



STEP #1 WORKBOOK:

FIND YOUR SENSE OF PURPOSE

Why do you wake up in the morning? If you are like most of the longest-living people on Earth, your reason for getting up is to serve a higher purpose in life. And by having a sense of purpose, some estimates say you could lengthen your life by an average of seven years.

People with a strong sense of purpose are happier, too—your attitude about life changes when you feel like you have a reason for living. Just ask a new parent how they felt when they held their baby in their arms for the first time. Or you can ask the happiest cities in the world because a distinct feature of happy cities is that their citizens have a deep sense of purpose.

In the following pages, I have developed a workbook to help you map your motivations and get re-acquainted with your sense of purpose. Often, we get lost in day-to-day life, and we lose sight of the goals that once defined us. By reconnecting with your sense of purpose, you can get closer to achieving those goals because your actions become more focused, efficient, and productive. This workbook will help you find that sense of purpose again.

As you follow along, write down your answers directly in this workbook or on a separate sheet of paper.

WHAT ARE YOUR VALUES?

Next, we are going to explore what is important to you. The words below describe some of the values that are important to people. **Circle** all the values that are **most important to you**. What matters most to you? What values do you hold in the highest regard? You may add your own answers as well.

- | | | |
|----------------|----------------------|-----------------|
| Abundance | Fairness | Proactive |
| Acceptance | Family | Professionalism |
| Accountability | Flexibility | Punctuality |
| Achievement | Freedom | Quality |
| Advancement | Friendships | Recognition |
| Adventure | Fun | Relationships |
| Advocacy | Generosity | Reliability |
| Ambition | Grace | Resilience |
| Appreciation | Growth | Resourcefulness |
| Attractiveness | Happiness | Responsibility |
| Autonomy | Health | Responsiveness |
| Balance | Honesty | Risk Taking |
| Being the Best | Humility | Safety |
| Benevolence | Humor | Security |
| Boldness | Inclusiveness | Self-Control |
| Brilliance | Independence | Selflessness |
| Calmness | Individuality | Service |
| Caring | Innovation | Simplicity |
| Challenge | Inspiration | Spirituality |
| Charity | Intelligence | Stability |
| Cheerfulness | Intuition | Success |
| Cleverness | Joy | Teamwork |
| Commitment | Kindness | Thankfulness |
| Community | Knowledge | Thoughtfulness |
| Compassion | Leadership | Traditionalism |
| Consistency | Learning | Trustworthiness |
| Contribution | Love | Understanding |
| Cooperation | Loyalty | Uniqueness |
| Collaboration | Making a Difference | Usefulness |
| Creativity | Mindfulness | Versatility |
| Credibility | Motivation | Vision |
| Curiosity | Open-Mindedness | Warmth |
| Daring | Originality | Wealth |
| Decisiveness | Optimism | Well-Being |
| Dedication | Passion | Wisdom |
| Dependability | Peace | Zeal |
| Diversity | Perfection | _____ |
| Empathy | Performance | _____ |
| Encouragement | Personal development | _____ |
| Enthusiasm | Playfulness | _____ |
| Ethics | Popularity | _____ |
| Excellence | Power | _____ |
| Expressiveness | Preparedness | _____ |

Of the values that you circled, choose your top 10, and rank them in order of importance (1 = most important).

- | | | |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | |
| 4. _____ | 8. _____ | |

Why is your #1 value so important to you? How did you develop this value?

Using the same 10 values, which values do you live up to the most? For example, a college student may value loyalty as #1 and learning as #10. However, the student might spend most of her time studying and often neglect her commitments. Below, the student would put studying/learning at #1, whereas loyalty might rank #5. These values might be challenging to quantify, but give it your best guess.

- | | | |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | |
| 4. _____ | 8. _____ | |

Are both your lists in roughly the same order, or are there discrepancies? In other words, are you living up to your values in the same way that you prioritize your values? How might you explain what happened? Has your behavior changed compared to the past? What is different? How have your circumstances changed? Answer whichever question you like.

Did you notice any discrepancies between your values and your behaviors? If so, think about what might happen if you don't change your behaviors at all. What is the worst thing that could happen if you let things continue as is? This is not a sarcastic question. Honestly, how bad could things get if you don't change anything?

