

4 TYPES OF WEALTH

(THE WHAT, WHY, AND HOW OF EACH)

[1] Financial Wealth

What:

The type of wealth most people think of money, assets, investments

Examples:

- Retirement account
- Diversified investments
- Emergency savings
- Disposable income



Why:

- Lets us enjoy basic comforts and pay for necessities
- Contributes to time and health wealth
- Enables retirement and risk-taking

How:

- Spend less than you make
- Save as much as possible
- Invest wisely, with a long-term perspective

Caution:

Chasing financial wealth at the expense of everything else is not wise
money indeed does NOT buy happiness.

4 TYPES OF WEALTH

(THE WHAT, WHY, AND HOW OF EACH)

[2] Social Wealth

What:

Some think of it as status, others as your relationships and connections

Examples:

- Family
- Close friendships
- Professional network
- Local community

Why:

- Social connections are crucial to mental health and happiness
- Support network in hard times
- Sense of belonging

How:

- Check in on friends and family often
- Spend device-free time with them
- Help others (neighbors, via charity)
- Join a group of like-minded people



Caution:

The connections must be meaningful - a few genuine and close relationships beat lots of weaker ones

4 TYPES OF WEALTH

(THE WHAT, WHY, AND HOW OF EACH)

[3] Time Wealth

What:

Control over your schedule, and freedom on how you spend your time

Examples:

- Flexible work schedule
- Time for loved ones
- Time for hobbies
- Ability to be spontaneous



Why:

- Time is finite and expendable
- It's often our most neglected wealth
- Freedom of time leads to greater life satisfaction

How:

- Spend financial wealth to buy time wealth (ex: pay to delegate)
- Set boundaries and say no
- Consider flexibility as much as money when picking jobs

Caution:

Chase freedom, not doing more through efficiency or productivity

4 TYPES OF WEALTH (THE WHAT, WHY, AND HOW OF EACH)

[4] Health Wealth

What:

Your physical and mental well-being

Examples:

- Daily exercise
- Great diet
- Strong sleep
- Mindfulness



Why:

- You can't enjoy the other types of wealth without this one
- The consequences of ignoring health are the most dire

How:

- Sleep at least 7 hours each night
- Get physical activity every day
- Eat a balanced and nutritious diet
- Incorporate mental health practices: gratitude, mindfulness, meditation

healthy IS
HAPPINESS

Caution:

More than any other, seek professional guidance and help here.