

PERSONALITY & AGING



Close Bonds

Longevity is most accurately predicted by the number of close relationships one maintains.

The relationships that matter are characterised by acceptance and trust - not similarity, attitudes or politics.

The 'risk factor' is similar to smoking.

Conscientiousness

Conscientiousness is the personality trait of being careful, or vigilant. Conscientiousness implies a desire to do a task well, and to take obligations to others seriously.

Conscientious people tend to be efficient and organised as opposed to easy-going and disorderly.

They exhibit a tendency to show self-discipline, act dutifully, and aim for achievement; they display planned rather than spontaneous behaviour; and they are generally dependable.

Conscientiousness

People who are conscientious - organised and responsible - tend to live longer.

Being conscientious is a **resilience factor** that helps individuals overcome major risks to health, such as adversity, disease etc.

“It’s probably the best silver bullet we can hope for.”

~ Nicholas Turiano

Conscientiousness

Most people who are conscientious are also diligent about **exercise** and **nutrition**.

They also seem to have better coping strategies for stressful situations, leading to less inflammation, which in turn slows down ageing.

Purpose

An excellent predictor of longevity is being purposeful, or having a direction in life with clear goals that energise you.

Those who say that they have a life purpose recover faster from aggravations such as viewing pictures of pollution and other disturbing scenes.

They also tend to have more brain volume in an area of the brain that's linked to self-awareness and decision-making.

“Purpose predicts health outcomes above and beyond the role of conscientiousness.”

~ Patrick Hill

“Efforts and courage are not enough without purpose and direction.”

~ John F Kennedy



Optimism

Optimism is associated with exceptional longevity, according to research by Lewina Lee, a psychologist at Boston University.

That might include viewing older age as **desirable**.

“I would think that optimistic people tend to feel more confident about their ability to accomplish goals as they age.”

People who see the positives in ageing, like wisdom and emotional maturity, live an average of 7.6 years longer.

Optimism

Martin Seligman defines optimism in terms of how people explain to themselves their success and failures.

People who are optimistic see failure as something that can be changed next time around, so that they can succeed.

Pessimists take the blame for failure, assigning it to some lasting characteristic they are helpless to change.

These differing explanations have a profound effect on how people respond to life.

Optimism

Graceful agers tend to keep an even keel.

Inner tranquility is easier on the heart and supports better sleep, both of which pay major longevity dividends.

“You need a little challenge for optimal well-being.”

“They’re less likely to report feeling ecstatic or so sad that nothing will cheer them up.”

~ Fiona Charles



“What day is it ?”
asked Pooh.

“It’s today,”
squeaked Piglet.

“My favourite day”
said Pooh.

Extraversion

There's nothing wrong with being introverted.

It's when introversion keeps you from doing what you really want to do that it becomes a problem.

Many 'introverts' are just taking the easy way out.

Extraversion

Being extraverted, or outgoing, is another trait that can lengthen your span of health.

“The link between social relationships and longevity is as strong as cholesterol levels or smoking,” said Susan Charles, a psychology professor at the University of California-Irvine.

It's important to remember that there's nothing wrong with being introverted. It's when introversion keeps you from doing what you really want to do that it becomes a problem.

