**It’s health that is real wealth and not pieces of gold and silver**

A lot of people associate wealth with material things, abundance, and luxury. But, if you have plenty of money, but our health doesn’t put us in a position to enjoy our lives, then do we really have wealth?

If you have your health, nobody can stop you from achieving all the gold and silver, or whatever it is that you put your mind to. You need your health throughout your lifetime; without it, it’s much harder to do what you need and want to do.

Real wealth lies within the different aspects of your well-being (social, physical, emotional, mental, and spiritual). A health person can make infinite plans, but a person dealing with health issues can think of a few of these plans. It’s a constant struggle to bring their thoughts and awareness out of the internal problem to be aware that they have a life to live.

Our main priority should be staying in good health, the rest will come.