



THE 4A RESET GUIDE

If You Fall, You Don't Quit — You Reset



WELCOME TO THE 4A RESET

Picture this: You're standing in front of what used to be your dream. Maybe it's that startup you poured your savings into, the marriage that's now over, the career you thought was bulletproof before the layoffs hit, the choices you've lost due to bad decisions, or the investment that was supposed to be your come-up but turned into your setback.

That sinking feeling - the mix of frustration, regret, anger, and uncertainty - is real. And you are not alone in it.

Jay-Z didn't just start Roc Nation outta thin air. Before that, he couldn't get a record deal and had to sell CDs from his car. Tyler Perry was homeless before he built his empire. And let's talk about the queen – Madam C.J. Walker went from washing clothes to becoming the first self-made female millionaire in America.

See, here's what the 'gram won't tell you: **Starting over isn't a step back – it's a setup for a breakthrough.**

Every meaningful comeback starts here.
Not with hype.
With honesty.

Failure is not final.
It is a **reset point**.

Think about it...when you're building something from scratch, you ain't got nothing to lose, but you got everything you learned from your last round. That's power. That's your advantage. While everyone else is playing it safe, trying to protect what they got, you're moving with that hunger of someone who knows what it feels like to lose it all – and ain't afraid of it anymore.

In the streets, they'll tell you "never let them see you sweat." But in this 4A Reset Kit, we're keeping it real about what it means to start over. I'm talking about:

- Why your setback is actually setting you up for something bigger
- How to use your rock bottom as your foundation
- The mindset shift that turns losses into lessons
- Strategic moves to make when you're starting over from square one
- How to build different this time around
- Ways to turn your story into your strength

Starting over isn't about repeating the same moves and expecting different results. It's about moving smarter. Building stronger. Seeing clearer. This time, you've got something you didn't have before – experience. And in these pages, you're going to learn how to use that experience to create something bigger than what you lost.

Remember: The same fire that burned down your last chapter is the same fire that's going to fuel your comeback. The question isn't whether you can start again – it's how high you're going to build this time.

Let's get to work.

This guide exists to help you:

- Face where you are without judgment
- Extract wisdom from what didn't work
- Realign with who you're becoming
- Take intentional action forward

You don't need motivation to start this.
You only need honesty.

This guide is not meant to be rushed. It is meant to be **experienced**.

Life rarely collapses all at once.
More often, it slowly drifts off course.

And drifting doesn't require a restart.
It requires a **reset**.

Take your time. Be real. And remember:

If you fall, you don't quit — you reset.

— Jarrell Liner
I Forgot How to Quit

HOW TO USE THIS GUIDE (READ FIRST)

The 4A Reset is a **7-day process**, not a challenge to rush through.

Guidelines for Success

- **This guide is not therapy**, but it is deep work
- Strong emotions may surface — pause when needed
- You are allowed to repeat days
- Writing is essential — do not skip it
- Honesty matters more than perfection

What a Reset Means

A reset does not erase your past.

A reset repositions *you* using experience.

You are not broken.

You are recalibrating.

THE 4A FRAMEWORK

The 4A Reset follows a natural human sequence:

1. **Awareness** — Seeing reality clearly
2. **Ownership** — Accepting responsibility without shame
3. **Lessons** — Extracting wisdom from failure
4. **Alignment** — Reconnecting with identity and purpose
5. **Action** — Taking intentional steps forward
6. **Momentum** — Protecting consistency and environment
7. **Commitment** — Locking in continuation

Each day builds on the last.

Do not skip ahead.

First off...Failure is not final. You have to understand that this is nothing more than a Reset Point.

In life you will rarely be offered a clean slate to start over, but life does constantly provide reset points – moments where we can begin again with the advantage of experience. Your reset point isn't a step backward; it's a launch pad strengthened by the wisdom of what didn't work before.

Look at Issa Rae. Before "Insecure" blew up, she was filming YouTube videos in her dorm room, getting rejected by networks who said there was no audience for her stories. She didn't start from zero - she learned exactly what stories needed to be told and how to tell them her way.

Or look at Pinky Cole. Before Slutty Vegan became a multi-million dollar restaurant chain, she lost her first restaurant in Harlem to a grease fire. No insurance, total loss. But that taught her everything about business planning and risk management. Now she's got locations across the country and a line down the block at every spot.

These examples are to show you that failure isn't just failure - it's an expensive education that you can use for your next move. You're not starting over, you're starting smarter.

Let's break down the anatomy of your reset.

The 4A's of a Reset

When resetting from failure, there are four components that are tied together. First you must acknowledge your situation, then assess and attain the lessons and wisdom, so that you can realign and restart again.

