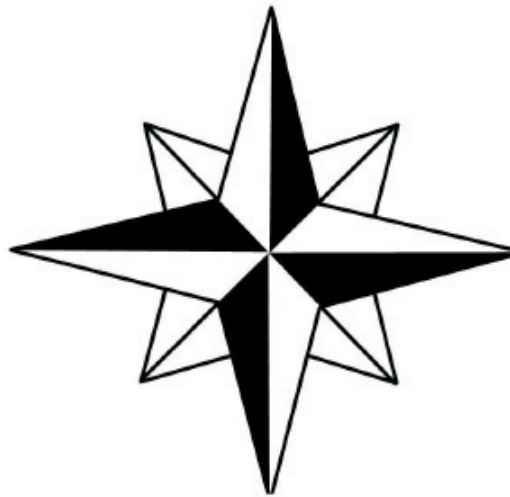


Life Mapping

Developing an Individualized Re-Entry Plan©

Sixth Edition

July, 2014



“We most often understand the value of time only when we
are in a position of having to regret its loss.”

-Vergennes

Mark O. Brackmann

Jeffrey P. Botsford

Acknowledgements

This manuscript was written for the REEFS (Realizing Educational, Emotional, and Financial Smarts) Program, which was created by inmates, following three guiding principles:

1. To empower inmates to assume responsibility for their own recovery and pursuit of a pro-social life.
2. To reduce recidivism by providing a practical education in fundamental life skills.
3. To provide for the cost effective delivery of quality education by taking advantage of inmate skills and specialized training.

Thank you to Horizon Communities in Prison for making positive changes in the culture of prisons and for your long standing support and encouragement. Thank you to the staff and leadership at Wakulla Correctional Institution for allowing inmates to seek growth and rehabilitation.

Preface

“Prisons are no more than warehouses which store criminals until they return to society to re-offend.” That was yesterday’s answer, and it failed society, justice and inmates. Today, more is possible as society and justice take a fresh look at the problem of crime in America and recidivism. Recently, new leadership in the Florida Department of Corrections has begun to challenge the old model by providing pre-release planning for inmates, beginning the moment of incarceration. The authors of Life Mapping applaud that effort but believe success will ultimately be achieved when inmates take full ownership of and participate in their own rehabilitation.

The Life Mapping Program invites each inmate to take a hard look at his life and assume responsibility for his resulting position of incarceration and brokenness. The next step is to visualize the “good life” after prison. What is the “good life” for an inmate? It’s the same as every other American’s: a house to live in, good quality employment, a safe environment for himself and his family, to love and be loved, and to feel that he has a meaningful and worthwhile place in the community. Life Mapping posits that the “good life” is not an entitlement; rather, the “good life” is the result of achieving a series of goals and objectives, earned with hard work, education, discipline, and good character.

Finally, we hope to provide information, strategies, and pathways that offer new direction, responsibilities, and possibilities. We believe, as inmates, that we can stand together to help each other achieve our objectives and dreams.

Simply concluded, self-accomplishment will reduce recidivism.

Sincerely,

Mark O. Brackmann

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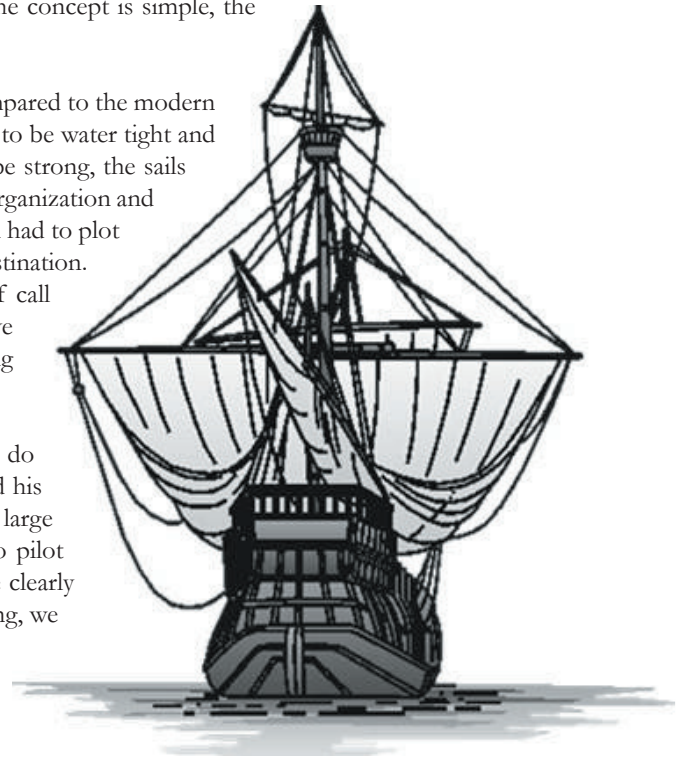


Introduction

Life Mapping, conceptually, is plotting a course for our life. Although the concept is simple, the actual process is far from easy.

The tall sailing ships of years gone by were relatively simple in design, compared to the modern marvels of the sea. Still, the old ships required well-crafted wooden hulls to be water tight and efficiently shaped to displace water as the ship sailed. The mast had to be strong, the sails well crafted, properly hoisted, and trimmed. The cargo needed sufficient organization and weight; the food and water supplies required proper planning. The captain had to plot his course, man the wheel to control the rudder, and chart the ship's destination. Storms had to be weathered, waypoints observed, and dangerous ports of call properly navigated. If all things were in order, these old ships could move thousands of pounds of freight and many people around the world, using only the wind for power.

If an ex-offender is the ship and his life is the journey, he has much to do before he can sail the world. His hull may be leaky, his mast cracked, and his trusted sails in need of mending. He may need to make both small and large repairs to his ship. He may also need to develop new skills in order to pilot his vessel in unfamiliar waters. Our ship must be sound and our course clearly defined. When we are right, strong, and certain of the path we are traveling, we can enter the free world and achieve our highest dream.



The Voyage Ahead

One of the purposes of The Life Mapping Program is to help us evaluate our lives. We will encourage taking a close look at the broken parts of our lives and the resulting damage. We will also offer knowledge for healing and progress as we learn how to nurture and build positive character traits that are useful for living healthy, positive, and productive lives. Finally, we will learn how to take our dreams, or even vague ideas, and turn them into goals laced with power and positive energy that will transform our very lives.

Our approach will be holistic. We will deal with alcohol addiction and how it undermines great marketable work skills; poor personal financial management and how it can undermine deep religious conviction, and unstable romantic relationships and how they can sabotage a well-financed, outstanding business plan. Our goal is to thrive, elevating every area of our lives.

As our journey continues, we will rebuild from the inside out, forming our success team to help us grow, mature, and develop into pro-social men who are willing, prepared, and able to contribute to our families, community and country. To do this, we will first look at where we wish to go with our lives (Primary Goal). Next, we will take a hard look at where we are and what went wrong that brought us to this point. Then, we will examine the areas of our lives (our thinking and our actions) that need to change to ensure smooth sailing. This will be a difficult but very necessary part of the journey. We must spend considerable time learning how to change, wrestling with practical ideas and reasonable solutions that are tailored to our individual circumstances.

Finally, we will chart a course well into our future that will include our incarceration time, probation, productive years, and even our retirement. If we loathe the way we are treated in prison, rather than complain, grieve, and grow bitter, let's work to become men deserving of respect. Respect comes from within, which is the precise point from which this journey will begin. Bon Voyage!



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Chapter 1

Time

Time is Limited

What will we do with the time we have left on this earth? How much longer can we reasonably expect to live? Take a look at the actuarial table to see what the Social Security Administration estimates are the number of years of life each of us has left.

How will we spend our remaining years? What will our life look like over the next decade? How much more time will we spend behind bars on our current sentence? Where will we live when we get out? What kind of work will we do? Who will love us? What will we accomplish? When will we retire? Will there be another prison stint in our future? Before we haughtily proclaim that we will never come back to prison, stop and look around. Pick out nine men that are near you. Of the ten (including you), three will be back in prison within three years of their release. Five will be back within five years. Only three of the ten will never come back. What makes you one of the select few? The Life Mapping Program is

about planning our lives, not just making an active decision not to come back to prison. It's about delving into the specifics of how we can be assured that we end up where we desire rather than where fate takes us.

Before we start making future plans, let's take a moment to reflect back on our past. How would we subdivide our lives, can we see major segments? Those major segments of our life might include: grade school, Jr. High, our parents divorce, relocating, getting married, having children. Looking back we should be able to see segments that give definition to our life. Right now we are living in that chapter of our book titled "Prison". What do we see when we look to the future? Is it possible to predict what the major segments of our lives to come will look like? Certainly, some things cannot be predicted, such as whether we will get married, and, if so, to whom. Will we have kids? How many? Will our children be boys or girls? The future holds many mysteries that will only be revealed with time; but a reasonable person can sketch some parts of that future. We can sketch our prison release date. We can sketch our probation terms. We can sketch how long we intend to work and when we plan to retire. Ultimately, we know that one day we will die. Our exact date of departure cannot be known, but we can look at how long others tend to live and come fairly close to speculating the year that we might pass on.

Now let's take some time to complete the chart to the right with the important dates in our own lives. For this class, we will identify a point in our lives that is five years after we leave prison. We will tie that date to a major accomplishment that will be labeled a Primary Goal.

Social Security Administration 2014 Actuarial Table

Age	Years	MALE	Age	Years	NON SMOKER	Age	Years
21	55		39	39		57	23
22	55		40	38		58	23
23	54		41	37		59	22
24	53		42	36		60	21
25	52		43	35		61	20
26	51		44	34		62	20
27	50		45	33		63	19
28	49		46	33		64	18
29	48		47	32		65	17
30	47		48	31		66	17
31	46		49	30		67	16
32	45		50	29		68	15
33	44		51	28		69	15
34	43		52	27		70	15
35	42		53	27			
36	42		54	26			
37	41		55	25			
38	40		56	24			

Important Dates	Age	Year
End of Sentence		
Primary Goal		
End of Probation		
Retirement		
Estimated Date of Death		

STOP

Turn to chapter 16 for an example of a life map. Then turn to chapter 17 and start with the current year. Fill in your age today and up until you turn 80. Use heavy black lines to score the major segments of your future.

Chapter 2

Primary Goal

The Mr. B. Story

Mark was 25 years old and working for a company that sold and installed security systems. He started working in the sales department in Tampa, Florida. After several months, he moved to the installation department. He completed two weeks of training and went to work installing security systems. After the second week, doing installations on his own, Mark's boss ordered him to drive to Jacksonville to meet the owner of the company.

On Monday morning, Mark arrived in Jacksonville and walked into the corporate headquarters of the company. The receptionist quickly ushered him in to the owner's suite. The owner, known as Mr. B., was charismatic and had a reputation for being eccentric, harsh, and generous. Mr. B. welcomed Mark and invited him to take a seat. Mr. B. made small talk for only a short time and then asked Mark how many installations he had completed in the first week. Mark could not recall. Mr. B. informed him that, according to his research, it was 13 the first week and 14 the second week. Mark was not sure where this was heading and feared reprimand for only improving by one installation.

Mr. B. asked Mark if he had any idea what the company record was for an installer for one week of work. Mark indicated he did not. Mr. B. said that 14 was the new record. The week before that, the record was 13. In addition, before that, the record that had been standing for over three years was seven installations. Mr. B. said the average installer only set up 5 in one week.

Mark was quite pleased with this recognition of his work and was shocked when Mr. B. reached into his pocket and pulled out a huge roll of one hundred dollar bills. Mr. B. counted out 10 bills and handed them to Mark. Before Mark could speak, Mr. B. said, "Do not thank me for this. You earned this money many times over. I am increasing your base salary by 100 dollars per week." Of course, Mark did thank him and was thrilled beyond words.

"Oh, and one more thing," said Mr. B., "I have your application here and have noticed that one of your goals was to become financially independent. That is great! And how is the process coming along?" Mark smiled, patted his bulging pocket, and said, "It's much better now." Mr. B. clarified himself by saying, "No, I meant, specifically, how is your progress on such a noble and worthwhile goal?" Mark had no idea how to respond. The goal he had written on the application was just something that sounded good at the time.

Finally, he said, somewhat uncomfortably, "It's going okay, but I still have numerous college loans to pay off. "How much have you invested in the stock market?" Mr. B. asked. "Nothing yet, sir," Mark exclaimed. "I am working on getting rid of my debt first." "I understand you are probably more conservative at this point and have put your money in mutual funds. How much have you invested thus far?" Mr. B. asked. "Nothing, sir," Mark stated. "Unthinkable," Mr. B. exclaimed. "You must be one of those ultra conservative guys who place his money in CD's. So, how much do you have in CD's? "Mr. B., I do not have any CD's." By this time, Mr. B. was clearly agitated. In addition, it showed when he said, "I bet I can guess how much you have in a stinking savings account. Nothing! What you have is a big goose egg, right? Let me ask you one more question, Mark. How much money do you need to be financially independent and when do you plan on reaching that?" "I am not sure exactly how much I need or the exact age I need it by, but..." Mr. B. interjected, "Let me see if I understand this. You have not saved one dime, you do not know how much you need to save, and you do not know when you need to save it by. You do not know where you are, you do not know where you are going, and you have no idea how to get there. You don't have a life goal, you have a freaking pipe dream. Get out of my office and stop wasting my time!" Mark, with his head hung low, decided to head to the door. As he was near the doorway, Mr. B. said, "Mark! Come back next Monday, give me a net worth statement, and let me know how you are investing. You won't have the excuse that you don't have enough money to open an account." On that day, Mark's pipe dream began to grow into a goal.



Building a Primary Goal

Start by listing 20 things we would like to do before we die. Don't hold back, this is the time to let our imagination run wild. We can include dreams of wealth and fame without regard to whether they are reasonable or achievable. We can include little things that may sound insignificant. We might describe big and splendid ideas that could change the world. This is a brainstorming session; don't hold back. Use an additional sheet of paper if 20 aren't enough.

Congratulations! We have each listed twenty things we want to do. That's a great start. Keep in mind, none of these are goals. They are just ideas or dreams, but they are our ideas and our dreams. It's from these dreams that we may glean a starting point to identify our Primary Goal.

Filter System



Next, we need to put our 20 things through a filter system. The filter system consists of two questions and our assignment is to put each of our 20 things through the filter. Take "thing" number 1 and ask ourselves the following two questions:

- 1. Is it important that we complete it?
- 2. If completed, will it change our lives?

If we answer "yes" to both of the questions, then move the "thing" to the filtered list. If we answer "no" to either of the questions, then do not move the "thing" to the filtered list. Now that we have filtered our list, rank each of the things we have listed. Which are our top five?

Testing System

Now we really get to sharpen our thoughts about setting a goal. The next step is to run our filtered list through a testing system called the five elements of a Primary Goal. Take "thing" number 1 and test it against each of the following five Primary Goal elements. If we answer "yes" to each of the five, then we may have a candidate for our Primary Goal and can put it on our tested list.

20 Things To Do Before Dying:	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

Filtered List	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Tested List	
1.	
2.	
3.	

The Five Elements of a Primary Goal

For this Life Mapping class, we will be asked to identify **one Primary Goal**. A good Primary Goal deserves careful consideration. In our metaphor of the old world sailing ship, the destination represented the goal. Here's a question for us to consider very carefully. Where are we headed in life? Our lives are headed somewhere. What is our destination? Perhaps we have never considered the possibility that our lives are on a particular course. Most people simply drift and see where life takes them. The drifting will certainly take us somewhere, but we may not like where we end up. How many of us planned prison as a destination? Yet, looking back, we can almost certainly see that we were on a course that was very likely to end in a prison sentence. The beauty of setting a goal is that we get to choose our own destination, rather than allowing it to chance. All Primary Goals for this class must comply with the following criteria:

1. Life Changing in Multiple Areas?

A good goal should have the force to change our lives. It must be big enough to make a difference in multiple ways. Some goals may have the ability to change only one area of our lives. For instance, a goal to develop 17 inch biceps probably will not change our lives in multiple areas. On the other hand, a goal to become a store manager for Burger King would certainly touch multiple areas of our lives including: career, education, health, and even relationships. Look for goals that are deep and far reaching.

2. Achievable Within 5 Years of Our Release from Prison?

How big should our goal be? For this class, our Primary Goal should be a goal that, if we strive, can be achieved within five years of our release from prison. Be realistic! If it's something we can achieve in 2 months, the goal is much too small. If the goal is something that may take 20 years, it's too big. Goldilocks did not settle for just any bed to sleep in. One was too hard, another too soft, but when she found the little bear's bed, it was just right. Just right is what we should be seeking here. What is just right for one of us may be too hot or too cold for someone else. How much can we achieve in 5 years? If a goal is not realistic and achievable, it can become too burdensome. Set a goal that is achievable.

3. Challenging and Difficult?

Achievable is not the same as easy. If there is one thing worse than a person with no goal, it may be the man with an easy goal. An easy goal deceives us into believing that we are accomplishing something, when, in effect, we are merely drifting down stream imagining that we are headed in a direction of our own choosing. If a goal is not challenging and difficult, it is not worthwhile. A goal to get a college degree from an accredited college is worthwhile and substantial. A goal to get a certificate as an ordained minister from some company that has zero requirements is just not meaningful or challenging. We must set our sights high. Strive for the top of the mountain, not just a stroll through the park.

4. Specific and Measurable?

All goals must be specific, or we will never know whether or not we have achieved them. Let's look at an example. Carl's goal was to start a ministry after prison. What does that mean? Will he become a pastor and preach at a church? Will he open a homeless shelter? Will he return to prison and encourage men who are incarcerated? The truth is that his goal is so vague that nobody, including Carl, can determine if the goal has been met. Contrast Carl's goal with Albert's goal. Albert's goal is to start a soup kitchen by renting an older, unused warehouse. He will seek food donations from grocery stores and restaurants. Albert plans to hire one full-time kitchen manager. He plans to recruit 3 volunteers daily. Albert has completed financial projections and knows his goal will need \$18,000 to successfully start. Albert's goal is very specific and measurable. Both Carl and Albert have good and worthwhile goals, but Albert's is specific and can be measured.

5. Legal and Moral?

The knowledge and ability to set and achieve a goal are empowering. A man that is goal oriented can accomplish great things. The question now becomes how to use that power. Will we use it for good or for evil? Goal setting is power. Each of us should think long and hard about the direction in which we are sailing. Our Primary Goal should be positive and pro-social. We should pick something that would make our children proud.

Now that we have tested our filtered list and established a tested list, we are very close to setting a Primary Goal. Before we go any further, take a look at some common missteps in goal setting, just to be sure that what we have on our tested list makes sense.

Common Missteps in Goal Setting

A Primary Goal is not the same as a **guiding life principle**. Some people set a goal that sounds something like this: "My goal is to live the rest of my life taking care of my wife and kids". If we test this statement against the Five Elements of a Primary Goal, we will see that it falls short. It is not something that a person achieves or works toward, rather, it is way of living. Guiding life principles are great, and they will be covered later in this course, but they are not the same as goals.

This should be **our individual goal** and only our goal. A goal of getting our wives to loose 30 pounds is not our goal. A goal of getting our sons to stay sober is not our goal. A goal to start a business which a felony record forbids, such as a bar that is in your wife's name, is not

your goal. Saying that we won't own the businesses ("they will be under our wives' names,") means it is not our goal. This class deals with individual goals, and we are the individuals taking the class. Each of us should only work on his own personal goal.

