe Batten*

THIS WORKBOOK  
BELONGS TO



**Values**

*Outlook & In-look*



# Values Outlook

*Which Leader or Character you look upto?  
What are their Values?*

*Leader/  
Character*

--	--	--

*Values I  
Appreciate:*




# Values Outlook

*Which Leader or Character you look upto?  
What are their Values?*

*Leader/  
Character*

--	--	--

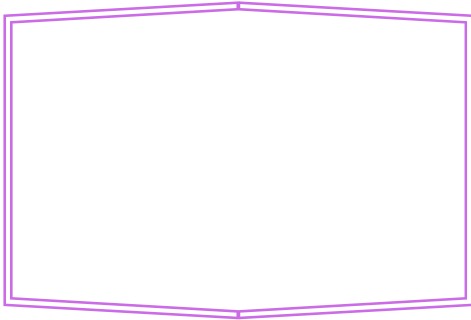
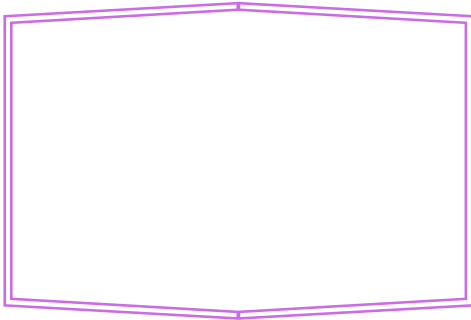
*Values I  
Appreciate:*




# Values In-Look: *Lows*

*When were your Values Stepped on?  
What were they?*

*Incidents*



*Values Stepped On:*

.....

.....

.....

.....

.....

.....

.....

.....





# Values In-Look: *Highs*

*When were your Values Honored?  
What were they?*

*Moments*

*Values Honored:*

←	←	←
←	←	←
←	←	←
←	←	←
←	←	←
←	←	←
←	←	←



# Values In-Look: *Lows & Highs*

*When were your Values Stepped on & Honored?  
What were they?*

*Values Stepped on:*

*Low Incidence*

.....

.....

.....

*Values Honored:*

*High Moment*

← → ← → ← →

← → ← → ← →

← → ← → ← →



A collection of approximately 12 colored pencils is arranged in a circular pattern, pointing towards the center. The colors include yellow, orange, red, pink, purple, blue, green, and grey. The pencils are sharpened, and their tips meet at a central point. The text "CORE VALUES" is printed in a bold, black, serif font, centered over the meeting point of the pencils.

**CORE  
VALUES**

# Core Values

*What are your 3-5 Core Values?*



# Core Values

*What are your 3-5 Core Values?*

Five horizontal lines, each with arrowheads at both ends, arranged vertically. These lines are intended for writing the user's 3-5 core values.



# Core Values

*What are your 3-5 Core Values?*





## **Values Scoring**

*Living & Wishing*

# Living & Wishing Scoring

*On a scale of 1-10 (10 being fully), how much are you living your Value? What is your wish?*

*Core Values :*

*Living Score (1-10) :*

*Wishing Score (1-10) :*

*Difference (+/-)*

 \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ 



# Living & Wishing Scoring

*On a scale of 1-10 (10 being fully), how much are you living your Value? What is your wish?*

*Core Values :*

*Living Score (1-10) :*

*Wishing Score (1-10) :*

*Difference (+/-)*

 \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ 

# Owning Accountability

*For any difference of more than +/- 2, what will you (not) do? By When?*

Core Values : \_\_\_\_\_ Difference : \_\_\_\_\_

I will : \_\_\_\_\_ By : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Core Values : \_\_\_\_\_ Difference : \_\_\_\_\_

I will : \_\_\_\_\_ By : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Core Values : \_\_\_\_\_ Difference : \_\_\_\_\_

I will : \_\_\_\_\_ By : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Core Values : \_\_\_\_\_ Difference : \_\_\_\_\_

I will : \_\_\_\_\_ By : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Owning Accountability

*For any difference of more than +/- 2, what will you (not) do? By When?*

Core Values : \_\_\_\_\_ Difference : \_\_\_\_\_

I will : \_\_\_\_\_ By : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Core Values : \_\_\_\_\_ Difference : \_\_\_\_\_

I will : \_\_\_\_\_ By : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Core Values : \_\_\_\_\_ Difference : \_\_\_\_\_

I will : \_\_\_\_\_ By : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Core Values : \_\_\_\_\_ Difference : \_\_\_\_\_

I will : \_\_\_\_\_ By : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**This Page is Intentionally Left Blank**

**This Page is Intentionally Left Blank**

**This Page is Intentionally Left Blank**



*"Never Compromise Your Values"*



*Steve Maraboli*

MQ Learning provides creative and embodied trainings incorporating logic, relations, and inner values, to ensure deep internal resonance and practical external applicability

[www.mq-learning.com](http://www.mq-learning.com)

