

The Guy In The Glass

Conclusion

Choose Your Own Way





MIRROR WORK

Remembering Her

Your soul doesn't announce herself. She repeats herself.

① STEP ONE JOURNALING

Your soul doesn't announce herself. She repeats herself.

She shows up in what you circle back to. In what won't let you go. In what survives every version of you that tried to move on, grow up, or harden.

You've changed careers, relationships, beliefs, roles. Something in you has remained stubbornly familiar. That isn't habit. It's essence.

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

Write about:

- What has followed you through different seasons of your life
- Where you tried to outgrow or abandon it
- Where you honored it and felt more whole
- What keeps returning now, heavier or clearer than before

This isn't nostalgia. It's recognition.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents something that has persisted across time.

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

- What keeps returning
- How you've ignored or respected it
- How you want to live it more fully now

B. MIRROR

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

Notice what endured every version of you.

Notice what's asking to be honored now.

HONOR WHAT ENDURES →

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

MIRROR WORK

Remembering Her

JOURNAL Write fast · Don't analyze · This isn't nostalgia — it's recognition

What has followed you through every version of yourself — and what keeps returning?





MIRROR WORK

The Dark Woods

This isn't failure. It's initiation.

① STEP ONE JOURNALING

Midway through life, Dante wakes up lost. Not dramatic. Not catastrophic. Just... off the path.

he road he thought he was on quietly disappeared, and suddenly he was standing in a dark wood — no map, no guide, no clear way forward.

This isn't failure. It's initiation.

Begin journaling. Write freely. Don't fix it. Don't reframe it. Write what's true.

Write about:

- Where your life feels unclear, stalled, or uncharted
- Where you've been pretending the old directions still work
- Where you've told the truth about not knowing — and felt oddly relieved
- Where you sense a new way is required, even if you can't name it yet

This isn't about finding the way out. It's about naming where you are.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where the old path has gone dark.

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

- Where you feel lost or unsure
- What no longer guides you reliably
- Where you're willing to admit you don't know yet

B. MIRROR

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

Notice where certainty has collapsed.

Notice where honesty has returned.

TELL THE TRUTH →

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

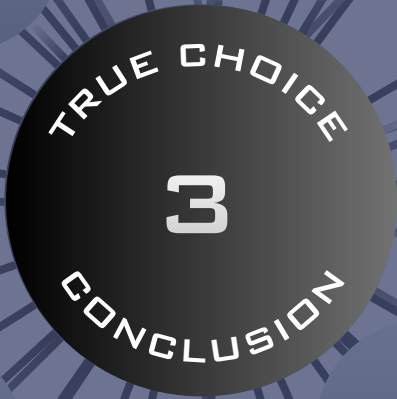
MIRROR WORK

The Dark Woods

JOURNAL Write fast · Don't fix it · Name where you are

Where does your life feel unclear or off the path — and what does it feel like to finally admit it?





MIRROR WORK

The Dark Woods

Delay is a decision. Avoidance is a direction.

① STEP ONE JOURNALING

Frankl said it plainly: your last freedom is choice. Not circumstance. Not outcome. Choice.

Midlife strips away the myths. You can no longer hide behind youth, momentum, ignorance, or "not knowing yet."

What lies ahead is already being shaped — daily — by what you choose and by what you refuse to choose.

Delay is a decision. Avoidance is a direction.

Begin journaling. Write freely. Don't solve anything. Don't justify. Write what's true.

Write about:

- The choices circling your life right now
- Where you've postponed deciding and called it patience
- Where that delay has cost you self-respect
- When you've chosen decisively before and felt clearer because of it
- Where you already know what's required next

This isn't about certainty. It's about authorship.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a choice that stands in front of you.

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

- The decision you're avoiding
- Where you've chosen before and grown from it
- The direction you want to step into now

B. MIRROR

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

Notice where postponement feels familiar.

Notice where resolve is forming.

CHOOSE FORWARD →

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

MIRROR WORK

The Dark Woods

JOURNAL

Write fast · Don't solve · This isn't certainty — it's authorship

Where are you postponing a choice and calling it patience — and where do you already know what's required?

