

LEARNING



VALUES BOOK



Resonating with your inner Values

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"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 or Character

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*Values I
Appreciate:*

○	○	○	○	○
○	○	○	○	○
○	○	○	○	○
○	○	○	○	○

Values Outlook

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

Leader or Character

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*Values I
Appreciate:*

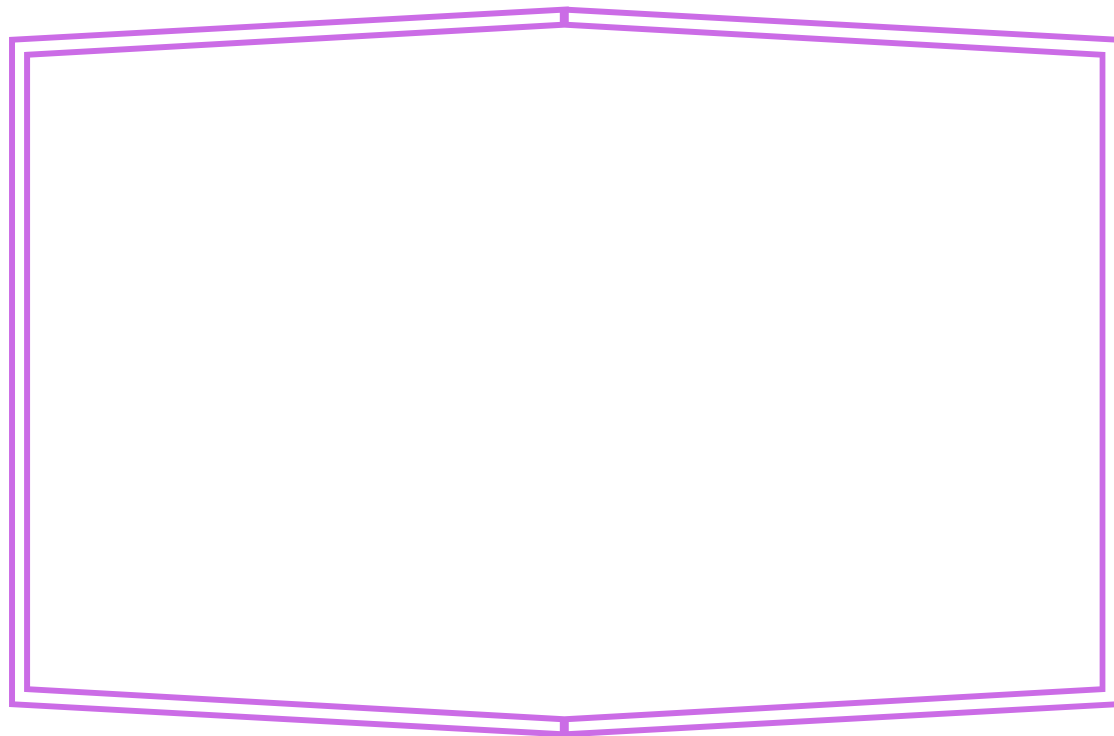
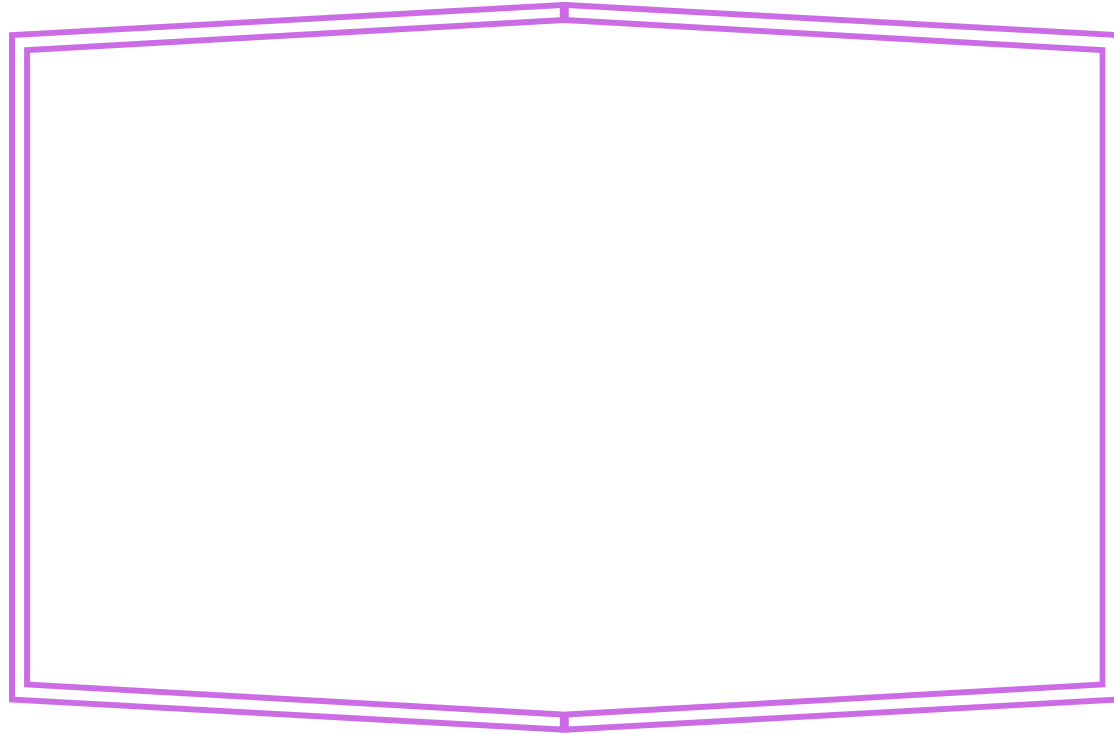
○	○	○	○	○
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Values In-Look

