

Values and Freedom



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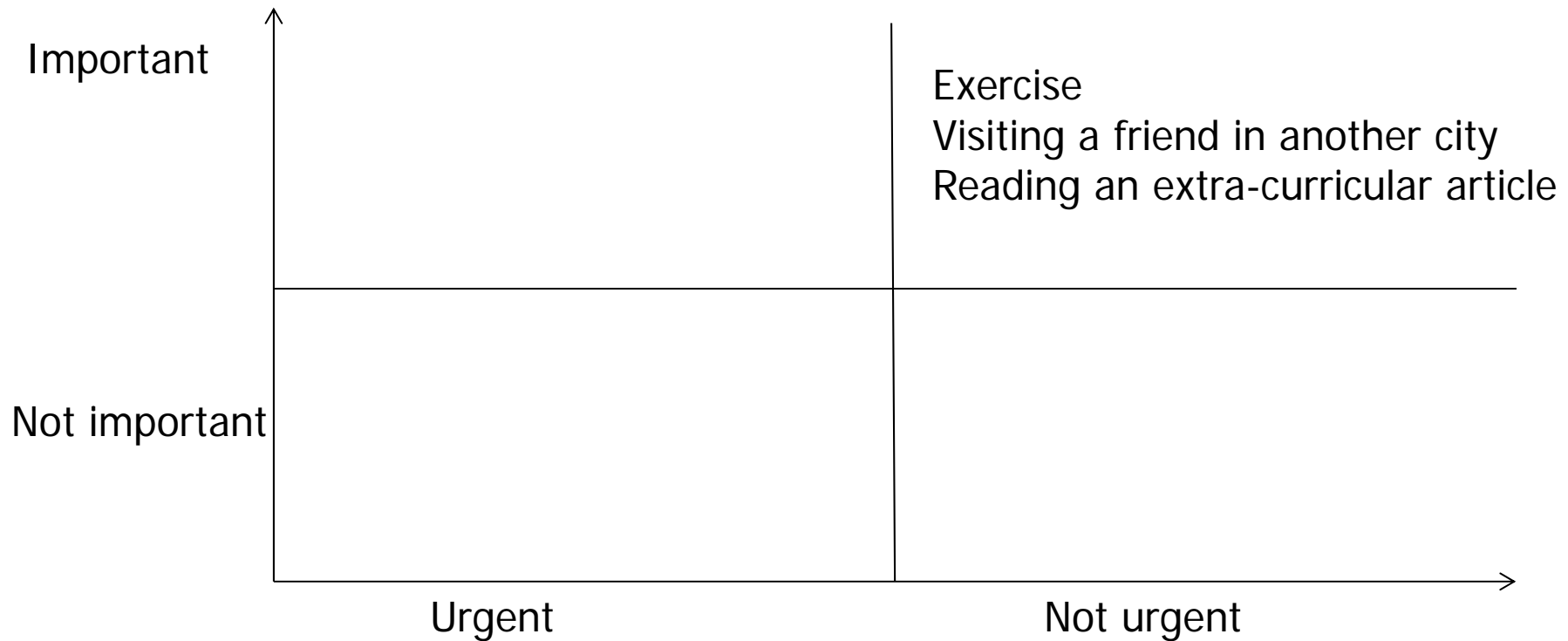
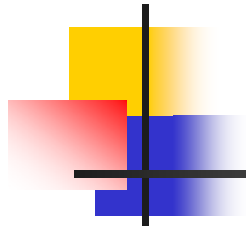
Values and Career Choice

- Where do you see yourself in 10 years' time?
 - Don't think in terms of your job
 - Your career isn't what you do, but who you are¹
 - Investor? Advisor? Marketer?
- What are your values?
 - Write a personal mission statement²
 - Values are not goals
 - The secret to a happy life – find out what you like to do, and then find someone who will pay you to do it³
 - Mercenary careers can be fully consistent with your values

1. Prof. Laurie Hodrick ("Ten Questions" interview in Financial Times), paraphrased
2. Dr. Stephen Covey ("The Seven Habits of Highly Effective People")
3. Prof. Greg Mankiw

1. Freedom To Reject

Managing Your Time



1. Source: Stephen Covey - *The Seven Habits of Highly Effective People*



1. Freedom To Reject (cont'd)

Managing Your Time

- What is important? Personal Mission Statement

The three people I would most like to hang out with	The three people I would most trust in a business relationship
X	X
X	X
X	X

Source: Prof. Asuka Nakahara

- Values are your internal compass
- Want to do vs. have to do
- You don't *have* to do anything



