



The four types of wealth we rarely talk about...

Financial wealth is our go-to definition for wealth - the easy one. But there are four other crucial sources of wealth hiding beneath the surface.

Let's get the full story of these wealth types:

- Physical
- Mental
- Social
- Time

Physical wealth is perhaps the most underappreciated and the big underwriter of all the others.

Physical wealth can be boiled down to genes and lifestyle. It is often stated that we have no say over our genes, but that is not entirely true. Knowing your genetic weak points, often derived from family history, can guide you toward “pre-emptive” lifestyle changes.

Lifestyle choices like eating and exercise are well within your control.

The key to physical wealth begins with realizing that health doesn't run on autopilot, but needs to be managed.

This is done by adopting a regiment of lifestyle habits that allows your body to mimic a younger "scorecard" of markers like blood sugar, muscle mass, cholesterol, etc. For instance, as we age and lose muscle mass - then rebuild it. Or, as we can't process glucose as effectively - then reduce sugar intake.

The body doesn't count years, it just acts the best it can. You can never win, but you can significantly lower the rent you pay to "aging" and keep your physical wealth intact for much longer.

Mental wealth has several components. Practically, it can be equated to mental fitness - like a muscle to be flexed daily: read, write, interact. Learn new things, ideas, and perspectives. This in turn will maintain or even improve your mind's speed, fluidity, and intricacy. Mental wealth is also the long-term accumulation of knowledge, experience, and wisdom and the ability to wrestle with life's tangible and intangible questions.

Mental wealth must be fiercely protected, nurtured, and cared for.

To be upgraded: Gratitude, mindfulness, and activities/hobbies that produce states of full immersion and concentration.

To be downgraded: Social media, alcohol, pettiness, and toxic relations (people/workplace/partners).

Social wealth is governed by our connection and relationship with others as well as our integration into communities. Think of it as a T-shaped web of connectivity – broad and deep. True social wealth requires depth – a few unbreakable social bonds.

Social wealth is built by investing time and effort into individuals and communities alike while cultivating mentors, allies, friendships, and partners.

Some people seek to leverage their financial wealth to acquire social wealth and status, but this is a road to nowhere, because money can only buy breadth, but not depth.

Time wealth is the ultimate currency. It can be traded for other wealth – most often financial.

When we are young, we are billionaires with it. Then rather slowly the account holding recedes. Meanwhile, our own perception of time passing is a backward-looking indicator, all the while we are dealing with a forward exponentially appreciating asset.

This trips up many folks as they keep pressing on – wealth increases, but time wanes.

Time wealth should be managed with a keen awareness and plan of when and how to stop trading it for dollars, even if incrementally. Time is cruel. You can love it with all your being, but time doesn't love you back – it just is. The big clock.

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