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The Seven Forms of Wealth

 **Spiritual Wealth**beauty, gratitude, compassion, peace
expansion, transformation, evolutionary growth

**Cultural Wealth**traditions, rituals, the arts,
faith, mythology, storytelling

**Societal Wealth**validation, learning, value
contribution, worth

**Emotional and Mental Wealth**personal agency, time, meaning, purpose
creativity, flow, self-expression, fulfilment

**Financial Wealth**security, choice, freedom, status

**Relational Wealth**healthy family patterns,
 connection and belonging

**Environmental/Physical Wealth** shelter, stability, clean air and water, healthy ecosystem

genetics, nutrition, exercise

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