



June 2, 2020

100 years ago the average lifespan in the U.S. was 56. If you are 65 years old today, you actually have a very good chance to celebrate your 90th birthday! I've told my wife Amber repeatedly that I am planning my 115th birthday party to be an epic one. She actually said that she hopes she is not here for it! LOL. Previous generations never dreamed of living into their 90's, and frankly, the immobility and poor health at that age made it seem unattractive anyway. Lifespan is greatly increasing, but so is HEALTHSPAN.

The focus has moved from lifespan to health span as people seek to feel younger and healthier as they age. There are many keys to healthy aging—such as exercise, nutrition, sleep and meaningful relationships— as was discussed at last year's Harvard Medical Symposium. My business coach, Dan Sullivan (75 years old) states that people tend to die when they:

- 1) Run out of money
- 2) Run out of friends
- 3) Run out of purpose



Therefore, a key to living healthier and longer is to fill up all three of those buckets. Now is a great time to think about how we can be more fulfilled and abundant in each of those three areas. As our client, we help you clarify your goals and purpose and make sure that you maximize your financial life... so you can spend less time worrying about money and more time doing whatever you love to do with your family and friends. Click the blue button below to schedule a conversation with us!

Sincerely,

Chad W. Willardson
WEALTH ADVISOR FOR ENTREPRENEURS

Certified Financial Fiduciary®
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