Masterpiece Living Follow-Up Session Frequently Asked Questions (FAQs)

*What is the benefit of participating in a follow-up session, as opposed to reading the feedback report myself?*

This is an important opportunity to reflect on what you have learned through taking the Masterpiece Living Reviews and put insight into action. By exploring what’s next in a supportive environment you are completing the most valuable part of the Masterpiece Living process – comparing your current lifestyle choices to that which the research tells us is most likely to result in a successful aging journey, then identifying areas of growth on your own successful aging journey to continue building resilience in the four components.

*What is the benefit of participating in a group follow-up session, as opposed to individual?*

Research demonstrates sharing your intentions with others in a supportive environment increases your chances of success from 33% to 66%. To quote Dr. Gobble, "Declaring intentions and seeking support for new behaviors is critical for successful behavior change. As the old saying goes, ‘no person is an island,’ and almost no one succeeds in reshaping their lifestyle alone. So, seek out support, and share your journey of change with those who care about your success."

*What can I expect from participating in a follow-up session?*

Now that you have completed the MPL reviews, it’s an opportunity to look at your current lifestyle choices and decide what’s next for your successful aging journey.

*Do I have to share my successful aging score or other information from the feedback report in the group?*

No, in fact, the focus of the group is to support you in exploring what you want for yourself going forward. The feedback report is simply a guide to prompt you in reflecting on possible areas of growth you may not have considered otherwise.

*I’ve made it this far and I’m happy with my previous successes. Why would I set a goal for myself?*

It’s all about what you want for yourself today. As Dr. Roger Landry says, “It’s not so much when or whether we achieve a particular goal, it’s the trying that is beneficial.  Attempting to learn new things, increase strength, be more socially engaged, or uncover a sense of purpose have all been shown to decrease risk and increase resilience resulting in less impairment and loss of independence.”

*What will you do with the information I share in a group follow-up session?*

At the beginning of the group we ask that participants agree to respect the privacy and confidentiality of the group by not sharing anything that was discussed outside of the group and we do not use your information for anything other than supporting you on your personal successful aging journey.