

INTRODUCTION

Hello, I've been looking forward to sharing this with you.

I'm Dr. Glenn Toby – though some still call me SweetieG. I was among the early voices in Queens, New York, making my mark in the music scene alongside legends like Run-DMC and Grandmaster Flash .

By my teens, I shifted behind the scenes – managing artists like LL Cool J and building careers in sports and entertainment. Over 30 years, I've been trusted by names like Antonio Freeman, Asante Samuel, Jason Weaver, David Banner, and world champion boxer O'Neil "Supernova" Bell

Around 1997, I founded The Book Bank Foundation, a nonprofit dedicated to combating illiteracy and supporting families in need. We've grown to serve thousands weekly – distributing books, food, and other essentials to communities often overlooked . It's been one of the most fulfilling parts of my life.

Along the way, I've authored children's books – like *Lil' G Faces the Brooklyn Bully* and the *Dirty-Faced Angels* graphic novel – which reflect my own story and teach resilience through faith and friendship.



I've learned that overcoming challenges – like homelessness or navigating the music industry – comes down to curiosity, resilience, and lifting others along the way and I'm grateful for every step of the journey.

Dr. Glenn Toby

CHAPTER I

The Four Invisible Boxes We All Carry

What are the 4 boxes?

Every human being walks through life carrying invisible boxes. Each of us inherited these boxes from our parents, who inherited them from their parents... and so on and so forth. They are like luggage strapped onto our backs – the result of our childhood joys, memories and traumas.

Some are open – showing the world your strength. These are like a melodious music box – once you open there never fails to be a smile on your face. You're reminded of what makes you unique and the melody is a remembrance of your unique personality that makes everyone want to be around you.

Others are sealed tight – hiding your pain, your trauma, your missed opportunities. These are like a Pandora's box. Open it at your own risk. Only shame, fear & anger emerges from this box. We tend to hide these particular boxes but the truth is, they are almost impossible to keep hidden. When these boxes are opened without your consent or readiness, relationships are broken & tears are wept.



However, remember this – the boxes are not your enemy. They are like the DNA that courses through your cells. They are your identifying factors – what made your partner fall in love with you, and made your friend stick to you closer than family. They define your thoughts & habits.

The cardinal rule for how to handle these 4 boxes? Never stay trapped in any of them.

Through decades of personal and professional transformation – from surviving homelessness to sitting at investment tables, from managing music icons to mentoring changemakers – I've developed a framework I now share with clients, entrepreneurs, creatives, and high-impact leaders worldwide.

CHAPTER I

The Four Invisible Boxes We All Carry

What are the 4 boxes?

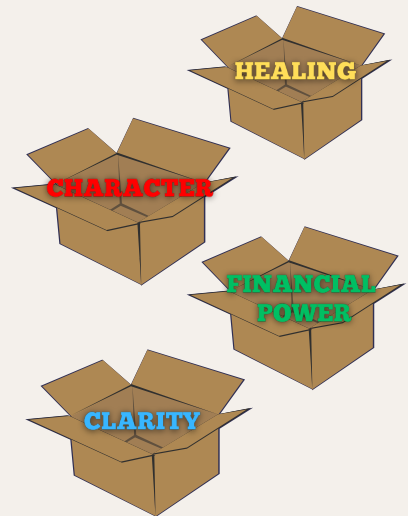
I call this framework "The Four Boxes." They are:

- Healing
- Character
- Financial Power
- Clarity

These are not abstract ideas.

They are tangible, transformational tools.

Open each one with honesty and intention – and you'll unlock a version of yourself capable of living, leading, and leaving a legacy greater than you imagined.



CHAPTER I

Box 1: Healing – Repair Before You Rise

Quote

“Forgiveness is a mountain that does not have a top. It is a continuous process. When you practice modalities like prayer, meditation, contemplation, and compassionate thought, forgiveness becomes like natural medicine – eradicating what no longer belongs in your heart.”

Dr. Glenn Toby, PhD

CHAPTER I

Box 1: Healing – Repair Before You Rise

You cannot grow if you're still bleeding. You cannot lead others while you avoid your own pain.

