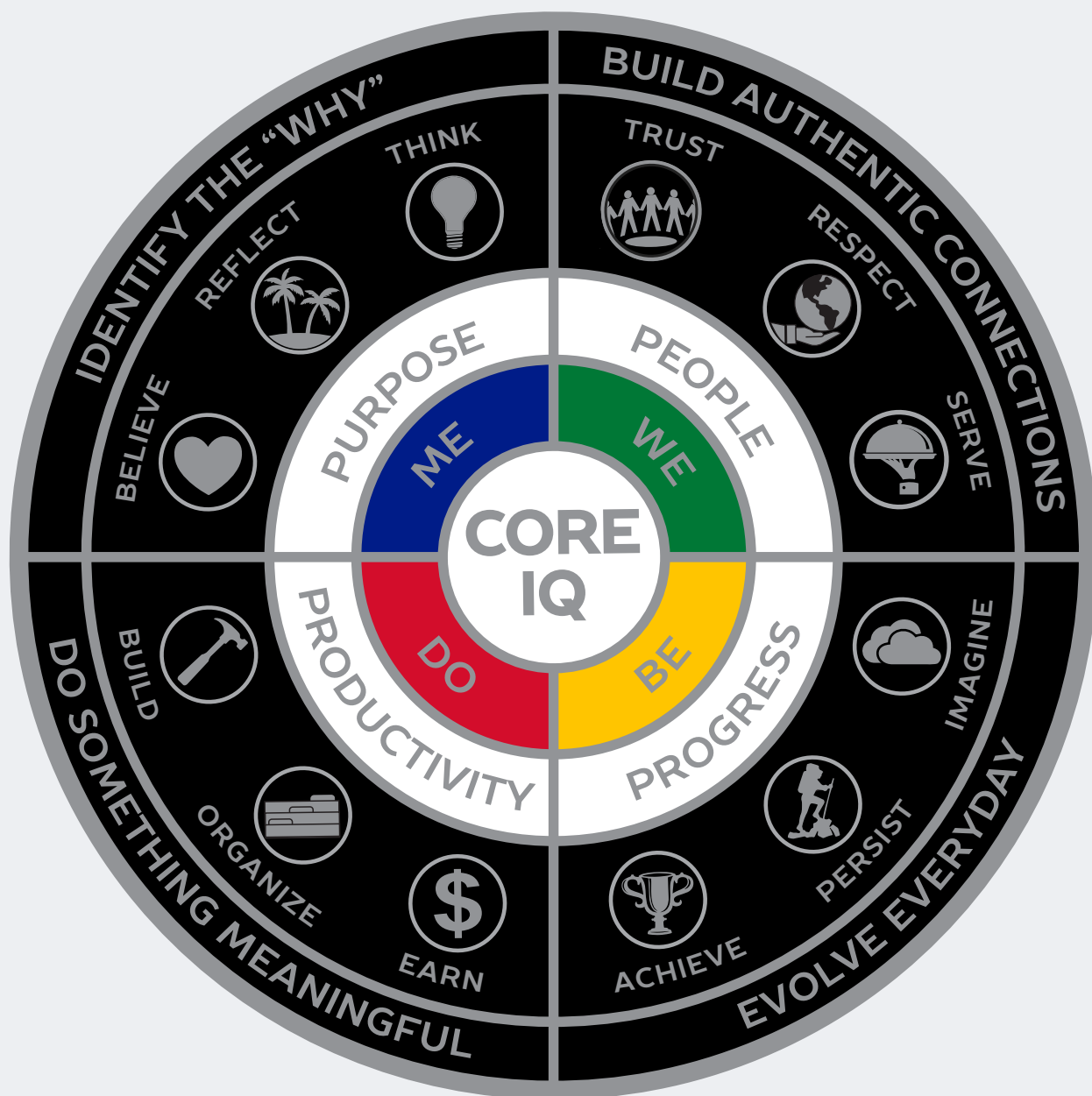


Our mission is to help raise the Core IQ of the world. Core IQ is the key skills we all need but are not always taught in school. Skills like goal setting, time management, negotiation, personal finance, etiquette, leadership, and much more. We believe that every individual needs free access to these skills. ©2019 Core IQ. All rights reserved.



