

3. **Choose One Mask** Select one mask from your list that feels particularly heavy or inauthentic.

- **Visualize the Mask** Close your eyes and imagine this mask. What does it look like? How does it feel when you wear it? What emotions come up?

- **Remove the Mask** In your mind's eye, slowly remove this mask.

- As you do:

- Notice how it feels to take it off.
- What parts of your authentic self are revealed?
- How does your body feel as you let go of this persona?

4. **Reflect and Write**

- What did you discover about yourself ?

- How might your life be different if you wore this mask less often?

- What's one small step you could take this week to be more authentic in this role?

Closing Thoughts:

Remember, the goal isn't to discard all our masks overnight. Instead, this exercise is about bringing awareness to the parts of ourselves we hide and finding opportunities to let our authentic selves shine through more often.

Practice this meditation regularly, exploring different masks each time. As you build your mental fitness, you may find it easier to navigate life with greater authenticity and inner peace.