

The scientifically proven health benefits of purpose. (All from Victor Stretcher – Life on purpose)

1. Mortality – a one point increase in purpose clarity reduces your risk of dying by 12%.
2. Heart disease – a one point increase on a six point scale reduces your risk of heart attack by 27%
3. Stroke – a one point increase in your purpose score reduces your risk of stroke by 22%
4. Strong purpose is positively correlated to the following:
 - Better sex
 - Better sleep
 - Less depression
 - Greater relaxation
 - Diabetics with strong purpose have better glucose control
 - Reduction in the production of inflammatory cells
 - Increase in the production of good cholesterol
 - High purpose means 36% less visits to hospital
 - Higher purpose produces more telomerase – which slows ageing
 - Living a purpose balanced between self and others reduces inflammatory gene expression
 - Students wanting fame versus having a purpose experience more health problems/anxiety
 - Adolescents who think about reward giving have less depressive symptoms than those who focus on the self

<https://www.amazon.co.uk/Life-Purpose-Matters-Changes-Everything/dp/0062409603>

