



# Personal Safety Nets Newsletter

What it takes to feel wealthy

May, 2009, Issue 17

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## True Wealth

Wealth is most commonly described as "abundance of valuable material possessions or resources" and generally related to money. However, most of us know that the real wealth in life is far beyond anything you can buy, sell or own. The Beatles got it right with their hit song "Can't Buy Me Love". As we search for meaning in our lives we know that true wealth comes not only from our material possessions and bank accounts but also (and more importantly) from our relationships, sense of well-being and health. Once a livable level of income is in place, more financial resources do not seem to increase happiness.

As someone who uses the tools and techniques of Personal Safety Nets, you no doubt see the value of friends, family and neighbors. A Personal Safety Net is about putting life's resources into place to enjoy in good times and to turn to when challenges arise. You know from

Dear Linda,

This month's newsletter focuses on wealth. What is true wealth and where does it come from? The featured article to the left delves into this question.

Personal Safety Nets Audio Book **is now available** on our website store. Do you know someone with limited vision, who loves to listen to books on CD? Do *you* listen to books while commuting to work or on road trips? The just-released Personal Safety Nets Audio Book combines music with the message that everyone's life is enriched by having a strong safety net in place. Give as a gift now, to yourself or to that special someone in your life.

### Self-Test: How Strong is Your Personal Safety Net?

Take this short self-test to gauge the strength of your current Personal Safety Net. Have some holes? What quick steps can you take right away to fix those holes?

### Quick Steps to Strengthen Your Personal Safety Net

*Join us at a 2-part class, held in West Seattle May 18 & 21 6-8 PM This class is designed for those of you who want to quickly make a BIG improvement on your Personal Safety Net.*

## Earth Community Prosperity

David Korten of YES magazine has offered us a different view of what prosperity can look like. His "Earth Community Prosperity" measures types of wealth that go much farther than money.



1. Healthy children, families, communities, and ecological systems are the true measure of real wealth.
2. Mutual caring and support are the primary currency of healthy families and communities, and community is the key to economic security.
3. Real wealth is created by investing in the human capital of productive people, the social capital of caring relationships, and the natural capital of healthy ecosystems.
4. The end of poverty and the healing of the environment will come from reallocating material resources from rich to poor and from life-destructive to life-nurturing uses.

experience that there is value in being prepared and the sense of security gained is priceless.

A recently released article titled, **Study of the American Dream**, suggested that the "dream" is shifting away from the accumulation of classically defined wealth to a more pragmatic outlook that values restraint and satisfaction with what you've got. The economic downturn is prompting us to reevaluate our priorities as individuals and as a nation.

Our hope is that all of this suggests that we, as a nation, are growing up. We've seen the emptiness of excess and are moving towards an appreciation that values restraint, common sense, community and the intrinsic value of each of us. We're witnessing the early stage of the New American Dream that emphasizes the bounty of true wealth.

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5. Markets have a vital role, but democratically accountable governments must secure community interests by assuring that everyone plays by basic rules that internalize costs, maintain equity, and favor human-scale local businesses that honor community values and serve community needs.
6. Economies must serve and be accountable to people, not the reverse.

"I call this the Earth Community prosperity story because it evokes a vision of the possibility of creating life-serving economies grounded in communities that respect the irreducible interdependence of people and nature. Although rarely heard, this story is based on familiar notions of generosity and fairness, and negates each of the claims of the imperial prosperity story that currently shapes economic policy and practice."

David Korten is co-founder and board chair of YES! His latest book is, "Agenda For A New Economy: From Phantom Wealth to Real Wealth" Reprinted from ~"Stand Up to Corporate Power", the Fall 2007 issue of YES! Magazine. YES! is a non-profit, ad-free national publication that offers positive solutions for creating a just and sustainable world. To subscribe, visit [www.YesMagazine.org/subscribe](http://www.YesMagazine.org/subscribe) or call (800) 937-4451.

## 10 Things Science says will make you happy

1. Savor Everyday Moments
2. Avoid Comparisons
3. Put Money Low on the List
4. Have Meaningful Goals
5. Take Initiative at Work
6. Make Friends, Treasure Family
7. Smile Even When You Don't Feel Like It
8. Say Thank You Like You Mean It
9. Get Out and Exercise
10. Give It Away, Give It Away Now!



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## Seattle Events

### Introduction to Personal Safety Nets

*Seattle, WA - May 14, 2009, 7:30-8:30 AM*

Sunrise Rotary Club, open to Rotary Club Members only. Join co-authors Dr. John W. Gibson and Judy Pigott, as they give an overview on ways to build and strengthen your personal safety net in these tough economic times, and why it's important.

### Seattle Voices

*Seattle, WA May 18, 2009*

Seattle Voices host Eric Liu engages in one-on-one conversations with some of the most interesting, provocative and inspiring leaders in the Seattle area. He will be interviewing co-authors John Gibson and Judy Pigott in a closed session, regarding how to create and maintain a Personal Safety Net, and what inspired them along the way. To be aired on the Seattle Channel in June, and the audio link will be posted on the Personal Safety Nets website.

### Workplace Training: People for Puget Sound - Creating and using Employee Safety Nets

*Seattle, WA - May 20, 2009, 12:00-1:00 PM*

Closed to the public, open to employees of People for Puget Sound only. Judy Pigott, co-author of Personal Safety Nets, will be meeting with the staff of People for Puget Sound, to discuss creating and maintaining employee Personal Safety Nets in these tough economic time. The goal is to help workers feel secure and to extend that to their families and clients.

### Quick Steps to Strengthen Your Personal Safety Net

*West Seattle, WA - May 18 and May 21, 2009, 6-8 PM*

If you want to quickly make a big improvement on the strength of your personal safety net, this workshop is designed for you. **Open to the public, must pre-register.**

### Introduction to Personal Safety Nets

*Shoreline, WA - May 27, 2009, 8-8:30 AM*

Shoreline Rotary Members only

Join co-authors Dr. John W. Gibson and Judy Pigott, as they give an overview on ways to build and strengthen your personal safety net in these tough economic times, and why it's important.

### Challenges in Caregiving: Giving Care, Taking Care

*Tukwila, WA - June 1, 2009, 9 AM - 4:30 PM*

*Feelings: Recognizing & Coping with Anger, Guilt and Grief 1:30-2:45  
Getting the Help from Those Around You 10:45-12:00*

Join John and Judy for two sessions as they discuss the how caregivers can deal with the difficult feelings that are so often part of their jobs.

#### Giving Care, Taking Care

*Bothell, WA - May 20, 27 and June 3, 2009, 6-8 PM*

Often caregivers find it difficult to ask for help even when they are providing more care than they can comfortably give. This 3-part class will cover how to ask for and accept help, clarify your preferences, and maintain the support from others. **Open to the public, held at the Northshore Senior Center.**

We invite you to submit and share your own Personal Safety Net Story, along with a personal photo. To the first person who submits their true story, explaining how they used the concepts presented in Personal Safety Nets, we'll send you a FREE workbook! We'll be back in August with the next edition of the Personal Safety Nets Newsletter.

The Safety Net Team,  
Judy, John, Linda and Nate