Healing is the invisible work that produces visible results.

Too often, we think healing is simply "getting over it." But true healing is about moving through it. It's about facing the wound and choosing to extract the lesson instead of hiding the scar.

Four Real Paths to Healing:

1. **Acceptance** – The past can't be changed, but it can be reframed. Acceptance is the gate to freedom.
2. **Forgiveness** – A sacred, daily act of release that connects your mind, body, and soul.
3. **Stillness** – Real answers rarely come in chaos. Create space to hear the wisdom within.
4. **Action** – You don't have to feel 100% ready to move. Movement itself creates momentum.

How To know You're Healed

Breaking away from the patterns of pain, shame & fear is one of the greatest blessings anyone can receive.

How many times have you seen people in their 60s or 70s still bitter about something that happened to them in their youth? Do you think it's because they didn't want to heal & let it go?

I'm here to tell you it's not easy. Healing is intentional & unless you put in the emotional work it takes, you'll waste your entire life still waiting for closure.

One huge sign that you're healed is when you no longer want closure from the people or experiences that hurt you.

The "*why*" doesn't matter to you any more.

- You stop stalking the social media pages of your ex
- You stop trying to get your parent to admit that they failed in some aspect of raising you
- You finally cut off & block that fake friend
- You stop following up on your baby daddy to take responsibility for his own child

CHAPTER I

Box 1: Healing – Repair Before You Rise

How To Know You're Healed

Another way of knowing you're healed from your past traumas is if you no longer experience very strong emotions & if you do, you are comfortable – you no longer try to numb them.

Actually, most drug addicts know why they use. They know what painful experience they are trying to forget.

When you heal, you no longer need that glass of wine or that blunt to help you fall asleep.

When you heal, you see self-destructive tendencies for what they are. You give yourself grace & you refuse to subject yourself to habits that only eventually make your mental health worse.

Also, when you completely heal from your pain, you become more gracious and patient with yourself.

Your self-esteem is better. No matter how much disappointment & rejection you face, you could never harbour negative feelings about yourself.

Healing & emotional revolution tends to strengthen resilience & self-love.

I have made a healing checklist you can use to check your emotional state.

I want you to take time, read the prompts & answer honestly. You don't need to tick everything appropriately to prove that you've healed – the point is to notice which areas of your healing journey need working on.

You cannot compare your results with your friend's. Remember, this journey is personal.

Keep your results a secret and come back after a few months to check your answers again.

This way, you monitor your healing progress.

Don't hesitate to talk to me if some of the prompts trigger you & you need someone to vent to.

CHAPTER I

Am I Healing? A Practical Self-Check for Emotional Recovery



Healing CHECKLIST

No	SCENARIO	YES	NO	Sometimes (give reason)
1	When I hear my ex is dating someone new, I don't check his social media.			
2	I can talk about a painful experience without crying or feeling triggered.			
3	I no longer stalk or follow people who hurt me online.			
4	I don't get angry or anxious when someone reminds me of a past hurt.			
5	I've stopped replaying what I "should have said or done" in past arguments.			
6	I no longer need an apology to move forward.			
7	I sleep peacefully without being haunted by old memories.			
8	I can set boundaries without over-explaining or feeling guilty.			
9	When someone disrespects me, I walk away instead of proving my worth.			
10	I don't compare my healing journey to others anymore.			
11	I spend more time focused on my growth than on the people who hurt me.			
12	I don't enter new relationships just to feel wanted or to escape loneliness.			
13	I've forgiven myself for how I reacted while I was hurting.			
14	I feel safe expressing my emotions around people I trust.			
15	I celebrate my progress, even if I'm not "all the way there" yet.			

CHAPTER I

Box 1: Healing - Repair Before You Rise

How To Heal

Do you know why forgiveness is so difficult?

It's because most of the time we are hurt by the people we love the most.

The betrayal that comes from someone you never expected is like a knife in the gut.

I mean, how could they?

The anger will be boiling up in you for a while. Sometimes you'll think you're finally over it – but then you see their face or hear their voice. And it all comes back to you.

