



OFF THE COUNT & MAKING IT COUNT

The 7 Non-Negotiables

For a Successful Reentry & Total Life Comeback

"If you're serious about staying home and building a new life—this is your starting point. These are 7 essential moves you need to make right now to begin your comeback—mentally, physically, and spiritually."

01 Lock In On A Vision ☐

Have a clear picture of the life you're working toward.
Write it down. Say it out loud. Keep it visible.

02 Clean House ☐

Cut ties with anyone or anything that could drag you back.
Your future can't grow in your past environment.

03 Stay F.D.P. (Focused. Disciplined. Patient.) ☐

Your mindset will make or break your reentry.
Don't rush the process. Trust it.

04 Identify Your Triggers ☐

Know what makes you vulnerable—and build a plan to handle it.
Awareness is power.





05

Build A Routine



Start every day with structure. A schedule creates momentum and peace.
Structure is what freedom feels like on a Tuesday morning.

06

Find Your Fitness



Move your body—train your mind. Fitness is freedom.
Even 30 minutes a day can reset your energy.

07

Get Connected



Join a movement. A community. Find mentors who get it.
You're not alone—tap in. Made Up North is here.

One Movement. One Mission. One Comeback.

“I’m not writing this from a textbook. I’ve lived it—twice. Off the count is freedom. Making it count is what you do after. These 7 moves are the ones that kept me home, and they’ll work for you if you work them. Start today. Not Monday. Today.”

— Jason Abreu, Founder, Made Up North

KEEP GOING

Read the book

“Made Up North: Off The Count” — available on Amazon

Join the 12-week coaching program

Break the cycle and build a new path

Listen to the Off The Count Podcast

122+ interviews with people who made it back

