

## Defining the Good Life

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What does the “Good Life” mean to you? Is it something you’ve thought about? The MetLife Mature Market Institute sought to explore that very question in the study *Discovering What Matters: Balancing Money, Medicine, and Meaning*, produced in conjunction with leading author and life coach, Richard Leider.

The old adage that “money can’t buy happiness” is supported by this research, which demonstrates the importance of having purpose in one’s life. The report shows that the most content people focus on the non-financial essentials in their lives, even during difficult economic times. Living the Good Life for individuals age 45 and over, first and foremost, involves spending time with family and friends, according to the report. Study participants describe the Good Life in terms of having health, a financial safety net, and the time to do what is important to them.

Based on interviews of more than 1,000 Americans ages 45 to 74, the report explores what brings contentment to those in the second half of life. Regardless of age, people indicated they would spend most of their time on meaning-related activities both in the upcoming year and in five years. Health and finances were also important components of the Good Life, with older respondents focused less on wealth accumulation and more on health and well-being, when compared to younger respondents.

The study confirms that the Good Life is not just about material wealth and physical comfort. It involves doing meaningful work, having time to socialize, pursuing personal interests, and taking care of physical and spiritual health. The Good Life is a journey not a destination. Life experiences, both positive and negative, lead to periods of transition where people need to reexamine what is important and take actions in order to again move forward toward the path to the Good Life.

Single copies of the study, *Discovering What Matters: Balancing Money, Medicine, and Meaning* are available free to the public by contacting [name], [title], with [company name] at [phone number/NASD phone number (as required)], or [other number(optional)] [company approved e-mail address].

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