Avoid an **avoidance goal**, for example: "My goal is to stay out of prison," or "My goal is to not use drugs." Both are great ideas, but they are things we are moving away from, not moving toward. For many of us, an avoidance goal is of paramount importance; however, it is not a substitute for a positive goal. Choose a goal that is positive and achievable. A positive goal gives us energy and direction, and it can prevent the negatives. The old cliché is, "do not jump from the frying pan into the fire." Sure, we want to get out of the frying pan, but we must consider where we desire to land before we jump.

I just can't decide. Sometimes the challenge of choosing a Primary Goal feels overwhelming. What happens if we choose the wrong destination? We might have several competing ideas in mind and are unable to decide which one is best. Perhaps we have an idea, but it seems too mundane or boring. In this case, follow Nike's advice. Just do it! A goal can be set, changed, negotiated, and developed. Set a goal and work towards it.

Good Primary Goals	Guiding Life Principles	Avoidance Primary Goals
Earn a college degree in business	Be a good father	Stay out of prison
Buy a 3 bedroom brick house	Faithfully serve the Lord	Don't use drugs/alcohol
Work for a specific company at a specific job	Stay sober and clean	Stop committing crime
Build a company with annual sales of \$150,000	Take care of my mother	Get out of prison


Putting Details to Our Goal

When we first identify a primary goal, it will probably be somewhat vague. It takes some time and effort to really flush out the details of our goal. For instance, if a primary goal is to have a net worth of \$100,000, what exactly does that mean? Is it \$100,000 cash, stuffed in our mattresses? Is it \$50,000 in stock and a house worth \$50,000? Would it include the house we are living in? What if the house is owned by our parents? What if we expect to inherit the house? Is this net worth for us alone, or does it include our spouses? The object here is to put some meat on the bones of the goal and add details that make our goal more real and meaningful.

Primary Goal Details
How big is the goal? What color is the goal? What is the goal made of? How much will the goal cost? How long will it take?

Those Pesky Distracters

Think back to when we wrote 20 things we hope to accomplish before we die. Look back over the list we created. How many of them directly move us closer to our goal? Those that do not move us closer to our primary goal are distracters. Distracters are any ideas, dreams, people, or activities that pull our attention, resources, and energy from our primary goal. They are insidious. The problem with distracters is that they need not be bad. In fact, they may be healthy, positive influences; but they can prevent us from reaching our destination. Our goal is to purchase a home, but, before we meet that goal, we decide to take a family vacation to Disney Land, in Anaheim, California. How will the trip to California affect our primary goal? Will it move us closer, away, or have no effect? The problem is that we can often justify perusing the distracters with all kinds of reasonable and sound arguments. "The kids have never been to Disney, and it would be great family bonding time. We could stop and visit Grandpa, in Utah. Grandpa was always so good to us; he practically raised us. We can still get the house; it might just be a few months later". Those reasons might be good, but we have essentially traded our primary goal for a week of fun and entertainment. Is it worth it? How many other little things will move us away from our goal?



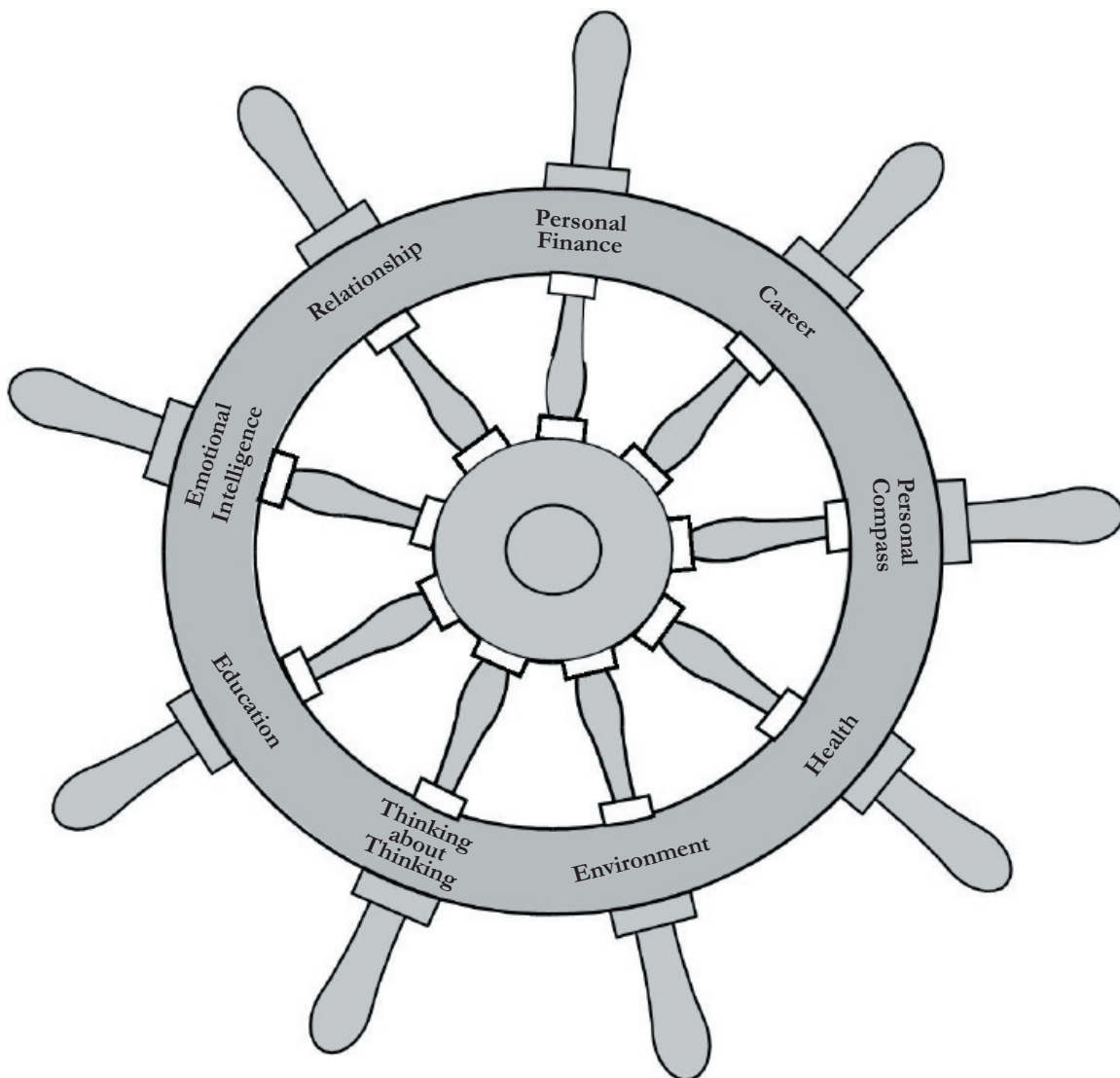
Turn to chapter 17 and write your primary goal in pencil.

Chapter 3

The Nine Areas of Life

The Nine Areas of Life

Our lives contain many areas. For the purposes of this class, we are going to suggest that there are nine areas of life. Looking at the captain's wheel illustration below, which area do we personally think is the most important? Now, let's discuss this. If you would like to be the spokesperson for one of the nine areas, raise your hand and share with us why the area we have selected is the most important.



Now that we have heard from a spokesperson for each of the nine areas of life, let's read the Alta Hill story.

Alta Hill Story

In my ole home town, there's a road that runs through the neighborhood next to mine. Its name is Alta Hill Road, and we kids loved it because, at the top of the neighborhood, it began a decline that, over the next half mile, dropped sharply and included the obligatory mid way hump. Every weekend on Sunday, after church and lunch of course, all us kids would head over to Alta Hill on our bikes, sawed off grocery carts, big wheels, wagons, skateboards, or whatever other contraptions we had made to ride the hill. One kid would stand as a spotter at the top of the hill and another at the bottom, and, when the traffic was clear, the downhill races would begin. Boy, it was amazing. Our old bikes could really get up to some serious speed, and, when we hit that hump, we would catch a little bit of air, just enough to scare us a bit, and then cross the finish line with our pedals moving so fast we couldn't put our feet on them till we had slowed the bike down by dragging our feet on the ground.



About mid way down that ole Alta Hill we could look down at our front wheel, and that thing was spinning as fast as it could spin. The spokes were almost invisible, and the hub was just a blur. When that front wheel is spinning that fast, what do we think happens when just one of the spokes loosens up? The wheel starts vibrating a little bit, and that vibration transfers to the forks, up the neck and into the handlebars. Suddenly, the bike riders' arms start vibrating, and the bike gets a little harder to control. As the bike gains more speed, the vibrations get worse and cause some of the other spokes to loosen. What happens if the bike gets going fast enough and several of the spokes get loose and the bike starts vibrating badly? Eventually spokes separate from the hub and the next thing the rider knows is that his forks are grinding into asphalt, and he's doing a very fast somersault over the handlebars.

A parent might tell his kid to inspect his front wheel before going over to Alta Hill. "Make sure each of the spokes on your front wheel is tight, son; don't take anything for granted because when you are going really fast, that's not a good time to find out that you have a loose spoke on your wheel. Life's not going to be a lot of fun if you end up eating asphalt at 20 miles per hour".

Gentlemen, the nine areas of our lives are the spokes of our front wheel. We are the hub. If the "health" spoke of our front wheel is loose and starts vibrating, can it impact our "career" spoke? If the "thinking about thinking" spoke of our front wheel is loose, can it impact our "relationship" spoke? The answer is yes, it can and yes, it will. The time to discover any loose spokes on the front wheel of our lives is when the bike is standing still, not flying down Alta Hill at full speed.

Now go back to the captain's wheel illustration and, at the center of the wheel, write "ME".

In Life Mapping, we are going to take a hard look at each of the nine areas of our lives, inspect them, perform some maintenance where needed, and replacements where broken. We are going to make sure the spokes and the wheels of our lives are ready to be ridden at full speed – no unnecessary spills and asphalt lunches for us!

The first step in this process will be to set an ancillary goal for each area of our life. Then we will break that ancillary goal down step by step into what we will call waypoints.

Ancillary Goals

What is an ancillary goal? Ancillary means secondary or auxiliary. For instance, an ancillary pump helps or supports the primary pump. Think of an ancillary goal as a smaller goal that will help us on our way toward our primary goal. In this class, we will consider each of the nine areas of our lives and how each relates to achieving our primary goal. We may discover that each area of life presents a distinct leg of our voyage. Look at each of the major areas of our lives and ask this simple, yet potentially complex question: **What must I do in this area to accomplish my primary goal?**

Each of the nine areas of our lives must be aligned and focused on achieving our goal. We should be able to identify specific ancillary goals in every area of our lives. An ancillary goal must meet the following criteria to be effective:

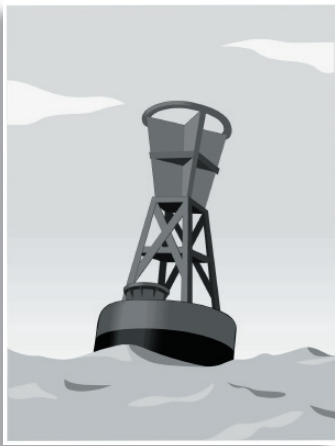
- It must be necessary or instrumental to accomplish our primary goal.
- It must be specific and measurable.

This criteria is much less restrictive than the primary goal. An ancillary goal may be big, challenging, and difficult; or it may be fairly straight

forward. We might be able to achieve it in several months, or it might take several years. It may also be an ongoing goal or discipline in our lives. Here are a few ancillary goals, which are examples for us to consider:

Primary Goal is to purchase a home. Ancillary goals might include:		
Area	Personal Finance	Save \$7,500 for down payment.
Area	Career	Get a job and develop my career in the cellular phone retail industry.
Area	Health	Meet specific health objectives: weight 170 lbs, cholesterol of 170 or less, and maintain fitness standards listed separately.
Area	Education	Complete Cellular Professional Certification (10 classes).
Area	Environment	Develop hobbies that are enjoyable without alcohol consumption.
Area	Thinking About Thinking	Attend a minimum of 4 AA meetings each week.

Waypoints



When a ship is sailing out in the open sea, there are no street signs or landmarks. The navigator must pick points on the map that chart the voyage. The ship will start at point A, and the navigator must set a course for point B. First, he will set a bearing that determines the direction of travel; he will clock the speed of the ship and then measure the time as the ship is traveling. After a given number of hours, he will once again take the ship's coordinates to see how close it is to point B. The new coordinates may be ahead of schedule, behind schedule, or to either side. At this point, the navigator must adjust the ship's course of travel, perhaps 7 degrees more southerly, and add more cloth to the sail to pick up the pace. He must also take into account why the ship went off course. Did he underestimate the cross winds, forget to calculate the currents, or misjudge the capability of the ship?

A waypoint is each major step we must take to achieve our ancillary goals. It's a common sense break down of something big into manageable pieces.

Once we have identified our ancillary goals (make sure they are clear and consistent with our Primary Goal), we can begin to make a list of the waypoints we will need to meet to accomplish our goal. For instance, in the education area of the above example, the ancillary goal is to complete Cellular

Professional Certification (10 classes). What are the waypoints or steps we need to take to achieve this ancillary goal? Waypoints might include the following:

- Join the Association of Cellular Professionals
- Pay \$680 to enroll in each of the 10 classes.
- Arrange schedule to facilitate classes every Tuesday evening for the next three years.
- Purchase a laptop computer for homework assignments.
- Identify companies that have tuition reimbursement programs and seek employment with one of them.
- Arrange for childcare on Tuesday evenings.

After careful consideration and examination of those waypoints needed for our voyage, we immediately begin to recognize those waypoints that we already have achieved and those that have yet to be achieved. Those unachieved waypoints may prove easy to obtain or very difficult, requiring expense, years of education, or heavy lifting. We cannot possibly complete our voyage if key waypoints are left unachieved. Obtaining those missing waypoints becomes a serious part of our life map.

What about those waypoints we think we have already achieved? Before we go any further, let's take a little closer look at them. Most of us are pretty quick to say, "yeah, I got that in the bag." If we are going to say that one of our waypoints is already in the bag, we better be very sure our judgement is correct. Is it really in the bag? Was it in the bag, and now it's not because we went off course a little? On the surface, this whole thing seems straightforward. However, in reality, it is considerably more complex, and the subtleties can have a profound influence on our ability to accurately determine the path we must follow to achieve our goal. Let's make sure we know what's really going on...

Chapter 4

What's Really Going On?

When we were born, nobody handed us an instruction manual that gave us all of the rules for living life to its fullest. We had to figure it out for ourselves. We probably had tons of advice from parents, teachers, coaches, friends, women, pastors, politicians, and others. In the end, we eventually designed our own life map or just drifted aimlessly without a life plan.

Our life map or plan is our own personal code to define what we think, feel, and do in any given situation. Traditionally, our map is cognitive, that is, a map in our brain but not written on paper. We started building that map as a baby. When we were hungry, we cried, and our mothers fed us. When we got older, we may have learned to fight when a bully threatened us. As we grew older, we may have learned that money is power and that power delivers respect. We may have learned ways to get money very quickly. We may have learned to work hard, be loyal, never snitch, and be a man. Our maps are incredibly complex and cover most areas of our lives. Parts of our map may be useful, sound and accurate; but we need to consider areas that may be outdated or flawed.

Have you ever heard of a 35-year-old man crying when he gets hungry? He is working off a bad map! Crying does not work at 35 years of age. The plan was fine when he was a child; however, by the age of 35, he should have revised that action. He can make a sandwich and tough it out, but he cannot cry; that does not work! He needs a change. This section is about evaluating our old maps and challenging old ideas that may no longer be useful in our lives. It's about taking a long hard look at the waypoints of our voyage. Be sure that when we say we have something already completed that we really do. Imagine we are 200 miles into our voyage and need an extra sail because a storm tore off the one we were using. We go into the hold of the ship and bring out our spare sail, only to find it is riddled with holes and won't work. What do we do then? How much of our plan is hanging in the balance? Our waypoint things we think we already possess need to be checked closely and measured against our new map.

Beware of Biases

As we look deeply into ourselves, we face the inherent problem that all men face when attempting to judge their own situations. When was the last time we had a disagreement with someone and walked away thinking "I was sure out of line that time." It is relatively easy to view a disagreement between individuals we do not know and to evaluate blame and responsibility, but when we are personally involved, it may be much more difficult to assess. There are multiple factors that may color our self-view. These factors are biases. A bias is a distorted view or understanding. No one is unbiased, especially when self reflecting. By understanding our own instinctive biases, we can better position ourselves to guard against them coloring our decisions. There are three typical biases: self bias, perspective bias, and false consensus bias.

Self-Bias

Can we all be better than average? Statistically speaking, most of us are average. In fact, statistically speaking, 50% of people are below average. However, in survey after survey, people rate themselves above average in most every category. Are we capable of viewing ourselves objectively? Of course not! Who is? We structure our definitions of who we are by carefully contrived self-portraits and we are quick to defend them if challenged.

Self Bias			
Rate Your Self	Below Average	Average	Above Average
Get along with people?			
Moral goodness?			
Honesty?			
Health?			
Loyalty?			
Disciplined?			
Care about others?			
Common sense?			
Good driver?			
Intelligence?			
Judge of Character?			

Consider the following:

- Ethics – Most business people see themselves as more ethical than the average businessperson.
- Professional Competence – Ninety percent of business managers rate their performance as superior to their peers.
- Virtues– In the Netherlands, most high school students rate themselves as more honest, persistent, original, friendly, and more reliable than the average high school student.
- Freedom from Bias – People see themselves as less vulnerable to various biases than most others. They even think themselves less subject to self-serving bias than most others.

We need to realize the full significance of this as we prepare our self-discovery. Only then will the discovery have value to us.

False Consensus Bias

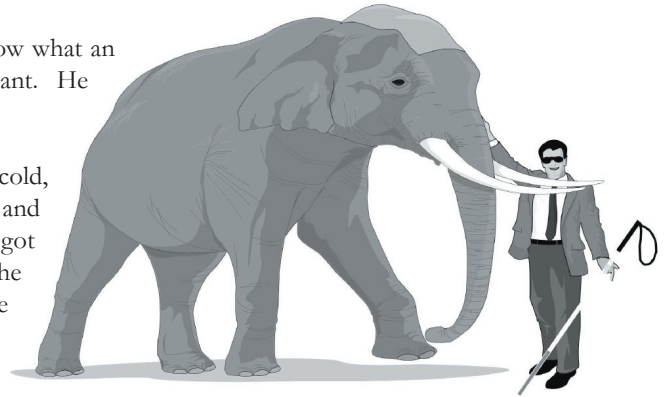
The term for this is “false consensus” bias. A false consensus bias occurs when we hold a particular idea or belief, and, as we talk about it and listen to the comments of other people, we become convinced that “everybody” agrees with our position on the matter. A natural conclusion is that we must then be correct or justified in our belief or position.

