

DAY ZERO

3 Things Every Black Man *Needs to Hear* Before He Starts Over

"You do not need permission. You need truth."

— CJ H. Adisa

From the Tea Time Network · Hard Truth + Discipline-Based Transformation

TRUTH ONE

You Are Not Behind.

You are not behind. You are exactly where the work you have done has brought you. And the reason that stings is because you know you could have done different work sooner. That is not a reason to stay stuck. That is the data. The question is not 'why am I so far back?' The question is 'what am I willing to do differently starting today?' One decision. Not a plan. One decision. That is where rebuilding starts.

The story I have been telling myself about being behind:

The one decision I am willing to make today:

Strength Is Not Silence.

The version of strength you were taught — the one where you handle everything alone, never ask for help, and keep moving no matter what — that version is costing you. It is costing you relationships. It is costing you your health. It is costing you years of carrying weight that was never meant to be carried alone. Real strength is knowing when to speak. Real strength is asking for what you need. The man who asks for help is not weak. He is the one who gets to where he is going.

Something I have been carrying alone that I need to say out loud:

One person I could tell the truth to this week:

TRUTH THREE

Starting Over Is Not Failure.

Every man you respect who has built something real has started over at least once. Most of them have started over more than that. The comeback is not the exception. It is the pattern. The only men who never have to start over are the men who never tried anything worth starting. You are not starting from zero. You are starting from experience. You know what does not work. You know what the floor feels like. You know what you are capable of surviving. That knowledge is not nothing. That knowledge is the foundation.

What I know now that I did not know before I hit this point:

What I am choosing to build next — in one sentence:

WHAT COMES NEXT

The Rebuild Starts Here.

You just read three truths that most men spend years avoiding. That took courage. Now there are three journals waiting for you — each one built for exactly where you are right now.

Journal 01

The Reckoning

7 days. 7 questions. The ones you have been avoiding. \$7

Journal 02

The Rebuild

30 days. One page per day. Five fields. No excuses. \$7

Journal 03

The Real Talk

5 conversations. The opening line for each one. \$7

The Complete Rebuild System

All 3 journals together — everything you need in one purchase. \$17

cjhadisa.com/rebuild

All journals are fillable PDFs. Type directly on your phone, tablet, or laptop. Instant download.