

The Guy In The Glass



Chapter 5

What's Your Number





MIRROR WORK

What's Your Number

You didn't just track the numbers. You believed them.

① STEP ONE JOURNALING

Numbers are meant to inform. Somewhere along the way, they started to define.

Salary, age, weight, followers, square footage, performance reviews, reps, revenue — you didn't just track the numbers. You believed them.

Slowly, counting stopped being information and became identity.
Begin journaling. Write freely. Don't organize. Don't edit. Write what's true.

As you write, explore:

- Which numbers have I used to measure my worth?
- Where have I let numbers judge me — quietly or loudly?
- Where have comparison or shame taken root because of what I believed the numbers meant?
- Where have I respected the man in the glass even when the numbers didn't favor me?
- When did I choose integrity, effort, or truth regardless of the score?
- If numbers stopped leading, what kind of man do I want to be known as instead?

This isn't about rejecting reality. It's about reclaiming authorship.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a number that once carried weight — and a value that matters more.

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

- The number that defined you
- How it shaped your sense of worth
- Where you honored yourself anyway
- What you want to lead with going forward

B. MIRROR

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

Notice which numbers still echo.

Notice who you are without them.

LIVE UNCOUNTED →

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

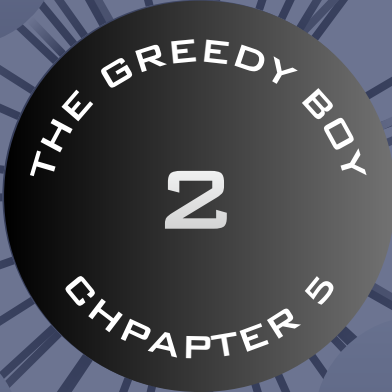
MIRROR WORK

What's Your Number

JOURNAL Write fast · Don't edit · Reclaim authorship

Which numbers have defined you — and who are you when they don't lead?





MIRROR WORK

The Greedy Boy

He wasn't evil. He was scared.

① STEP ONE JOURNALING

Every man carries a Greedy Boy. Not greedy because he's corrupt — but because he's afraid.

Afraid of not mattering. Afraid of being small, unseen, replaceable. So he learned early that more meant safe: more money, more praise, more wins, more attention, more security.

He wasn't evil. He was scared.

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

As you write, explore:

- Where have I chased "more" to feel safe or worthy?
- What kinds of more — money, success, approval, control — have I counted on?
- Where has that striving disrespected the man in the mirror?
- Where have I chosen enough instead — and felt steadier because of it?
- What has the Greedy Boy protected me from?
- Where am I ready to stop piling up and start standing grounded?

This isn't about condemnation. It's about honesty.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where more became the strategy — and where enough is possible.

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

- Where you chased more
- What fear was underneath
- Where you honored yourself by choosing enough
- How you want to live going forward

B. MIRROR

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

Notice where striving weighs you down.

Notice where enough feels solid.

CHOOSE ENOUGH →

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

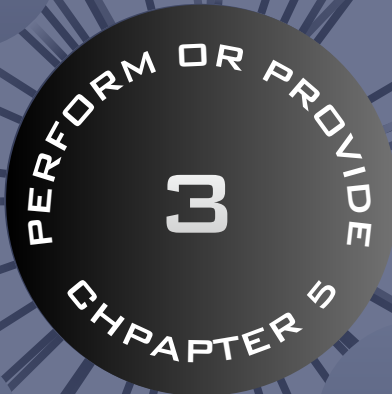
MIRROR WORK

The Greedy Boy

JOURNAL Write fast · Don't edit · This isn't condemnation — it's honesty

Where have you chased more to feel safe — and what has it actually cost you?





MIRROR WORK

Perform or Provide

Being seen replaced being known. Achievement became safer than presence.

① STEP ONE JOURNALING

Attention is not connection. Numbers are not worth. Every man knows this — and still confuses them.

Performance gets reactions. Metrics get applause. Wins get noticed. Somewhere along the way, being seen replaced being known. Achievement became safer than presence.

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

Write about:

- Where you've performed to earn approval or avoid being ordinary
- What performance has given you — and what it has cost you
- Where you've shown up without impressing and felt more solid
- Where you want to be known for substance, not optics

This isn't about rejecting achievement. It's about choosing what actually lasts.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where performance replaced presence — and where provision is possible.

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

- Where you performed
- Where you showed up honestly (even once)
- How you want to provide instead of impress

B. MIRROR

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

Notice where the act still runs.

Notice where you can stand unperformed.

SHOW UP →

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

MIRROR WORK

Perform or Provide

JOURNAL Write fast · Don't edit · Choose what actually lasts

Where have you performed to be seen — and where have you simply shown up and felt more real?