Example of False Consensus Bias
<p>Billy-Ray is a good, all American sixteen year old boy, born and raised in Starke, Florida. One summer, his 16 year old cousin from Indiana, Tyler, comes down to visit. One afternoon, the two boys decide to go fishing, so they load up the truck and head over to the lake. On the way, they drive past a large prison; Tyler is intrigued and curious about the prisoners walking behind the fence. Tyler asks Billy-Ray, “What do you think those guys are like?” Billy-Ray has never been behind the fence of a prison, but, before we read his answer, consider the following:</p> <ul style="list-style-type: none">• Billy-Ray’s father is a lieutenant with FDOC.• His mother is a sergeant with FDOC.• His little league baseball coach was a FDOC officer.• 7 of the 12 elders at his church work for FDOC. <p>Billy-Ray has never been inside a prison, nor has he ever talked to a prisoner, but he knows precisely what prisoners are like. Billy-Ray says: “Let me tell you what they are like. They are a bunch of hooligans; they are sorry, no good, lying, cheating, thieving scoundrels. They are very dangerous and never to be trusted.” Tyler says, “Do you really think they are that bad?” Billy-Ray says, “That bad? Everybody knows how bad they are. I’ve never heard anyone say anything decent about a single one of them. Trust me, I know; they are a nasty lot.”</p> <p>Is Billy-Ray right? How could he be wrong, with so many conforming reports?</p>
Counter Point
<p>The new guy tentatively walks into his dorm. It is his first time in prison. After some time, he starts talking to a group of other inmates. He looks over at the officers and asks, “What are those officers like?” An old time convict pipes up and says, “Let me tell you about those officers. They are a bunch of hooligans; they are sorry, no good, lying, cheating, thieving scoundrels. They are very dangerous and never to be trusted.” The new guy says, “Do you really think they are that bad?” The old convict says, “That bad? Everybody knows how bad they are. I’ve never heard anyone say anything decent about a single one of them. Trust me, I know; they are a nasty lot.”</p> <p>Is the old convict right? How could he be wrong with so many conforming reports?</p>

Perspective Bias

Perhaps we have heard the story of the five blind men who wished to know what an elephant was like. They asked the zookeeper if they could feel the elephant. He agreed and led the men to the elephant exhibit.

The first man took hold of a giant tusk. He described the elephant as hard, cold, smooth, and pointed, like a great weapon. The second man grabbed a leg, and he described the elephant as the trunk of a large oak tree. The third man got the tail, and he described the elephant to be like a rope with a frayed end. The fourth man felt the side of the elephant, and described the animal as a huge wall, wrinkled and coarse. The fifth man encountered the probing trunk, and described the elephant as playful, inquisitive, and rubbery.



Each man had experienced the elephant, but each description was radically different from the other. Who was most right? As we look at our lives, our views are from the inside looking out. We also see the people, events, choices, trials, and tribulations that together touched and shaped our lives from our own particular perspectives, each one perpetuating the next. Be aware that there are often many different perspectives, some may be very different and help us to see things in a different light. Here is an example:

Example of Perspective Bias

Mike hated his father from the time he was very young. Mike's mother had told him his father deserted the family when Mike was a baby, and he had never attempted to contact them or honor his responsibility of support to his son. When Mike was twenty-five years old, he searched for his father and ended up finding his uncle. Mike's uncle told him a very different story. According to Mike's uncle, his father loved him and Mike's mother as well. It turned out that Mike's mother had left his father. Mike's father was heartbroken and took a job driving a truck. He died in an accident when Mike was three years old. Mike's uncle produced several photos of Mike with his loving father, up until the age of three.

This example demonstrates how our perspective of a situation is limited by incomplete or even incorrect information.

The Tools of Integrity

I Made A Mistake

It has been said, "To err is human." Why then is it extremely difficult for us to admit our faults? We can start by considering the worth of these radical concepts: I was wrong; I made an error in judgment. My behavior was hurtful. At the time, it seemed right, but I was wrong, very wrong. Today is a new day. Starting today, I will learn from past mistakes. No longer will I follow the old map that leads me toward destruction.



Group Discussion

- What are some of the big mistakes that we have made in our lives?
- Were those mistakes ever driven by thinking errors or defective thinking?
- Can we identify our defective thinking patterns?
- Can we think of poor ideas that we have used to steer our lives?

Awareness

In the 1960's, most hippies asked, "What's going on?" but sophisticated hippies asked, "What's really going on?" Those sophisticated hippies were on to a good idea. When building a Life Map, we want to look beyond the obvious and ask what is really going on.

Good people do bad things, smart people do dumb things, brave men sometimes act like cowards, and, on occasion, kindhearted people hurt others. Why? We too often go through life on autopilot. We do things without thinking. Imagine the following:

You are driving a car and see brake lights on the cars in front of you. Without thinking, your foot eases off the gas pedal and begins to apply pressure to the brake pedal. You do not have to think about it; you just react. Your subconscious mind knows to respond quickly, but not too quickly. You bring your car to a smooth, controlled stop, all while never missing a word, as you sing along with the radio and drink your Big Gulp.

On the other hand, what if your foot hits the brake and feels nothing but mush? Your car just keeps rolling toward the slowing traffic. What do you do now? Your brain suddenly jumps into laser focus mode. You do not hear the radio anymore, and your mind races over viable alternatives. Should you turn into the curb to slow the car, hit the emergency brake, swerve off the road, down shift, or brace for an impact? You are no longer in autopilot mode. You intensely focus on your actions and the effect of those actions.

The first situation describes action without thought. The second one describes intense thought, focus, and action. How do we normally move through our life? What advantages and disadvantages are there to each mode? When we have made key decisions in the past were we on autopilot or did we give those decisions the focus deserved?

I am Responsible

Who is in control of my life? Who are the people that helped to make me who I am? Who caused me to do what I did that brought me to prison? Once I step out of denial, and move away from blaming others, I can begin to evaluate my own role in the direction of my life.

A man is overweight, out of shape, broke, incarcerated, alone, and miserable. The day he finally wakes up and gleans this truth, "I am responsible for where I am in life," is the day his life can start to change. That truth is not easy when one is not happy with his situation in life. It seems he made poor choices, used poor judgment, lacked discipline, and repeatedly stepped into piles of dung. The day he no longer blames his father, the IRS, the Department of Corrections, the judge, his wife, his boss, and the ubiquitous "them" is a sobering day.

It is not their fault! It is your fault. This is a fact proven repeatedly. Until you face up to your responsibility for where you are in life, you are extremely unlikely to improve your situation. If you can accept the idea that you, more than any one else, are responsible for who you are. You can also see that you have the rare and valuable gift of being able to determine where you go from here. This idea can liberate you to achieve your dreams; it can start a process whereby you can begin to make changes in who you are.

Chapter 5

Personal Compass

In the second chapter, we determined our primary goal. Our personal compass is one of the areas of our lives; however, it's important to recognize that this area is different than some of the others. The categories like personal finance, education, and career have clearly defined boundaries. On the other hand, personal compass, thinking about thinking and emotional intelligence are very different. These are the super categories because they overlap and, in fact, superimpose themselves on the other categories. The personal compass area involves identifying or developing values that will form our guiding life principle.

A good question might be: what is the difference between a goal and a value? Goals are for the future. Values are for today. We strive to achieve a goal. Values are to be lived. Goals can be set, changed, and negotiated. Values are chiseled in stone and offer the template for our lives. Values guide every decision, manage every action and even shape how and what we think about. So what exactly is a value? One way to describe it would be a principle, standard, or quality used to determine worth or merit. Others might say that values distinguish good from evil, or right from wrong.

Life Mapping will never attempt to tell each of us what our individual values should be. This class is about building our own individualized life map. That means we get to define our own values. When we have completed the challenging task of listing each of our values, we will then be asked to summarize them in a **guiding life principle**. Before we jump into the work, it might be a good idea to address a few common questions, such as:

- What do values have to do with achieving our goals?
- If our goal has nothing to do with our values, do we still need to work this section?
- Is it possible to live a goal-seeking life without values?

Life is filled with choices. Every choice has a price tag attached. In other words, there are consequences to every choice we make. If we are seeking to accomplish something great, the choices we will be making will have great consequences. Values are not handcuffs that keep us from having fun; they are warning signs that keep us from danger. If we are serious about our voyage, navigational tools are essential. If we are rowing a boat across a small lake, we can simply look around and make navigational decisions on the fly. If we plan to sail across the Atlantic Ocean, we might need a more advanced set of navigational tools. This chapter invites us to take the time to clearly articulate our own personal guiding life principle and then inventory the component values. Ultimately, the challenge is to live a life that is steered by our firm hand that has been strengthened by a well-defined guiding life principle.

Codes of Conduct

In chapter three, we learned that we would be asked to set an ancillary goal in each of the nine areas of our lives. How will we go about setting this goal for the personal compass section? We might decide to go this alone and build our own code from scratch. Most people do not attempt to build their own; they look to others like parents, spiritual leaders, religions or God. There are three great codes people have used for centuries. Each code attempts to answer the questions of right and wrong.

Moral Code

A moral code is a set of rules given by God or various religions. These types of rules often govern not only actions but also call for purity of the heart. Virtually every religion presents a moral code of goodness. Those who are genuinely religious will find these rules extremely useful for direction in their lives. An example of this is the Ten Commandments.

Ethical Code

An ethical code is typically a set of rules governing specific types of behavior, in specific situations, for a social group of people who has reached a formal or informed agreement. For example, attorneys have a code of ethics formalized into a written code. The defense



attorney's code requires him to provide the best possible defense. The defense lawyer is not concerned with the guilt of the defendant, the horrific nature of the crime, or the truth. His ethical code calls for him to provide the best possible legal defense.

Prisoners, also, have an informal code of ethics. A new inmate arrived in prison. An older convict, who had served many years of a life sentence, attempted to teach the younger man this ethical code. The old convict said, "My word is my bond.. If I make a commitment, you can be sure I will honor it." The young inmate was impressed with this strong moral commitment. However, he soon became confused when he heard the old convict mislead another prisoner who attempted to borrow a honey bun. His confusion increased when he heard the old convict tell a whopper of a lie to a corrections officer. Finally, the young inmate inquired, "I just witnessed you deliberately mislead another inmate and lie to a guard. What about your code, my word is my bond?"

The old convict saw no hypocrisy in his previous statements. As he explained, "You can't tell the truth to every inmate who seeks to borrow from you, or you will go broke. Moreover, never tell the guards the truth if they cannot prove it. What I meant by 'my word is my bond' is when I am talking to you, you are my dawg. You have to be straight with your dawgs." While his code was clear in his mind, to most of us, it seems to have many loopholes.

Legal Code


Legal codes are a government's (national, state, or local) attempt to reduce right and wrong to a list of rules and specify punishments for breaking the rules. If God gives a moral code to govern behavior and determine purity of the heart, it implies he has the ability to see into our heart and determine our motives. The legal system writes, enforces, and judges our legal code. The ability to view each other's heart is not a humanly endowed gift. Every government in the history of this earth has been fraught with error. Justice is never perfect, and fairness under the law is, it seems, always elusive, much like chasing a shadow. Still, these laws exist and those of us who cannot or will not follow them must face the judge and endure the sentence.



Personal Code of Conduct

In our lives, we will confront many different situations, circumstances, and tests. We have various codes concerning right and wrong, but, in the end, we must choose what code will be our guide and rule. The more clearly we think through our personal codes of conduct, the better prepared we will be to face the moral puzzles of our lives. As we develop our personal codes of conduct, we may wish to adopt one of the codes given by God, government, the legal system, or our social peers. Alternatively, we may wish to develop our own. There is great value in testing our code against hypothetical situations.

Our personal code of conduct is our firm hand grasping the rudder that will steer us toward our goals or, left unattended, allow us to drift wherever fate may take us. As we develop our own personal codes of conduct, we should prepare to test whether they will help us achieve our goals. Keep in mind, this program is not about telling us how to live; it is to help us define for ourselves plans for our lives.

	<p style="text-align: center;">GROUP DISCUSSION</p> <ul style="list-style-type: none">• If we develop a moral code that demands absolute honesty, and we happen to be a prisoner when a corrections officer asks, "Who did it?" How will we respond? If we answer honestly, we will violate the convict's code and become a snitch. If we lie to the officer, we violate our personal code of conduct. What will we do?• We have a code that states, "Thou shall not steal." Our best friend has his radio stolen. We spot the radio several days later and have the opportunity to secretly take it and return it to its rightful owner.• Would we be stealing?
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Recording Our Personal Code of Conduct

Think over our history, religious beliefs, and cultural backgrounds, as well as our personal inclinations and observed traditions. It is no easy task. Can we summarize it all in a brief statement that creates a clear and lucid image of how we expect to live? Some people in the past have used the following codes of conduct:

- Love your neighbor as yourself.
- Do unto others as you would have them do unto you.
- Do no harm.
- Love the Lord your God with all your heart.
- What you think, so you become.

Guiding Life Principle

Notice how short the codes of conduct examples are, but then note the implications, for they are far reaching and profound. They are wonderful guiding life principles. They may sound great, and it might be relatively easy to write one down, but our ancillary goal is not to write one down; it is to live accordingly. How do we do that? There is a well known Jewish proverb that addresses this point. A young man approached the famous Jewish Rabbi, Akiva, and said to him “If you can explain the meaning of Torah to me before I fall down, while I stand on one foot, I will convert to Judaism.” The Rabbi accepted the challenge and told the man to indeed stand on one foot. As the man did this, the Rabbi said to him, “Do unto others as you would have them do unto you. This is the whole of Torah. The rest is commentary. Now, go study the commentary!” The story of the Rabbi helps us understand that the basics may be simple, but the application and living are complex and difficult. The “go study” challenge applies to us in Life Mapping.

What about integrity? What about marital fidelity? What about stealing? What about drugs? The list goes on and on. Take alcohol as an example. How does our guiding life principle apply to alcohol consumption? Is all alcohol consumption forbidden? What about going to a bar and socializing with others who are consuming it? Is some consumption of alcohol allowed? If so, how much, and under what circumstances? How do our principles apply to our children, spouse, and employees?

Consider our religious beliefs, as we build our personal compass; we would be silly not to explore how God and religion fit into our formula. Part of our voyage may include seeking answers to the big questions that men have sought throughout history. Questions like:



- Is there a God?
- Who or what is God?
- What is the origin of humanity?
- What is my purpose in this life?
- What happens when I die?
- Who am I?

Again, this program does not tell us how to live; instead, it invites us to seriously consider these questions, and how our answers will affect our lives and our primary goals.

Author’s Note

For many people, including us, this area is of particular importance. In this instance, a primary goal is created not solely from personal desires and motivations, but also from a soul searching exercise that involves striving to learn and do God’s will.

Building Your Map

Ancillary Goal	The ancillary goal for the personal compass section may very well be expressed as your guiding life principle (GLP). For many people this section is an authoritative component of being that gives direction and meaning to life itself.	
Waypoints	Writing out a GLP may be difficult but living it is the real challenge. This part literally spells out the path required to live your GLP. How much further will you need to travel? Check off the waypoints that you feel that you have mastered. What are the significant ones along the path? How will you attack those issues?	
	Go to chapter 17 and complete the personal compass section of your life map.	

Chapter 6

Thinking About Thinking

Thinking about thinking is the second super category and, just like personal compass, it overlaps all of the other areas of our lifemap.

Humans are unique among the creatures of the earth. While animals act in accordance with hard-wired instincts, humans have a distinct ability to consider options. We can think. We can even think about thinking, and that is what this chapter is about. We will consider if our thinking patterns are healthy, and if they need to be modified.

As humans, we tend to develop patterns of thinking when we are very young. Our life experiences continually shape or condition our thinking patterns.

We think about ourselves. In fact, we do this a lot. What do we think about ourselves? Here is a fun way to start. Complete the following five sentences quickly:



Self Image
I am
I am
I am
I am
I am

The Child and The Bull

Consider a child who is first learning to play basketball. The child desires to hold, dribble, and shoot the ball. Finally, the child desperately snatches the ball away from his opponent. The reward for the child is the ability to hold, dribble, and shoot the ball. With repeated behavior, the child conditions himself to snatch the ball and get the reward. He may also learn from this conditioning to extend this snatching behavior to obtain toys, food, or anything else he desires.



The environment of a baby bull consists of a pasture surrounded with a wood pole fence, strung with thin wires. An electrical current charges the wire. When the baby bull bumps against the fence, he gets a shock. The bull learns to avoid the fence. By the time the bull is full-grown and weighs over two thousand pounds, he is extremely powerful. The large bull is so strong he could easily push the fence down, but he does not. The conditioning is complete, and the bull has no ability to evaluate the validity of what he has learned. He cannot “re-learn” unless he goes through a complete reconditioning stage.

The child’s conditioning is to snatch anything his heart desires. The bull’s conditioning is to avoid the fence. The bull will never learn of his ability to walk right through the fence. What course is available to the child? When he grows up, he has the ability to think and feel. He can reevaluate what he has learned and decide if it is helpful or not.

The Bunny Story

Paul was married to Stephanie. Stephanie was gorgeous, funny, hard working, smart, and faithful. She was a sales representative for a manufacturer of medical equipment. Paul worked for the same company as a technician. They were in love. Paul intended to remain faithful to the marriage, raise children together, and eventually grow old with Stephanie. His first marriage had failed because he had been unfaithful. This time, Paul vowed, it was going to be different.

Paul and Stephanie worked with another couple and had become very good friends with them. The couple was being transferred to another state, and a big going away party was planned by their circle of friends. The night of the big party, Stephanie came down with a migraine headache. Paul suggested that they stay home and that he would care for Stephanie while she was hurting. Stephanie suggested that Paul go to the party alone and allow her to rest in peace and quiet. So Paul picked up the gift and delivered it to the party.

Paul is at the party standing with a group of eight people. Many of them he knew, but several of them he had just met. At one point, Paul tells a joke. The woman next to him was a very attractive brunette by the name of Bunny. Bunny is one of those women that seem to make a man's heart beat faster. She has eyes that are playful and intriguing. Her smile is beguiling and hints at something clandestine. Bunny appreciates the joke and laughs enthusiastically, lightly touching her pretty little hand on Paul's arm.



CLASS DISCUSSION

- Is Paul flirting with Bunny?
- Is he remaining true to his vow of being faithful to Stephanie?
- Has he done anything wrong?
- Would he have any explaining to do if his wife's best friend observed his interaction with Bunny?

The night goes on, and Paul is enjoying the company and a few ice cold beers. After some time, the conversation turns to business. Paul discovers that Bunny is a factory trained and certified technician on some of the same equipment that his company sells. He finds out that she is somewhat dissatisfied with the company she is currently working for. He also knows that his company is actively seeking qualified technicians. Naturally, when two people start talking business, the rest of the group tends to drift off, discussing other, more interesting topics. Suddenly, Paul realizes that he and Bunny are chatting privately, apart from the group.

CLASS DISCUSSION

- Has anything changed in the Paul and Bunny dynamic?
- Is it common practice for men and women to discuss business today?
- Has Paul done anything inappropriate at this point?
- Could his actions give the appearance of an impropriety?

The drinks keep coming and Paul continues his chat with Bunny; the topic drifts from business to personal interests. The humor shifts from inane to sexual innuendo laden jokes. Bunny is giggling and playing with her hair. Paul is enjoying the encounter, and Bunny seems to be having fun, too.



CLASS DISCUSSION

- Has Paul crossed the line?
- Is he still being faithful to Stephanie?
- Is he even thinking about Stephanie?
- Would Paul approve if Stephanie was behaving the way he is?

Paul is having fun at the party, but he needs to escape the cigarette smoke and breathe some fresh air. He steps outside. The party is being hosted at a location on a lake. This particular night is adorned with a full moon, and Paul walks out on the pier to view the beauty of it reflecting across the glassy surface of the lake. As he stands, gazing at the clear, warm night sky, he hears some tiny footsteps approaching. Paul glances back and sees Bunny approaching. “What are you doing out here?” Bunny inquires. They are alone now, no friends, no witnesses; Stephanie would never know what happens out here.