Forgiveness isn't a switch. It's a discipline of the soul.

It's something you return to – again and again – until your spirit is light enough to rise.

Call to Action: How to Begin Healing Today

1. **Journal your pain:** Write down what hurt you and how it made you feel. Don't edit – just express.
2. **Forgive intentionally:** Write a forgiveness letter to yourself or someone else. You don't have to send it – just release it.
3. **Practice silence:** Sit for 5 – 10 minutes daily without distraction. Focus on your breath. Let clarity arise.
4. **Take one healing step:** Schedule therapy, set a boundary, have a hard conversation – do one brave thing this week.

Healing is not an event – it's a lifestyle.



CHAPTER II

Box 2: Character - You Can't Succeed Beyond Who You Are

Quote

"If you will think about what you ought to do for other people, your character will take care of itself. Character is a by-product, and any man who devotes himself to its cultivation in his own case will become a selfish prig."

Woodrow Wilson
28th President of The USA

CHAPTER II

Box 2: Character – You Can't Succeed Beyond Who You Are

Character is what shows up when no one else is around.

If healing is the foundation, character is the frame. It holds the shape of your destiny.

The habits you tolerate, the standards you set, and the integrity you carry determine whether your success will be sustainable – or short-lived.

Some aspects of our character are determined by our parents – there's no denying it. However, this should never be an excuse for letting yourself indulge in bad behaviour.

Here's a genuine question – do you know what your character is like?

Many people go through life without truly understanding their character or personality type.

They respond to situations out of habit or survival, rather than self-awareness. Without taking time to reflect, they may confuse coping mechanisms for core traits.

As you navigate your personality traits, I want you to remember something:

- Control is not leadership
- Overthinking is not intelligence
- People-pleasing is not being a team player
- Avoidance is not patience
- Perfectionism is not ambition
- Silence is not wisdom
- Busyness is not productivity
- Defensiveness is not self-respect
- Emotional detachment is not independence

So where should you start?

A great place to start is by using the feedback analysis I have provided.

Who knows us better than the people who spend time with us?

If you want an objective view of yourself, use this free tool to get the truth about yourself presented to you – raw & unfiltered.

CHAPTER II

How Do Others See Me? – 360° Self-Reflection Feedback Table


 Free
resource

Question	SOLUTION			
	A	B	C	D
1. When I'm under pressure, I usually...	Stay calm	Get reactive	Shut down	Take control
2. If someone disagrees with me, I tend to...	Listen openly	Defend my point	Avoid the conversation	Change the subject
3. In a group setting, I am usually the one who...	Leads naturally	Sits quietly	Cracks jokes	Tries to keep peace
4. When someone wrongs me, I typically...	Confront them	Keep silent	Cut them off	Forgive quickly
5. When I make a mistake, I usually...	Own it	Justify it	Blame others	Laugh it off
6. When asked for help, I tend to...	Say yes even if I'm busy	Set boundaries	Avoid commitment	Overcommit myself
7. When I'm upset, how do I express it?	Clearly and calmly	Passive-aggressively	I shut down	I explode emotionally
8. How do I behave when I receive a compliment?	Say thank you	Downplay it	Brush it off	Return a compliment quickly
9. In conversations, I tend to...	Ask thoughtful questions	Talk about myself	Get distracted	Wait to give advice
10. When someone is struggling, I usually...	Offer help	Avoid the situation	Give advice	Feel overwhelmed
11. How do I respond to sudden changes or plans?	Adapt easily	Get anxious	Get annoyed	Try to take control
12. If someone criticizes me, I typically...	Reflect on it	Get defensive	Feel attacked	Ignore them
13. When working on a team, I often...	Collaborate well	Try to do it all	Avoid responsibility	Get frustrated with others
14. In disagreements, I usually...	Try to understand	Try to win	Withdraw	Apologize quickly to end it
15. When making decisions, I usually...	Think it through	Rush into it	Avoid deciding	Ask others to decide
16. How do I react when someone is late or inconsistent?	I stay calm	I get irritated	I silently judge	I address it directly
17. How do I deal with people I don't like?	Stay polite	Keep my distance	Gossip about them	Try to change them
18. When I'm praised or acknowledged publicly, I...	Appreciate it	Feel awkward	Downplay it	Try to shift the attention
19. How do I act when I want something from someone?	Ask directly	Drop hints	Manipulate subtly	Wait and hope
20. When someone opens up to me emotionally, I usually...	Listen fully	Give advice fast	Feel uncomfortable	Change the subject

CHAPTER II

Call to Action: How to Build Stronger Character

Audit Your Habits

Your habits shape your character more than your intentions ever will.

