

Master the Moment Campaign



Masterpiece Living periodically sponsors campaigns aimed at residents to encourage community involvement and support overall wellness, longevity, and vitality. **Master the Moment** is once such campaign to encourage and challenge participants to capture the small moments that bring them joy and gratitude. By being mindful and embracing small moments, we learn to appreciate every aspect of life, no matter how large or small, allowing us to positively impact our health and wellbeing.

Join us and share how you #masterthemoment2020!

Master the Moment Campaign Process

Participating in the campaign is really quite simple, and takes just a few small steps. The most important step is to stop and capture the moment that brings you joy!

1. **Capture a small moment that brings you joy by:**
 - a. Taking a photo or video
 - b. Finding or creating a quote
 - c. Writing a poem or short story
 - d. Anything else!

 2. **Two ways to share your small moments with the larger community:**
 - a. Use Facebook (via your community leaders) to post your small moment
 - Tag our Facebook page (@mymasterpieceliving).
 - Use the hashtag #masterthemoment2020
 - Videos should only be shared on Facebook
 - b. Email your photo, quote, poem, etc. to mpl@mymasterpieceliving.com

 3. **Throughout the month of November continue to post on Facebook or email small moments that inspire you and bring you gratitude.**

 4. **At the end of the month and campaign, Masterpiece Living will gather all posts and create a collective slide show that you will be able upload to your internal TV channel so residents can share their different moments of gratitude, happiness, and peace.**
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“Hello, sun in my face. Hello you who made the morning and spread it over the fields... Watch, now, how I start the day in happiness, in kindness.” —Mary Oliver, poet

By submitting a photo or video, I am giving Masterpiece Living (MPL) permission to use this content for any MPL-related promotional purposes. I further agree that I am to receive no monetary consideration for my participation in MPL's Master the Moment Campaign.