CLASS DISCUSSION

- Is Paul in dangerous territory?
- Has he committed adultery?
- At this point, if Stephanie walked up would he need to do some serious explaining?

Bunny asks if Paul wants to go for a walk. The two start walking and Bunny slips her tiny little hand into Paul’s strong hand. They walk along and come across an unoccupied gazebo. There are patio furniture and cushions set about. The two sit on some cushions.



CLASS DISCUSSION

- Can Paul turn back at this point?
- Looking back over the story, was there a point when he may have realized trouble was ahead?
- Why would Paul have so much trouble seeing the warning signs in real life?
- What tools might help a person spot those warning signs?
- Would it have been easier for Paul to turn back earlier or later?
- How is dissecting this type of situation in a classroom different than it would be in real life?

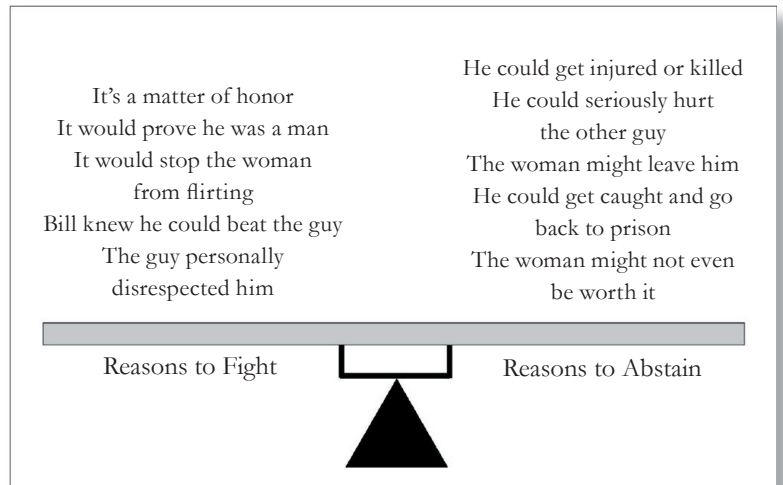
Destructive Thinking Patterns

We tend to think in patterns or in a repetitive manner. Could some of our thinking patterns be the very reason we are in prison? Thinking errors are simply ways of thinking that are defective or not useful. Most people, both criminal and non criminal, make thinking errors. Some of those thinking errors can be relatively harmless. For instance, a man might believe the Seminoles will beat the Hurricanes in football. That's wrong, but it's rather benign or harmless. Contrast that thinking error to this one: "the only way to get ahead is to sell drugs." That type of thinking error can be very costly.

Anger

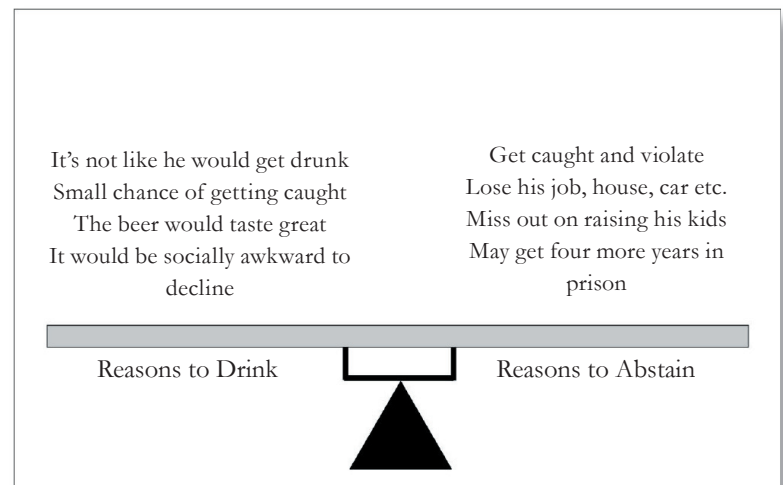
Bill spent a couple years in prison for a bar fight with a drunk he caught leering at his girl friend. Bill was a smart guy and was doing well after prison. He had a good job with Maytag and rented a nice apartment. Bill met a woman with a similar interest in country music and dancing, and they had started dating. One evening they met up with some of the woman's friends. One of her old friends asked her to dance and Bill felt his blood pressure rising. After they danced one dance, Bill wanted to leave. She wanted to stay. The old friend seemed to thrive on Bill's tension and was running his mouth. Bill knew one way to shut the guy up, and it felt to him like fighting was the only option.

- Does Bill have a choice in how he acts?
- Could he have anticipated and avoided this situation?
- How would Bill go about making the right choice?
- What could he do besides fight to rectify the situation?
- Can Bill change his angry reaction?



High Risk

Joe is six years into his ten-year probation period. His charges had nothing to do with alcohol, and he never considered alcohol to be a problem in his life. One of the terms of Joe's probation is zero use of alcohol. Joe has been working a steady job for six years, he owns a home, is married, and they have two young children. Joe is doing great and living a productive, clean, and sober life. He and his wife attend a friend's wedding, and an old friend of his brings him a beer, proposing a toast to the groom. What should Joe do? Toast the groom and drink the beer or toast the groom and not drink the beer?



If Joe is sensitive to the ramifications of this choice, he may weigh the choice in the following manner:

- Would a person who is sane, rational, and lucid have any difficulty making such a choice?
- If Joe made the decision to drink the beer, what would it say about him?
- Is he addicted to alcohol?
- Did he just have a lapse of thought?
- Can we label this as a thinking error?
- How different is it to make this choice in a classroom, as opposed to the real world?



Group Discussion

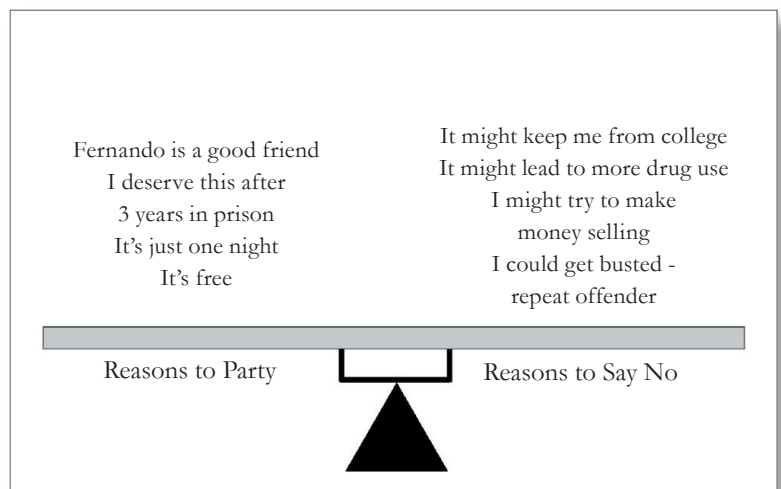
- Think of an incident in our life when a choice we made had a serious, negative implication.
- Looking back, can we see warnings that may have helped us make a better decision?
- Can we identify a turning point when we first started heading toward the impending disaster?
- Was there a point of no return, in other words, a point where we were no longer in rational control of our behavior?

In our example, Joe may have drunk the beer and had no problem. On the other hand, it could be a classic example of “Murphy’s Law”- the one time he violates probation and has that one beer, sure enough, his probation officer just happens to be waiting for him when he arrives home and smells the alcohol. In that case, an extremely destructive situation has resulted that threatens to undo six years of good work that has kept him a free man instead of an inmate.

Addictions

Juan has used drugs consistently since he was 14 years old. Now, at 36, he has been to jail several times, prison twice, and been through six treatment programs ordered by the courts. Juan never did fully buy into the idea that he was addicted. He views his drug use as recreational and feels certain that he can stop and start using when it suits his needs. He believes he is in control.

Juan has just left prison and is riding the Greyhound bus heading towards Tampa. He has plans to start a new life and attend college. As Juan gets off the bus, he sees his old friend, Fernando. Fernando is glad to see him and invites Juan to party with him for the night. Juan weighs the choice:



If Juan agrees to party, “just this one time,” what would you say about him? Is he addicted, impulsive, stupid, or all of these?



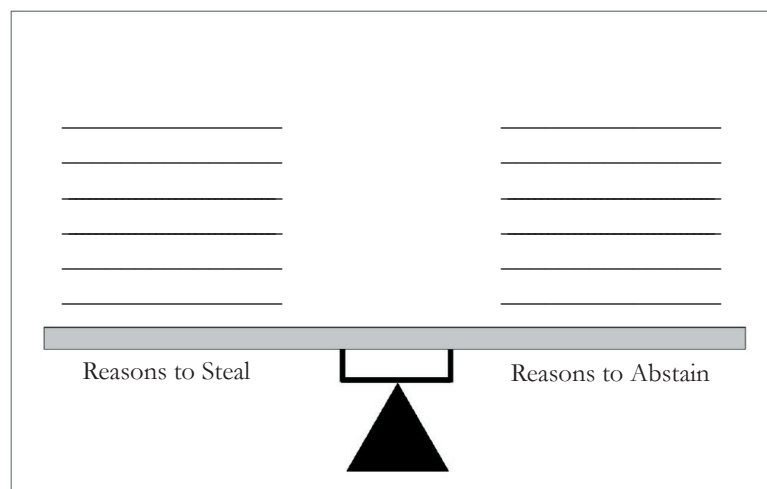
GROUP DISCUSSION

- What is the difference between a drinking problem and an addiction?
- What signs indicate a person might have an addiction?
- What are some ways of breaking an addiction?

Criminal Behavior

Rodney has a rap sheet three feet long, including possession, battery, grand theft auto, domestic violence, etc. Most of Rodney's family and all of his friends have done time. Rodney comes from a background that distrusts the legal system and sees crime as the only way to get ahead. Rodney just finished doing a five-year bid for auto theft. He has been out of prison for eight months and is working for a small company performing construction clean up. He is making enough money for rent, groceries, and basic needs, but not enough to get ahead. Rodney has made a promise to the woman he loves that he will never again break the law and go back to prison. One day, Rodney and a coworker arrive on a job site to clean up and are surprised to find a large trailer unlocked and filled with power tools. Rodney's coworker suggests they take the tools and pawn them. Rodney weighs his choices.

As a class, let's help Rodney out by weighing the choices for him. What are the reasons for Rodney to steal the tools? What are the reasons for him to abstain from stealing?

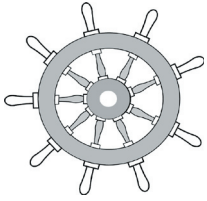


GROUP DISCUSSION

- When we committed a crime, did we consciously recognize it was a crime before we committed the act?
- Did we consider the possibility of getting caught and doing time before we actually did the crime?
- Could we see a long line of events that led up to the point when it became possible, or, at least very difficult, to turn back?

Triggers

Each of the examples listed could be described as a trigger. Triggers are situations that could trigger destructive behaviors. How good are we at recognizing our triggers? What do we do when we encounter a trigger?



Solution: Life Mapping invites us to consider the RAT response to triggers.



Recognize

The first step is to become aware of the triggers. One of the life mapping tools introduced in chapter 4 was “awareness.” Awareness certainly involves seeing and understanding what is happening around us; but, it also involves a deep understanding of ourselves. We must understand our trigger and recognize the thinking error that could likely occur.

Ascend

The next step in RAT is to ascend. This involves taking an intentional pause and mentally disengaging from the situation. Picture your self floating above the situation, viewing it from a distance. You might see yourself in a helicopter or airplane. The idea is that you disengage from the immediacy of the situation and pull yourself away from the emotional heat of the battle. This is a difficult step because of the emotion generally swirling around any given situation that has triggered a destructive behavior. To be successful, we must use a high level of discipline and maturity.

Think

The final step in RAT is to think. Think about the options. What are the consequences of any particular choice?

Institutionalization

Institutionalization is not one symptom or condition; it is the cumulative effect that living in an institution, especially a prison, has on an inmate. Rex is serving his eighteenth year in prison and demonstrating classic symptoms of extreme institutionalization. His symptoms are as follows:

- Intense hatred for all correctional staff, including fantasies of revenge
- Disconnection from family, friends, and life in the free world
- An unclear vision of the future dominated by delusions of wealth, revenge, power, and grandeur
- Daily routines have become habitual and ritualistic
- Distrusts all people
- Lack of flexibility or ability to adapt to the changes he will face on the outside

Rex’s institutionalization was so severe that when his 18-year-old son came to visit, unannounced, he became very angry. Since Rex went to prison before his son’s birth, he had never seen him. On the day of the visit, Rex cursed the boy and told him that if he ever wanted to visit in the future, he would have to notify him at least one month in advance. The reason Rex was so angry was that he had plans to workout and felt like his exercise partner was counting on him. Rex’s case is extreme, but the truth is that institutionalization strongly affects all of us who live as prisoners.

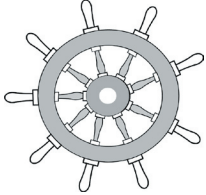
Experts claim that after only three years of incarceration the effects of institutionalization are measurable. Here is the scary part; people who have been institutionalized seldom recognize the problem in themselves. As you read over the following characteristics of institutionalization, look inward to see if any of these have touched your life.

Time Distortion

Time distortion manifests itself as an expanded sense of the present moment. A soldier in a combat situation has little ability to think of the past, family, or what he has left behind. Neither will he think much about the future. If he is in a hostile situation, he only thinks about the here and now. He must do what he can to survive. A good soldier focuses.

Can we see ourselves in a similar situation here in prison? We are largely isolated from our past lives. Our contact with our families and friends is deliberately restricted. We live in dorms that have an ever-changing population. Our past lives on the outside become increasingly distant. It is as if our past disconnects from who we are. We are no longer active fathers, sons, carpenters, students, or athletes. We are simply prisoner number _____.

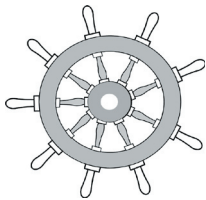
The future is equally out of focus for us. Any plans we make for ourselves, while in the Department of Corrections, are often subject to the powers of a large government agency that is at best indifferent. The “unknown” clouds our plans for life outside of prison. We must realize things on the outside are also constantly changing, and our ability to adapt and function in a new environment is important.



Solution: Remember our past, our values, and our families. Keep connected via letters, phone calls, and visits. Above all, make sure to plan for our future. That is the nature of this program. Learn to view today in the context of our past and toward a future that we have chosen. Moreover, understand that the actions we take today will shape our tomorrows.

Rigidity

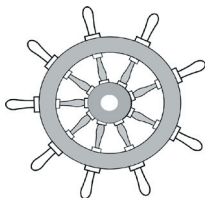
Rigidity is a fear of change and lack of ability to deal with new situations. It becomes evident when we must cope with new situations and demands instead of making our way through normalized activities and routines.



Solution: Make an effort to adapt to new and difficult situations. Read books that may be outside of our comfort zones. Talk to people different from ourselves in education and life experience.

Resenting Authority

This is almost universal in prisoners. Even a model penal institution has guards enforcing rules on inmates. As inmates, we often see arbitrary, unjust, and unfair behavior in those who have almost absolute authority over us. At times, the results can be maddening. We feel that no matter what we do, we will get in trouble. While resentment of perceived wrongs is understandable, this thought pattern becomes self destructive if we generalize the bitterness. In other words, if an officer yells at us one time, do we dislike only the single incident or do we begin to hate the person and all others like him who wear badges? Do we begin to resent all corrections staff because of exposure to multiple real and perceived insults? Could our resentment grow to embitter us against the state or even our country?

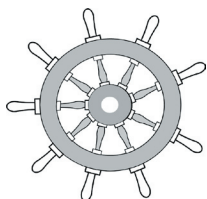


Solution: We probably hate to be lumped into the group labeled “inmates.” We know inmates lie, steal, cheat, and manipulate every chance they get! We ask others to judge us as individuals. Likewise, we must learn, also, not to judge a person just because he or she is wearing a badge. We need to find a way to forgive, forget, and move on. The officer doing his or her job, and I’m doing mine; I’m going home at the earliest possible date.

Language

Our language tells people who we are. We can quickly pick out a man from Boston or from the Deep South. A man educated at Harvard sounds different from a man with only a third grade education. Because prison is a closed society, we have developed a specialized vocabulary that is useful in prison but not on the outside. Talking prison slang is not bad or harmful by itself, but it is a huge problem, especially when we get out, if it is our only language.

- What is our favorite prison slang?
- How often do we find slang seeping into our every day conversation without thinking about it?
- What might people infer from our speech pattern?

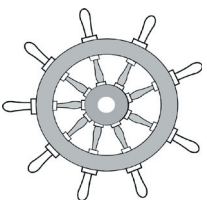


Solution: Learn proper English. Add one new word to your vocabulary every day. Listen carefully to people who speak well. Test your own speaking patterns.

Selfishness

Prisons, by their very nature, are impersonal and have a profound impact on us. They separate us from old friends and loved ones. Furthermore, close and long-lasting relationships seldom develop in prison. Because we are isolated from meaningful relationships, we have no one to care for; and our own needs become the focus of our existence. We begin to view other people as objects to manipulate to our own advantage. Perhaps hyperactive self-centeredness is the most notable hallmark of institutionalization.

- Have we noticed our focus shifting away from others and towards ourselves during our imprisonment?
- How do we manipulate others to gain favor?



Solution: Practice kindness. Develop relationships with people that are lasting. Learn to identify when we are being selfish or manipulative.

Self Image

Now take more time and really think about who we are and what defines us. Be careful here, when we started this chapter, we each completed an “I am” list, which described who we really are or perhaps who we wish to be. We could have some fun with this and make a list of: “I was, I am, and I would like to be.” That list could illustrate changes we have made over time and changes we have yet to work on.

Who Am I?		
I was:	I am:	I would like to be:
Example: A liar	More honest	Totally honest

All of the individual sentences beginning with “I am,” make up our self concept. A self concept is a belief that organizes and shapes our self-view and everything in our world.

An example might be that we describe ourselves as “artists”. We will tend to notice art in offices or upon entering a home. We enjoy art exhibits. When we hear something about another artist, we tend to pay more attention and remember more details. Our minds act as sponges that are ready to soak up any information related to art.

On the other hand, if one of our self concepts whispers, “I am not a football fan,” we may be in a room filled with people talking about football and comprehend very little of the conversation or remember any details. Our self concept powerfully affects how we process information. As we become aware of our self concept, it will give us clues to areas where we may have great difficulties in accurately perceiving objective realities.

Is it possible that a simple change in our behavior could change our attitude? Social psychologists were skeptical, but, in study after study, they found mounting evidence that when a person began working out, he developed a more positive attitude about exercise. People who donate money begin to feel more generous. People who showed acts of kindness felt more compassionate. Has anyone here had experience with an Alcoholics Anonymous group? Have we heard the expression, “You’ve got to fake it till you make it?”

Thinking, Feeling and Behaving

Why are we here? Was our crime something we thought, something we felt, or something we did? When we talk about life change, we often think in terms of what we will do. What percentage of people who have not regularly exercised join a gym to get in shape and are still regularly working out after one year? One study suggests only 4% stay with it. Changes in lifestyle are difficult. If our focus is to change our behavior without substantive and lasting changes in how we think and feel, then our desire for change is undermined.

The concept of life change, starting with the way we think, has growing support from a wide range of professionals. Self-help gurus have long touted the power of the mind to enable people to accomplish great feats. Napoleon Hill, the author of the best selling book, “Think and Grow Rich,” describes the power of the mind to visualize positive results and dramatically improve the probability of the actual results. N.B.A. coaches, like Phil Jackson, have found that time spent visualizing perfect free throws improves a player’s shot more than actually practicing shooting. If we wish to make a change in our life, we can start by imagining ourselves enjoying the success of the positive change. If we want to get in shape, we can spend time picturing the new, lean, and powerful person we can become.

