Master the Moment  
Post Campaign questionnaire

Please take a moment to fill out the post-campaign questionnaire for **Master the Moment***.* We greatly appreciate your thoughts about the experience.

**QUESTION RESPONSE (PLEASE CIRCLE BEST OPTION)**

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| I found new ways to be grateful. | Disagree | Neither agree nor disagree | Agree |
| I noticed more moments that bring me joy. | Rarely | Sometimes | Often |
| I discovered new ways to share special moments with those around me. | Disagree | Neither agree nor disagree | Agree |
| I plan to pause and savor the small moments in the future. | Rarely | Sometimes | Often |
| After this campaign, I will continue to actively seek out mindful moments. | Disagree | Neither agree nor disagree | Agree |

What did you like most about the **Master the Moment** Campaign?

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What changes or additions would you recommend for the **Master the Moment** Campaign?

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