

Build Mental Wealth

Connect

Be Active

Give

Keep Learning

Take Notice



Mental **WEALTH** is based on five things:

- ❶ The quality of our home, school, workplace, and neighbourhood environments
- ❷ The experiences we have and what we learn throughout our lives
- ❸ Our attitudes, beliefs, and values
- ❹ Our biological make-up (genetic endowment and gene expression)
- ❺ The efforts we make to build our mental wealth

Invest time and effort to build your mental wealth.

You'll be glad you did.

So will your family.

So will your friends.

So will your community!

