MATTER OVER MIND · CHAPTER 8 WORKSHEET

The Mirror and the Map

DATE

The mirror (ten minutes, set a timer)

What I keep going back to	What I'm getting from it	Do I want more of this in my real life?	What comes home with me	What it costs

The map

A year from now, the man I want to be is getting good at:

Is building or making:

Has these people close:

The thing I've watched the longest without doing:

The smallest real version I can do this week:

When, and who with:

What I'll spend less time on to make room:

One change to my digital room that helps me keep going:

When It's More Than a Book If gaming, porn, gambling, or social media is costing you sleep, work, money, or relationships, and you've tried to cut back and couldn't, it's more than a habit. Chapter 10 is about exactly that. If you're betting more than you can afford, chasing losses, or hiding it, call or text the National Problem Gambling Helpline at 1-800-MY-RESET (1-800-697-3738). And if an AI or an online world has become the main place you talk about what's really going on with you, bring it to a therapist or one trusted man, out loud.