Thinking involves language, and language gives our thoughts power and shape. One way to visualize change is to repeat positive affirmations aloud and to ourselves. As an inmate, the entire system, from the police, judges, corrections staff, and media, to the general public, continually drone out the message to us that we are losers, nobodies, or inmates. These powerful, negative images have a profound effect. We can choose to passively listen to the negative comments, or we can choose to fill our minds with new, positive, and uplifting messages.

Self-help teachers have been telling us for the last 40 years, and spiritualists have taught for centuries that meditation, chanting, prayer, and imagination are useful to quicken or begin spiritual journeys. Only through deep internal reflection can we attain complete consciousness of our true selves. Native Americans, Eastern Religions, and Christianity teach that thinking and speaking are gateways to higher places.

Finally, modern science of the mind, or psychology, has struggled diligently with the ability to modify human behavior. Although there are many schools of thought, the one that has risen to the top is “Cognitive Psychology.” Cognitive is conscious knowledge or thinking. Psychologists have found that often our emotions or feelings, and even our actions, seem to derive from causes that we do not totally understand. Our thoughts, however, belong to us, alone. We have the ability to think, and we have the ability to choose what we think.

Mantras

A mantra is a series of often repeated words or phrases. Mantras, some people say, have mystical powers. The powers may not be so mystical, but they are real and can be used, even in prison.

What would happen if a man wrote a series of mantras and read them to himself three times a day? Could that have a powerful effect? Could mantras like these take a man in a very different direction? Could mantras like these replace the negative ideas that we might hear from corrections staff and other inmates?

Old Ways of Thinking	New Mantras
People do not trust me, I am an ex-con. The police are out to get me. “They” just want to put me back in prison. It does not matter what I do; “they” will find a way to get me.	I have strong moral values and a lot to offer my community. I will be respected, not because I demand it, but because I am earning it everyday. I am trustworthy.
I have screwed up my life so bad. I am a failure.	I learn from my mistakes and am a man who has valuable ideas; I am doing positive things. I am a man of worth.
I wasn’t there for my children when they were growing up.	I am taking steps to be a worthwhile father while I am in prison, and I am preparing to be good father to my children, even when they are grown.
I am an addict. I have never been capable of staying sober.	I regularly attend meetings and am working the steps everyday. I am clean and sober today.
I don’t trust anyone.	I am cautious about who I trust; but, am learning how to open up to those I care about.
I am out of shape.	I am growing stronger by eating healthy and working out.



Consider our “Who Am I” table. We might not have realized how powerful and far reaching those self-concepts are. To go a bit further, let’s build a series of mantras for ourselves, based on the title: “I would Like To Be”.

Old Ways of Thinking	New Mantras

Ancillary Thinking Goal

What thinking patterns will best enable us to reach our goal? Another way to frame this challenge is to identify what thinking errors or destructive thinking needs to be changed. We might remember back in chapter two, when we were asked to identify a primary goal, one of the warnings was not to choose a negative goal. Our ancillary goal in the thinking category may very well include a negative goal, but it should be coupled with a positive one. For example, the goal might be something like, “I will learn to control the anger that triggers my violent outbursts by learning to cope in a positive and constructive manner.” Another example of a good ancillary thinking goal might be, “I will improve my self image by reprogramming the way I think about my career, finances, drugs, and entertainment.”

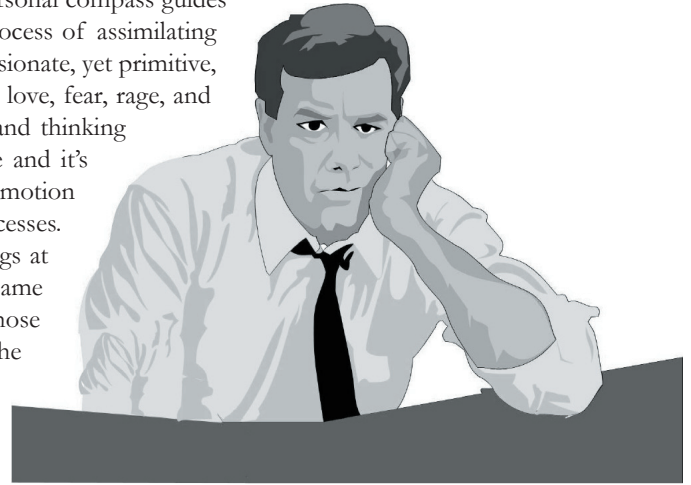
Building Your Map

Ancillary Goal	The Thinking about Thinking ancillary goal of your life map may deal with correcting thinking errors or learning new thinking strategies. Look at the example in Chapter 14 for an illustration of how John Jacob approaches the topic.
Waypoints	<div>What thinking skills will you need to navigate toward your goal? What part of your requisite thinking skills are already strong? What thinking skills do you need to gain knowledge of or to improve? How will you glean these new tools?</div> 
	Go to chapter 17 and complete the thinking about thinking section of your life map

Chapter 7

Emotional Intelligence

Emotional Intelligence is the last of the three super categories. If our personal compass guides our choices and decisions, and thinking about thinking is the mental process of assimilating and using knowledge, then how do emotions fit in? Emotions are the passionate, yet primitive, deep down feelings that stir our soul. Emotions include such feelings as love, fear, rage, and joy. In literature, emotions are often described as affairs of the heart, and thinking is often described as a function of the brain. However, that's literature and it's wrong. Obviously, emotions are a cognitive function of the brain; but emotion is distinct and quite different than the rational and logical thinking processes. Think of it this way; the brain is capable of doing several different things at once. The brain handles our rational and logical thinking, while at the same time handling our emotions. When our emotions kick in, we often feel those physiological changes, such as an increased heart rate, tightening of the muscles, sweaty palms, and rapid breathing. So, while it may be true that emotions are a cognitive function, it is also true that they are special and unique. Emotions are often thought of as something involuntary or alien that just takes control of our brain, then our nervous system, mood, and body.



Emotional Intelligence is the idea that we are able to learn about how our emotions work and find ways to use emotions constructively in our lives, just as we learn how to think logically or to solve problems in math.

Unique Brain Function

Have we ever met someone and instantly disliked them before we could logically describe what about the person made us uneasy? Have we ever sensed danger before we observed anything threatening? Have we ever heard someone speaking and knew they were telling lies before we had any proof? Most of us can relate to situations like these. The question is how can that happen? Is it ESP (Extra Sensory Perception)? Is it intuition? A related phenomenon is *deja vu* (the feeling that we have experienced an identical situation before), yet we can't remember when. Throughout human history, mystics, paranormals, and spiritualists have attempted, sometimes solely for the benefit of making money, to offer explanations for these effects.

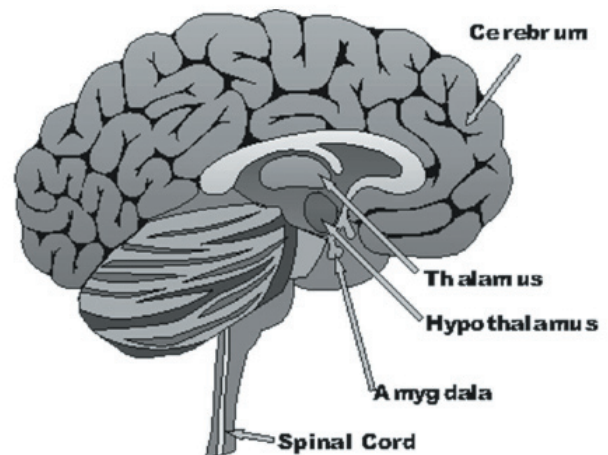
Science has recently developed tools and theories that may also shed light on these questions. The brain is a complex organ, consisting of many interrelated parts that somehow function together. In other words, while one part of our brain is processing something in a logical or rational manner, another part is dealing with the same situation from an emotional standpoint. This section of life mapping will attempt a rudimentary explanation of two important areas of the brain and how they affect us.

The limbic system in the brain plays a major role in our emotions. The limbic system is composed of two parts: the cortical region and the sub cortical region. The sub cortical has three parts:

- The Septum (the brain's pleasure center)
- The Amygdala (the brain's fear, arousal, and anger responses)
- The Hypothalamus (regulates emotions such as anger, pain, pleasure, sexual feeling, and survival instincts, such as the desire for food and water).

Thinking that involves logical reasoning and rationalization takes place in a very different area of the brain, the cerebrum in the frontal lobes.

While each of the areas of the brain works together, it is very important



to understand that they work differently and not necessary at the same rate of speed. For instance, the amygdala receives input information regarding fear, anger, and pains directly from our senses and instantly processes that information into a physical response that prepares the body for a fight or flight response. At the same time our amygdala is physically preparing our body for imminent action, our senses are also transmitting to the cerebrum, which then processes the information in a logical and systematic fashion, albeit at a rate that is a fraction of a second slower than the amygdala. That fraction of a second explains why we so often react emotionally to something, and, a few seconds or minutes later, think, “why did I overreact or handle the situation that way?”

An example of this might go as follows: An office worker is called in the boss’s office, and the boss starts to berate and scold the worker for poor performance. The worker’s body automatically and instantly starts preparing for fight or flight because the amygdala instantaneously responds. The heart rate increases, rapid breathing floods the blood with oxygen, the muscles tense to form an armor shield, the pupils dilate and the eyelids open wide to view every detail. These physiological responses would be quite appropriate to a threat from a wild animal or an attack from an enemy, but they have absolutely no value in the office environment. The amygdala has done its job and prepared the body for action. The amygdala acts automatically and quickly, but it takes time for the cerebrum to figure out that the danger is not physical and that the body can and should relax. Those emotional responses come from a very primitive part of the brain. It’s almost as if there are two separate cognitive functions that use different values and strategies in evaluating the same data. One works quickly, and the other works slower but more thoroughly.

In a very real sense, our brain is equipped with dual processors that work with various inputs. It’s no wonder that it often seems that we have seen something before but can’t recall the incident. We did just see or comprehend it, then saw it or processed it a second time. This also accounts for why our intuition provides an opinion before we can logically explain it.

Beauty of Emotions

The quick emotional responses are certainly valuable in those times of emergency, when an individual has no time to think but must act with force and speed. That sub cortical region (Amygdala, Septum, and Hypothalamus) is the part of the brain that gives us quick insight. It is the very foundation of intuition. It has the amazing ability to assimilate vast amounts of tiny details and read situations quickly. We can look a person in the eyes, hear the tone of their voice, see their body language, and almost instantly determine if we like, hate, trust, or fear them. It is this ability that keeps us alive in dangerous situations.

Beast of Emotions

Emotions are great, but they can often be wrong. Can we remember a time when we met someone that we liked and trusted only to eventually find out that he or she was a scoundrel? Or can we think of the time when our assessment was negative at first sight, but the person proved to be a faithful, long term friend? The example of the stress response in the boss’s office is another one when the emotional response was not helpful.

The Dance of Emotions and Thinking

If our brain has two separate and very different methods of functioning, which one should we trust? Remember that both parts, the amygdala and the cerebrum, are vital to our survival. The amygdala is critical when we sense danger and immediately react; the cerebrum takes over shortly thereafter and helps us to evaluate the situation logically. Think about how many times in our life we have experienced situations where we have said, “I can’t believe I reacted that way!” Sometimes this dual processing creates some embarrassing or amazing results.



Gene Rodenberry, the author of Star Trek, must have struggled with this very question when he developed the character of Mr. Spock. Spock was half Human and half Vulcan. Humans have emotions but a Vulcan has none. Spock continually strived to squash emotional responses and to dismiss them as silly, fanciful dreams that had no use in making practical and rational decisions. The character of Data was quite different than Spock. Data was an android with incredible computing ability. Data had no emotions; but, unlike Spock, Data realized that he was missing something valuable and useful. Data was always striving to experience emotions and was disappointed as he failed.

Measuring Emotional Intelligence

Daniel Goleman, author of “Emotional Intelligence” suggests that EI may very well be more important than IQ in determining a person’s success in life. Goleman proposes that our ability or inability to effectively negotiate the vast world of emotions can propel one person to great heights and another to the depths of despair. How would we rank ourselves in the ability to use emotions successfully?

Improving Our Emotional Intelligence

Can EI be taught to children? What about an adult who has spent a life time operating in a mode that is less than effective, can he change? In fact, we can all make changes in our emotional response. To learn more about this idea, we recommend a number of books:



Emotional Intelligence, Daniel Goalman

Blink, Malcolm Gladwell

The Gift of Fear, Galvin deBecker

Perhaps many people struggle trying to determine if and when emotion or logic is most beneficial. Emotional Intelligence (EI) invites us to consider that the two may work together in an optimal, choreographed dance. Those who have mastered EI use logic when it is demanded and use emotion when it is appropriate.

Building Your Map

Ancillary Goal	The goal for this section may be very specific, dealing with particular emotional responses such as anger; or it may be more general, striving toward greater stability, or just better use of emotions. It may also include balancing your emotional response with a logical and rational response.
Waypoints	<div>What type of emotional tools will you need to pay particular attention to if you are to achieve your goal?</div> <div>What emotional skills have you already mastered?</div> <div>What areas do you need to work on?</div> <div>What type of help do you need?</div> <div>How will you make those improvements?</div> <div></div>
	Go to chapter 17 and complete the emotion section of your life map

Chapter 8

Relationships

Evaluate Existing Relationships

Who are the people in our life? Who are our family members? Who are our friends? Who are our enemies? Who can we trust? Whom do we love? Who loves us? Who has written us off? Whom do we never want to see again? Whom do we miss? Who visits us while we are in prison? Who writes to us? Who sends us money? Are the people who are the most fun to be with the same as the ones we can really count on? The people in our life play such a crucial role. A good friend can help and encourage us to walk the path that leads toward nobility; a bad friend can drag us down to the depths of prison. This chapter of Life Mapping invites us to look at the people who have been in our lives in the past, the people who are presently in our lives, and those who need to be in our lives in the future. A warning, this chapter might not be easy, emotionally, but it can be very valuable.



People We Have Hurt

As we sit here in prison, it's probably not too hard to come up with a list of people whom we have disappointed, let down, or hurt in the past. In fact, even the good, hard working people of the world, who have no criminal record, could compile a sizable list of people they have wronged if they put their minds to it. Starting with family members, who expected better things of us, who are those people we disappointed? What about past employers, friends, pastors, and others? As human beings, we are social; our life touches and affects many others. What about victims of crime? Stealing a tool box from the back of a truck clearly hurts the guy who owned the tools, but it hardly stops there. Without his tools, he may not have been able to work and support his family. His wife could be hurt, so could his children and his employees.

This section is about taking responsibility for our actions and understanding how our actions impacted others. The following chart challenges us to list the people we have hurt and explain how we hurt them, then to consider whether it would be worth while to restore the relationship. In Alcoholics Anonymous (AA), steps 8 and 9 are as follows:

- Step 8. Make a list of all persons we harmed, and become willing to make amends to them all.
- Step 9. Make direct amends to such people wherever possible, except when to do so would injure others.

According to AA, there is healing power in the restoration of a relationship. The healing is not primarily for the person who was harmed, but rather the person who injured others. The following chart is an example of such a list:

Example Chart			
Name of Hurt Person	Type of Hurt	Worth Restoring?	Describe Amends
Mom	Legal Fees, Disappointed, Embarrassed	Yes	Pay back \$3,700
Mr. Johnson (Old Boss)	He trusted me and I stole from his customers	Yes	Apologize in a letter
Children	Embarrassed, I can not be there for them	Yes	Spend time with them
Tom and Randy (friends)	Owe them money	No	N/A
Customers (drug users)	They hurt themselves by using drugs, but I helped by selling them	Not Possible	N/A
Children of drug users	Contributed to messing up their parents lives	Not Possible	N/A
Ex-Wife	Back child support (\$7,000). I cheated.	Not sure	Make payments, and ????

Now it's our turn. We can use names, initials or whatever we decide. This is not for anyone else to see. It's just a chance for us to look deep and account for some of the people we have harmed and to identify those people that we need to work with to restore an otherwise damaged relationship. Finally, give a brief description of how we might make amends.

Name of Hurt Person	Type of Hurt	Worth Restoring?	Describe Amends

People Who Have Hurt Us

This next section is the opposite of the last section. Who are the people that have hurt us? This could go back to our childhood and parents that were abusive or just not there for us. It could include friends that let us down. It could be a lover who left us. Revenge is not consistent with our life map; we cannot have revenge and achieve our positive goal. Forgiveness is the answer. Besides, people that don't like us will hate it when we are happy and have achieved our goal.

Name of Person Who Hurt Me	Type of Hurt	Worth Restoring?	How Do We Forgive?

People We Have Helped

This list is very different. List the people we have helped in our lives. It can include our children, spouse, friends, or total strangers. The point here is to identify the people and circumstances when we did right by other people.

Name of Person That I Helped	Situation

People Who Have Helped Us

This list is the opposite of the last, and it asks us to list those who have helped us in our lives. It can include parents, a teacher, a coach, a friend, or any one that made the effort to help us.

Name of Person That Helped Me	Situation	Could This Person Help Me Again? How?

The Positive and Negative

Now that we have compiled the various lists of people, good and bad, that have been a part of our lives, it's time to build a comprehensive list. Review our lists and construct a new one of the ten most positive and negative people in our lives.

10 Most Positive People In My Life	10 Most Negative People In My Life

Success Team

Who are the people who surround us? Who would we share our goals with? Are the people we spend time with helping us reach our goals or steering us away from them? While we must interact with many different people each day, we have the opportunity to choose with whom we develop relationships.

Often, we choose our friends because of common interest, backgrounds, or a shared history. Old friends are gold and to be highly valued; but, if we are planning to achieve a goal that requires us to walk a path we have not yet traveled, we may very well need to find some new friends, people with specialized knowledge, skills, and abilities to help us. Some things we can do alone, but, to accomplish a big goal, we would be wise to enlist others as part of our team. Nobody ever won the World Series alone. Nobody ever flew into space without help. The key to virtually every great achievement of humanity has been a successful team.

How do we go about building a team? What qualities, skills, or knowledge do we need help with? First, start viewing those around us in a different light. While everyone has an opinion about every subject, some people may have specialized experience which could make their opinion valuable.

When we get out of prison, perhaps we will seek a female partner. What characteristics are we seeking in a woman? Be careful here. How many of us are in prison, directly or indirectly, because of problems involving a woman? Many of us could quickly list physical traits that are attractive to us. However, how much time do we spend evaluating other important characteristics? Do we consider emotional stability, intelligence, loyalty, attitude, job skills, contacts, and money management skills, to name a few? A big spending wife could lead us to poverty. An emotionally unstable woman, or addict, is a good ticket for a probation violation. Conversely, a woman who is stable, smart, and loyal could very well be a wonderful choice to help us focus on achieving our goal.

Every person with whom we develop a relationship has an impact on our lives. Seek out people who will help us achieve our goals.