Start by writing down 5 behaviors you repeat every week — no matter how small they seem. Scrolling your phone first thing in the morning, skipping meals, saying “yes” when you mean “no” — it all counts. Then ask:

- Which of these habits are aligned with who I want to become?
- Which ones are reactions, not choices?
- Which ones keep me stuck in an old version of myself?

 **Challenge:** Circle one habit to strengthen, and one to release this week.

Choose One Trait to Grow

You don't need to “fix” everything at once. Growth starts with focus. Choose one value-based trait—like honesty, courage, patience, or humility—and give it your full attention for 30 days.

If you choose honesty, for example, practice it everywhere:

- Be honest when you're confused.
- Be honest when you're uncomfortable.
- Be honest with your schedule, your energy, your needs.

 Growth isn't just about what you learn — it's about what you live.

If you choose honesty, for example, practice it everywhere:

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Track Your Triggers

Every reaction tells a story. Start writing them down.

- When something rattles you — a tone, a delay, a rejection — pause and ask:
- What exactly triggered me?
- What memory or fear does this connect to?
- What belief is being challenged right now?

This isn't about guilt. It's about awareness.

Triggers are messengers. And behind every strong reaction is a deeper layer waiting to be healed.

 Your trigger log could become your personal roadmap to transformation.

CHAPTER II

Call to Action: How to Build Stronger Character

 Build Consistency Rituals

Integrity isn't a trait — it's a practice.

Design a 10-minute ritual each morning or evening that keeps you aligned.

This could include:

- Writing down 3 intentions for the day
- Reviewing your values
- Speaking affirmations out loud
- Sitting in silence or stretching with awareness
- Asking yourself: "What would the most honest version of me do next?"
- Small, consistent rituals anchor you when life gets chaotic. They don't need to be long — just real.

 Final Thought:

You don't need to be perfect — you need to be principled.

Principles outlast moods.

Principles guide decisions.

Principles help you sleep at night.

And when everything feels uncertain, your principles will remind you who you are.

CHAPTER III

Box 3: Financial Power – Control the Currency of Your Choices

What Is Financial Power?

Ever heard stories of lottery winners who spent all their money and sunk back to poverty? Some even win millions of dollars but after a year or so, they humbly retreat back to their old lives & jobs.

So it's not really about making a bunch of money, right?

This conversation has baffled humanity for ages. I think we tend to complicate this subject by focusing on the wrong thing. We tend to focus on the budgeting, hustling, working more hours & saving.

Money is more than math – it's the mindset that generates wealth.

Your relationship with money is shaped by your childhood, your trauma, your dreams, and your doubts.

Here's the secret – develop a healthy relationship with money, and watch your life change. Seek out this knowledge that seems to be hidden from most people.

I deep-dive into this topic in [my tri-weekly articles published on LinkedIn](#).

Many chase income without building financial intelligence, and it costs them freedom, peace, and future legacy.

Financial power isn't about how much you earn – it's about how well you manage, multiply, and protect your resources.

There's a lot of information out there, but here's my take:



CHAPTER III

Box 3: Financial Power – Control the Currency of Your Choices

Four Keys to Financial Mastery:

1. **Save with Strategy** – Stop saving what's left. Start saving with purpose.
2. **Invest with Intention** – Learn. Study. Move wisely. Let your money work while you rest.
3. **Spend with Awareness** – Emotional spending is financial sabotage. Choose clarity over impulse.
4. **Plan for Generational Wealth** – Legacy begins with literacy. Teach your children. Educate your team.

