

The Guy In The Glass



Chapter 3

Come Here Often





MIRROR WORK

Rise With Why

A man with a WHY rises — even when he's on his knees.

① STEP ONE JOURNALING

A man without a WHY drifts. Reacts. Numbs out. Endures.

A man with a WHY rises — even when he's on his knees.

Your WHY isn't an idea or a slogan. It's a pulse. A demand. The reason you get up when nobody's watching and no one is clapping. It's what pulls you forward when comfort disappears and excuses stop working.

Begin journaling. Write freely. Don't organize. Don't edit. Write what feels true.

As you write, explore:

- What has given my life weight and direction when nothing else did?
- What have I suffered that shaped me instead of breaking me?
- When have I felt most aligned — clear, needed, alive?
- What do I feel called toward even when it costs me?
- What part of me refuses to quit — and why?

This isn't about polishing your WHY. It's about listening for it.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where your WHY has been forged — or is trying to speak.

In each sphere, write a single word or short phrase that points to:

- What has shaped you
- What matters enough to carry
- What you want to rise toward — your WHY, all your WHYS

B. MIRROR

Tape the Spheres page to a real mirror. Stand in front of it.

Notice what still pulls you forward.

Notice what you're ready to live for.

RISE WITH WHY →

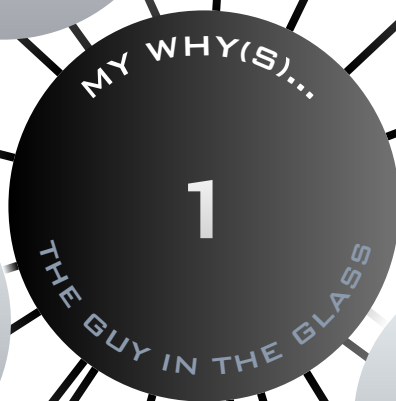
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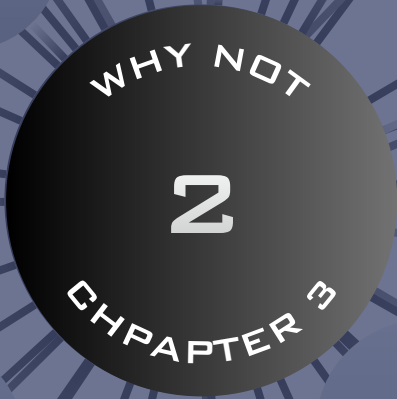
MIRROR WORK

Rise With Why

JOURNAL Write fast · Don't edit · Listen for the WHY beneath the words

What has given your life weight and direction — even when nothing else did?





MIRROR WORK

What's Your Why Not

You're here. You didn't check out. You didn't quit.

① STEP ONE JOURNALING

Viktor Frankl didn't begin with "What's your WHY?" He began with a harder, steadier question:

Why haven't you killed yourself? — Viktor Frankl

Not to dwell on death — but to name a simple fact about life. By the time a man walked into Frankl's office, one thing was already true: he had chosen to live. Again and again.

You're here. You didn't check out. You didn't quit. Something in you refused to stop — even when it would have been easier to disappear.

Begin journaling. Write freely. Don't explain. Don't justify. Don't polish.

As you write, explore:

- What has kept me here when quitting felt possible?
- Who or what did I refuse to abandon?
- What responsibility, love, anger, hope, or stubbornness held me?
- What part of life still felt unfinished?
- Where did I choose endurance without calling it courage?

This isn't philosophy. It's evidence.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a reason you stayed — and a direction it points you now.

In each sphere, write a single word or short phrase that names:

- What stopped you from giving up
- What you carried forward
- What that reason is asking of you next

B. MIRROR

Tape the Spheres page to a real mirror. Stand in front of it.

Notice what kept you alive.

Notice what wants your commitment now.

HONOR THE CHOICE →

Leave spheres blank if nothing comes. Check next page for journaling and spheres.

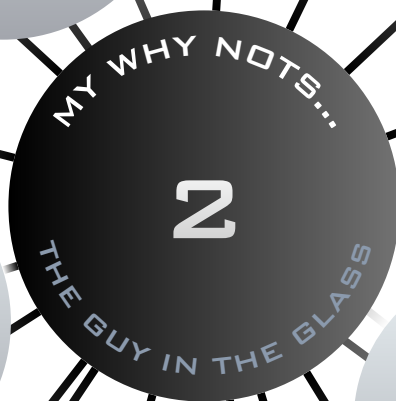
MIRROR WORK

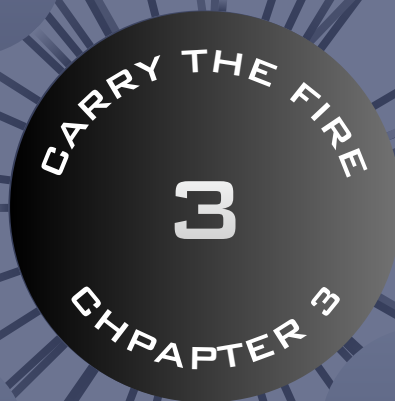
What's Your Why Not

JOURNAL

Write fast · Don't polish · This is evidence, not philosophy

What kept you here — when quitting felt possible? Who or what did you refuse to abandon?





MIRROR WORK

Carry The Fire

You're here. You didn't check out. You didn't quit.

① STEP ONE JOURNALING

Every man has a Bad Boy. Not the reckless teenager — but the grown version that shows up when you're tired, cornered, resentful, or done being "nice."

He's the part of you that stops performing and refuses to stay small. He carries anger. Not rage for destruction — but heat, force, boundary, truth.

Keep anger in your pocket. — The Koretzer Rebbe

Not suppressed. Not unleashed. Carried. When owned, anger becomes precision. When denied, it leaks or explodes.

Begin journaling. Write freely. Don't organize. Don't edit. Write what's true.

As you write, explore:

- When does my anger come online?
- What does it feel like in my body?
- What is it reacting to — or trying to protect?
- Where did it help me draw a needed line?
- Where did it burn something I cared about?
- Where did swallowing it cost me more than expressing it?

Don't judge it. Don't glorify it. See it.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where anger shows up — and a direction it points.

In each sphere, write a single word or short phrase that names:

- What triggered the anger
- What it was protecting or warning you about
- How you want to carry that fire with intention

B. MIRROR

Tape the Spheres page to a real mirror. Stand in front of it.

Notice where anger feels explosive.

Notice where it feels clarifying.

CARRY THE FIRE →

Leave spheres blank if nothing comes. Check next page for journaling and spheres.

MIRROR WORK

Carry The Fire

JOURNAL Write fast · Don't judge it · Don't glorify it · Just see it

When does your anger come online — and what is it actually trying to protect?