Drafting Our Team

Whether we are building a team to sail around the world in an old world, tall ship, opening a new company, or striving to fulfill our own personal primary goal, we will certainly need other people. But whom do we need? What skills and traits are important? These are not simple questions. Let's take a look at one of the most well known team building traditions, the National Football League (NFL) draft. Each year the

coaching staff evaluates existing players on the team. One or two players may be rated as irreplaceable, and those players must be kept, even if the cost is very high. Some players are rated as valuable, and the team will attempt to keep them. Others are rated as acceptable, and the team will keep them only if they can not find someone better. Finally, there are the players that just don't measure up. They either can not, or will not make the plays that the team needs. It may be that their play on the field is satisfactory, but they simply bring too much baggage that hurts the team in other ways. For each NFL team, the decisions place millions of dollars at stake. The outcome matters to the other team members, the team owner, the fans, and even the league. So how do NFL teams meet this challenge? The famous draft board is the answer. Each team will list every position they need to fill. For each position, the coaching staff will carefully outline the skills required. They will also rank each position in terms of importance to the team.

How might this NFL draft example apply to us and our Life Map? Think about it, we have to draft a success team. We might wish to start by listing the nine areas of our life map and decide who or what type of person would be helpful in each area. Do we already have someone who might fill a particular position? Before we jump into the work on this list, look back over the preceding lists and consider those for candidates. We probably have some of the same people on several lists. What areas of life are lacking the right people who can help us? Let's review John Jacob's sample draft board and then complete our own.

John Jacob's Sample Draft Board		
Area of Life	Type of Person or Persons Needed	Person's Name
Personal Compass	Spiritual Leader or Pastor	None
Thinking about Thinking	Accountability Group	Candidates: Rusty, John, Al
Emotional Intelligence	Therapist	None
Personal Finance	Financial Advisor	Candidates: Carl Schumann
Career	Burger King Mentor, Friends in Restaurant Industry	Mr. Sanchez (Old Boss)
Health	Workout partner	Luke, here in prison, none outside
Education	????	None
Hobbies/Activities/Ent.	Fun person, good attitude, athletic	None
Environment	Church friends in good healthy environment	Rusty and John

My Draft Board		
Area of Life	Type of Person Needed	Person's Name
Personal Compass		
Thinking about Thinking		
Emotional Intelligence		
Personal Finance		
Career		
Health		
Education		
Hobbies/Activities/Ent.		
Environment		

Recruiting Our Players

Our draft board should give us a good idea of the people who are already on our success team. We should also have a good idea of the positions where we need help. So how do we get the right people into our life? While in prison, our access to a wide variety of people is necessarily limited. Still, as we look over our list, we may see some types of people whom we may be able to find in prison with us. Our strategy is to tell them about our goal and to ask them if they would be able to help us. In some cases, we might not share our entire life plan, just one of our ancillary goals. The idea is to learn how to trust people, learn to share our vision with them, and include them in a part of that vision. Be clear what we are asking for. For example, if we are attempting to learn more about accounting, and we happen to meet a certified public accountant, what should we ask of him? Some people might make the mistake of asking the accountant to teach them about

accounting. That is asking too much, and it demonstrates very little effort on our part. A more reasonable request might be to tell him we are reading some books on accounting and, from time to time, we might have questions for him. If he agrees, and we are studying cash basis verses accrual basis, we might ask him how either system might affect our particular company. In other words, show that we are willing to do the heavy lifting, and only asking him for his expertise in particular areas.


Coaching and Motivating Our Team

As we build our team, it is important to continually communicate with the people on it. We must keep our players informed with up-to-date information, so they can better assist us. Ask for very specific help. Be clear about what type of help we need and when we need it. Remember our team, unlike an NFL team, is voluntary. We can not insist or demand performance on our time table. Be willing to give something back to those who help us.

Evaluating Players

In the NFL, each of the players is continually being evaluated. Do we evaluate the people on our team with the same critical eye that a coaching staff uses to look at their team? Learn to identify and encourage excellent performance. The flip side of this evaluation process is that sometimes we need to cut players. What about the old drinking buddy whom we have known since high school? He’s a good guy and a loyal friend. We have been through so much with him. When we first got divorced, he let us stay with him for 6 months. Yeah, he’s great guy; but his solution to any sort of stress is to get drunk. Can we really afford to keep him as a friend? It might sound cold and heartless to exclude long time friends, but what if they have habits that are prone to destroy our lives? If we knew a person with a highly contagious disease, would we invite him over to hold our new baby? There are people who are not good influences. Those people must be cut from our team.

Building Your Map

Ancillary Goal	Consider your primary goal. Who are the people who are part of that aspiration?
Waypoints	List the people or the types of people who you need in your life? Who are the people that are already in your life who can help you reach your goal? Who is not yet on your team and how can you recruit the right people?
	Go to chapter 17 and complete the relationship section of your life map.



Chapter 9

Personal Finance

To achieve our primary goal, and many of our ancillary goals, as well, we will need to understand and successfully manage our personal finances. What are personal finances? Everything that involves us financially, from balancing a checkbook, to building a good credit score, to successfully investing our money. The successful management of our personal finances requires a commitment to learning, disciplined money management, and the keeping of a tight budget. Think about it, if our goal involves raising a down payment for the purchase of a new home, starting a new business, getting married, or putting a child through college, we will need to save a substantial amount of money.

Raising the money needed to meet our Life Mapping goal is probably not going to happen by luck; so how do we make sure it happens? To be successful with our personal finances, we must, first and foremost, understand why a budget is important, how to construct a budget, and how to use it effectively.



Why Budget?

It is safe to conclude that if we have responsibilities in our lives, we worry about money. This includes how to finance not only our day-to-day needs, but also our goals – which is the objective of people everywhere, in every income group, and in every circumstance.

For the first time in decades, budget-keeping is critical because of the ever increasing cost of living and the overwhelming cost of many necessities and discretionary items. If we would like to start living our life using a budget, understand this fundamental point: Our budget will be very different from that of the person living near us. It will, without question, differ in many key respects from any “average” spending-saving pattern of any “average” American family. The “average” family exists only on paper, and its “average” budget is a fiction, invented for statistical purposes.

The shape of our budget will depend directly on our own, or our family’s individual goals and priorities. Would we prefer to spend \$500 on a new video game system or on community college classes? Would \$1,000 spent on a new computer mean more or less to us than \$1,000 worth of, say, guitar lessons? There is no sense in attempting to fit into someone’s “ideal” financial pattern which ignores our own personal wants and desires.

The budget we implement will also depend heavily on the makeup of our family. A young working couple without children may have relatively low housing costs, high entertainment and clothes costs, and a good opportunity to save money for a future family goal. The budget of the couple with growing children and a heavily mortgaged house will have less money for clothes and entertainment.

In essence, there is no such thing as an average budget, and we should not even look for a “normal” format. Search, instead, for a simple, flexible financial outline to help us achieve the goals we truly want. The point is to understand that using a budget can help us to live within our means while staying on target to achieve our primary goal.

How to Construct a Budget

We can get our first basic guidance from the experience and methods of others. The store owner on our corner has part of the answer in the way he handles his store’s income and expenses, and combines the two together with some money left over for “reserve.” Our parents had part of the answer in the way they measured their income and prospects for income, and then divided their spending into so much for essentials, so much for savings, and so much for discretionary items. The corporation has much of the answer in the ways it keeps its books, prepares for bad as well as good times, and provides a cushion for the unexpected and unpredictable.

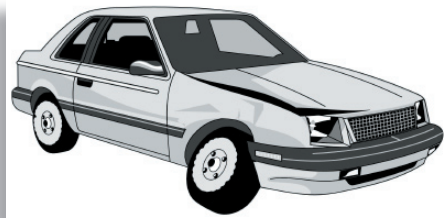
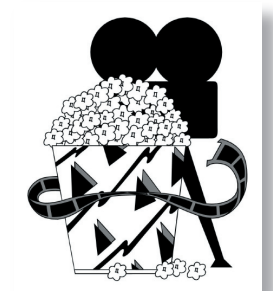
Obviously what we need is a style of budgeting that will:

1. Tell us how much money is coming in during the next several weeks or months.
2. Tell us how much money has to be put aside today for future security, our independence, and those big, unavoidable bills due in the next several weeks or months.
3. Tell us how much is left over for the day-to-day expenses, ranging from food to a new household gadget.
4. Tell us, too, how much money is left, if any, for discretionary spending.
5. Relate our income and expenses for a reasonably long period of time, so that we can avoid living hand to mouth and paycheck to paycheck.
6. Help us to run our personal affairs the way most successful businessmen run their businesses.
7. Achieve our financial goals.

Money is earned to be spent. When we spend, we buy more than material things, such as bread or shoes; we make decisions which determine our whole way of life. Our decisions bring us closer to or, perhaps, send us further away from, our goals and ambitions.

It may seem that so many of our decisions are forced by circumstances and that we have very little chance to control our own money.

Perhaps, however, our income appears too small to go around, only because we did not take into account the “nibblers” – the little items that nibble away at our income until there is nothing left.



Perhaps we have debts left at the end of the year only because we ignored the “bouncers” – the big expenses that turn up a couple of times a year and make giant dents in our income.

Or perhaps we are in trouble only because we haven’t considered the “sluggers” – the unexpected expenses, such as sickness or major household repairs, which can throw even a good spending plan way off balance.



As we construct a budget, it’s helpful to understand that no amount of money we earn will ever be enough to cover all our wants. Accept the theory that the more income we have, the greater will be our desires. Get this point, if we want something badly enough, we will sacrifice other things for it! Therein lies the point of the personal finance area of our life map. If we truly want to achieve our primary goal, we will develop a plan of control over our spending.

Using a Budget

When we first leave prison, many of us may only be able to find a job paying a basic minimum wage, and it may seem impossible to live on such a small amount of income. Admittedly, it will be difficult. Let me make the suggestion that it really is just a question of perspective. To put it differently, we may have to check our perspective each time we have a budget issue. Make sure our perspective on any individual item is in line with our primary goal.

Let's take a look at a simple budget using a basic minimum wage job at Taco Bell and see if it's even possible to live on such a small amount of income.

Job #1 earns us \$7.50 per hour, and we work 40 hours per week. Our weekly income is \$300. We multiply \$300 by 4.33 (the average number of weeks per month) and arrive at our monthly income of \$1,299. Out of that amount comes our various taxes and withholdings (we will use an average of 20%) or \$260. That leaves us with net pay for the month of \$1,039.

Now we budget for our expenses. We spend \$400 on rent per month. Does \$400 sound crazy for rent? What does that get us exactly? Maybe a small studio apartment, a room in someone's home, a small trailer, a two bedroom apartment, if we have a roommate who also pays \$400 per month. Right now, we are all saying, "Wait a minute... a roommate, man I don't want a roommate." Here comes that perspective adjustment. How many roommates do we have now? One sounds okay when compared to 70. It's a step in the right direction, and it's only temporary.

We budget \$280 for food. That amount isn't going to find us shopping at Publix for the big brand names and all the extras, like a big bottle of A1 Steak Sauce. However, it does afford us better food than we are eating now. In fact, if we are smart with our money, buying a whole chicken and cleaning and cutting it up ourselves, instead of buying a four pack of chicken breast, we can make our money go pretty far.

We budget only \$70 per month for clothes. Now that's a tough one. Shoot, we could spend \$70 on one pair of jeans or shoes easily. This is a great opportunity for a perspective adjustment. What are we wearing right now? If we go to Goodwill, we can get the basics we need for the first few months. A couple pairs of pants, shirts, shoes, shorts, et cetera. We really don't need a bunch of fancy clothes the first few months after our release. What we really need are good working clothes, and Goodwill has plenty of those at very good prices. Remember, this is not forever; it's temporary until we "get on our feet." By the way, "getting on our feet" is not having a fancy pair of pants, it's having money in the bank that will help us to achieve our primary goal.

We budget \$50 for savings, and we pay it just like we would a bill. It might seem crazy to put \$50 from our first check into savings when we could so easily spend it on extra clothes or food, but this is our future, our money set aside to help us achieve our primary goal. This \$50 is a priority now in our budget.

Utilities are pretty straight forward. We have a basic place to live and therefore basic utility expenses: electric, gas, water, garbage, and sewer. There is no cell phone here but maybe a basic phone service. We don't have extra money for luxuries, just yet.

If you have probation, it's \$80. Maybe you have restitution or court costs or child support. We have budgeted \$80 per month, figuring each of us probably has one.

Transportation is \$30 per month. What does that get us? A bus pass for the month. Here's a great example of why budgeting is so important. Now we know we only have a bus pass as our primary transportation. That dictates many of our other decisions. We are going to have to get



Job #1		
Taco Bell \$7.50 per hour		
40 hrs/ Weekly Income		\$300
(times 4.33)		
Monthly Income		\$1299
Less Withholding 20%		(\$260)
Net Pay \$1,039		
Expenses:		
38.5%	Rent*	(\$400)
26.9%	Food	(\$280)
6.7%	Clothing	(\$70)
4.8%	Savings	(\$50)
7.2%	Utilities	(\$75)
7.7%	Probation	(\$80)
2.9%	Transport	(\$30)
5.2%	Discretionary	(\$54)
100%	Total	(\$1,039)



to work, shopping, and appointments via the bus. So, we will probably want to live a very short distance from a bus stop. When we are looking for a place to rent, we will need to pay attention to convenient bus stops. If there is a shopping center within walking distance, all the better. Consider this; most city buses have bike racks conveniently located right on the front bumper. If we buy ourselves a cheap bike, it extends our reach.

That leaves us with \$54 per month in discretionary income, money to spend on whatever we want. That's our entertainment, or fun money. Clearly we may not like the reality of our budget. The budget we have from job #1 just doesn't seem like a lot of fun. However, it really does come down to perspective. If we want to stay out of prison, we will make it work. Again, it's only temporary, while we are getting on our feet and beginning to rebuild our lives. When we find better paying work, we will have more of the nice things life has to offer.

Job #2		
Taco Bell, \$7.50 per hour		
48 hrs / Weekly Income		\$360
(times 4.33)		
Monthly Income		\$1,559
Less Withholding 20%		(\$312)
Mow 3 lawns on day off at \$40 per lawn		\$520
Net Pay \$1,767		
Expenses:		
22.6%	Rent	(\$400)
19.8%	Food	(\$280)
5.7%	Clothing	(\$70)
5.7%	Savings	(\$778)
5.7%	Utilities	(\$75)
4.5%	Probation	(\$80)
1.7%	Transport	(\$30)
34.4%	Discretionary	(\$54)
100%	Total	(\$1,767)



The question we have answered here is, can we make it if we earn a basic minimum wage, and the answer is YES! It can be done. It's temporary, because we work hard, and we let the boss know we can be counted on to do whatever needs to be done to make the business run better. If he says, "the grill needs to be cleaned," we volunteer to clean it and do a great job. If he says, "the bathroom needs to be cleaned," we say, "I got it." If someone calls in sick, we volunteer to work a double shift. In time, the boss realizes that he can count on us. After we have earned his trust with our hard work and dedication, we ask him for an extra shift each week. Instead of working 40 hours, we ask for 48 hours. What do we think he's going to say? He's going to say yes because, as a manager, he has very few employees who are willing to work hard and do the job right the first time.

In addition to that, we find some extra work on one of our two days off. We all have the ability to do little side jobs, like mowing a lawn, washing cars, pressure cleaning a driveway, et cetera. We don't need two days off per week because right now we are focused on staying out of prison and getting on our feet, financially. Besides, what are we going to do with two days off? We have \$54 for the month for entertainment. Idle time often translates to "find trouble time." Notice what that extra eight hours each week at Taco Bell and those weekly side jobs do to our budget with job #2.

Our income jumps to \$360 per week, or \$1,559 per month. We subtract our 20% withholdings of \$312. We add the income from our extra side jobs. In our example, we mowed three lawns each week on our days off and charged \$40 per lawn. Every neighborhood in America has a few homes that have all the equipment on hand for mowing the lawn, but the owner doesn't feel like doing it or can't. \$40 is a reasonable price, and

it brings us in an extra \$520 per month in income. Our net pay for the month is now \$1,767. Working harder with our time brings in an extra \$728. How should we spend that extra money? The answer is WE DON'T!

We continue to live frugally and take the \$728 in extra income and plow it into savings. Here we are with the cruddiest job out there, earning minimum wage, but we are saving \$778 every month. If we keep this up, we can save over \$9,000 in one year and be well on our way to saving the money we need to achieve our primary goal.

Now let's contrast our opportunity in job #2 with the lost opportunity of job #3 and see if we can find a moral to this story. Instead of working at Taco Bell, we find that we get out of prison, and, because we have a vocational skill, we get a much better paying job, say as a machinist, earning \$17.00 per hour. We work forty eight hours per week and earn a monthly income of \$3,533. After subtracting the 20% withholdings, we end up with net income of \$2,826. Now things get interesting. We rent a nice two bedroom apartment, eat all the brand name food we can think of, purchase some nice clothes, and a few nice extras for our apartment, like cable and high speed internet. To top it all off, we buy a nice iPhone. We are living life too large to be riding a bus, so we go out and buy a new car. The cost of the payment, gas and oil, insurance, and repairs is \$715 per month. After all of that, we still have \$231 per month for entertainment. Nice!

Which of these scenarios is the best for achieving our primary goal? Here's the problem with our job #3 scenario. We are living a nice life, but we are not saving the money necessary to achieve our primary goal.

The moral of the story: If you are not making a lot of money, you cannot get to your goal. If you are making a lot of money, but not budgeting and saving, you still cannot get to your goal.

Job #3		
Machinist, \$17.00 per hour		
48 hrs / Weekly Income		\$816
(times 4.33)		
Monthly Income		\$3,533
Less Withholding 20%		(\$707)
Net Pay \$2,826		
Expenses:		
26.5%	Rent	(\$800)
15.9%	Food	(\$400)
5.3%	Clothing	(\$300)
10.6%	Savings	(\$50)
8.8%	Utilities	(\$250)
2.8%	Probation	(\$80)
25.3%	Transport:	(\$715)
	Payment	(\$250)
	Gas/Oil	(\$240)
	Insurance	(\$150)
	Repairs	(\$75)
4.6%	Discretionary	(\$231)
100%	Total	(\$2,826)

BUDGET

We have included a three page budget for use after our release from prison. Its detail prompts us to remember all the potential we have for spending money. We tend to forget little things, like shampoo and soap, when we budget. That stuff gets expensive.

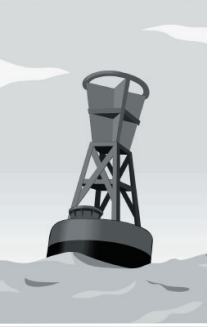

Budget Page #1					Budget Page #2				
Budgeted Item	Sub Total	Total	Actually Spent	% of Monthly Inc.	Budgeted Item	Sub Total	Total	Actually Spent	% of Monthly Inc.
Saving					Clothing				
Emergency Fund					Children				
Retirement Fund					Adult's				
College Fund					Cleaning/Laundry				
Housing					Medical/Health				
1st Mortgage					Disability Insurance				
2nd Mortgage					Health Insurance				
Real Estate Taxes					Doctor Bills				
Homeowners Ins.					Dentist				
Repairs/Maint.					Optometrist				
Replace Furniture					Medicine				
Utilities					Personal				
Electricity					Life Insurance				
Water					Child Care				
Gas					Baby Sitter				
Phone					Toiletries				
Trash					Cosmetics				
Cable/Internet					Hair Care				
Food					Education				
Grocery					Child Support				
Restaurants					Alimony				
Transportation					Subscriptions				
1st Car Payment					Organization Dues				
2nd Car Payment					Gifts (+ holidays)				
Gas and Oil					Misc.				
Repairs and Tires					Walking around \$				
Insurance					Recreation				
License and Taxes					Entertainment				
Car Replacement					Vacation				
Charitable Giving									
Page #1 Total					Page #2 Total				

Budget Page #3				
Budgeted Item	Sub Total	Total	Actually Spent	% of M. I.
Debts				
Visa 1				
Visa 2				
MasterCard 1				
MasterCard 2				
American Express				
Discover Card				
Gas Card				
Dept. Store Card				
Finance Co.				
Credit Line				
Student Loan				
Other				
Other				
Page #3 Total				
Page #2 Total				
Page #1 Total				
Grand Total				
(Total Income)				
				\$0



Note: Why the “\$0” at the end of page #3? When we budget, we spend every penny of our income. Some of our money was budgeted to entertainment, walking around money, and miscellaneous categories. We want to see where every penny of our money is being spent.

