**Masterpiece Academy Table of Contents**

Articles include various topics written by successful aging subject matter experts and can be easily incorporated into newsletters and used in meaningful client engagement. Videos are 2-5 minutes in length and can be utilized as an education and engagement resource for colleagues, prospects, and clients. Blogs are conversational in nature and can be used across social media or in print materials.

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| **SUCCESSFUL AGING GENERAL TOPICS** | **COVID-19** |
| * **Articles:**    + **Are You Already Doing It: 8 Ways to Tell if Your Organization is Committed to Successful Aging**   + **Bring It! 4 Ways to Age with Gusto**   + **Finding Your Un-Comfort Zone**   + **How the Power of Language Can Change a Culture**   + **Your Life as a Masterpiece** * **Blogs:**   + **Aging in America: The Last Unchallenged Stereotype**   + **Changing Aging Stereotypes**   + **Creating a Positive Aging Message**   + **Facing a Challenge**   + **Getting More Colorful with Age**   + **The Last Unchallenged Stereotype**   + **The No Fear Path to Change**   + **What Does Authentic Health Look Like to You?**   + **What Does It Mean to Live in an Age-Friendly Town?**   + **You Have a Choice** * **Videos:**   + **How to Be a Successful Centenarian**   + **It’s Lifestyle Not Genetics**   + **Successful Aging Research**   + **Where You Live Matters** | * **Articles:**  I Want to Be Social but People are Scary[Abundance or Scarcity: Which Will You Choose?](https://mymasterpieceliving.com/resource/abundance-or-scarcity-which-will-you-choose/)[Alone but Not Lonely (In Times of Isolation)](https://mymasterpieceliving.com/resource/alone-but-not-lonely-in-times-of-isolation/)[Anger, Covid-style](https://mymasterpieceliving.com/resource/anger-covid-style/)[Challenges that Change Us](https://mymasterpieceliving.com/resource/challenges-that-change-us/)[Changes in a Time of Coronavirus](https://mymasterpieceliving.com/resource/changes-in-a-time-of-coronavirus/)[Conflicts and Core Beliefs During COVID](https://mymasterpieceliving.com/resource/conflicts-and-core-beliefs-during-covid/)[Corona Strong](https://mymasterpieceliving.com/resource/corona-strong/)[Creativity During COVID](https://mymasterpieceliving.com/resource/creativity-during-covid/) (Part 1)Discovering Your Musical Center (Part 2)Dear Diary: The Benefits of Journaling and the Lost Art of Letter Writing (Part 3)[EQ During C-19](https://mymasterpieceliving.com/resource/eq-during-c-19/)Forgiveness: An Inside Journey[Go for the Red During Covid-19](https://mymasterpieceliving.com/resource/go-for-the-red-during-covid-19/)[Grief, Covid-style](https://mymasterpieceliving.com/resource/grief-covid-style/)[It’s Okay to Laugh](https://mymasterpieceliving.com/resource/its-okay-to-laugh/)[Kindness in Crisis](https://mymasterpieceliving.com/resource/kindness-in-crisis/)[Own Your Stress](https://mymasterpieceliving.com/resource/own-your-stress/)  * **RESPECT**  [So, What Have We Learned?](https://mymasterpieceliving.com/resource/so-what-have-we-learned/)[What Corona Taught Me About the Rest of My Life](https://mymasterpieceliving.com/resource/what-corona-taught-me-about-the-rest-of-my-life/)When You Think You’re Positive (But You’re Really Not)  * [**Why Am I Doing This Again?**](https://mymasterpieceliving.com/resource/why-am-i-doing-this-again/)  [You: The Boss of Your Brain](https://mymasterpieceliving.com/resource/you-the-boss-of-your-brain/) |
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