# Transcript - The Values-Focused vs The Goals-Focused Life – Dr. Russ Harris

Society tells us the way to be happy is to achieve our goals get that great job, earn that money, get a good buddy, find a partner, have happy healthy kids, have a big house, have a nice car, have holidays.

Go Go Go Go Go and it's true that if you do actually manage to achieve these goals, then there is a little moment of joy and happiness but how long does it last? how long before you're looking at the next goal and then the next goal and then the next goal, and as we live our life trying to constantly strive to achieve these goals one after the other after the other.

How tiring and exhausting does it get? Is this year there is a radically different way to

live your life, which is a life based on values.

A values focused life it's like two kids in the back of a car and it's a three-hour car journey to Disneyland and the first kid is totally goal focused. Are we there yet? are we there yet? how much longer? are we there yet?

This journey of frustration, it's all about the goal. The second kid is values focused. He's got the same goal, he wants to get to Disneyland but he's also in touch with his values around curiosity, adventure, having fun. So he's looking out of the window playing I spy with my little eye, he's counting all the you know the interesting farm houses that he sees on the way, he's spotting interesting farm animals, cows and sheep, he's noticing different types of trucks and cars on the freeway. So he's actually appreciating the journey as he heads towards his goal.

Now they both reached Disneyland at the same time, they both have a fantastic time at Disneyland as they both got to achieve the goal but the first kid had a journey of frustration the second kid had a fulfilling rewarding journey.

Then on the way home the first kid are we home yet? are we home yet? are we home yet? All about the goal, all that frustration. Second kids looking out of the window noticing how the world looks different at night. Spotting the lights in the farm houses and the cat's eyes on the freeway the car breaks down on the way to Disneyland. Now both kids are really disappointed because neither of them achieve their goal but the second kid at least had a fulfilling journey up until that point.

Now when the pickup truck arrives to tow them home, the first kid oh it's not fair I want to go to Disneyland, how long before the car gets repaired, it's not, fair it's not fair. The second kid starts to notice how the world looks different when you're sitting in the front of the pickup truck high above the level of the rest of the traffic. So this is the very important distinction between the values focus life and the goal focus life.

In the values focus life we have the fulfilment and satisfaction of living our values every step of the way towards our goals the satisfaction of achieving our goals and the fulfilment that comes of living our values even when we don't

achieve our goals.

END OF TRANSCRIPT