

Set goals and you just may live longer

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Market Watch:

Remember the saying “idle hands are the devil’s workshop?” And your mother’s admonition to “keep busy?” Turns out they may actually be healthful advice to live by.

New research published in *Psychological Science* suggests that having purpose in life can promote healthy aging and increase longevity. While purposefulness has long been known to lower mortality, this is the first study that documents its benefits in younger, middle-aged and older persons.

The study also found that setting goals and good interpersonal relationships are key components to healthy aging and increased lifespan.

Read the whole story: [Market Watch](#)