



The Gaze of Reckoning Guide

Welcome to the Gaze of Reckoning—a powerful self-reflection process I created to help you confront your true self, stir deep emotions, and spark motivation for real change. By staring into your own eyes in a mirror for an extended time, you'll face the person you've become, holding yourself-accountable for your actions, choices, and life's highs and lows. This isn't about judgment—it's about seeing reality clearly, breaking through self-deception, and empowering yourself to take charge. In a world full of distractions, the Gaze of Reckoning is your moment to reconnect with truth and purpose.

Why the Gaze of Reckoning? We all tell ourselves stories—sometimes lies—to avoid facing hard truths about our habits, relationships, or unfulfilled dreams. The Gaze of Reckoning cuts through that. By locking eyes with your reflection, you'll experience a rush of emotions—pride, regret, hope, or even discomfort—as memories and thoughts flood your mind. This process has been a cornerstone for me, helping me rise from rock bottoms, overcome mental health challenges, and become a 7- time Inc 5000 honoree. It's a catalyst to stop procrastinating, own your story, and build an unstoppable life.

Benefits

Deep Self-Awareness: Uncover hidden patterns, beliefs, and truths about yourself.

Emotional Clarity: Process suppressed feelings for mental and emotional release.

Heightened Accountability: Take full ownership of your life's successes and failures.

Motivation Surge: Emerge energized to make positive changes and pursue your goals.

Empowerment: Build resilience and a stronger sense of control over your future.



How to Perform the Gaze of Reckoning: Step-by-Step

1. **Set Up Your Space:** Choose a private area with a mirror (e.g., bathroom or bedroom). Dim the lights to create focus, but ensure your eyes are clearly visible. Silence phones and eliminate distractions.
2. **Position Yourself:** Stand or sit close to the mirror—your face should fill your view. Relax your body, take a few deep breaths, and center yourself.
3. **Begin the Gaze:** Lock eyes with your reflection. Avoid excessive blinking or looking away. Hold the gaze for 5-20 minutes (start with 5 if new, increasing as you're ready).
4. **Embrace the Experience:** Let emotions and thoughts flow freely. You may feel joy, regret, pride, or unease as memories surface—triumphs, mistakes, or turning points. This is your reckoning: owning it all.
5. **Close Mindfully:** When finished, break the gaze slowly. Take a moment to breathe deeply and ground yourself.
6. **Reflect and Journal:** Immediately write down your experience using the worksheet below. Note emotions, thoughts, and any action steps inspired by the process.

Tips for Success

- **Consistency:** Practice 3-7 times a week to deepen the impact.
- **Ease In:** If intense emotions arise, shorten sessions or focus on breathing to stay grounded.
- **Journaling:** Capture insights right after to solidify clarity and commitment.
- **Combine with Growth:** Pair this with other Fundamentally Unstoppable practices, like goal-setting or accountability check-ins.
- **Track Progress:** Note how your mindset or actions shift over weeks of practice.