



Daily Actions > Higher Goals

✓ When daily actions (exercise, nutrition, sleep) are connected to **higher-order goals** or a **sense of purpose**, people show **better adherence**, **improved health behaviors**, and even **reduced mortality risk**.

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Ultimate Mission

- Live a meaningful, engaged life
- Support family, purpose, passions
- Biologically Fit Healthspan

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Higher-Order Goals

- Biological Fitness (aligned biomarkers)
- Resilience to stressors (hormetic capacity)
- Functional independence

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Immediate Goals

- Metabolic and cardiovascular health
- Strong muscle and bone structure
- Healthy body composition
- Consistent energy and cognitive clarity

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Immediate Objectives

- Improve insulin sensitivity
- Support mitochondrial function & VO₂ max
- Optimize blood pressure & lipids
- Build lean mass & strength

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Concrete Actions

- Adopt relevant Metabolic Archetype™ Traits
- Exercise aligned with Archetype (resistance, aerobic, mobility, HIIT)
 - Nutrition aligned with Archetype
 - Prioritize sleep & circadian rhythm
 - Relevant Hormetic Stressors (thermal, feeding/fasting, etc)



BIOLOGICAL
FITNESS MAP



ARCHETYPE
ENGINE



Clinical Evidence: Purpose, Vision & Health Outcomes

1. Purpose in Life and Mortality

Reference: Boyle, P. A., Barnes, L. L., Buchman, A. S., & Bennett, D. A. (2009). *Purpose in life is associated with mortality among community-dwelling older persons*. **Psychosomatic Medicine**, 71(5), 574–579.

Evidence: Stronger sense of purpose is associated with **reduced risk of all-cause mortality** and better overall health outcomes.

2. Meaning & Lifestyle Adherence

Reference: Steger, M. F., Frazier, P., Oishi, S., & Kaler, M. (2006). *The Meaning in Life Questionnaire: Assessing the presence of and search for meaning in life*. **Journal of Counseling Psychology**, 53(1), 80–93.

Evidence: Greater meaning in life correlates with **higher motivation and adherence** to health-promoting behaviors.

3. Purpose and Preventive Health Behaviors

Reference: Kim, E. S., Strecher, V. J., & Ryff, C. D. (2014). *Purpose in life and use of preventive health care services*. **Proceedings of the National Academy of Sciences**, 111(46), 16331–16336.

Evidence: Individuals with higher purpose in life are **more likely to engage in preventive health behaviors**, including screenings and exercise.

4. Coaching and Goal Alignment

Reference: Michie, S., et al. (2009). *Effective techniques in healthy eating and physical activity interventions: A meta-regression*. **Health Psychology**, 28(6), 690–701.

Evidence: Interventions that **link behavioral goals to personal values** significantly improve adherence and long-term lifestyle change.

