



Peninsula Chinese Business Association

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*Leading because we care*

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## Writer Message

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Dear Members and Friends:

Ten years ago, I asked my first-year college students to define what they thought wealth was. The first answer was “money,” the second was “lots of money,” and the third was “more, more money.” Are money and possessions worth sacrificing everything else or neglecting other aspects? Should we prioritize money above everything else? Money isn’t nothing; it simply can’t be the only thing. Your wealthy life may be made possible by money, but ultimately, it will be defined by everything else.

I studied people from various income levels and cultural backgrounds to understand their definitions of wealth. After researching, I uncovered three key insights about satisfaction and happiness by Sahil Bloom, which are summarized below.

1. Money boosts overall happiness at lower income levels by easing burdens and reducing stress. In these cases, money can genuinely contribute to happiness.
2. If your income exceeds these levels and you meet the necessities, but you’re still unhappy, more money won’t make a difference.
3. If your income is above this baseline and you’re happy, earning more money likely won’t increase your happiness.

Focusing on money can be helpful early in your journey. Once you achieve basic financial stability, having more money is unlikely to boost your overall happiness significantly. Pursuing additional cash requires sacrifices and can increase stress, putting your health at risk.

Thriving isn’t a destination; it’s a continuous journey. Five types of wealth will guide you through every phase of life, from its most extraordinary highs to its toughest lows. Let’s explore these different kinds of wealth in this issue.

Best regards,

*Johnny Da Rosa*



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# The Five Types of Wealth

According to Sahil Bloom, with the five types of wealth, you no longer wait to arrive, because happiness and fulfillment, which were once just hopes for a destination, are now part of the journey itself. You don't have to wait to come; you can feel like you've arrived every single day. Each of the five types of wealth matters individually, but it's the connections and priorities among them that are key to building a genuinely fulfilling life.

## Time Wealth:

It's the freedom to choose how you spend your time, who you spend it with, where you spend it, and when to exchange it for something else. It is the ability to focus deeply on the highest-leverage activities.

## Social Wealth:

It's the connection to others in your personal and professional worlds. Physical vitality brings pure joy when you enjoy physical activities with the people you love. Satisfaction that money cannot buy if there is no one to dote on.

## Mental Wealth:

It's the connection to a higher purpose and meaning that provides motivation and guides your short- and long-term decisions. If you lack mental wealth, you live a life of stagnation, self-limiting beliefs, unfulfilling activities, and constant stress.

## Physical Wealth:

It's your health, fitness, and vitality. Physical Wealth is defined by a focus on the controllable actions around movement, nutrition, and recovery, and the development of consistent habits that promote vigor.

## Financial wealth:

is generally defined as the difference between financial assets and financial liabilities, commonly called net worth.

Source: Sahil Bloom.  
Johnny DaRosa



The most meaningful discoveries in life come not from finding the right answers but from asking the right questions. If we have been playing the wrong game, what was the correct one? We need to identify the perfect match, the one that leads to life. To truly understand humans deeply, we must immerse ourselves in the human experience.



# "Time is not Money" —A Story for the Youth

There once was a tech engineer named Julio who had everything any immigrant could dream of: An expensive house, a TESLA, and a phone that kept ringing nonstop. He was only 32 and already a genius in the tech industry, earning a six-figure income. However, despite his income and fame, Julio felt empty inside.

He never seems to slow down, always rushing to meetings, skipping meals, and quickly waving to colleagues and neighbors as he hurried past. He worked 16-hour days and answered emails while in bed. He thought he was a winner. But he was running out of something far more valuable than money and possessions.

One weekend, he finally got a couple of days off and went back to visit his father in the countryside of Mexico. The middle-aged man had never earned much money, but he was known as the happiest person in the town. He grew a small garden, helped his neighbors fix clocks and watches, told stories to the kindergarten children, and always made time to listen to the birds singing. Julio asked, "Dad, how can you be so content with so little?" His father smiled and said, "You think I have little? I own my hours. I spend my days doing what matters to me, not what someone else demands. That is time wealth, and it's more precious than diamonds."

That night, Julio couldn't sleep. He realized he had traded his valuable time for speed, his peace for pressure. Three months later, he made a bold decision: He resigned from the job that controlled his time. He started a small business as a consultant on his terms. He earned less, but he experienced more. He traveled, coached college students on pursuing happiness, volunteered at nonprofits, and walked his dog each evening. His schedule wasn't complete, but his life was.

His friends started saying, "Julio? He's the richest man." Julio smiled and said, "I used to make money and run out of time. Now, I make time and find myself rich in ways I never imagined. He tapped his chest, "This is time wealth." So, your watch doesn't just tell time; it reminds you that time is yours—use it well. Time wealth isn't about having nothing to do; it's about having the freedom to do what matters most. You are wealthy when your time belongs to you.

