

I FORGOT

HOW TO QUIT

JARRELL LINER

POWERFUL SPEAKER , AUTHOR, ENTREPRENEUR AND CHANGEMAKER.

Jarrell T. Liner is a purpose-driven resilience speaker empowering students, emerging adults, and communities to rise from setbacks, take ownership of their future, and step boldly into their purpose.

From facing 16 felony charges as a teen, to homelessness in his thirties, Jarrell rebuilt his life through faith, self-honesty, discipline, and purpose — and now equips others to do the same.

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Vision & Mission

JARRELL T. LINER HAS BEEN FEATURED ON:



tubi



CLICK TO WATCH

I FORGOT HOW TO QUIT

**A MINDSET AND DECLARATION THAT
YOU'RE BUILT DIFFERENT. SO DIFFERENT,
THAT THE VERY CONCEPT OF GIVING UP
BECOMES FOREIGN TO YOUR SPIRIT.**

*I forgot
HOW
to quit!*

The “I Forgot How To Quit” mindset isn’t just some catchy phrase – it’s a declaration that you’re built different. So different, that the very concept of giving up becomes foreign to your spirit, like you literally forgot how to do it.

The IFHTQ framework takes you on a journey through my own rock bottom moments, raw and unfiltered, and breaks down the lessons that I had to learn the hard way.

Through the album, you’ll hear my testimony that’ll speak to your soul. Through the book, you’ll get the blueprint that’ll reshape your mindset. And through the keynote and workshops, I’m walking right beside you, showing you how to apply these principles to whatever giant you’re facing right now.

I Forgot How to Quit: “Rise After the Fall”

A real, raw, and authentic presence speaking the truth about life experiences and lessons learned. You are getting someone real and relatable to the audience.

The “I Forgot How to Quit” framework weaves in testimony and harsh truths into wisdom and insight within a proven process.

Attendees will learn to:

- Accept their truth without shame
- Acknowledge their role in their outcomes
- Forgive themselves and refocus
- Reconnect to purpose and identity

Outcomes & Benefits:

- Improved resilience and confidence
- Increased personal responsibility
- Reduction in defeat-based thinking
- Positive behavioral & mindset shift

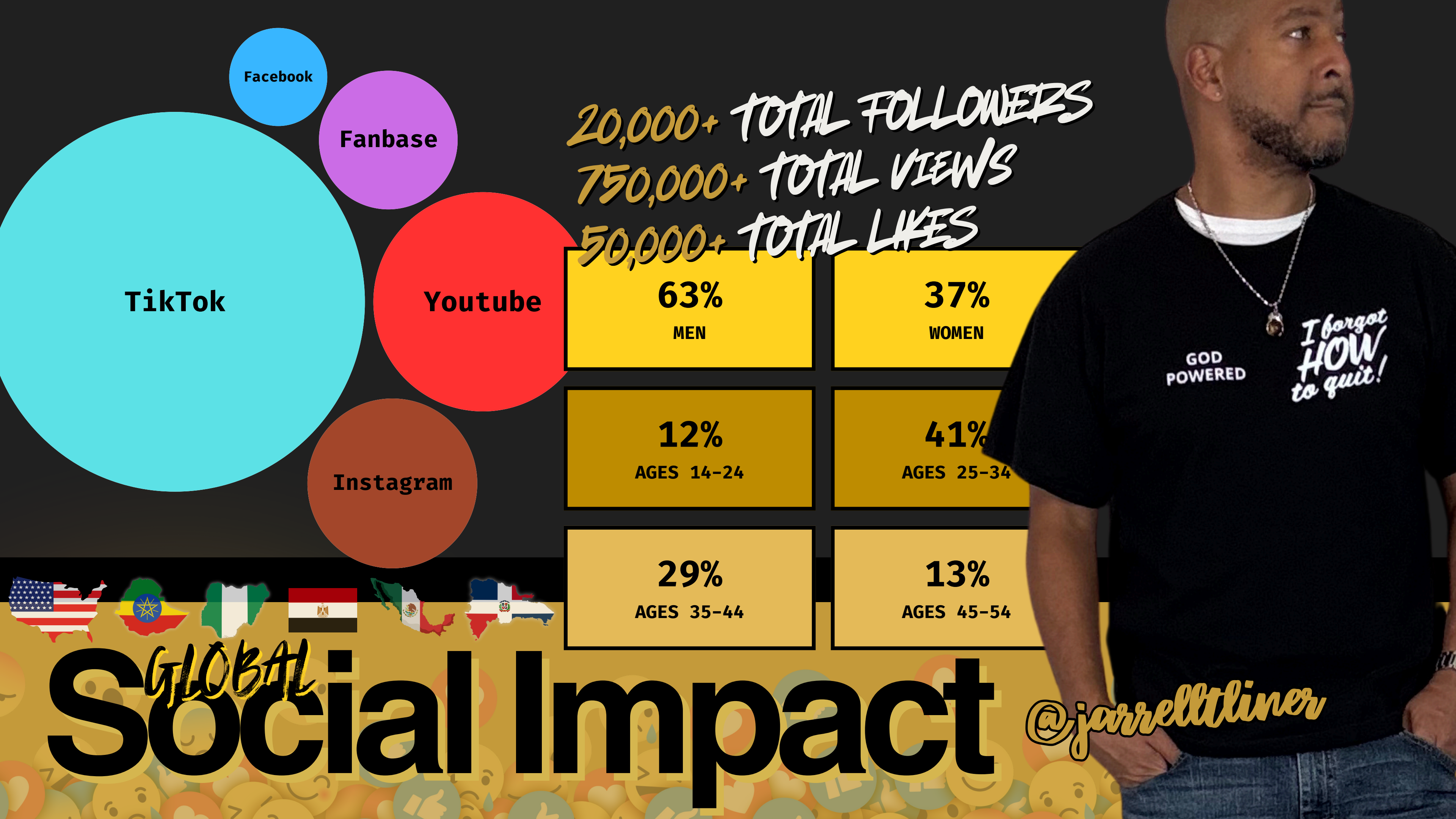
SEL Alignment: Self-awareness, self-management, decision-making, social awareness, responsible behavior

