

# Unmasking What Matters



*Companion  
Journal*

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THE PHANTOM OF THE OPERA's Longest Leading Lady



*Make your life into a work of art that is a true reflection of who you are in all of your unmasked, imperfect glory.*

Who are you beyond the roles you play?

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Who are you beyond your body, your history, your possessions, and even your beliefs, thoughts, opinions?

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Who would you be if there were no problems to solve?

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Do you feel you have to earn your worth or change something about yourself in order to be okay?

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Can you find the courage to shed your limiting identities?

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*I invite you to feel into your original essence, to respect yourself so thoroughly that honoring who you are becomes the foundation from which you live and breathe and move.*

*The key to everything we are seeking lies in  
our willingness to live an unmasked life.*

What is the yearning in your heart?

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What is your “I could never” belief?

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Do you regularly carve out time to journey inward and actively listen to your inner voice?  
What might happen if you did?

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*The wonderful news is this: when it comes to love,  
we find inner resources we didn't know we had.*

*Our inner voice speaks to us throughout our lives.  
You know it when you hear it. Often, it says the most unlikely things.*

When was the last time you said no to something you really wanted to do?

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What thoughts held you back?

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Is there a risk you'd like to take now but aren't taking?

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Are the same old fearful, anxious thoughts holding you back? What self-supportive thoughts could you replace them with to give you the courage to move forward?

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Can you make a vow to yourself today to follow the path of love, instead of fear?

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*Trust your inner guidance, even—and perhaps especially—  
if what you hear seems too big for you.*

*The quiet inner yearning of the heart is a compass that points us in the direction of our aliveness and joy.*

How do you treat yourself when you make a mistake?

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How do you treat someone you love when they make a mistake?

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Can you practice self-compassion when you make a mistake, fail, or experience rejection?

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What is abundant in your life today that wasn't true only a year ago?

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Is there something you don't think will ever happen for you? What would it feel like to suspend your disbelief for a minute, an hour, a day?

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*Inhabiting our field of power is about more than how we show up in the world outside us. It's about how we relate to the being within us.*



*To live an unmasked life is to sense our place within the vast living universe, to meet experience with a wide-open heart, to dive into the molten center of pain and stumble out the other side—wounded but still walking, and more connected to humanity for the journey.*

Can you describe a time when you played small or deflated yourself?

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Can you describe a time when you overcompensated or inflated yourself?

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Can you describe a time when you inhabited your authentic presence? How did you know you were standing in your field of power?

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Under what circumstances do you feel most yourself?

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*The extraordinary mindfulness I wish for all of us is that we remember to remember that we have only a nanosecond on the world's stage. Let's not waste it. Instead, let's choose wisely what we will do with the most valuable assets we have: our time and attention.*

*We must see life not as we wish it to be—picture perfect, a white mask covering the difficult parts—but as it truly is: beautiful, confounding, achingly impermanent, and brimming with both laughter and tears.*

Are you investing in developing yourself so you can move powerfully toward your dreams and goals?

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Who are your cheerleaders and champions?

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Is there someone in your life who encourages you to go for it?

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Are you being a champion for someone else?

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Is there someone in whose eyes you see reflected the “you” of your highest potential—someone who will love you no matter if you succeed or fail?

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*When we have the courage to hold all of experience in a compassionate embrace, life is transformed. We become free.*

*We are each tasked with creating our lives from the inside out and living in accordance with our most deeply held values.*

How can you bring fresh eyes and ears to your work? How about your personal life?

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Can you imagine approaching your work with a sense of playfulness and ease?

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What do you do for play?

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Do you allow yourself to take breaks when you need them?

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How often do you say “yes” to whatever’s happening in the moment?

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*Our inner guidance system is trustworthy and true.  
When we surrender ourselves to it, we find there is no need to “act a part,”  
and we begin to move through our days from our own center.*



*Either we can stand in the wings and watch, or we can make a decision to take center stage and play the leading role in our own life story.*

What is the difference you make in your work or professional life right now?

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What motivates you to give your all, even when you're tired and you've been at it for a long time?

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How can you stay motivated in the coming weeks, months, years?

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What did you do today that benefited someone else?

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In whose life have you made the biggest difference?

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How can you adjust your view and stay focused on the value of the role you play?

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*We can't live every moment of our lives in the deep.  
The challenge, then, when we get caught up in busyness and distracted  
by the trivial, is to remind ourselves to stay close to the things that  
matter and to clear the decks of the things that don't.*

*Each one of us has been summoned on a soul level  
for a purpose that is greater than we are.*

If you never improved another single thing about yourself, could you love yourself exactly as you are?

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What is center stage in your life right now?

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If you were to die tomorrow, what regrets would you have?

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What will you do with your time on life's stage, knowing that one day—who knows when—the curtain is going to come down?

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*The new paradigm of success, if we are wise, will be not about “bigger, better, more” but about living wholeheartedly as you. No longer a life of endless striving but a life of endless practice—at being completely here, completely you, with nothing separating you from your direct experience of being alive.*

*We are taught that what matters is to see our name in lights,  
but what I wish for you to know deeply is that your name has  
already been written in *The Book of Life*.*

Where are you now internally? Are you living outgrown roles or wearing old masks?

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What old measurements do you or others use that no longer fit?

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What do others say to you that makes you feel as though you need to wear a mask or show up a particular way?

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What do you say to yourself that makes you feel you need to show up a certain way?

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What could you say to yourself to give yourself the permission, courage, and perspective to be able to show up the way you most want to today?

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What does success really look like for you now?

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*When you follow your heart, the universe rises up to support you.*