

JOURNAL CONTEMPLATIONS FOR MASKS

1)

- What belief or assumption am I having when I wear my mask?
- What are the sensations I experience in this moment?
- What part of me do I believe wasn't allowed in that moment?
- How could I have been more authentic?
- What do I need in order to feel safe enough to express more authenticity?

2)

- If no one were there to judge you, if there were no right & wrong, what would your sovereign, authentic expression look & feel like?

3)

- What is one thing I can commit to that will allow me to move closer to my authenticity?