How might you change your behaviors so that you can live up to the values you hold in the highest regard? What would you like to do differently to realign your actions with your values?

If you make these changes to your behaviors, what is the best outcome that you can imagine happening?

It is okay if none of the values that you listed were related to health or longevity. However, since Lifelong Youth is about health, we are kind of obligated to talk about it. So, what are at least three reasons why you care about health? In other words, why did you read the book, Lifelong Youth, or seek out this workbook?

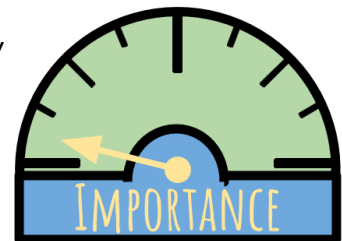
1. _____
2. _____
3. _____

People usually want to be healthy because they have a more profound goal in mind. They either want to achieve something, or they want to continue doing the things they currently enjoy. What are your goals, and when do you want to achieve them? Five years from now? 20 years from now? Maintain it forever?

Goal #1:	Goal #2:	Goal #3:
Achieved by:	Achieved by:	Achieved by:

Now, let's see if you feel ready for change. On the right, rate how important it is for you to start making healthier choices in your life? 1 means 'not important at all' and 10 means 'most important.'

If you chose a number greater than 1, you have at least one reason why change is important to you. Write down those reasons below. If it helps, you can answer this question: why did you choose that number instead of a lower number?



Now, do the same thing for your confidence. Rate how confident you are that you can make the changes necessary to live a healthier and more youthful life. 1 means 'not confident at all' and 10 means 'extremely confident.'

If you chose a number greater than 1, you have at least some confidence in yourself. That's great! Write down some reasons why you have confidence in your abilities. For example, maybe you accomplished other changes in the past, which gives you confidence that you can make changes in your health behaviors.



Rate your readiness to change. Do you feel ready to act? 1 means 'not ready at all' and 10 means 'extremely ready, and you have already started making changes.'

If you chose a number greater than 1, you are ready. You may not be "all in" yet, but you are willing to ready take some sort of action. If you want, you can write down some reasons why you are ready, but any amount of readiness is all you need.



For each goal that you listed on the other page, write down your answers to these questions:

- What is the best possible outcome that could happen if you achieved this goal?
- If you didn't change a thing, how soon would you achieve this goal? Would you achieve it at all?
- What is the worst possible outcome if you failed to achieve this goal?

	Goal #1:	Goal #2:	Goal #3:
The best possible outcome that you are hoping for			
Status quo, how things are right now			
The worst possible outcome if you fail			

Once you've completed the table, look at your answers again. But, this time, have this question in mind: why do you *need* to change? (Most likely, your answer will be "to avoid the bad outcomes and to achieve the good outcomes.")

After you've thought of why you *need* to change, give me some reasons why you *want* to change? Give your 3 best reasons.

1. _____
2. _____
3. _____

How do you hope the Lifelong Youth book, or this workbook might help you? What do you hope we can accomplish together?

Now, summarize your answers in the table, below. Add as many new answers as you would like. This is kind of like a pro-con chart but with a twist.

Advantages of NOT changing	Disadvantages of changing
Disadvantages of NOT changing	Advantages of changing

Well done! Now, let's make a plan. First, list five healthy behaviors that you would enjoy doing. Maybe you like playing sports, or maybe you are more of a chef and enjoy cooking healthy food.

1. _____
2. _____
3. _____
4. _____
5. _____

Who do you want on your team? Which people could be helpful or supportive on your road to Lifelong Youth? Friend power is more potent than willpower, so having a friend or family member as a health coach can help keep you accountable and motivated. Even if your support system is on a social network, it still counts.

What impediments or obstacles might you encounter along the way?

Obstacle #1:	Obstacle #2:	Obstacle #3:

How might you overcome those obstacles?

Obstacle #1	Obstacle #2	Obstacle #3

How will you know if your plan is working? What are some markers for health that you can use to guide you? Here are some examples that might stimulate your creativity:

- Weight
- Blood test biomarkers (see the index of the Lifelong Youth book for a full list of good blood tests to get)
- Daily energy levels
- Fitness goals (mile time for running, total walking distance, lifting PR)
- Number of days off work due to sickness

What gives you confidence that you can do this?

