

The Peak Ages of Life

STIFEL

We're often told our best years are behind us by the time we leave our twenties. Not true. Turns out we don't peak once – we peak constantly, just at different things and at different ages.

This chart lays out when people tend to hit highs in everything from physical ability to career influence to financial success, happiness, and meaning. The pattern is messy, staggered, and surprisingly encouraging.

I relied on AI to research and synthesize the information, so this isn't a perfect mirror of exact science. These dots can be debated. Some depend on definitions, and nearly all vary by individual. That's kind of the point.

Think of this as a map of conversation, not a ruler of judgment. Feedback is welcome.



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