- **Acknowledgment:** Accepting where you are without judgment
- **Assessment:** Understanding what you've learned and your role
- **Alignment:** Reconnecting with your core purpose
- **Action:** Taking that critical first step forward

Remembering Why You Do What You Do

When I started to rebuild myself and rise from my own failure, one of the main driving forces that helped me have the courage to get back up is the fact that I am committed to being there for my children as a better father than I have been in the past. No matter how bad things get for me, I always remember that someone is depending on me.

What gives you true joy in life?

What drives you to get back up after getting knocked down?

I want you to really sit with those questions for a bit. Pull out your journal and write your answer if you need more space.. I want you to get into a mental space where you can allow yourself to remember that passion, that person, that cause that drives you to get up. Write it as detailed as possible. Take your time.

This is your **WHY!** Your **REASON!** I want you to remember this and make a commitment to go back and read your journal entry daily, or every time that you get down - it will give you that small bit of energy that you need to keep going.

My WHY is _____

THE 7-DAY 4A RESET CHALLENGE

This challenge is designed to move you from **reflection** → **action**.

Each day builds on the last.

Don't skip ahead. Don't overthink it. Just show up.

DAY 1 — AWARENESS

Focus: Truth Without Judgment

Today is about **seeing where you are**.

Not fixing it.

Not defending it.

Just seeing it clearly.

Start Here: Daily Reset Affirmations

(Read out loud)

- I am aware of who I am and who I am becoming
- I take responsibility for my life and my growth
- My past does not define my ceiling
- If I fall, I reset — I don't quit

Reflection

Pull out your journal and or use the space below to write honestly:

- One pattern that keeps repeating in your life
- One emotion you have been avoiding
- One area where you feel stuck

Reminder: Awareness creates options.

DAY 2 — OWNERSHIP

Focus: Responsibility Without Shame

Ownership is not self-punishment.
It is self-respect.

Today you separate **what happened** from **who you are**.

Reflection

Write down:

- One habit that is holding you back
- One excuse you have been using
- One choice you are ready to fully own

Reminder: You cannot change what you refuse to own.

DAY 3 — LESSONS

Focus: Turning Failure Into Wisdom

Failure is not a verdict.
It is feedback.

Today you extract the lesson.

Reflection

Answer honestly:

- What really happened?
- What role did I play?
- What did this experience teach me?
- What must change moving forward?

Optional Mirror Exercise:

Speak your answers out loud to yourself.

DAY 4 — ALIGNMENT

Focus: Identity, Values, and Direction

You are not rebuilding the old version of yourself.
You are aligning with who you are becoming.

Reflection

Write down:

- The person you are becoming in the next 6 months
- One belief the previous version of you lives by
- One behavior that version of you no longer tolerates

Vision Download

Write freely about your future without editing.
Let clarity arrive.

DAY 5 — ACTION

Focus: One Intentional Move

Momentum does not start big.
It starts **now**.

Choose **ONE** action today:

- Make the call
- Set the boundary
- Start the habit (10 minutes max)
- Write the plan

Complete it today.

Reminder: Action restores confidence.

DAY 6 — MOMENTUM

Focus: Consistency and Environment

Your environment either supports your reset or sabotages it.

Circle Audit

Reflect on:

- Who energizes you?
- Who drains you?
- Who challenges you to grow?

Decide one boundary or reinforcement today.

Reminder: Protect your progress.

DAY 7 — COMMITMENT

Focus: Continuation

This is not the end.
It is the foundation.

Write Your Commitment

- What I will continue
- What I am releasing
- What this reset means moving forward

Sign and date it.

As we conclude this journey together, remember that failure is not the opposite of success—it is a crucial part of success. Throughout this course, we've explored how setbacks and obstacles, though painful, serve as the building blocks of resilience and achievement.

The most profound lesson we can take away is that failure does not define us; our response to failure does. Every setback you've experienced has equipped you with invaluable insights, strengthened your resolve, and refined your approach. Those who have achieved remarkable success—from entrepreneurs to artists, scientists to athletes—all share one common trait: they refuse to let failure have the final word.

Remember the key principles we've covered:

First, failure is feedback, not a verdict. Each setback provides precise information about what needs adjustment, refinement, or complete transformation. By analyzing our failures dispassionately, we transform them into strategic advantages.

Second, resilience is a skill that can be cultivated. Through deliberate practice, self-compassion, and persistent action, you can develop the emotional and mental fortitude to bounce back stronger from any setback.

Third, success rarely follows a linear path. The journey often involves detours, false starts, and unexpected challenges. Understanding this truth liberates us from the pressure of perfectionism and allows us to embrace the messy, iterative nature of growth.