The Keynote

WHY JARRELL

- Real, raw, and relatable
- Trauma-informed message rooted in accountability
- Proven personal transformation
- Faith-grounded but audience-inclusive





Facebook

Fanbase

20,000+ TOTAL FOLLOWERS
750,000+ TOTAL VIEWS
50,000+ TOTAL LIKES

TikTok

Youtube

Instagram

63%

MEN

37%

WOMEN

12%

AGES 14-24

41%

AGES 25-34

29%

AGES 35-44

13%

AGES 45-54



GLOBAL
Social Impact

@jarrelltliner

*I forgot
HOW
to quit!*

*"I don't speak to impress —
I speak to awaken people
to who they are capable of becoming."*

www.iforgothowtoquit.com



Small Group Workshop: The 4A Reset

The 4A Reset sessions are a great way to create connection and transformation. During the sessions, we have intimate discussions about life and struggles + strategies to overcome obstacles.

Format: 45–60 mins, interactive

The Four A's:

1. Accept Your Truth
2. Acknowledge Your Role (+ forgive yourself)
3. Align With Purpose
4. Act to Rise Again

Attendees leave with a written personal reset plan.

4A RESET

*CLICK
HERE*

FREE DOWNLOAD



Streaming On All Platforms

Listen to the raw truth of Jarrell's comeback – where pain meets power, and rock bottom became the foundation for building something greater.

The “I Forgot How To Quit!” audio experience is real and raw, no music, no effects, just the voice of my truth.



The IFHTQ Audio Experience

YOUR COMEBACK STARTS IN YOUR MIND!

Life's greatest achievements often emerge from our deepest setbacks. "I Forgot How To Quit!", the book, provides a practical roadmap for anyone ready to transform their failures into stepping stones towards their greatness.



The Book

www.iforgothowtoquit.com



WEAR YOUR RISE

As you gain momentum and rise back up again, represent your resilience with I Forgot How To Quit merch.

~ Merch can be included for keynote and workshop attendees.

 **SHOP NOW**



The Merch

**FROM THE
ASHES**
I STAND REBORN.

*I forgot
HOW
to quit!*

The Streets are TALKIN'

We know you see it!

#SOCIAL

PROOF



_fernando101
very inspirational story man very proud of you and
God sees your work much love fam
9-9 Reply

Roy Modkins · Friend
No lies told
5d ago Reply

FIRE & GRACE · Friend
Amen 🙏 100 100 100 🙌 🙌 🙌
10-23 Reply

StaceySteele · Friend
Good Word Brother!
10-17 Reply

precious family ✨ ✨ ✨ · Friend
thank you so much
10-24 Reply

drianorman ✖ · Friend
Yes!!! It's only a season 🙏 🙏 🙏 I hear your wisdom!!
1w ago Reply

Pearl ✖ · Friend
Say That!!!!!! 🔥 🔥 🔥 ❤️ ❤️ ❤️



Call To Action:

Bring the "I Forgot How To Quit" Message to Your Team

- Keynotes
- Classroom Workshops
- Forum Panelist
- Virtual Keynotes / Zoom Workshops
- Community & Detention Outreach

Website:

www.iforgothowtoquit.com

Socials:

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Email:

bookjarrell@iforgothowtoquit.com

Location:

Houston, TX. (travels globally)

BOOK NOW

BOOK JARRELL T. LINER