



The Mask I Dropped (or Didn't)

I nearly let the real me out, or I didn't. Let's unpack the moment and figure out what scared me or set me free.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. Where today did I feel most 'performative' or fake? _____

2. What was I trying to protect or control by putting on that mask? _____

3. Did I drop the mask in any moment, and what happened? _____

4. How did I feel right after being more real (even slightly)? _____

5. What did I assume others needed me to be today? _____

6. What part of me am I still afraid will be rejected? _____

7. Was there a chance to be more authentic that I passed up? _____

8. What fear got louder when I started being more visible? _____

9. What would it look like to drop the mask 10% more tomorrow? _____

10. What's the cost of keeping the mask on long term? _____