You were not born to survive paycheck to paycheck. You were built to lead wealth with wisdom.



Call to Action: Take Control of Your Finances

1. **Create a simple monthly budget:** List income, fixed expenses, and savings goals. Use an app or notebook – just start.
2. **Set a weekly “money meeting” with yourself:** Review spending, plan next moves, check your mindset.
3. **Read one financial book:** Start with “The Richest Man in Babylon”, “Your Money or Your Life,” or a title that speaks to your journey.
4. **Automate your savings:** Even \$10/week adds up. Don’t wait for a big win to begin.

Wealth is not just what you accumulate. It’s what you steward.

CHAPTER III

Call to Action: Take Control of Your Finances

Take Control of Your Finances

Money doesn't manage itself — and freedom doesn't come from making more, but from mastering what you already have. Whether you're just starting out or rebuilding from scratch, financial clarity starts with one decision: ownership.

You don't need a finance degree. You need a plan, a mindset, and a little bit of discipline every week.

This is 15 minutes to:

- Review what you spent (without guilt)
- Adjust for the week ahead
- Check your financial mindset: Am I acting out of fear or intention?

 Pro tip: Make it enjoyable. Light a candle, put on music, brew tea. You're not just managing numbers — you're stewarding your future.

Read One Financial Book

Knowledge is leverage. Choose a financial book that speaks to your situation:

- The Richest Man in Babylon — for timeless wealth-building wisdom
- Your Money or Your Life — for emotional clarity and mindful spending
- I Will Teach You To Be Rich — for no-fluff, actionable modern advice

 Take notes. Apply one idea. Reading about money shifts how you think about it — and that's where transformation begins.

Create a Simple Monthly Budget

Your budget is not a punishment — it's a mirror. It shows you what you truly value.

Start with three columns:

- Income: Salary, side hustles, passive income
- Fixed Expenses: Rent, utilities, transport, debt payments
- Savings + Goals: Emergency fund, investments, short-term plans

 Use an app like YNAB, Mint, or just a notebook or Google Sheet.

The point isn't perfection. It's awareness. Start tracking, and the numbers will start speaking.

Hold a Weekly Money Meeting with Yourself

CHAPTER III

Call to Action: Take Control of Your Finances

Automate Your Savings

Set it and forget it. Even \$10/week adds up to \$520 a year — and more importantly, it builds the habit.

Whether it's:

- Direct deposit into a savings account
- Auto-transfer into an investment or digital wallet
- Cash envelope for a dream goal

 Don't wait until you "make more." Start with what you have. Wealth builds in small, consistent moves — not sudden jackpots.

True wealth is not in what you show, but what you sustain.

It's:

- Knowing where your money goes
- Being able to make decisions without panic
- Funding your goals, not your stress
- Building for the future while honoring today

Money is a tool. When you give it direction, it stops controlling you — and starts working for you.



CHAPTER III

Call to Action: Take Control of Your Finances

Quote

**Wealth is not just what
you accumulate, it's what
you steward**

Dr. Glenn Toby

CHAPTER IV

Box 4: Clarity - When the Fog Lifts, Everything Changes

How To Achieve Clarity

Before I pioneered the Book Bank, I was in a place where I was doing okay in the eyes of those around me, but I wasn't sure of what I wanted to do with my life.

I had systems set to ensure I'd never be broke, but they weren't enough to make me excited to wake up everyday. I lacked a clear vision of what I wanted my life to look like.

Sometimes this lack of clarity showed up in how I talked & presented myself. It will have the same effect on you unless you take my advice.

Clarity is the gift that makes the other boxes more powerful.

Without it, you'll move fast but without direction. With it, you'll move intentionally - even in chaos.

Clarity begins when you release guilt, embrace grace, and design a life you're proud to live.



Four Practices That Produce Clarity:

1. **Mental Decluttering** – Release unnecessary thoughts, people, tasks, and emotional baggage.
2. **Forgive Yourself Fully** – Stop rehearsing your worst moment. Your new life needs a clean heart.
3. **Set Clear, Specific Vision** – Vague goals create vague results. Write it. Speak it. Repeat it.
4. **Establish Boundaries** – Protect your energy. Your peace is the price of your purpose.

