

Class 2

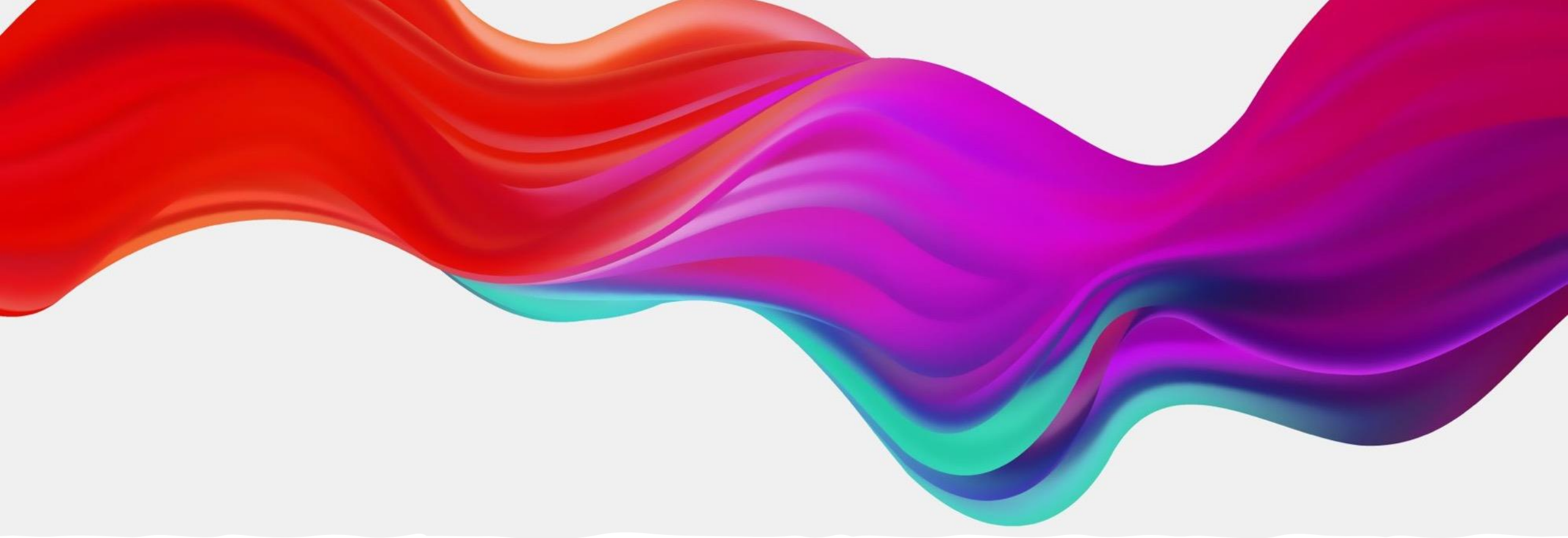


Optional Homework

Blue Zones True Vitality Test

<https://apps.bluezones.com/en/vitality>





We may be missing out on 10 good years

Blue Zones Up Close - Okinawa, Japan





Okinawa Longevity Secrets

- Rely on a plant-based diet
- Eat until 80% full
- Maintain a moai
- Stay active
- Embrace an ikigai

Why is Ikigai (Purpose) Important?

- Purpose fuels hope and optimism, and purposeful people tend to have better health and longevity.
- Older adults who report more purpose in life experience less functional decline
 - Such as muscle weakness, less cognitive and memory impairment, and a lower risk of Alzheimer's disease.
- People with greater purpose make healthier life choices.



Blue Zones
Up Close -
Nicoya,
Costa Rica





Nicoya Longevity Secrets

- Have a *plan de vida* (reason to live)
- Keep a Focus on family
- Eat a light dinner
- Keep hard at work
- Get some sun

Purpose Check Up

The Purpose Checkup

by Richard Leider



After a certain age, many of us accept the necessity of regular physical checkups. We're also generally willing to review our financial situation with some regularity.

So if money, medicine, and meaning are all essential to a purposeful life, we might be wise to take guidance from the financial and medical worlds and adopt the practice of a regular checkup on that third dimension to ensure that our spirit — our sense of purpose — remains healthy.

Please read each statement carefully and take a few moments to decide on a true response for yourself. Then write the number that most nearly reflects that response. The answers offer the following range of responses:

1. Definitely disagree.
2. Somewhat disagree.
3. Somewhat agree.
4. Definitely agree.

Having (Outer Life)

- I derive satisfaction from what I have in my life.
- I express my creativity in a number of ways.
- I have found ways to offer my gifts and talents to the world.
- I have a positive vision for my future.
- I feel satisfied with my location.
- My physical energy is vital.
- I feel satisfied with my personal relationships.
- Total Having score**

Doing (Inner Life)

- I follow my purpose when making major decisions.
- I feel content when I am alone.
- I focus and think clearly.
- I have the courage to face my adversities.
- I offer compassion to others readily.
- I offer forgiveness to others easily.
- I am growing and developing.
- Total Doing score**

I get up in the morning to.....

I gain a sense of purpose when.....

Group Discussion

Let's Create our Own Moai

- Moai means "*meeting for a common purpose*"
- Social connections are key to health & longevity, as loneliness can shorten life expectancy
- Moais help us build healthier habits and stronger connections
- Each mini moai will plan an optional activity/meet up for the class such as:
 - Walking/hiking
 - Potluck
 - Eating lunch/dinner at a healthy restaurant
 - Volunteer activity
 - Wine tasting

Homework: Unlocking Your Purpose