Building Your Life Map

Ancillary Goal	What do you need financially to accomplish your primary goal?
Waypoints	<p>What financial provisions are needed for the success of your goal? Let's start with some obvious provisions that are essential, financially speaking, no matter the goal:</p> <ul style="list-style-type: none">• To learn how to build and live by a budget• To learn how to improve your credit score and to actually improve it• To learn how to save using retirement accounts <p>Well, you get the idea.</p> 
	Go to chapter 17 and complete the personal finance section of your life map

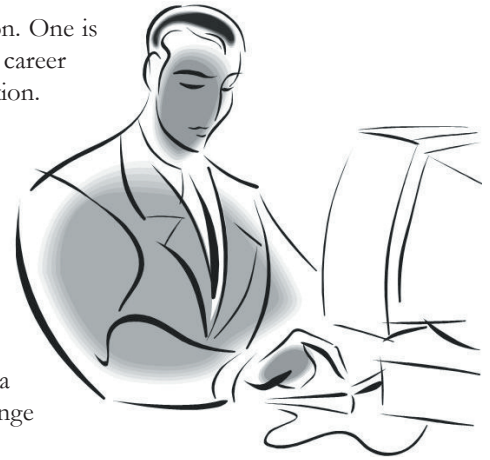
Chapter 10

Career

Careers and Jobs

What is the difference between a career and a job? There are several answers to this question. One is that a job is the performance of a task, in exchange for a wage. Contrast the job to a career. A career is a series of jobs performed with the purposeful intent of progressing to a higher level position.

Here's an example. A high school student named Stanley has a career goal to be the Store Manager of a grocery store. When he turns 16 years old, he joins dozens of other high school students applying for a job as a bagger at Winn Dixie. Stanley will use his job as a bagger to actively work towards his goal. When a stock room position becomes available, Stanley immediately applies for that position. It only pays ten cents more per hour, but he is not very concerned because he's excited to begin learning a new area of the operation, which will improve his chances for a future promotion. When Stanley moves away to attend college, he immediately applies to a Publix that is close to his student housing. Stanley lands a position as a night stockman. Again, Stanley is not focused on the hourly rate, only on the range of experience he is gaining.



During his time in college, Stanley eventually works his way into the produce department and becomes the night shift manager. Stanley's job involves taking inventory, disposing of past prime produce, and order placing. By the time Stanley graduates from college with a bachelor's degree in business management, he is very well qualified to work as a department head, earning \$50,000 a year in a grocery store. At age 27, Stanley becomes the youngest store manager in his region.

Think back to Stanley's first job. He was bagging groceries alongside dozens of other kids at Winn Dixie. What do we think happened to those other kids? Do we think they all became store managers by the age of 27? Chances are some of those guys are still working at some other type job. While Stanley settled for very modest raises, the other kids might have jumped to what they considered to be better jobs. One kid might have gotten a summer job working a shrimp boat. Another may have obtained a job as a carpenter's helper. Those jobs probably paid a higher wage than Stanley's, but they were still jobs and not careers. A good job is fine; however, jobs don't take people to the top of the mountain.

Why was Stanley able to rise to the position of store manager when others were still working jobs? Stanley's rise to store manager took 11 years. Was it worth it for Stanley? A store manager at Publix can make \$150,000 per year. The key to Stanley's success was a well thought out career plan.

Life Mapping suggests that a person leaving prison should be seeking a career plan rather than a job. What type of career would be the most beneficial for reaching our primary goal? What career path would supply the income necessary to meet our objectives? What type of working environment would be the safest, considering our criminal record? What career field would enable us to learn and grow in a desirable direction?

The First Job

When we first leave prison, one urgent necessity will be to find a job that provides immediate income. After all, if we have no money in our pocket and no food in our house, we may be inclined to ask a potential new employer only two questions. "When can I start, and when do I get paid?"

The primary reason men seek employment with temporary agencies or day labor companies is for a daily paycheck. Early into our release, this may be a viable option that puts some money in our pockets quickly. However, we are men driven toward a goal. We have a purpose and direction in our lives. We wrote it down, and we are committed to accomplishing our goal.

Will our job at the temporary agency propel us toward our primary goal? In many cases, we may determine that it is only a temporary solution until we find a better job. This begs the question, "What is a better job?" More specifically, "What is a better job for us in light of our primary goal?" If we have regular work with a day labor company, and are able to keep our heads above water by paying rent and buying food; we are

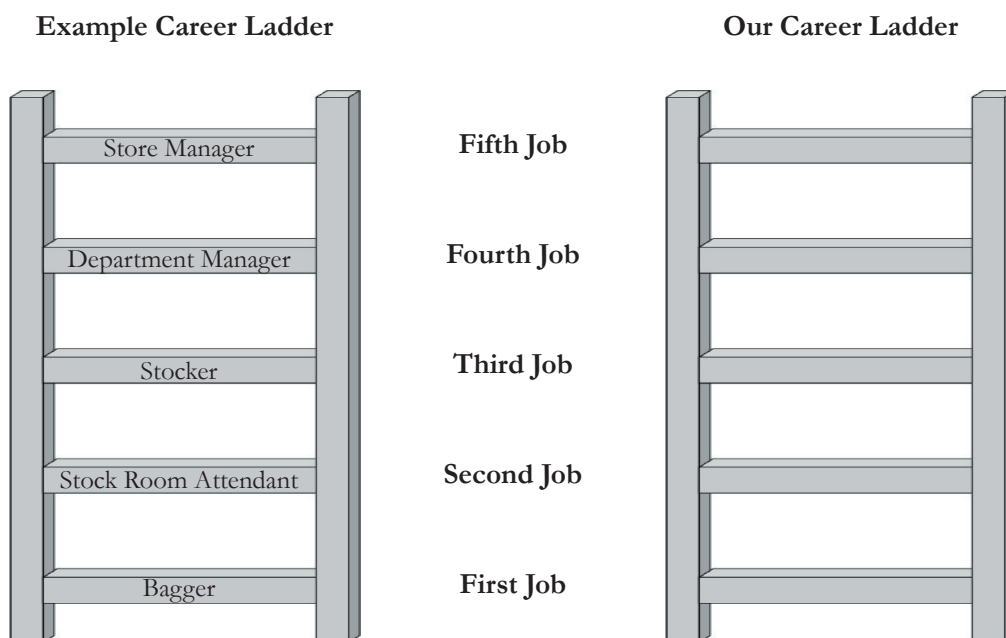
better positioned to find a better job. We might start our job search by seeking virtually any job we can get and using the hourly rate as the only barometer, or measure of the job's suitability.

Let's assume Doug's primary goal is to open a muffler and brake shop in 5 years; he has determined that he will need \$35,000 to buy the tools and rent a shop. Doug has experience working as a framing carpenter and feels certain that he could quickly find a position paying \$13 per hour in this field. He applies for a job at several muffler & brake shops and is disappointed to learn that he is only worth \$8 per hour, due to his inexperience.

1. Which job would offer the most direct route to his primary goal?
2. Which job would enable him to attain the \$35,000 quicker?
3. How important is the direct experience in the muffler and brake industry?
4. Is this choice truly limited to one job or the other?

Career Ladder

Let's look back at our old friend, Stanley, and use his career ladder as an example. He started out as a bagger, then was promoted to stock room attendant, then to stocker, then to department manager, and finally to his goal of store manager. Our assignment for this chapter is to identify a first job out of prison suitable to achieving our primary goal and the successive steps we could take along a logical career path.



Career Search

The process of finding a job is often one of the most stressful periods of life. If job seeking is stressful for the average American, it is especially stressful for ex-offenders. The truth is that cooperative America is fearful of hiring ex-offenders. There is more going on here than a simple prejudice against ex-offenders. The felony record may indicate past drug use, violent episodes, theft, robbery, or poor impulse control. None of these attributes is attractive to an employer. In fact they often present a great liability. If a painting contractor hires a convicted thief to paint the interior of a house, and something from the house is missing, the first suspect is the convicted felon. If it turns out that the convicted felon actually is responsible for the theft, the company is not only liable for the loss but could also be accused of poor judgment. The customer will certainly claim the painting contractor should never have put her at risk by allowing a convicted felon into her house. The point here is not to discourage felons from seeking a job; but, rather to confront the reality of the difficulty an employer would have in making that hiring decision. As convicted felons, we already have one huge mark against us. If we want to get a job, we better be able to show the employer some extraordinarily good reasons to hire us. What kind of good things are employers looking for?

- Stable Work History
- Specialized Education or Certifications
- Positive Attitudes
- Great References

The extraordinary good reasons will help employers justify why they should hire us. The next question is how can we let them know about all those great reasons to hire us? How will they ever learn of our qualifications? This requires a sophisticated strategy of:

- Identifying companies that are hiring for a position that we are qualified for
- Getting an interview with that company
- Performing well enough in the interview to be selected for a second interview
- Receiving an offer for employment

The tools necessary for completing these tasks include:



- Skills to navigate the internet job search engines
- A professional resume
- Outstanding interview skills

For most of us, a career is a necessary and important element of our life map. Take some time with this section to plot out our career ancillary goal. Will we need to learn more skills? Will we need to gain specific experience? How can we use our time in prison to gain skills for employment? Will we leave prison with a quality résumé? How can we improve our interviewing skills?

Advancement

There is a universal law that goes something like this: Those who do more than they are paid to do will eventually get paid more for what they are doing. This law often takes time, but it holds true across many different situations. If our boss will not recognize our efforts, then a boss in another department will. If the company that we are working for cannot recognize our effort, another company will. The problem is that too often a good employee becomes discouraged when his hard work is not recognized quickly. The discouragement leads to poor performance and a poor attitude. The poor performance and attitude will be recognized quickly, and the consequences may be unpleasant. Give your career the effort and commitment that you would expect if you were the boss.

Building Your Life Map

Ancillary Goal	What will you need to accomplish in your career to achieve your primary goal?
Waypoints	What are the waypoints along your voyage? Which waypoints can be accomplished in prison, and which ones will have to wait until you are released? 
	Go to chapter 17 and complete the career section of your life map.

Chapter 11

Education

Recognizing our educational needs is a very important part of mapping out a successful plan for our lives.

Career Related Education

To achieve our goal, we may need to advance or update our career education. Many career opportunities require minimum education standards or the completion of certifications. Many service jobs, such as plumbing, electrical repair, and auto repair, require certification and annual training updates. If we plan to own a business, we will need to have a working knowledge of book keeping, basic accounting concepts, cash flow management, marketing, and human resource management, et cetera. Attaining our education ancillary goal requires a commitment to learning, adopting a disciplined study schedule, and often spending considerable sums of money.



Personal Development Education

To achieve our goal, we may need to advance or update our personal development education. If our goal is relationship oriented, for instance, we may want to consider taking classes on relationship development. If we want to help other people via charitable, social, or missionary work, we may need to take classes in psychology, sociology, or biblical studies to better improve our odds of success.

Let's consider another aspect of personal development education, learning more about something simply for the pleasure of understanding. At first blush, that may seem like a concept that lacks merit, but many "highly educated" people would tell us it is the most important value of an education. Seeking and finding the answers to the why's, how's, who's, what's, and where's of life can lead to a richer life experience. Why is a tomato a fruit and not a vegetable? How do you micro brew beer? Who is John Galt? What is the difference between the protagonist and antagonist in a drama or fiction? Where is Cleopatra buried? To some, the answer to these questions, and millions of others just like them, may seem trivial. To most, the answers are part of the richness of living a full life. The most valuable education is one which gives us the most fulfillment.

Education vs. Prison

Can a GED really keep us out of prison? According to statistical data, the rate of 3 year recidivism for men without a GED is 37% and only 14% for men who have earned a GED. An outstanding way to constructively apply our time in prison is to earn our GED (if we don't have a high school diploma). It is free, and there are always dedicated, hard working inmates who are willing to tutor and encourage us. We will never get that type of help on the outside.

How far should we go in our education? Perhaps we might be interested in college? For some of us, that may be an intimidating notion. If we have earned our high school diploma, that means we are ready to take on college level work. Sure, it is more difficult, but we can do it. When released from prison, check with the local community college; the cost is typically affordable, and we may very well be eligible for a PELL grant. A grant is different than a loan in that we don't have to pay it back. The Federal Government offers PELL grants based on need, and that translates to level of income. If we have not been working the last few years, while incarcerated, we may qualify for government assistance. Our local community college will have all the forms and information needed to apply. PELL grants not only pay for traditional college but also for trade schools and specialty training. Higher levels of education typically translate to higher earnings.

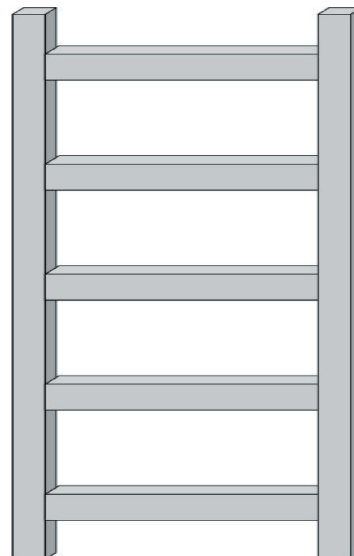
Educational Requirements Example


For the purpose of Life Mapping, we need to map out an education ancillary goal and strategy. A well rounded education that includes topics for career and personal development is going to take time and money. As an example, let's consider the educational requirements for a man who wants to open a restaurant. Then we can complete our own education ladder which will help us to complete our ancillary goal for this area of our life map.

Example Education Ladder



Our Education Ladder







GROUP DISCUSSION

Each man in the group may share his education ladder with his group. The group can then attempt to identify additional educational requirements. Remember to include:

- Trade schools
- Fundamentals like math, reading, writing, et cetera.
- College

Building Your Life Map

Ancillary Goal	Look at your primary goal and consider the education requirements.
Waypoints	Create an education strategy, and don't forget to consider time and expense. Note of caution, be careful about assuming that you know something because you studied it years ago. Do you need an "update" on the subject? 
	Go to chapter 17 and complete the education section of your life map

Chapter 12

Health

Health Data

Presently, the average life expectancy in the United States is 78.49 years. The World Health Organization (WHO), however, has calculated “healthy” life expectancy (HLE) estimates for 191 nations. HLE is obtained by subtracting the years of ill health from total life expectancy. Surprisingly, the United States ranked 24th, with an HLE of 70 (70 years of health, 7.6 years of illness). Japan was first, with an HLE of 74.5 years and a life expectancy of 83.91. The result was surprising, because the USA is considered to have one of the best health care systems in the world. The rating indicates that Americans die younger and spend a considerable number of years suffering from illness when compared to most other advanced countries. The WHO points to the following factors which lead to our less than stellar results:

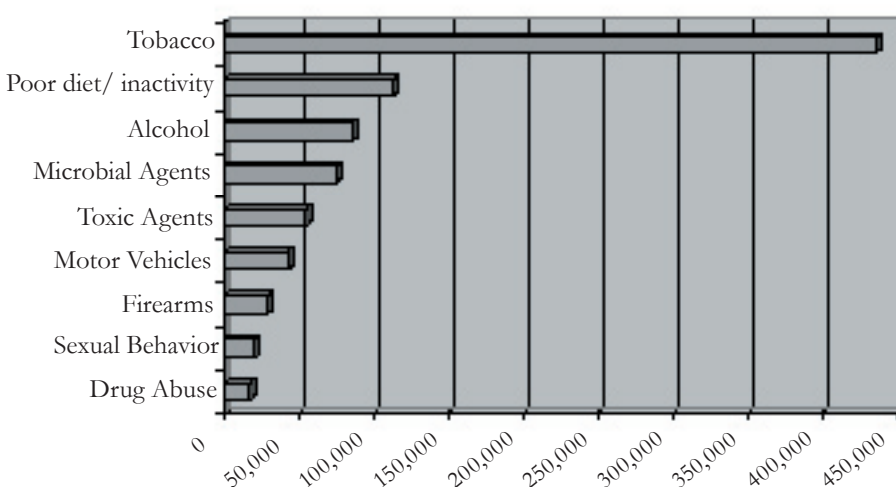
1. The extremely poor health of some groups, such as Native Americans, rural African Americans, and the inner-city poor. Their health status is more characteristic of poor developing nations rather than a rich industrialized country.
2. The HIV epidemic, which causes more U.S. deaths and disability than in other developed nations.
3. The high incidence of tobacco use.
4. The high incidence of coronary heart disease.
5. Fairly high levels of violence, notably homicides, compared with other developed countries.



The National Institute of Aging recently reported that after enjoying thirty consecutive years of increased life expectancy Americans will now face a decline in life expectancy by as much as five years due to the growing epidemic of obesity. According to the Centers for Disease Control and Prevention, 23% of the adult population in the United States is obese.

According to the U.S. Department of Health and Human Services, the leading causes of death in the United States today are largely lifestyle-related. More than 57 percent of all deaths in the U.S. are caused by cardiovascular disease and cancer. Almost 80 percent of these deaths could be prevented through a healthy lifestyle program. The third leading cause of death is chronic lower respiratory disease, and the fourth leading cause of deaths is accidents. Some accidents are not preventable, but many are closely tied to life style choices. People who are prone to risk taking and thrill seeking are much more likely to suffer the consequences of loss due to an accident. Defensive driving, wearing seat belts, heeding warnings are all commonsense practices that reduce the likelihood of accident.

Causes of Death in the U.S.A. per year



Let's examine cardiovascular disease, the number one killer. Almost 35 percent of all deaths in this country are attributed to diseases of the heart and blood vessels. According to the American Heart Association, 70.1 million people in the U.S. suffer from cardiovascular disease, including 65 million with hypertension (high blood pressure). About 1.2 million people have heart attacks each year and 500,000 of them die as a result.

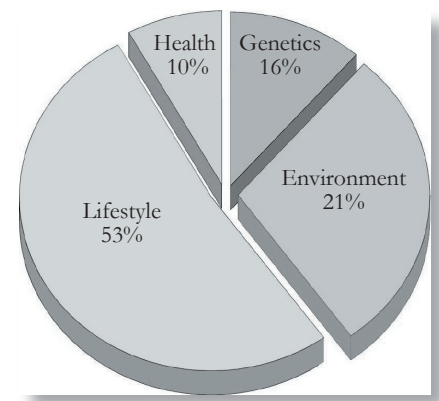
Let's take a closer look at cancer. Almost 23 percent of all deaths in the U.S. are attributable to cancer. More than 570,000 people died from cancer in 2005, and 1.3 million new cases were reported. The number one contributor to the dramatic increase in cancer during the last five years is lung cancer, of which 87 percent is caused by tobacco use. Smoking accounts for more than 30% of all deaths from cancer.

Another 33 percent of deaths are related to nutrition, physical inactivity, excessive body weight, and other faulty lifestyle habits.

