

POCKET MENTOR™ SERIES

BEFORE
YOU
QUIT

Don't Let Someone Else Decide Your Future

By: Billy-Joe Todd

POCKET MENTOR™ SERIES

READ THIS
BEFORE
YOU WALK AWAY.

Not every quit is failure.

Sometimes quitting is wisdom.

Sometimes quitting is freedom.

Sometimes quitting is the most aligned
decision you can make.

But before you quit, make sure it is really
you making the decision.

Not fear.

Not doubt.

Not pressure.

You.

POCKET MENTOR™ SERIES

THIS IS NOT
A BOOK ABOUT
NEVER QUITTING.

That would be a lie.

Some things should end.

Some doors should close.

Some versions of you were only built
to survive a season,
not lead your future.

This book is about the moment
before the decision.

The pause.

The breath.

The question.

Am I quitting because I am aligned...
or because something inside me
is trying to escape?

POCKET MENTOR™ SERIES

THE MOMENT BEFORE YOU QUIT IS SACRED.

Not dramatic.

Not loud.

Not something the world usually sees.

It often happens quietly.

In your car.

In the shower.

At the kitchen table.

Staring at the ceiling.

Looking at the bills.

Reading the message.

Hearing the opinion.

Feeling the weight.

That moment matters because it is where
your future can change direction.

Not from a breakthrough.

From a better question.

POCKET MENTOR™ SERIES

QUESTIONS CREATE POSSIBILITIES.

Assumptions create limits.
Before most people quit,
they do not ask enough questions.
They assume.
They assume nobody will say yes.
They assume the door is closed.
They assume they are not ready.
They assume the answer will be no.
They assume the dream was too big.
But an assumption is not truth.
It is just a conclusion you reached
without testing the door.

POCKET MENTOR™ SERIES

BEFORE YOU QUIT,
TEST THE DOOR.

Ask the question.
Send the message.
Make the call.
Request the meeting.
Tell the truth.
Ask for help.
Try the smaller version.
Take one aligned step
before you decide
the whole thing is over.
Because sometimes
the dream does not need to die.
Sometimes it just needs
better information.

POCKET MENTOR™ SERIES

DO NOT ASK PEOPLE
WHO HAVE NEVER FLOWN
TO INSPECT YOUR WINGS.

Not everyone is qualified
to speak into your decision.

Some people love you,
but they are afraid.

Some people care,
but they only understand survival.

Some people mean well,
but they will measure your future
through their limits.

Listen with respect.

But do not hand them the vote.

Before you quit, ask:
Who am I letting influence
this decision?

POCKET MENTOR™ SERIES

ASK THE EAGLE
HOW IT LEARNED
TO FLY.

Find someone who has taken the leap.

Someone who has faced the fear.

Someone who has heard no
and kept going.

Someone who understands
the cost of becoming more.

Not because they are better than you.

Because they have evidence
your fear does not have.

Before you quit,
borrow better perspective.

POCKET MENTOR™ SERIES

THE ALIGNMENT
FILTER™ BEGINS
WITH ONE QUESTION.

Am I making this decision
from alignment...
or from fear, doubt, or pressure?
Fear sounds like protection.
Doubt sounds like logic.
Pressure sounds like urgency.
But alignment sounds different.
Alignment is quieter.
Cleaner.
Stronger.
It does not panic.
It chooses.

POCKET MENTOR™ SERIES

FEAR ASKS: WHAT IF IT GOES WRONG?

What if they laugh?

What if I fail?

What if I lose everything?

Fear is not always evil.

Sometimes fear is trying
to keep you alive.

But fear should not be
the driver of your future.

Before you quit, ask:

Is this danger...

or is this growth
feeling uncomfortable?

POCKET MENTOR™ SERIES

DOUBT ASKS:
WHO DO YOU
THINK YOU ARE?

What makes you qualified?

Why would this work for you?

What if you are not good enough?

Doubt often sounds intelligent.

It brings evidence.

It reminds you of every time
something did not work.

But doubt is not always truth.

Sometimes doubt is just your past
trying to protect its position.

Before you quit, ask:

Is this wisdom...

or is this old evidence
pretending to be prophecy?

POCKET MENTOR™ SERIES

PRESSURE SAYS: DECIDE NOW.

Prove yourself now.

Fix everything now.

Make everyone understand now.

Pressure turns decisions
into emergencies.

It makes you move
before you are clear.

It makes you confuse speed
with alignment.

But not every urgent feeling
deserves authority.

Before you quit, ask:

Am I choosing from clarity...
or reacting to pressure?

POCKET MENTOR™ SERIES

WHO IS CASTING

THE VOTE?

Every decision is casting
a vote for your future.

The question is:

Fear? Doubt? Pressure?

Or alignment?

Because the decision may look
the same from the outside.

You may still pause.

You may still change direction.

You may still walk away.

But the source matters.

A decision made from alignment
builds you.

A decision made from fear
slowly trains you
to abandon yourself.

POCKET MENTOR™ SERIES

SEPARATE THE DECISION FROM THE EMOTION.

You can feel tired without being finished.

