

✧ DAILY VEIL REMOVAL TRACKER ✧

A 5-Day Journey to Embodied Authenticity

Use this tracker as a sacred mirror. Each day, return to these five invitations. Write what you feel, witness what arises, and let the veils dissolve naturally through breath and presence.

DAY ONE

1. Name the Mask: What persona or image am I still performing today?
 2. Invite the Shaky Voice: What truth can I whisper, even if it trembles?
 3. Share Before Ready: What can I express without needing to be polished?
 4. Welcome Reflection: Did someone mirror something uncomfortable to me today? What did I feel?
 5. Breathe Beyond Image: Describe your experience breathing into space beyond identity.
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DAY TWO

1. Name the Mask:
 2. Invite the Shaky Voice:
 3. Share Before Ready:
 4. Welcome Reflection:
 5. Breathe Beyond Image:
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DAY THREE

1. Name the Mask:
 2. Invite the Shaky Voice:
 3. Share Before Ready:
 4. Welcome Reflection:
 5. Breathe Beyond Image:
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DAY FOUR

1. Name the Mask:
 2. Invite the Shaky Voice:
 3. Share Before Ready:
 4. Welcome Reflection:
 5. Breathe Beyond Image:
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DAY FIVE

1. Name the Mask:
 2. Invite the Shaky Voice:
 3. Share Before Ready:
 4. Welcome Reflection:
 5. Breathe Beyond Image:
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Optional Daily Closing Mantra:

"I soften the mask, I welcome the truth, I breathe as the field."