
6 Ways to Shape Your Longevity Mindset TODAY

Peter Diamandis <peter@diamandis.com>
Reply-To: peter@diamandis.com
To: suttdenn@gmail.com

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Do you have a Longevity Mindset?

How long you live is a function of many factors, including your mindset. You can will yourself to death... or will yourself to a longer healthspan.

It may seem obvious, but we regularly ignore shaping our mindset and just accept what we have.

My mission is to transform the way you think—to transform your mindset around many factors, including longevity. Giving you overwhelming evidence of the massive medical advancements that will extend your healthspan is a key focus of my year-round coaching program [Abundance360](#).

So, what shapes your Longevity Mindset?

Today, I want to share 6 areas that you can impact *today*.

Let's dive in...

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6 KEY AREAS YOU CAN IMPACT TODAY

#1) What You Believe: At one end of the spectrum, you see life as short and precious—you'll consider yourself lucky if you make it to 75. At the other end, you're focused on making "100 years old the new 60." You see aging as a disease, and you actively track breakthroughs in biotech (e.g., gene therapies, CRISPR, cellular medicines) that have the potential to slow or *even reverse* aging.

#2) What You Read / Your Media Consumption: The type of media you consume (e.g., books, blogs, news, movies) directly affects your outlook on life—for better or worse. Are you reading the obituaries to track old friends? Or reading books like David Sinclair's "Lifespan," blogs like this one, or news feeds like FutureLoop? Are you staying updated on the latest developments in longevity?

#3) Your Community: The people you spend time with shape who you are and what you do. At one end of the spectrum, you only hang out with older people who constantly talk about growing old and worry about death. At the other end of the spectrum, you spend time with people who are optimistic and youthful (physically or mentally), and who actively pursue longevity.

#4) Sleep: Sleep is fundamental, and critical. A great book that details this is “Why We Sleep” by Dr. Matt Walker. We actually, physiologically *need* 8 hours. Do you believe the motto that “There’s plenty of time to sleep when I’m dead”? Or do you prioritize sleep and use the best techniques to help you achieve 8 healthy hours of sleep?

#5) Diet: There is truth to the saying that “You are what you eat.” Do you eat whatever you want, whenever you want? Are you overweight, eating way too much sugar? Have you intentionally shaped your diet, with a no-sugar/keto or vegan diet? Or have you explored and mastered intermittent fasting to maximize your energy and longevity?

#6) Exercise: Along with your mindset, sufficient sleep, and a healthy diet, *exercise is fundamental to longevity*. The latest research on longevity makes it clear that increasing muscle mass is critical. At one end of the spectrum, you don’t exercise at all. But at the other end, you consider exercise a must. You exercise at least three times each week, for example interval training and weightlifting. Perhaps you even take peptides to naturally boost your growth hormones to increase muscle mass.

Where can you improve? What would it take to improve?

Ultimately, science is going to continue to extend our healthy human lifespan. Our job is not to die from something stupid in the interim...

JOIN MY ABUNDANCE360 COMMUNITY

If you want my coaching as an exponential entrepreneur and to reinforce those mindsets that will inspire and guide you to create a hopeful, compelling and abundant future for yourself and humanity, then consider joining my year-round **Abundance360 coaching program** and come to our in-person A360 Summit February 2-4, 2022.

Every year, my team and I select a group of 360 entrepreneurs and CEOs to coach over the course of a year-long program. You can join at any time for a full year’s worth of personal coaching on Exponential Tech, Longevity, Moonshots, and Abundance thinking and a mix of in-person and virtual content.

My mission is to help A360 members **obtain mastery in four specific mindsets**: an Abundance Mindset; an Exponential Mindset; a Longevity Mindset; and a Moonshot Mindset. Together we will actively select and reinforce your preferred Mindsets.

To learn more and apply to A360, visit abundance360.com

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