You can feel scared without being wrong.

You can feel overwhelmed
without being out of alignment.

Feelings are real.

But feelings are not always final instructions.

Sometimes they are signals.

Sometimes they are weather.

Sometimes they are asking you to pause, breathe,
and listen deeper.

Before you quit, ask:

What am I feeling...

and what is that feeling

trying to make me decide?

POCKET MENTOR™ SERIES

YOU DO NOT NEED
TO SOLVE YOUR
WHOLE LIFE TODAY.

You do not need to fix
every problem at once.
You do not need the full map.
You need the next aligned step.
That is TASK 1™.
Not the biggest task.
Not the loudest task.
Not the task that makes
everyone else comfortable.
The next aligned task.
Before you quit, ask:
What is one action
I can take today
that keeps me in alignment?

POCKET MENTOR™ SERIES

TASK 1™

MEASURES ALIGNMENT.

To-do lists measure activity.

TASK 1™ measures alignment.

A to-do list can make you busy.

TASK 1 brings you back
to the decision that matters.

The goal is not to do everything.

The goal is to stop abandoning
the next right thing

because the whole mountain
feels too heavy.

Before you quit, do not ask:

How do I fix everything?

Ask:

What is TASK 1?

POCKET MENTOR™ SERIES

MAKE THE
SMALLEST
HONEST MOVE.

Not the impressive move.

Not the perfect move.

Not the move that proves everyone wrong.

The honest move. Send one message.

Write one page. Take one walk.

Make one offer.

Ask one question.

Clean one corner.

Drink one glass of water.

Return to your body.

Return to your breath.

Return to the part of you
that still knows
there is a next step.

POCKET MENTOR™ SERIES

CHECK YOUR BODY FIRST.

Are you exhausted?
Hungry? Angry? Lonely?
Overstimulated?
Under-supported?
Your mind will often call
something failure
when your body is simply depleted.
Not every decision made
in survival mode
deserves to become your future.
Before you quit, ask:
Would I make this same decision
if I was rested, fed,
supported, and clear?

POCKET MENTOR™ SERIES

CHECK YOUR RELATIONSHIPS.

Who are you trying to impress?
Who are you trying to prove wrong?
Who are you afraid of disappointing?
Who are you secretly hoping
will give you permission?
Relationships matter.
But alignment cannot be outsourced.
The people you love
may get a voice.
They do not automatically
get the vote.
Before you quit, ask:
Am I choosing from truth...
or from someone else's
expectations?

POCKET MENTOR™ SERIES

CHECK YOUR PURPOSE.

Is this still connected to who you are becoming?

Does this still matter?

Is the mission still true, even if the method
needs to change?

Sometimes you are not quitting the dream.

You are quitting the old strategy.

That is different.

Alignment does not always mean
keep going the same way.

Sometimes alignment says adjust.

Sometimes it says rest.

Sometimes it says ask for help.

Before you quit, ask:

Am I done with the purpose...

or only done with this version

of the plan?

POCKET MENTOR™ SERIES

QUITTING AND REALIGNING ARE NOT THE SAME.

Quitting says:

I am done because I cannot handle this.

Realigning says:

I am choosing differently because I can see
more clearly now.

Quitting from fear shrinks you.

Realigning from truth strengthens you.

The outside world may not know the difference.

But you will.

Before you quit, ask:

Am I running away...

or realigning with who

I am becoming?

POCKET MENTOR™ SERIES

FUTURE YOU
GETS A VOTE.

Not the afraid version of you.

Not the exhausted version.

Not the version reacting to pressure.

The future version.

The version who has healed.

The version who has grown.

The version who understands
why this season mattered.

Before you quit, ask:

What would Future Me want Present Me to remember
right now?

Then listen.

Not to panic.

To wisdom.

POCKET MENTOR™ SERIES

PAUSE SO YOU CAN CHOOSE CLEAN.

Not to force yourself to stay.

Not to shame yourself
into continuing.

Not to pretend it does not hurt.

Pause so fear does not
wear your voice.

Pause so doubt does not
write your ending.

Pause so pressure does not
rush your future.

Then ask:

What decision would I make
if I was clear, grounded,
and aligned?

That answer matters.

POCKET MENTOR™ SERIES

YOU ARE BECOMING.

You are allowed to pause.

You are allowed to pivot.

You are allowed to rest.

You are allowed to change the plan.

You are allowed to outgrow old versions of yourself.

But do not let fear decide your future.

Do not let doubt silence your next step.

Do not let pressure rush your becoming.

Ask the question.

Run the decision through

The Alignment Filter™.

Find TASK 1™. Then move from alignment.

One decision.

One breath.

One step.

You are not finished.



POCKET MENTOR™ SERIES BEFORE YOU QUIT, PAUSE.

Not every quit is failure.

But before you walk away,
make sure fear, doubt, or pressure
is not casting the vote.

Before You Quit is a Pocket Mentor™
for the moment right before
you give up, walk away,
or let someone else decide your future.

Run the decision through
The Alignment Filter™.

Find TASK 1™.

Then move from alignment.

BillyJoeTodd.com