



HEALTH Plus WEALTH

POSTED ONLINE | OCTOBER 2019

Stewarding Resources (Part 1 of 2)

Listed below are arguably three of the most valuable resources that require our stewardship for good health and wealth:

1. Money
2. Time
3. Energy

It probably goes without saying that **money** is a valuable resource, but money on its own is pretty useless. The value of money lies in what we can spend or trade it for now or invest in for a greater return later. For some of us, we trade spending money today for savings tomorrow. These savings can offer us peace of mind that we won't run out of money before we run out of life! They also help us fix the boiler or manage those unexpected challenges on a rainy day.

The team at County Financial can help us intentionally steward our money wisely. But even with their wisdom, we know that money can't always buy everything we want or need, especially regarding our time.

Time is probably our most precious resource because although we all have the same 24 hours in a day, none of us knows how many days we will have. We do spend our time on things we love, waste our time on things we don't think about. We can also spend our time investing in other people and causes that need our help.

We can easily forget to number our days in order to make the most of them and we can never go back in time or store up time for the future. That's why the biggest challenge regarding stewarding time is that it is so easy to forget to appreciate that the time we have is such a limited resource.

We can forget to appreciate time's true value, instead focusing on making the little things big (like getting annoyed at others for trivial things) or we forget to invest in those most precious life-giving relationships that we take for granted, but one day we might no longer have.

I would argue that **energy** is our third most valuable resource because it allows us to make wise choices about how we spend or invest our money and use those 24 hours of time to live life well.

In *November's* instalment of this Intentional Health blog: "*Stewarding Resources*", we will further explore how we can steward these resources wisely (*Part 2 of 2*) and think about the different choices we make - when we are in need or when we have plenty. Until then, I'll leave you with this challenge:

Take some time to think about what your most valuable resources are - and how you are currently stewarding them.

Niky Dix

Intentional Health

niky@intentionalhealth.uk