

Find a Purpose, Set Goals and You'll Live Longer, Canadian Study Finds

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National Post:

It takes about 14 years for a child to go through grade school, hit puberty, and be at the cusp of an inescapable question: “What are you going to do with your life?”

And that’s about how long a new Canadian study took to examine the ways that having a clear life purpose may help you live longer, no matter your age. The study, published by Carleton University’s Department of Psychology, looked at the life purpose of more than 6,000 participants over a 14-year period, and was published this week in the journal *Psychological Science*.

Read the whole story: [National Post](#)