2. Freedom To Savour

The Breadth, Length, Height, and Depth

- We are all good at achieving goals
 - Mountaineers “reach the peak, but miss the point” (Chris Warner)
 - Savour the journey: the breadth, length, height, and depth of what you are doing
- Poem by Dale Wimbrow – *The Man in the Glass*
- Savour your bandmates / teammates, even if you miss your goal
- Extract from Paolo Coelho – *The Alchemist*



3. Freedom To Dare

Getting Your Hands Dirty

- Losing is not bad, it's just part of life
 - "Once you know that life is difficult, then life is no longer difficult" (M. Scott Peck – *The Road Less Traveled*)
- Freedom to try something new, outside your comfort zone
- Ties in with freedom to savor. The easiest way not to fall when skiing is to ski on the easiest slopes
 - "It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default" (JK Rowling)

3. Freedom To Dare (cont'd)

Getting Your Hands Dirty

- What is the magic formula to avoid failure?
 - “If you want to build a ship, don’t drum up people to collect wood and don’t assign them tasks and work, but rather teach them to long for the endless immensity of the sea” (Antoine de Saint-Exupéry)
- There is no such thing as talent
 - Matthew Syed – *Bounce*, Malcolm Gladwell - *Outliers*
 - I have zero talent for presenting

3. Freedom To Dare (cont'd)

Getting Your Hands Dirty

- Risk is rewarded (not just in finance)
 - Don't have a Plan B
 - "It's the possibility of having a dream come true that makes life interesting ... And, when you want something, all the universe conspires in helping you to achieve it." – *Paolo Coelho (The Alchemist)*
 - "The moment one definitely commits oneself, then providence moves too" – W.H. Murray
 - Concept of flow
- Statistical odds are meaningless

3. Freedom To Dare (cont'd)

Getting Your Hands Dirty

- How to balance exploring new things with committing to everything that you do?
 - “You can do everything you want to and be everything you want to be, but not all at once”¹

4. Freedom To Rest

Don't Just Do Something, Sit There

- Take rest breaks
 - Busyness is a boast disguised as a complaint¹, but driven by external pressure
 - It takes work to stop working²
- Do not feel guilty if you rest; the world still goes on. You earn rest due to discipline in time management
- Extract from Antoine de Saint-Exupéry – *The Little Prince*
- Eating / listening on the run vs. sitting and enjoying
- “When you’re in the room, be in the room” - *Hitch*

1. Tim Kreider – “The Busy Trap”, *New York Times*

2. Mark Bittman - “I Need a Virtual Break. No, Really”, *New York Times*

5. Freedom To Respond

The Discipline of Contentment

- Between stimulus and response is our greatest power - the freedom to choose¹
- Reactive vs. proactive people
- Never forget the excitement of Orientation
 - “You can find a million and one excuses in life if you want to. I like the excuse ‘It is my fault, I am going to do something about it’ ” (Stuart Pearce)

5. Freedom To Respond (ctd.)

The Discipline of Contentment

- Contentment is a discipline; you have to work on it¹
 - If you don't like something, like it
 - You can't feel yourself into a way of acting, but you can act yourself into a way of feeling¹
 - "There is nothing either good or bad but thinking makes it so" – *William Shakespeare (Hamlet)*
 - No glass is 100% empty
- Society teaches us to be perpetually discontent
 - Scarcity mentality²
 - Abundance mentality: get in the habit of practising gratitude
- Ties in with the freedom to savour, and your values

1. Jared Ayers, pastor of Liberti Church Center City

2. "Seven Habits"



6. Freedom To Serve

Giving Gifts of Unequal Value

- Abundance mentality frees us to serve; life does not have a forced curve
- Good middle class living vs. true service
- How can we serve most effectively with limited time?
- Serve the “homeless” of our communities
- Serving seems inefficient
 - But consider the breadth, length, height, and depth of serving
 - Gardening and baking are inefficient



6. Freedom To Serve (cont'd)

Giving Gifts of Unequal Value

- Humility isn't about holding yourself in low esteem, but holding others in high esteem¹
- No-one lights a lamp and puts it under a bowl
- “The difference between what we are doing and what we're capable of doing would solve most of the world's problems” (Gandhi)
- “Few of us can do great things, but all of us can do small things with great love” (Mother Teresa)

1. Prof. Clayton Christensen - *How Will You Measure Your Life?*, paraphrased

7. Freedom To Do What You Love

The Fire Within

- Ask a kid what they want to be when they grow up
 - They tell you what they'd love to do
 - But then comes social expectations
- You've already written your personal mission statement
- Many things that you do are not unique, but the manner with which you do them can be



Freedom

- Freedom to reject – managing your time
- Freedom to savour – the breadth, length, height, and depth
- Freedom to dare – getting your hands dirty
- Freedom to rest – don't just do something, sit there
- Freedom to respond – the discipline of contentment
- Freedom to serve – giving gifts of unequal value
- Freedom to do what you love – the fire within