

The background of the entire image is a close-up, slightly blurred photograph of a traditional woven textile, possibly a basket or a bag, featuring vibrant horizontal stripes in shades of purple, yellow, pink, and blue. The weaving is done on a wooden frame, with the texture of the threads and the structure of the loom visible. The lighting is warm, highlighting the colors of the fabric.

*The Seven*

**HARSH REALITIES  
SOME AFRICANS  
LEARN TOO LATE  
ABROAD**

**"Your dream can stay alive – if  
you prepare."**

---

# **Your Dream Is Beautiful. But Your Preparation Is Fragile.**

Many Africans arrive abroad expecting opportunity, only to face rejection, isolation, and collapse. This workbook will guide you through 7 truths nobody tells you.

**For each truth:**

- Read it carefully.
- Answer the reflection question honestly.
- Use the blank space to write your thoughts.

👉 By the end, you'll know whether you're prepared — or still dreaming unprotected.

## Reality 1 – Culture shock

Culture shock isn't rejection — it's initiation.

If you expect comfort, you'll feel betrayed. If you expect challenge, you'll grow.

### **Reflection Prompt:**

What kind of challenges do you expect in your first 3 months abroad? How will you handle them?

---

---

---

## Reality 2 – Microaggressions

Microaggressions are not personal — they're systemic.

Stop asking "What's wrong with me?" and start asking "What's wrong with the system?"

### **Reflection Prompt:**

What subtle comments have you already heard that hurt? How could you re-frame them as system flaws instead of personal attacks?

---

---

---

## Reality 3 – Homesickness

Homesickness isn't weakness — it's proof of roots.

Missing home means you have depth, not deficiency.

### **Reflection Prompt:**

What do you miss most about home? How can you honor that instead of hiding it?

---

---

---

#### **Reality 4 – Rejection**

**Rejection is training, not failure.**

Every “No” abroad teaches resilience — unless you take it personally.

#### **Reflection Prompt:**

How do you usually respond to rejection? What will you do differently next time?

---

---

---

#### **Reality 5 – Loneliness**

**Loneliness is common — but it must not become your identity.**

- Isolation can break you if you confuse it with who you are.

#### **Reflection Prompt:**

What steps can you take to build healthy connections in your first 6 months?

---

---

---

## Reality 6 – Emotional Reality

Western systems don't adjust for your feelings.

- If you don't build armor, your emotions will get trampled.

 Reflection Prompt:

When was the last time you felt dismissed or unseen?  
How did you react – and how could you protect your emotions better?

---

---

---

## Reality 7 – Dreams vs Preparation

Dreams don't protect you – preparation does.

Hope is not a plan. Mental armor is.

 Reflection Prompt:

What's one practical step you can take this week to prepare mentally instead of just hoping?

---

---

---



## **Your Dream Doesn't Have to Become a Nightmare.**

You've faced 7 truths most Africans only discover too late. If these truths felt uncomfortable — good. That means you're waking up.

### **But awareness is only the first step.**

To truly protect yourself, you need to be aware of the realities nobody tells you, **told by one who has lived through it.**

Very soon, My 5 day Email Mini-Course, tailored for you to recognize whether you're prepared — or still dreaming unprotected.

👉 In the Mini-Course, you'll understand:

- Why the Western dream is sophisticated marketing designed to extract your talent
- How systematic exclusion works and why good intentions can't overcome it
- Who you really are beyond their propaganda about African identity
- How to navigate systems that were never designed for your success