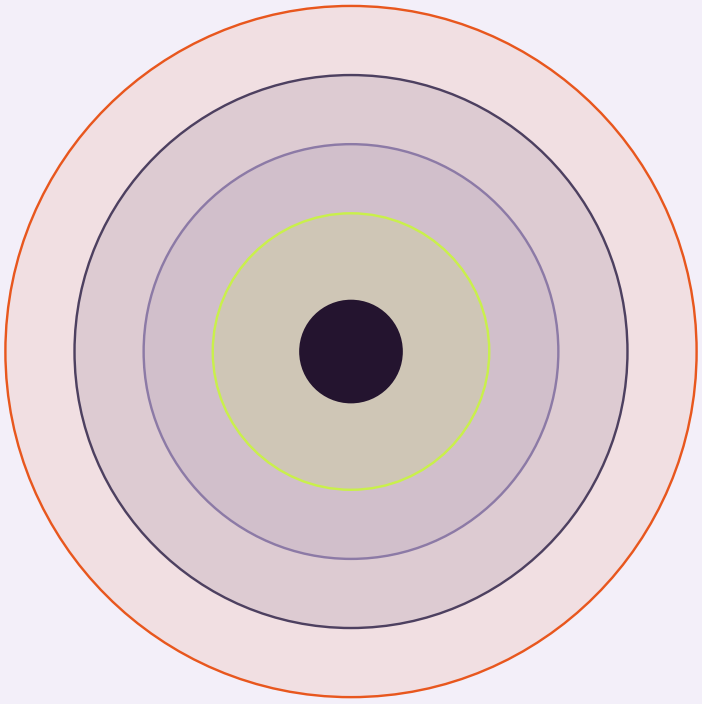


Value(s): Building a Better World for All

A reading of the book by Mark Carney (2021)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Value(s): Building a Better World for All, in our own words. It is not a substitute for the book.

BEFORE YOU START **01**

The book in a minute

Mark Carney led the Bank of Canada through the 2008 financial crisis and the Bank of England from 2013 to 2020, then served as the UN's special envoy on climate action and finance; in 2025 he became Prime Minister of Canada. In this book he asks what value is, and argues that market economies have drifted into market societies, where the price of a thing is taken as its worth. The book moves in three parts: where our ideas of value come from in philosophy, economics and finance; three crises of credit, Covid and climate; and what leaders, companies, investors and countries could do differently. He names seven values a healthy economy rests on: dynamism, resilience, sustainability, fairness, responsibility, solidarity and humility. The examples come largely from his own years in central banking, from crisis meetings to the gold in the Bank of England's vaults.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

A price tells you what something trades for, not what it is worth.

This is the question the whole book circles. Carney traces how thinkers from philosophy to modern finance have tried to pin value down, and how, bit by bit, the market price became the default answer. The trouble starts when we forget that the price is only one way of measuring.

2 HOURLIFE TAKEAWAY

A market economy is a tool; a market society is the tool setting the goals.

Carney is not against markets. His worry is the drift from using markets to allocate goods to letting market logic decide what counts in health, education and public life. Once that happens, things without a price, like trust and care, start to look worthless.

3 HOURLIFE TAKEAWAY

Markets run on values that markets cannot make by themselves.

Contracts need trust, competition needs fair rules, and long-term investment needs people who think past the next quarter. Carney argues that these social values come first and financial value is built on top of them. Spend them down and the market weakens too.

4 HOURLIFE TAKEAWAY

Even gold is worth only what people agree it is worth.

The book visits the Bank of England's vaults, where thousands of tonnes of gold sit in storage. The point is that money of every kind, metal included, rests on shared belief and on institutions people trust. Value is something a society keeps up, not something that sits there on its own.

5 HOURLIFE TAKEAWAY

The credit crisis was a failure of responsibility as much as a failure of models.

Carney was governor of the Bank of Canada when the 2008 crisis hit, and later chaired the Financial Stability Board that rewrote the rules. He reads the crash as the result of people taking risks whose costs fell on others. Better rules help, but so does a culture where people own the consequences of what they sell.

6 HOURLIFE TAKEAWAY

Resilience looks like waste right up to the day you need it.

Spare capital in banks, spare beds in hospitals and stockpiles of protective kit all look inefficient in good years. Covid showed what happens when a system is tuned only for the good years. The same is true of a household with no savings and a calendar with no slack.

7 HOURLIFE TAKEAWAY

Climate change punishes the future for choices made on today's horizon.

Carney's phrase for this, from a 2015 speech at Lloyd's of London, is the tragedy of the horizon: the worst costs fall beyond the time frame of the people making the decisions. His answer is to make those future costs visible now, through disclosure, pricing and plans to reach net zero.

8 HOURLIFE TAKEAWAY

A company's purpose is the problem it solves for people, not the profit it reports.

In the final part Carney turns to leaders and firms. He praises businesses with a clear social purpose and argues that profit should follow from solving real problems, not replace them. The same test works for a career: whose life is better because of your work?

9 HOURLIFE TAKEAWAY

Humility is the value that keeps all the others honest.

Humility is the last of Carney's seven values. Models, markets and experts are all guides, and all can be wrong. Holding views firmly while checking them often is how institutions, and people, avoid repeating their mistakes.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Sort ten things by price and value
- [ ] Choose the values you will lead with
- [ ] Start a resilience buffer
- [ ] Look at what your savings fund
- [ ] Write a purpose line for your work

KEEP UP DAILY

- ◯ Ask price or value before you buy
- ◯ Do one thing a week outside your circle
- ◯ Check one decision against a longer horizon

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

Sort ten things by price and value

Use the ledger on this page.

Add ten things you spend money or time on, rate what each costs and what it is worth to you, and look at which quadrant fills up.

MY VERSION

DONE ON

☐ SETUP 2

Choose the values you will lead with

Pick two or three of Carney's seven values for this year.

Write one sentence for each saying what it will look like in a normal week.

MY VERSION

DONE ON

☐ SETUP 3

Start a resilience buffer

Set up an automatic transfer, however small, into a separate savings account on payday.

Name the account after what it protects you from.

MY VERSION

DONE ON

☐ SETUP 4

Look at what your savings fund

Open your pension or main investment account and find what it holds and what its provider says about climate risk.

Write down one question you would want answered.

MY VERSION

DONE ON

☐ SETUP 5

Write a purpose line for your work

In one sentence, say who your work helps and how.

Keep it where you plan your week, and check one decision against it.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Ask price or value before you buy

Before any purchase over an amount you choose, ask what it costs and what it is worth to you, and wait a day if the two don't match.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Do one thing a week outside your circle

Solidarity is practical.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Check one decision against a longer horizon

Once a month, take one choice you made and ask what it costs you, or someone else, in ten years.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
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30 ○						

December 2026

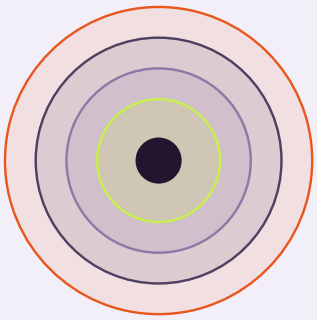
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Know what things cost. Then decide, on purpose, what they are worth.

HOURLIFE NOTE AFTER MARK CARNEY