

Making Life Better

Purpose And Passion May Prolong Life

by Emilio Pardo

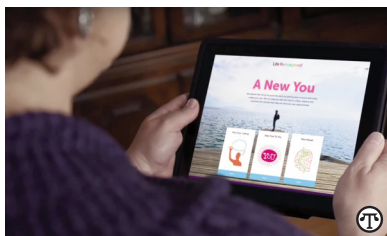
(NAPSA)—The winter season and the beginning of a new year is often a period of reflection for many. It's an ideal time to take a step back and evaluate your goals, choices, priorities, career and relationships to determine whether you are truly happy with the life you are living. By focusing on what needs improvement and reprioritization, you can ensure 2016 is both meaningful and aligns with your passions and purpose. This is critically important given the numerous studies that have shown the health and well-being benefits of discovering and living with a sense of purpose.

In fact, a 2013 study titled *Purpose in Life and Reduced Stroke in Older Adults*, led by Dr. Eric Kim, Ph.D., research fellow at the Harvard School of Public Health, found that those living with purpose lived healthier, longer lives.

"Scientific data has shown that a greater sense of purpose and meaning is associated with long-term health benefits, including an increase in longevity and a reduced risk of Alzheimer's, heart attacks and strokes," said Dr. Kim.

Whether it's spending more quality time with your loved ones, finding a sense of community with new friends, helping those in need or further developing your hidden talent, it's important to live the life that makes you smile, laugh and be optimistic for the future. There are great benefits to finding your purpose and doing more of what makes you happy.

"Research has also shown that having strong social connections, volunteering, and thinking in an optimistic manner are also associated with better health outcomes," Dr. Kim adds from his recent Harvard study, *Changes in Optimism Are Associated With Changes in*



LifeMap is the first and only personal GPS that can help you find purpose and develop a map to what's next.

Health Over Time Among Older Adults. "When you're optimistic, you have a better sense of your goals and have a healthier lifestyle, including the type of food you eat and the amount of exercise you engage in."

Uncovering your purpose can be a daunting task and is easier said than done, but there are several resources you can enlist to make this process comfortable, attainable and inspiring. Life Reimagined is one such resource that offers online and off-line services to help you navigate through life transitions, providing tools that encourage its participants to take small steps one day at a time. LifeMap is the latest tool from Life Reimagined, which acts as a personal guidance system that enables individuals to easily design a custom path while giving them access to certified personal coaches and interactive programs. It helps individuals discover their gifts, passions and purpose, and gives them the keys to what's next in their lives.

Learn More

For further information or to sign up, go to <https://lifereimagined.aarp.org> or <https://lifereimagined.aarp.org/lifemap-go>.

About the Author

Emilio Pardo is the president of Life Reimagined, a wholly owned nonprofit subsidiary of AARP.