



The Guy In The Glass



Introduction

Mirrors. Numbers. Names.





MIRROR WORK

Mirror, Mirror

REDEFINE SUCCESS

What does success actually cost you?

①

STEP ONE

JOURNALING

Begin by writing freely about success as it shows up in your life.

Don't organize. Don't edit.

Let contradictions exist side by side — pressure and pride, ambition and fatigue, gratitude and resentment. Write what feels true, not what sounds good.

If helpful, write about:

- **Past:** what success used to mean and who shaped that definition
- **Present:** how you define success now and how it actually feels to live it
- **Future:** what success may be asking to become next, even if you're not ready to claim it

This isn't about conclusions. It's about honest inventory.

②

STEP TWO

MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where success has been defined, pursued, or lived.

In each sphere, write a single word or short phrase that answers: **"Success is..."**

- Where success feels earned or aligned
- Where it feels heavy, hollow, or borrowed
- What success may want to mean next

B. MIRROR

Tape the Spheres page to a real mirror.

Stand in front of it.

Notice where your life matches your definition of success.

Notice where it doesn't.

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

MIRROR WORK

Mirror, Mirror

JOURNAL Write fast · Don't edit · Let contradictions live here

Write freely about success as it shows up in your life. Past, present, future — let it all exist at once.





MIRROR WORK

Shoulders Of Giants

Who made you — and who are you still carrying?

① STEP ONE JOURNALING

You didn't get here alone.

Every man stands on the shoulders of others — parents, mentors, teachers, leaders, ancestors. Some offered strength and guidance. Some shaped you through absence, pressure, or pain. Giants aren't perfect. They're simply the people whose influence still lives in your choices. Begin journaling. Write freely. Don't organize. Don't edit.

Write about:

- Who helped shape the man you are
- Who challenged you, failed you, or forced you to grow
- Whose voice still echoes in your decisions — supportive or critical
- Who you still carry with you, whether you want to or not

This isn't praise or blame. It's inventory. That's enough.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents someone whose shoulders you stand on.

In each sphere, write a name — or, if unclear, a defining presence or quality. Single words or short phrases only. No explaining.

- Notice who strengthened you
- Notice who still weighs on you
- Notice who helped shape who you are becoming

B. MIRROR

Tape the Spheres page to a real mirror.

Stand in front of it.

Feel who stands behind you.

Notice what you've carried forward — and what no longer needs to lead.

Ask quietly: Who am I choosing to become because of them?

Stand Tall

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

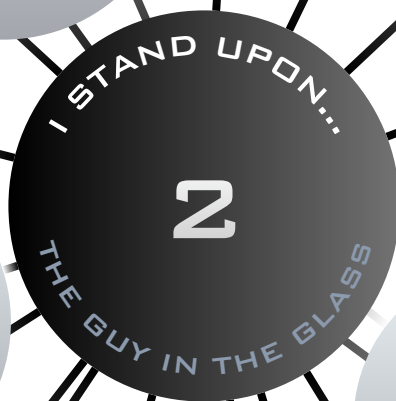
MIRROR WORK

Shoulders Of Giants

JOURNAL

Write fast · Don't edit · Let contradictions live here

Who helped make you? Who do you still carry — whether you want to or not?





MIRROR WORK

The Guy Staring Back

Who do you see when there's no performance required?

①

STEP ONE

JOURNALING

This exercise isn't about success. It's about recognition.

Set aside what you've done, built, earned, or proven.

This mirror isn't asking how you're doing. It's asking who you see when there's no performance required.

Begin journaling. Write freely. Don't organize. Don't justify. Don't explain yourself.

Write about:

- Who you recognize immediately when you imagine your reflection
- Who shows up before titles, roles, or responsibilities
- What feels steady, familiar, or undeniable about this man
- What feels strained, hidden, or avoided
- Who you are when no one is watching
- Who you are afraid others might see if you stopped managing the image

Let contradictions exist. Let clarity and confusion sit side by side. Don't try to fix anything. Just name who's there. That's the work.

②

STEP TWO

MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere marks a part of you.

Write a single word or short phrase: ***who you are here — really.***

No explaining. Leave blank if nothing comes.

B. MIRROR

Tape the page to a mirror.

Stand in front of it.

Look at yourself. Look at the words.

Notice what fits. Notice what doesn't.

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

MIRROR WORK

The Guy Staring Back

JOURNAL

Write fast · Don't edit · Let contradictions live here

Who do you see when there's no performance required — no titles, no roles, no one watching?

