

Perspective On What Happens Makes It More Likely

When it comes to ageing, our perspective on what we think about it is likely to influence our behaviour, and the outcome. If we think decline is inevitable and unmanageable, it's more likely to be our experience. However, research shows that a positive perspective achieves better outcomes. How can we make the best of this? Addressing some of the myths is a good start:

Physical decline is inevitable. We do experience wear and tear, but there are plenty of ways to slow it down – reasonable physical activity and a good diet are two. They address strength, blood pressure, overweight and bone strength which all affect actual and perceived well-being.

Illness is more likely. We tend to be more susceptible to illness, but continued activity, learning and personal development can reduce the likelihood and impact of illness.

Cognitive decline is unavoidable and leads to dementia. Neither is always true, and there are many ways to reduce the likelihood of decline. They include anticipating and managing classic risk factors like cardiovascular problems, diabetes, smoking and alcohol, and working on our cognitive reserves. (see our recent article [What Actions Really Toughen and Energize Your Mind Better](#))

Framing our Future

Most of us want to make the best of our longevity – the rest of our life. The first step is to get a better sense of what it could look like timewise, why, and how we can address the most immediate issues. The SHAPE Analyser enables us to get moving on these.

Committing to this immediate part of our journey builds confidence in our belief that we are on track. With that confidence we can review our longer-term steps to focus on what we want to do and achieve, where we may live and what we want to take place in the event of serious decline.

The best way to frame our future is by planning for it. Then we can seek financial and estate planning advice to achieve good outcomes from our framing efforts – a positive achievement.

Confidence

A positive perspective builds confidence. Ignore the myths and engage with the SHAPE Analyser and your longevity plan. By getting on track to making the best of your longevity, your confident outlook makes it more likely you will reap the rewards.

It's a good idea to update your SHAPE Analyser results regularly - why not do one now?

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SHAPE ANALYSER NOW**