The mind, once clear, becomes a compass. With clarity, you stop chasing and start choosing.

CHAPTER IV

Call to Action: Practice Mental and Spiritual Clarity



🧠 How to Achieve Clarity of Mind

In a world filled with noise, speed, and constant demands, clarity is not just a luxury — it's a discipline.

Clarity isn't about having all the answers. It's about knowing your next right step.

It's what happens when the fog lifts — and you begin to move with intention instead of impulse.

🖋️ Create a Daily Vision Statement

Each morning, remind yourself why you're here.

In 1–2 intentional sentences, write what you're working toward. Read it out loud. Let it shape how you move through your day.

Example:

"I am building a life of freedom, purpose, and integrity. Today, I lead with clarity and courage."

📝 This is not a wish list. It's a compass. Revisit and revise as you evolve.

🚫 Eliminate One Toxic Input

Mental fog often comes from what you consume, not what you lack.

- Is there a social media account that triggers comparison?
- A person whose presence always drains you?
- A habit that hijacks your focus (doom-scrolling, late-night worry loops)?

Cut one. Even just one. You'll be surprised how much space it frees in your mind.

🔪 Clarity is not always about addition — it's often about subtraction.

CHAPTER IV

Call to Action: Practice Mental and Spiritual Clarity



Create a Sacred Space

You don't need a whole room — just a corner, chair, or journal where you show up daily.

This is your space to:

- Breathe
- Reflect
- Pray
- Meditate
- Ask: "What matters today?"

It's where you reconnect with your center before the world pulls you in every direction.

🧘♀️ Stillness invites clarity. And clarity makes space for aligned action.

🧑♂️ Say No to What's Not Aligned

Every "yes" is a commitment of your energy.

Every "no" is protection of your peace.

If something doesn't serve your values, vision, or growth — say no. Kindly. Firmly. Consistently.

- Say no to overcommitting.
- Say no to urgency that's not yours.
- Say no to relationships that confuse more than they clarify.

🔑 Clarity is the courage to choose what belongs — and release what doesn't.

✨ Final Thought:

When your mind is clear:

- You stop second-guessing.
- You become more present.
- You recognize what's truly important — and what's just noise.

Clarity is not a gift some people are born with.

It's a practice anyone can build.

CONCLUSION

This is the beginning of something good.

**Final Summary: Living the Four Boxes**

You've opened the boxes. Now you begin the journey. You've seen how healing anchors your spirit, how character defines your walk, how financial power amplifies your freedom & how clarity gives you precision and peace.

But here's the key:

You must practice this – every day. This isn't a motivational read. It's a manual for transformation. Keep it close. Revisit it often. Make it your blueprint and compass.

CONCLUSION

You weren't meant to grow alone...

Your Next Step:

- ✓ Download this e-book.
- ✓ Print it. Annotate it. Keep it on your nightstand, in your office, or as your screensaver.
- ✓ Share it with your community. Let them grow with you.
- ✓ Stay tuned for the next volume coming soon – where we go even deeper into your Blueprint for Legacy.

Are you ready to open yourself up to REAL wealth-building opportunities?

Consider joining our private community, **The Winner's Circle**:

What Is The Winner's Circle?

We are an exclusive community designed for athletes, entertainers, and minority leaders navigating the evolving world of sports and entertainment.

We're on a mission to increase Black representation and provide real solutions that build legacy, not just income.

If you're ready to grow, connect, and lead with purpose — this space is for you.



Shoot me a message showing your interest through any of these channels:

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Watch & Subscribe to [my YouTube](#) for real stories and expert insights

DM me via [LinkedIn](#) to bring The Four Boxes to your organization, platform, or personal coaching journey.

Let's build your legacy – starting now.

CONCLUSION

Invite Me to Speak or Teach

If this message aligns with your organization, team, or event — let's build something powerful together.

Book me for a talk, workshop, or interview at:

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Dr. Glenn Toby