As I set out to write this, my focus, unsurprisingly, was on older adults. However, as I began to research the topic, I realized that the conversation needed to expand beyond the term “older adults” to include younger people as well. This recognition was informed by my role as the Chief Wellness Officer at VTCSOM, where I work with clinicians and patients of all ages to promote health and well-being. My goal is to create an environment where everyone feels valued and respected, regardless of their age.

Aging is a natural part of the human experience, and it is important to recognize that the term “older adults” can make younger people feel excluded. Younger individuals are also subject to cognitive biases and can exhibit a similar set of assumptions about the elderly. This is a mental shortcut for making frequency or probability estimates, and it is one that can lead to negative stereotypes about older adults.

But it is important to understand that these biases are not only based on age. They are also shaped by our social context and our experiences. As a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

So as a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

As I continued to research the topic, I was reminded of a story I heard from one of our noted psychoanalysts in his mid-80s who wanted a five-year contract extension. He was vibrant, full of life, and eager to continue working. Yet, his request was denied because he was too old to continue. This was an example of how our society places limits on older adults.

But it is important to understand that these limits are not based only on age. They are also shaped by our social context and our experiences. As a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

But it is important to understand that these limits are not based only on age. They are also shaped by our social context and our experiences. As a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

So as a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

But it is important to understand that these limits are not based only on age. They are also shaped by our social context and our experiences. As a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

So as a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

But it is important to understand that these limits are not based only on age. They are also shaped by our social context and our experiences. As a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

Despair in response to the question "Did I live a meaningful life?" I believe the question we should really be asking ourselves is, "Am I living a meaningful life?" and not wait until I die to find out. Because we are also part of society, we can also place those limits on ourselves. I believe that we are too old to do something. I believe that we are too old to make a difference. I believe that we are too old to learn new things. These beliefs are self-limiting and can prevent us from reaching our full potential.

But it is important to understand that these limits are not based only on age. They are also shaped by our social context and our experiences. As a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

So as a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

But it is important to understand that these limits are not based only on age. They are also shaped by our social context and our experiences. As a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.

So as a society, we continue to lose out on all the benefits that people have to offer. This is because we face limits on ourselves. We believe that we are too old to learn new things, too old to change our careers, or too old to make a difference. These beliefs are self-limiting and can prevent us from reaching our full potential.