Emotional Intelligence

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Emotional Intelligence

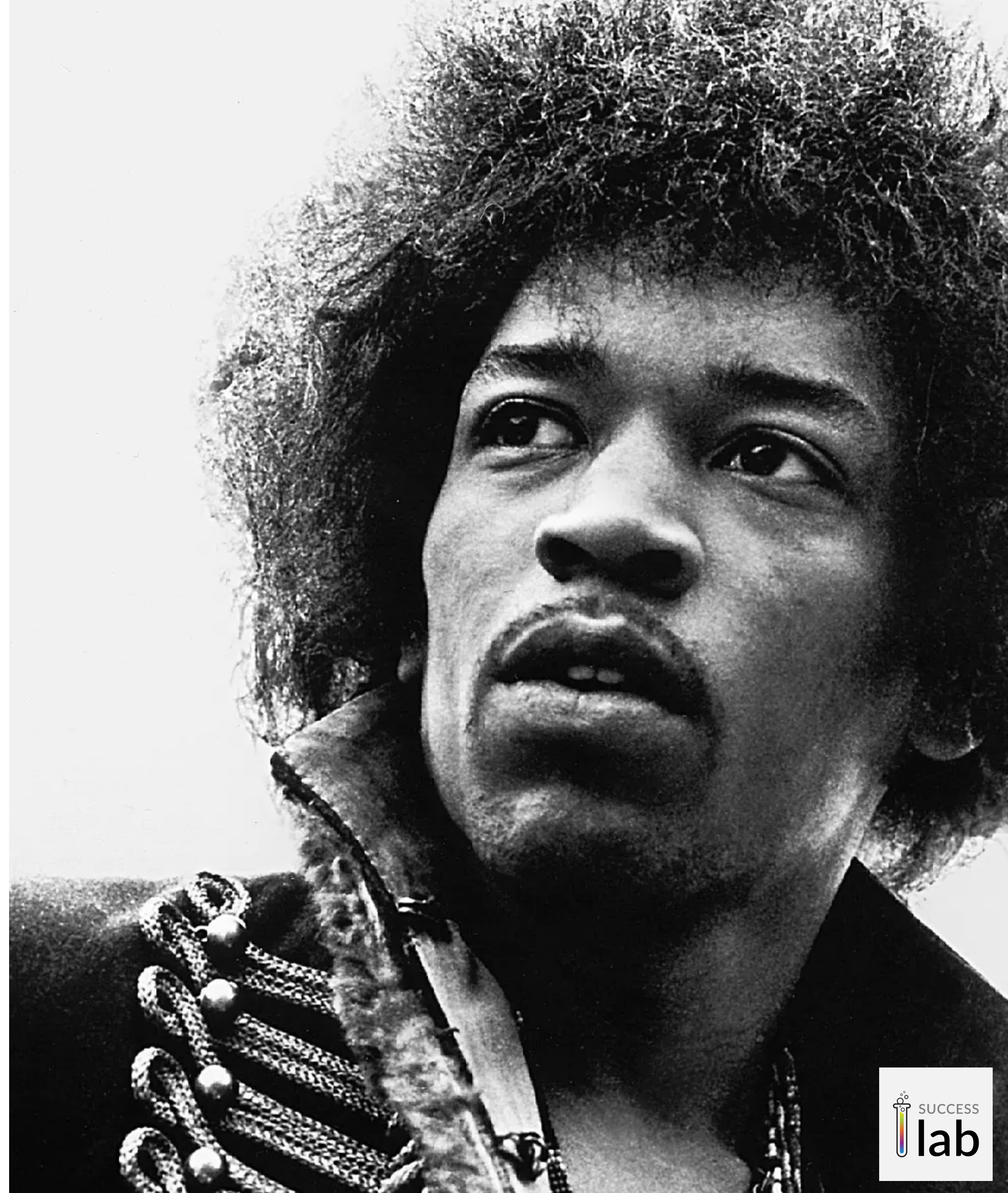
The most common source of stress is other people but those who age successfully get the benefits of socialising without feeling threatened or exasperated by others.

Other neuroses, including anxiety and depression, are similarly linked to faster aging.

If you are depressed you are living in the past if you are anxious you are living in the future, if you are at peace, you are living in the present.

“When the
power of love
overcomes the
love of power
the world will
know peace.”

~ Jimmy Hendrix





Assignments

<i>1</i>	Select the three areas in this workshop that you most need to expand.
<i>2</i>	Decide on a method, process or system for doing that.
<i>3</i>	Enrol an accountability buddy.

Thank You

SuccessLab has run its course.

There are new horizons to explore.

Our 12 month adventure has run 5 years and 67 episodes.

Thank you for your love and support.