

Chapter Guide: Unmasked



Chapter 1: Unmasked

A full unveiling of what it means to be unmasked in your personal, spiritual, mental, and emotional life. Learn how awareness, acceptance, healing, boundaries, and healthy community help you walk in full freedom.

Theme: Wholeness and emotional freedom

Key Takeaway: When the mask comes off, the real work—and the real you—can rise.

Chapter 2: Get Off the Prove It Bus

Explore the pressure to constantly prove your worth through performance, perfection, and people-pleasing. Learn how to recognize the signs of striving and make the courageous choice to step off the bus—and into your true value.

Theme: Worthiness without performance

Key Takeaway: You don't have to earn love or approval—you already are enough.



Chapter 3: The Power of Yet

Discover how embracing the word “yet” can shift your mindset from stuck to growing. This chapter invites you to let go of perfectionism and celebrate your progress.

Theme: Growth in process

Key Takeaway: You may not be there *yet*, but you're on your way—and that's powerful.

Chapter 4: Finding Me

Peel back the layers of expectations and rediscover the woman you were always meant to be. You'll learn the dangers of staying hidden and the freedom of finally showing up as your whole self.

Theme: Identity and authenticity

Key Takeaway: Finding you will change your life—and impact everyone connected to you.





Chapter 5: #ownyourtruth

Understand the difference between facts and truth—and why it's vital to embrace God's truth over your past, your pain, or your perception.

Theme: Truth vs. false identity

Key Takeaway: What happened to you is a fact, but it doesn't define your truth.

Chapter 6: The Power of the Mask

Explore why women often feel guilty for prioritizing themselves and how putting on your own “mask” first can transform every area of your life—from relationships to health.

Theme: Self-care and self-prioritization

Key Takeaway: Prioritizing yourself is not selfish—it's necessary.



Chapter 7: Thank You For Letting Me Be

A closing celebration of your journey. Reflect on the transformation, write to your future self, and walk forward in truth, freedom, and bold authenticity.

Theme: Gratitude and becoming

Key Takeaway: You are no longer pretending. You are finally free to be *you*.

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