As you move forward, I encourage you to reframe your relationship with failure. See it not as something to fear, but as evidence that you're pushing your boundaries, taking worthwhile risks, and actively participating in your own growth story. Your past failures don't predict your future success—they prepare you for it.

Remember, the greatest success stories are often preceded by significant setbacks. What sets exceptional individuals apart is not their ability to avoid failure, but their commitment to rising again, learning deeply, and persisting with renewed wisdom.

Take these lessons with you. Let them guide you when facing future challenges. You now have the tools, insights, and mindset to transform any setback into a setup for an extraordinary comeback.

Your journey doesn't end here—in many ways, it's just beginning. Move forward with courage, knowing that every failure brings you one step closer to your most meaningful successes.

The world needs your resilience, your persistence, and your unique contributions. Rise up, keep moving forward, and let your response to failure become your pathway to lasting success.

"Success is not final, failure is not fatal: it is the courage to continue that counts."

Final Words

Remember this: every time you fall, you're adding another chapter to your comeback story. In our community, we've always been authors of the impossible – from building thriving businesses in spite of redlining, to creating revolutionary art when the galleries wouldn't let us in, to earning degrees when they said our minds weren't made for it. Your failures aren't final verdicts; they're fuel for your fire. Every "no" you hear is just a setup for your eventual "watch me." The world might try to write you off, but you've got the pen now. You're standing on the shoulders of ancestors who turned their scars into stars, their pain into power, and their struggles into strength. So when doubt creeps in, remember: you're not just chasing your dreams – you're continuing a legacy of excellence that runs deeper than any obstacle you'll face.

The question isn't whether you'll fall; it's how legendary your rise will be. They might expect you to quit, but here's the thing: somewhere along this journey of grinding, falling, and rising, of turning doubts into determination, you forgot HOW to quit! It's not even in your spirit to give up. Your story isn't just yours – it's proof to every young king and queen coming up behind you that our potential knows no bounds. The world is waiting for the masterpiece that only you can create.

Now, go out there and show them what greatness looks like!

This reset is proof that quitting was never in you.

Go forward with clarity.

Go forward with courage.

You forgot how to quit.

THE 4A RESET CONTRACT

A Personal Commitment to Clarity, Alignment, and Action

This Contract is entered into on this date:

Date: _____

By and between:

Name: _____

(Hereafter referred to as "*The Individual*")

PURPOSE

The purpose of this Contract is to formally acknowledge a personal decision to reset - not restart - by committing to truth, responsibility, alignment, and intentional action.

This Contract serves as a written declaration that I (The Individual) choose growth over comfort, integrity over excuses, and momentum over perfection.

STATEMENT OF INTENT

I, the undersigned, acknowledge that meaningful change requires honesty, ownership, and action. I understand that clarity without commitment produces cycles, not progress.

By signing this Contract, I willingly commit to the principles of the **4A Reset Framework** as outlined below.

THE 4A COMMITMENT

1. ACKNOWLEDGE

I commit to telling the truth about my current reality - without blame, denial, or justification. I accept responsibility for my role in where I am, knowing that ownership is the starting point of freedom.

2. ACCEPT

I commit to releasing what I can no longer control, including unresolved resentment, unforgiveness, and self-condemnation.

I understand that acceptance is not approval - it is the decision to stop carrying what no longer serves my future.

3. ALIGN

I commit to realigning my life with my values, priorities, and purpose.

This includes reevaluating my habits, environments, and relationships, and intentionally positioning myself around people and influences that reflect where I am heading - not where I have been.

4. ACTION

I commit to intentional movement, even when uncomfortable.

I understand that progress is built through consistent, imperfect action - not waiting for ideal conditions.

DECLARATION OF INTENTIONAL ACTION

As part of this Contract, I commit to taking the following **specific action within the next 24 hours** to create momentum:

My Immediate Action:

STATEMENT OF IDENTITY

I affirm that I am becoming a person of clarity, discipline, and integrity.

I no longer wait to feel ready - I move because I am committed.

This Contract represents who I am choosing to become.

TERM OF COMMITMENT

This Contract is effective immediately upon signing and is to be revisited daily for the next **seven (7) days** as a reminder of this decision.

I understand that resets are not one-time events, but repeatable decisions.

SIGNATURE

By signing below, I acknowledge that I am entering into this Contract willingly, honestly, and without reservation.

Signature: _____

Printed Name: _____

Date: _____

“If I fall, I reset. I will not quit. As a matter of fact...I FORGOT **HOW** TO QUIT!”