

Week 2 Takeaway Sheet - Removing the Masks We Wear

Authenticity, Week 2: 8-10-26

1. We All Wear Masks Sometimes

- Masks often develop because we want to feel accepted, capable, or safe.
- Constantly pretending everything is fine can disconnect us from what we actually need.
- Awareness helps us recognize which masks we're ready to put down.

2. Vulnerability Is Not Weakness

- Asking for help and admitting you're struggling both require courage.
- You can be strong and still need support.
- Authentic vulnerability belongs with people who have earned your trust.

3. Stop Shrinking Yourself

- Your opinions, needs, dreams, and accomplishments deserve space.
- You don't have to make yourself smaller to keep everyone else comfortable.
- Taking up space doesn't mean being loud—it means believing you belong.

4. Confidence Begins Where Pretending Ends

- Real confidence doesn't require you to have everything figured out.
- Authentic relationships allow you to be seen without constantly performing.
- The more comfortable you become being yourself, the less you'll need outside approval.