Masks We Wear

Each of us wear masks in life. Sometimes our negative attributes, traits, or characteristics influence how people see us and respond to us. Life Law #2 states that you create your own experience. On the sad mask below, list some attributes, traits, or characteristics about yourself that have been keeping you from creating positive experiences in your life. On the happy mask, list some attributes, traits, or characteristics that you would like to begin applying to your life to create positive experiences in the future. Then answer the questions below the mask.

What would your life be like if you applied the attributes, traits, or characteristics you listed on the happy mask?

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What is holding you back from creating positive experience in your life?

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