Are you going to do it?

When do you think you'll start?



Now, let's summarize your work. Look back on your previous answers and fill them in below. You can hang this summary page on your fridge, bathroom mirror, or somewhere you can see it every morning.

Goal #1:	Goal #2:	Goal #3:
Disadvantages of NOT changing		Advantages of changing

5 healthy behaviors that I'd enjoy doing.

Step #1 _____ Step #3 _____

Step #2 _____ Step #4 _____

Step #5 _____

Who is on my team? Who can help support me? _____

Obstacle #1:	Obstacle #2:	Obstacle #3:
What will I do when I encounter this obstacle?	What will I do when I encounter this obstacle?	What will I do when I encounter this obstacle?

I will know it is working if... (blood tests, fitness goals, energy levels, sick days, etc.)

Statement of readiness: I am confident, ready, and prepared to make a change. I know that every day is a new opportunity for health. Every day I have new cells that want to be the healthiest that they can be. I know there will be obstacles and I know how to overcome them. Even if I falter, I know how to bounce back. I have people that I can lean on for support and I have ways to track my success. I can do this!

Signed, _____

BONUS:

THE CENTENNARIAN OLYMPICS

Most people think that all 100-year-olds are frail and immobile, but that is not the case. In Dan Buettner's book, [The Blue Zones](#), the centenarians that he studied were still active, and some were still working!

So, for this exercise, imagine being an active 100-year-old. What activities of daily life would you like to do?

Remember, you have no serious illnesses and you are by no means about to keel over, but you are not the 20-year-old you once were. You'd be surprised what a 100-year-old can do, but keep it within reason.

Here are some suggestions that may help you get started. If they resonate with you, feel free to use them for your own Centenarian Olympic goals.

- Carry 2-4 bags of groceries from the car into your house (strength/endurance)
- Get in and out of a car without pulling on the doorframe (strength)
- Climb 4 flights of stairs without feeling out of breath (endurance)
- Get up and down off the floor by yourself (agility)
- Lift 30lbs overhead (strength)
- Be able to stand on wobbly, bouncy busses or trains (balance)
- Fly in an airplane (social)
- Walk 2-5 miles on an uneven trail (endurance)
- Be able to squat or lunge in the garden (agility)
- Run (even if it is slow) for any distance - 20ft still counts (strength)
- Jump off a diving board and swim to the wall (strength/balance)
- Push/Pull open a heavy door (strength/balance)
- Read every day (mental)
- Be able to perform a difficult brain game like crossword or sudoku (mental)
- Have the dexterity and skill to draw or paint (social/mental)
- Cook your own meals every day (social/emotional)
- Visit family and be able to play on the ground with great grandkids (social)
- Carry on a long conversation with friends or family (social/mental)
- Maintain your memories and be able to tell stories of your life (mental)
- Feel energized throughout the day without needing to nap (mental/energy)
- Maintain all your senses - especially smell, vision, and hearing (mental)
- Be fully aware of your surroundings (mental)



How about you? What are 5-10 activities that you want to be able to do when you are 100 years old? Think mostly in terms of movement, cognition, and emotional/social health.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

How about at age 90, 80, 70, or 60? Work backward until you reach your current age. With each decade, your goals will probably become more ambitious. When you get to your current age, write down the goals that you have for yourself. What must you be able to do 1-3 years from now if you expect to meet your 100-year-old goals?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Have you met the goals that you expect from a person your age?

If not, what are you going to do about it? Consider going back to the beginning of this workbook and use these new goals to find your sense of purpose.

References:

- The Centenarian Olympics is an idea developed by Dr. Peter Attia, which he discusses on the Doctor's Pharmacy podcast, among others.
Hyman M. drmarkhyman.com. *drmarkhyman.com*. <https://drhyman.com/blog/2019/07/31/podcast-ep65/>. Accessed March 11, 2020.
- Buettner D. *The Blue Zones: 9 Lessons for Living Longer from the People Whove Lived the Longest*. Washington, D.C.: National Geographic; 2012.