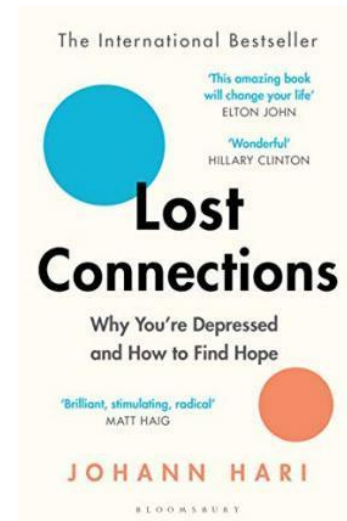


The book that made me grateful for what I do as a profession (part three)

This week I will address Johann Hari's third cause *"Disconnection from meaningful values"*.

The eight causes Hari uncovered are:

1. Disconnection from meaningful work
2. Disconnection from other people
3. Disconnection from meaningful values
4. Disconnection from childhood trauma
5. Disconnection from status and respect
6. Disconnection from the natural world
7. Disconnection from a hopeful and secure future
8. The role of genes and brain changes



3. Disconnection from meaningful values

Most of us do our best to try to instill the value of money in our children. We encourage them to get a part-time job, save for a car and then to spend their own money for which they have worked.

Without placing a meaningful value on money, it can often slip through our fingers. We have all heard about the lottery winners, becoming instant millionaires overnight, only to be stone broke a few years later.

There are also those people who measure their life by how much wealth they have accumulated throughout their lifetime, but each night they bath in a tub full of misery.

So how do we avoid these extremes?

At More4Life we break down people's goals, and the value they place on each of these goals, into five different parts: money, health, leisure, business, and family. By doing this, and asking the right questions around each area, we establish what the client truly values in life.

When establishing what the client values, we focus all attention on achieving the goal and avoiding external temptations such as the impulse purchase of the latest Mercedes. Now there is nothing wrong with buying the latest Mercedes, but if it comes at a cost of the client's core goals problems arise.

We believe supporting our clients' values brings meaningful value to both clients and to our profession.