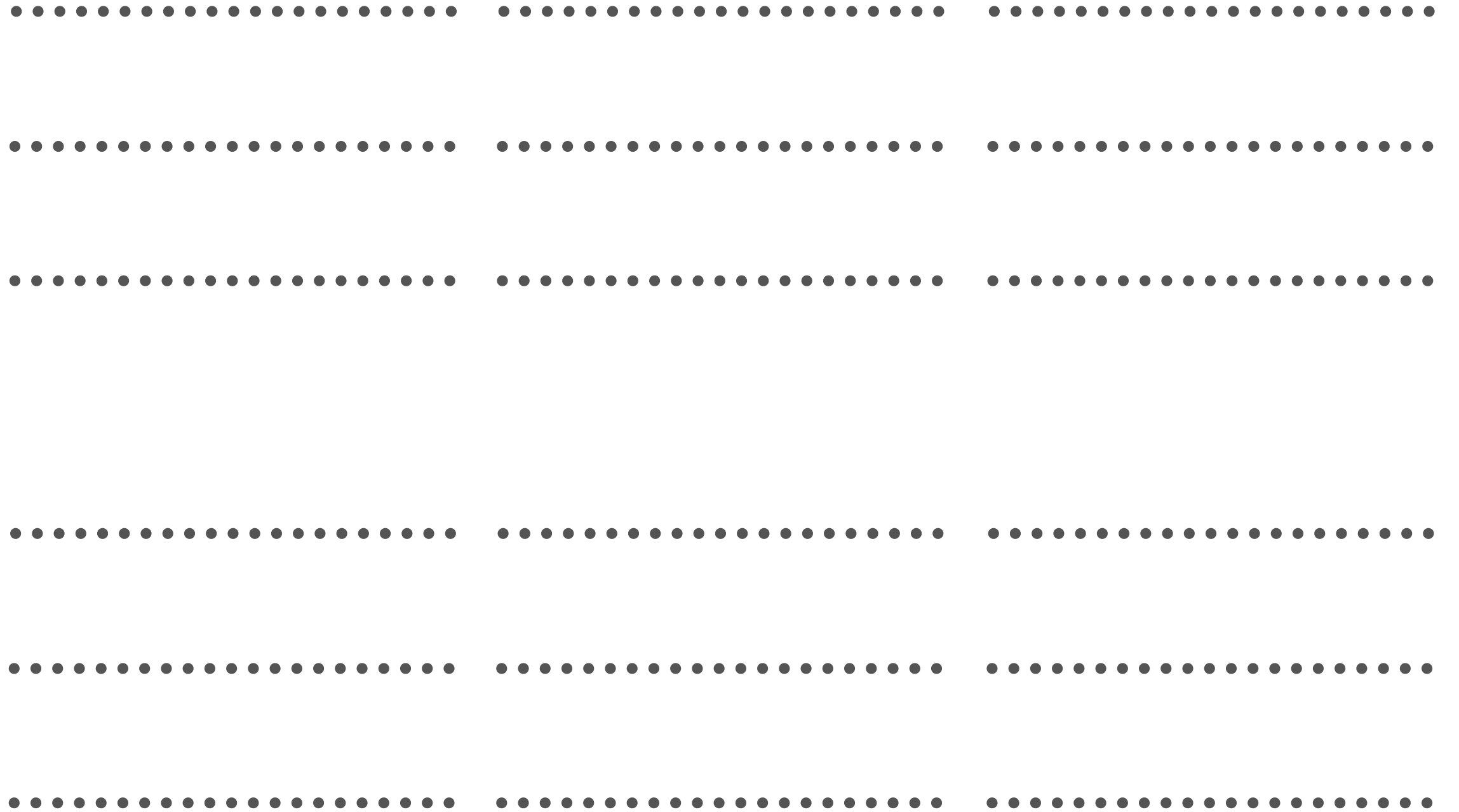
*Low*s

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

Incidents



Values Stepped On:



Values In-Look

Highs

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

Moments

Values Honored:

← _____ →	← _____ →	← _____ →
← _____ →	← _____ →	← _____ →
← _____ →	← _____ →	← _____ →
← _____ →	← _____ →	← _____ →
← _____ →	← _____ →	← _____ →
← _____ →	← _____ →	← _____ →

Values In-Look

Lows & Highs

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

Low Incidence

High Moment

Values Stepped on:

.....

.....

.....

Values Honored:

—————>

—————>

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CORE VALUES

Core Values

When are your 3-5 Core Values?

The form consists of five horizontal lines, each with a double arrowhead at both ends. The lines are evenly spaced and intended for the user to write their core values.

Core Values

When are your 3-5 Core Values?

Five horizontal lines, each with arrowheads at both ends, arranged vertically. These lines are provided for the user to write their 3-5 core values.

Core Values

When are your 3-5 Core Values?

Five horizontal lines, each with arrowheads at both ends, arranged vertically. These lines are provided for the user to write their 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 :* _____

_____

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_____

Core Values : _____ *Difference :* _____

I will : _____ *By :* _____

_____

_____

_____

Owning Accountability

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

Core Values : _____ *Difference :* _____

I will : _____ *By :* _____

.....
.....
.....

Core Values : _____ *Difference :* _____

I will : _____ *By :* _____

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Core Values : _____ *Difference :* _____

I will : _____ *By :* _____

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Core Values : _____ *Difference :* _____

I will : _____ *By :* _____

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"Never Compromise Your Values"



Steve Maraboli



MQ Learning provides creative and embodied trainings incorporating the elements of logic, relations, and inner values, to ensure the deep resonance and hands-on applicability in daily lives.



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