When we were young, we valued money more than time and could work around the clock without sleeping. But as we grow older, time becomes much more precious than money because we realize we're counting down each day. Money comes and goes, but time is lost every single day. I disagree with the idea that "Time is Money."

Johnny DaRosa

**"Time is not  
equivalent to  
money."**





# The Miracle of Social Connection

In the heart of a struggling city, an overgrown, trash-filled lot sat abandoned. A young woman named Amanda saw potential. She gathered neighbors, obtained a small grant, and together they transformed it into a community garden.

The garden didn't just grow vegetables; it fostered friendships. People started swapping recipes, hosting potlucks, and teaching kids how to plant seeds. The local crime rate even decreased.

Amanda said, "We didn't just grow food, we grew unity and trust."

As Sahil Bloom described:

Social wealth often remains unseen on a balance sheet, but it is the source of prosperity. The most enduring kind is the warmth of being known, the joy of helping others, and the legacy of kindness. This kind of wealth isn't measured by money, but by relationships and the meaningful impact they have. Social wealth is built by supporting others, not only with possessions but also with dignity, respect, and a sense of belonging.

Social connection initially meant sharing resources and support, but it gradually evolved into a strategic advantage. Humans are complex; the same social bonds that help with survival, sharing, and love can also lead to hatred, sadness, and loss.

"The single best predictor of physical health at age eighty was relationship satisfaction at age fifty." Loneliness was found to be more detrimental to health than using drugs and alcohol. Taking care of your body is crucial; tending to your relationships is also a form of self-care. When financial optimization has become the celebrated norm, many are taking actions that worsen the loneliness challenge.

What's the point of all that financial optimization if you're alone? How many people have sold their homes and moved to areas with lower living costs, only to realize that without their families and friends, they don't feel at home? How many have taken high-paying jobs in new locations, only to find themselves deeply unhappy without their support networks, friends, and family?

If you don't value social wealth, you risk long-term happiness and fulfillment. Nothing has improved our quality of life more than living close to family and close friends. Social wealth often extends beyond you; it multiplies in others. Being near the people you love is worth more than any paycheck. You may need food, water, and shelter to survive, but it's the human connection that allows you to thrive.

The ability to choose one's way of living is a privilege, as it depends on a certain level of comfort, but it's crucial not to waste it by taking the default route. Stop living the deferred-happiness plan, such as "I am going to work hard now so I can be happy and spend time with my family when I'm sixty." Because when you reach sixty, they're not going to be thirty years old anymore. How many moments do you have remaining with your loved ones? The days are long, but the years are short.

"You are social because you're human, and you're human because you're social."

Johnny DaRosa



# A Piece of Me!

I started a small business at 26, and by the time I was ready to face the real world, my core beliefs about success and happiness were firmly established. I dedicated all my time and energy to chasing money, convinced this was the beginning of my journey to a good life. By age 40, I had achieved the goals I thought defined success. I visualized what success looked like, and I earned a decent income; the title, the house, the car—all reflected my idea of success. It's not what I didn't know that caused regret for my future.

I started to think there was something wrong with me. I had spent years with my head down, working long hours, convinced that the land of success was just within reach. At every step, I told myself that I was only one client or one project away from reaching that promised land.

The arrival fallacy is the mistaken belief that reaching a particular goal will bring lasting feelings of satisfaction and contentment in my life. I wrongly assume that I will finally feel like I have arrived when I reach whatever I see as my destination.

How many times has the thing I dreamed of become the thing I complain about after I get it? The condo I've owned for years has become the shelter I say is too small and in the wrong location. The Mercury Sable, I couldn't wait to trade in for a Mercedes. The clothes that used to make my eyes sparkle now need to be upgraded with a designer label because of their flaws.

Even worse, my relentless pursuit of more blinded me to the incredible beauty of what was right in front of me. I was chasing an illusion of paradise, ignoring the fact that I was letting my real life fall apart. I missed all the chances to see my children grow. I never realized how well my son played softball. I opened my daughter's handmade Father's Day card a month later. My health declined because of my lack of sleep as I thought about solutions for people's demands. Exercise will never be on my schedule. My relationships with family and friends suffered from my missing energy, and the time I had with my loved ones was painfully brief and dwindling quickly. I sacrificed my time, social reputation, mental health, and physical health just to follow the money. I had prioritized one thing at the expense of everything.

From the outside looking in, I was winning, but if this was what winning felt like, I wondered, did I play the wrong game or play the game wrong? Money was an enabler to these ends, but not an end in and of itself.



In the Winter Quarterly Highlights, we will continue to explore the research on mental, physical, and financial well-being by Sahil Bloom. Please email us your thoughts or share your stories.

Johnny DaRosa

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