"The greatest wealth is health." - Virgil

1. Assess is health

"The more you eat, the less flavor; the less you eat, the more flavor." - Chinese proverb

2. Food

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness." - Edward Stanley

3. Exercise

"What really matters for success, character, happiness and life-long achievements is a definite set of emotional skills - your EQ - not just purely cognitive abilities that are measured by conventional IQ tests." - Daniel Goleman

4. Emotional intelligence

"If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep." - Dale Carnegie

5. Sleep

6. Rest

"The time to relax is when you don't have time for it." - Sydney J. Harris

7. Safety

"Safety doesn't happen by accident." - Anonymous

8. Managing stress

"You largely constructed your depression. It wasn't given to you. Therefore, you can deconstruct it." - Albert Ellis

9. Addictions

"Drugs are a waste of time. They destroy your memory and your self-respect and everything that goes along with your self-esteem." - Kurt Cobain

10. Top 3 book recommendations

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