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# FOUR CORNERSTONES

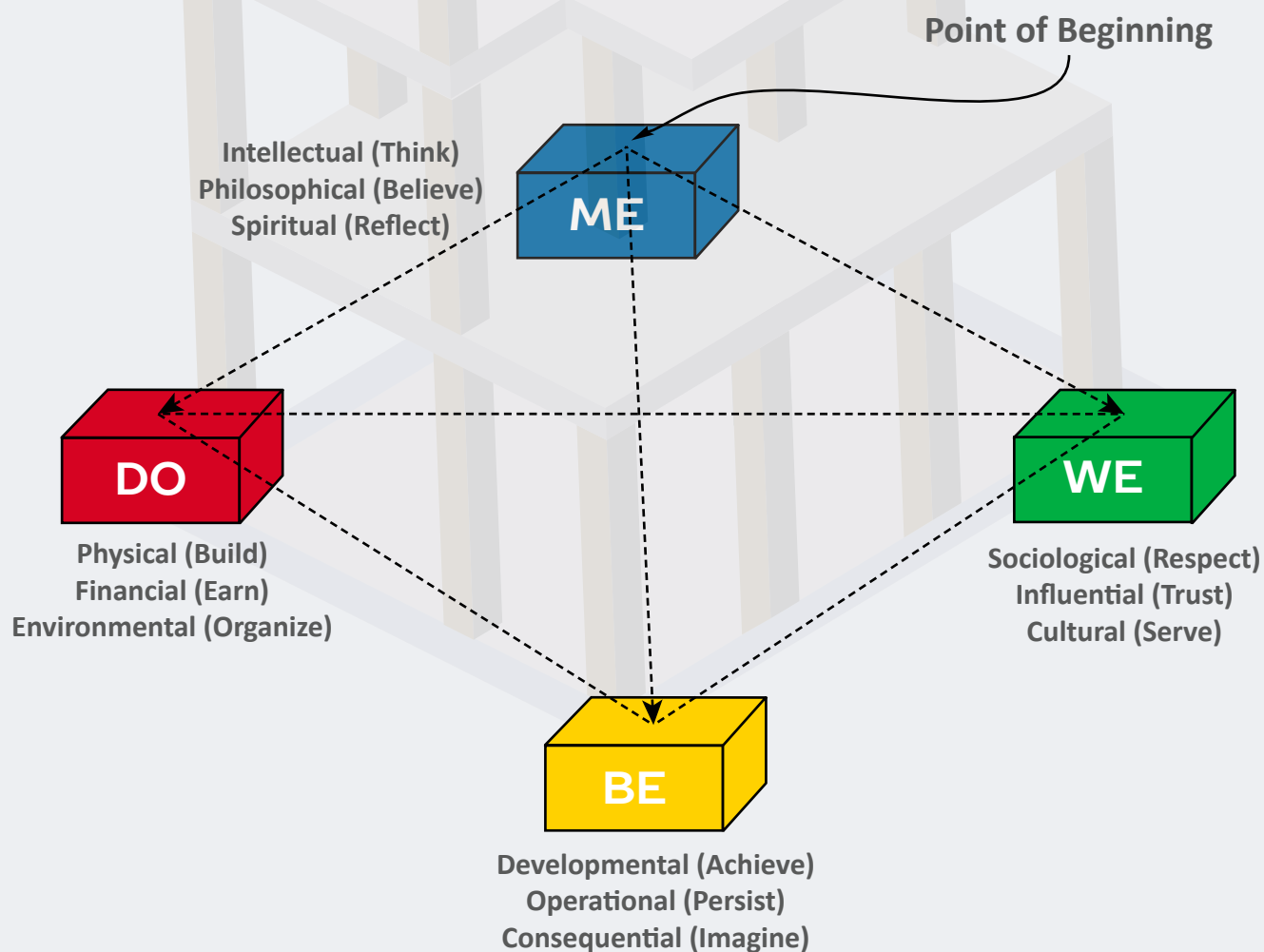
Introduction to  
Me We Do Be  
CoreIQ.com

All of the world's great structures were built on solid foundations. Indeed, the quality of a foundation means the difference between a trophy or a tear down.

There are *Four Cornerstones*™ of all great pursuits, summed up as *Me We Do Be*™.

- *ME* habits improve the quality of our thinking and mental illumination
- *WE* habits build our relationships
- *DO* habits advance our health, finances, and living space
- *BE* habits involve setting goals, managing our time, and elevating to a new level

Just as one bad habit can take root to spread out and cause a disaster, so can one good habit ripple out and create dynamic positive change.



# INTRODUCTION WORKSHEET

Introduction to  
Core IQ and Me We Do Be  
CoreIQ.com

1. What are the best parts of my “Me” cornerstone? \_\_\_\_\_

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2. What parts of my “Me” cornerstone need improvement? \_\_\_\_\_

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3. What are the best parts of my “We” cornerstone? \_\_\_\_\_

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4. What parts of my “We” cornerstone need improvement? \_\_\_\_\_

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5. What are the best parts of my “Do” cornerstone? \_\_\_\_\_

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6. What parts of my “Do” cornerstone need improvement? \_\_\_\_\_

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7. What are the best parts of my “Be” cornerstone? \_\_\_\_\_

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8. What parts of my “Be” cornerstone need improvement? \_\_\_\_\_

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