According to the American Cancer Society, evidence indicates that as much as 80 percent of all human cancer can be prevented through positive lifestyle behaviors. The third cause of death, chronic lower respiratory (CLRD), is a general term that includes pulmonary disease, emphysema, and chronic bronchitis (all diseases of the respiratory system). Although CLRD is related mostly to tobacco use, lifetime non-smokers also can develop CLRD. Prevention of CLRD includes:

1. Consuming a low-fat, low-sodium, nutrient-dense diet.
2. Staying physically active.
3. Not smoking, and staying clear of cigarette smoke.
4. Avoiding swimming pools for chlorine-vapor sensitive individuals.
5. Getting a pneumonia vaccine if over age 50 and a current ex-smoker.

Health and Well-Being Factors



According to Dr. David Satcher, former U.S. Surgeon General, more than half of the people who die in this country each year die because of what they do.

Physical Health

If our health fails, can we succeed at our goal? Maybe, maybe not; but, we can all agree that poor health will make the road to our goal that much harder to travel. The difficulty could come in the form of feeling sick, loss of work time, and /or medical expenses. Prescription costs, these days, are very expensive. It's not uncommon for one prescription to cost several hundred dollars per month. One trip to the emergency room can set us back thousands of dollars.

Think about this potential scenario. We are released from prison, and we claw our way out in the world for one year. We finally get on our feet; find a good job and a place to live. Things are starting to look positive for the first time in many years, when suddenly we get very ill. We are forced to call in sick to work, and, after several days, our new boss says, "enough," and fires us.

With that scenario fresh in our minds, think about our physical health, specifically illness, diet, and exercise, in relation to the reality that we will probably not have adequate medical insurance upon release from prison. If that does not scare us, consider the reality that we will probably go two to five years without comprehensive medical coverage. The meaning of that scenario is clear: serious illness is going to result in considerable financial stress and possibly inferior medical care.

With that said, there's little we can do to prevent hereditary and exposure-based illnesses that will inflict us regardless of how we live our lives. If we are unlucky enough to grab a door handle immediately after someone who was contagious with the flu, we are probably going to get sick. If our great grandfather, grandfather, and father all had diabetes, there's a good chance we are going to carry that trait, as well. Some measures can be taken to avoid such illnesses, but the cards we are dealt have to be played.

What we are talking about in Life Mapping is looking at our health, being realistic about it, and making sure we are doing everything in our power to minimize the disruption of health-related problems. Let's examine our approach to physical health and analyze whether we are contributing to good or bad health in our future by our actions, exercise, diet, and lifestyle choices.

Illness

Do we currently suffer from an illness? Are we seeking proactive help within the Department of Corrections system? It is true that the Department of Corrections medical system is not on par with the Cleveland Clinic or any other well-ranked medical system, and we all know it lacks proactive and preventative services. However, it is at least on par with some of the clinics we are going to use when we are in the free world and have a medical emergency. If we have optical or dental issues, treat them now at \$5 per visit instead of paying thousands of dollars for the same procedures on the outside. Don't spend all these years holed up in a cell, wishing we could enjoy the great outdoors, then finally get released and spend months holed up in bed recovering from a surgery we could have taken care of here. If something like a sore shoulder or knee is bothering us, get it checked out now, while we have free medical coverage and the time to spend healing it properly.

Furthermore, think about pharmaceutical costs. If we take a daily prescription in prison, it costs us nothing. Remember, once we are released we pay for the cost of medicine. Some medicines are unavoidable. We have to take them or the consequences will result in a more serious health conditions. However, some medicines may not be critical. Next time we have



a routine visit with the doctor, ask if there is a process or system we might use to wean ourselves off some medications. Find out if there is a natural substitute for the medication or an alternative approach to treatment. Reduced dosage or frequency can save us a lot of money while we are building towards our goal.

Diet

Let's be careful not to create a future health problem by practicing a poorly designed diet. One major problem facing the general inmate population is high blood pressure. There are lots of potential reasons for the wide spread issue, but one undeniable, major factor in high blood pressure and heart disease is excess sodium in the diet. Excess levels of sodium can damage our health in dozens of ways. We might not even notice it today, but a daily practice of consuming too much sodium, over time, can add up to a serious health crisis. Maybe a year or two after our release the result is a serious heart attack or coronary disease.



Soup is one small example. Are we one of the guys who line up at the canteen and stock our bag full of soup? Do we enjoy a bowl of soup several times per week or daily? Are we one of the guys who take a soup seasoning pack to chow and liberally pour it onto grits, potatoes or some other portion of the meal? Do we then apply a liberal layer of salt on top of the seasoning? Did we know that each soup pack contains 36-38% of your daily sodium limit per serving? There are two servings per bag. That means we are consuming 72-76% of our sodium for the day in one bag of soup, or more accurately, in one seasoning pack. If we regularly eat soup we are consuming 200-300% of our daily-recommended sodium limit. That level of sodium, on occasion, is probably no big deal; but, in a continuous diet, it could result in heart disease down the road- just about the time when we are least prepared to deal with it from an insurance standpoint.

The honey bun is another example to consider. Each honey bun has 500+ calories and lots of fat. In fact, most of the products sold in canteen are bad for our health. There are, however, a few less "bad" products. A cereal bar might be a better choice than a honey bun. Oatmeal might be a better choice than soup.

As it turns out, there is some logic in the madness of the prison diet. The law requires the Department of Corrections to provide us with certain nutrients and a minimum number of calories per day. Surely, we recognize that they take advantage of the dietary benefits of certain foods- and liberally serve it to us without any regard for the bland repetitiveness. However, the rotten fact is that if we eat the foods, we will get the nutrients we need to improve our diet and health. Cabbage is an excellent food. Dark green vegetables, like spinach and collard greens, are loaded with nutrients and antioxidants. Make sure we eat every serving. Beans are an excellent source of protein when properly combined with fiber such as rice. If we can learn to eat the food without applying seasoning packs and salt, we will improve at least one small measure of our diet and health.

Enough said! The point is that we are what we eat, and what we are eating today will determine our future health. Pay attention to the decisions we make and treat our body as we would a fine sports car. Is our current health plan going to improve our health or degrade it? Track your canteen consumption for a few weeks- write down sodium, fat, and calorie contents, and see how we are doing.

Exercise

Exercise falls under the same category as diet. Not only does exercise reduce stress, it also helps to maintain muscle tone and overall good health. The better our exercise plan, the better our health will be, and that is simple fact. Check our time management and priorities. Do we use recreation yard time to play cards or talk? We could be using the time to walk, jog, exercise, or play sports. When Michael Vick, former Atlanta Falcons Quarterback, was released from prison, he was signed by the Philadelphia Eagles. In an interview shortly after the season started, he commented that the prison he was kept at did not offer recreation time every day, and when it did the weight room was old and often too crowded for use. He said his only saving grace was that he worked in the laundry room and when he wasn't folding clothes, he did as many pushups as possible. He made physical fitness a priority and found a way to get something done. Is our current health plan going to benefit our health or degrade it?



Mental Health

Mental health is an important consideration for everyone, but perhaps the issue is even more critical for those who are incarcerated. Some forms of mental illness show markedly higher occurrence among inmates than that of the general population. Life Mapping is not a forum to treat mental illness anymore than it attempts to diagnose or treat physical disease. Rather, the goal here is to open up discussion into a topic that is often unspoken. In prison, mental illness tends to be ignored or tolerated unless behavior becomes so bizarre that it interferes with the administration's goal of keeping order. As inmates, when we see someone acting unusual, we might say that he is a "bug." But what does that mean? What is a bug? Could "bugginess" interfere with reaching our goal? Life Mapping approaches mental health from the same

premise that it approaches other areas; that is in relation to achieving or impeding accomplishment of our primary goal. We will not attempt to identify or classify all types of mental illness, but we will discuss certain conditions which are most prevalent among inmates.

Antisocial Personality Disorder (APD)

Personality disorders are marked by rigid patterns of behavior that prevent a person from responding appropriately to his environment. The disorder is stable over long periods of time. In other words, it is not something that occurs in one incident, or even over the course of several months, but often throughout the life span. People with antisocial personality disorder (APD) are antisocial in that they often violate the rights of others. They are not antisocial in the conversational sense, in that they do not avoid people, or recoil from social situations. Many years ago, a person might be labeled with terms like psychopath or sociopath. Today, that same person would be labeled with antisocial personality disorder. How common is it? In the general population, it is estimated that 3% to 6% of men have APD. Amongst inmates it is estimated that about 50% have APD. That means in a two man cell, if we don't have APD, our roommate may very well have it.

The relationship between criminality and APD is so closely linked that they are often thought of as the same thing. They are not the same. Not all criminals show signs of this condition, and many people with APD are law abiding citizens, even though they show callous disregard for the rights and feelings of others. The list at right demonstrates the ways that people with APD show indifference to and violation of the rights of others.

Do several of the criteria hit close to home? If many of them closely match our personality, what does that really mean? Our response to this information is up to us. We could choose to deny the possibility, we could embrace the label and get the word "Psycho" tattooed across our back, we could cling to a label and use it as an excuse to rationalize our behavior, or we could take a very hard look inward and strive for ways to overcome. Here is some good news. Many people with APD stop illegal behavior by the time they turn 40. The underlying attitudes of indifference often remain intact, but the criminal behavior ceases.

APD	
✓	Lack of conformity to social norms and legal codes, as shown by law breaking behavior that may or may not result in arrest, such as destruction of property, engaging in unlawful occupations, stealing, or harassing others.
✓	Aggressive and highly irritable style of relating to others, as shown by repeated physical fights and assaults with others, possibly involving abuse of one's spouse or children.
✓	Consistent irresponsibility, as shown by failure to maintain employment due to chronic absences, lateness, abandonment of job opportunities, or extended periods of unemployment despite available work; and/or failure to honor financial obligations, such as failure to maintain child support or defaulting on debts.; and/or lack of a sustained monogamous relationship.
✓	Failure to plan ahead or impulsivity, as shown by traveling around without prearranged employment or clear goals.
✓	Disregard for the truth, evidenced by repeated lying, conning others, or use of aliases for personal gain or pleasure.
✓	Recklessness with regard to personal safety or the safety of other people, as shown by driving while intoxicated or other repeated speeding.
✓	Lack of remorse for misdeeds, as shown by indifference to the harm to others, and/or by rationalizing that harm.
Adapted from the DSM IV-TR (APA2000)	

How could this impact our goal? If our goal was to own a small company, yet we are unable to empathize with the desires and needs of our customers, might that be a hindrance? How would it affect our relationship with our employees? There is mounting evidence that empathy can be learned, even in the later years of life. The training involves learning to view the world through the eyes of others.

Schizophrenia

Schizophrenia is the most puzzling and mysterious of psychological disorders. It is debilitating and its cures are difficult. Schizophrenia can not be diagnosed by a blood test or a biopsy, or by any single identifiable symptom. It is characterized by delusions, hallucinations, illogical thinking, incoherent speech, and bizarre behavior. People with schizophrenia become disengaged from society and often fail to function in expected roles as students, workers, spouses, or parents. Schizophrenia normally develops first in the late teens or early twenties and often in response to stressful situations. Schizophrenia affects about 1% of the adult population in the United States. The number is higher among people who are incarcerated.



Although there is no known cure for schizophrenia, there is medication available that is very effective in reducing many of the psychotic features. In most cases, the doctors and patients must work together to find the right medications and dosage amount that provides effective relief with minimum side effects. This is not an easy process. It takes persistence and patience. There are also psycho-educational classes that teach coping skills for living with schizophrenia. These classes have often proved beneficial.

Attention-Deficit Hyperactivity Disorder

Attention-Deficit Hyperactivity Disorder (ADHD) is a behavioral disorder that is characterized by excessive motor activity and inability to focus one's attention. It is most commonly diagnosed first in school aged children but lasts throughout the life span. So what in the world does it have to do with grown men in prison? Recently, studies have revealed a link between cocaine addiction and ADHD. More research is needed to study this phenomena, but an interesting theory has been presented. It appears that people who have ADHD experience cocaine differently than those who do not have ADHD. For those with ADHD, it appears that they often feel cocaine improves functioning at some level. The problem is that cocaine also has side effects, such as impulse control, and degrades decision making capacity. Each of those side effects further exacerbates problems already plaguing people with ADHD. Furthermore, the prescription drug Ritalin (a stimulant) helps with many symptoms of ADHD. Additionally, adults with ADHD who have found a workable dose of Ritalin often report a much lower desire to use cocaine.

Mental Health covers a wide ranging field of symptoms and problems. The point here is to be open to evaluation and help. We need to be honest with ourselves and look carefully at our lives. Identify our possible mental health issues and enact a plan for strengthening areas that might present troubles.

Building Your Map

Ancillary Goal	Look at your primary goal and determine your ancillary health goal.	
Waypoints	<p>The first step is to determine all of the health requirements necessary for attaining your primary goal and ancillary health goal. You may find health to be a difficult subject, so look at the ancillary health goal for John Jacob (Life Map example).</p> <p>The second step is to complete a health evaluation. This is where you are now. The final step is to look at your life map and plot out the waypoints, recognizing that each improvement in health takes time and dedication.</p>	
	Go to chapter 17 and complete the health section of your life map	

Chapter 13

Environment

Defining Environment

The environment we live in includes all the external elements that surround us. Our environment consists of the type of housing, neighborhood, culture, and climate we live in. That's not all; the environment also includes such things as the people in our lives: friends, relatives, coworkers, and lovers. The community at large is an element of our environment, so is the type of job or career we keep, the car we drive, and even the music we listen to. The environment touches our lives but just how powerful is that influence? The question has been discussed and debated for many years, and the debate is titled: "Nature vs. Nurture."

Nature represents the biological or genetic components to our lives. Genetics are clearly responsible for our sex, hair color, eye color, and height. The question is how much of a role do genetics play in personality traits, like tendencies toward violence, sense of humor, or alcoholism? Are those types of traits predetermined by our genetic code, or are they influenced by nurture or the things we learn throughout our lives? Most people understand that almost all elements have components of both. If a man's father is 6 foot 5 inches tall, and his mother is 5 foot 11 inches, how tall will he grow? Nature may have provided the genetic code that would allow him to grow to 6 foot 7 inches tall. If, however, he grows up in an impoverished community, without basic nutritional sustenance, he may only grow to 5 feet 4 inches tall. The debate has far reaching consequences and can become even more clouded when a moral component is added. A man steals to support his family. Did a weak genetic mechanism give him no will power? Did he fail to learn moral lessons from his parents? Could it be that there is a constant environmental pull that is subtle and difficult to decipher? We may never know the answer to this question, but we can look at some very provocative studies which may shed some light on the issue.



The Good Samaritan Experiment

The psychology department of a major university set up a thought provoking experiment to test an element of how powerful environmental influence can be. They asked a group of seminary students to prepare a 15 minute sermon on the parable of the Good Samaritan. We may recall that this parable taught the virtues of helping an injured man who was lying by the side of the road. In the parable, it was not the priest or the Levite (the elites) who stopped to help, rather the Samaritan (an outcast), who, out of compassion, stopped to care for the injured person. (Luke Chapter 10). In the experiment, the seminary students were asked to prepare their sermons and come in at a certain time to deliver it in a studio for filming. When the young seminarian arrived, he was told that he was late and at the wrong building. He was instructed to hurry down the street to a building about two blocks away, where the entire film crew was awaiting his arrival. The student would hurry down the street and encounter an injured man lying on the sidewalk groaning and clutching his stomach. Did the students stop to offer assistance? Shockingly, very few did. They just hurried by to get to their appointment.

There is more to this experiment. Some students were told they were about a half an hour early, and that they should walk down to the studio and wait for the technician to begin filming. The results changed dramatically. Nearly all of those students stopped to offer help. The identical experiment was carried out with American history students who were asked to prepare a speech about the Boston Tea Party. The results were nearly identical to the seminary students. It appears that it was not the moral convictions of the students that influenced the behavior so much as the amount of time that was available. In other words, when there was a cost (being late for appointment) tied to helping the injured man, very few offered assistance. When there was not an associated cost (plenty of time), people were more willing to help. Our environment has a powerful influence on our behavior.

Past Environments

Alcoholics Anonymous touts the idea that if a man chooses to stay sober in life, he needs to change the **people, places, and things** in his environment. What are the environments that we have lived in that have led us into temptation? If there was a particular crack house that we frequented, what happens when we drive by that house? Just driving by can trigger the strong, powerful, physiological response that compels us to use again, to enter that house.



GROUP DISCUSSION

- What are some of the places that have caused us problems in the past?
- What kinds of people have contributed to our troubles?
- What other things in our environment brought about grief in our lives?

Choosing Our Environment

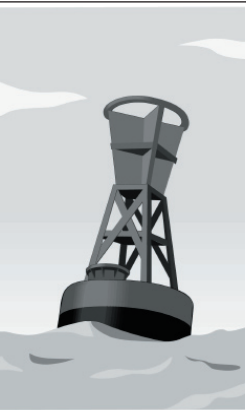
We're fresh out of prison, and our life is ready to begin again. We have the following two environments to choose from:

Environment A- We rent a room in a house that is owned by a deeply religious man, who recently lost his wife. The house is in a middle class neighborhood. We get a job for a small manufacturing company that builds solar panels. The company is owned by a group of three men who are intent on improving the world by providing clean energy. We spend our free time working out at a local gym close to our house. We attend church weekly and are developing friendships among the congregation.

Environment B- We rent an apartment with an old friend who loves to go out clubbing. The apartment is near the beach, right in the hot entertainment district. We get a job at Pete's Bar and Grill. The staff at Pete's is a lot of fun, and they often do the after hours party scene. We spend our spare time socializing and trying to "hook up" with available women.

Which environment would be the most fun to live in? Which environment would be most likely to result in a probation violation? Which environment is best for our financial situation? The truth is that environmental influences touch our lives every minute of every day. Just look how difficult it is to use proper English in prison, when all those around us are loquaciously espousing beautiful prison slang, like "What's up, my dawg?" We can not always control every element of our environment, but we can systematically make choices that will build a positive one. Often, we are drawn to environments like the one described in example B. It is fun, exciting, and inviting; but it might also be laden with risks that steer us right back to prison.

Building Your Map

Ancillary Goal	Your ancillary goal for this section should be a general statement describing the type of environment that would best help you meet your primary goal.	
Waypoints	<p>Describe a healthy environment for you to live in?</p> <p>What parts of your environment can you choose while in prison? Be careful here; don't assume that you have zero say in your environment while in prison. Consider good adjustment transfers and the types of activities you participate in while in prison. One inmate who loved to play softball decided that the competitive environment on the ball field was a possible ship wreck for him. He chose to replace that environment with jogging.</p> <p>Spend some time thinking about the environment that you will be exposed to just after your release.</p>	
STOP	Go to chapter 17 and complete the environment section of your life map.	

Chapter 14

Shipwrecks

The Sinister Seven



What could go wrong with our life map? It would not be possible to predict every adversity that could undermine our effort. This chapter identifies some areas that have brought a disproportionate number of people back to prison and prevented them from reaching their dreams. Let's take a look at the "Sinister Seven" - shipwrecks that destroy the voyage to our goal.

Alcohol

Are you an alcoholic? Boy, that's a loaded question, isn't it? What is an alcoholic anyway? It's not like we can go to the doctor and have a blood test to determine if we are an alcoholic or not. If we see a filthy, dirty, and unshaven man, wearing rags and stumbling through the street with a bottle in a brown paper bag, we might assume that he is an alcoholic. But what about the man who keeps a decent job, supports his family, but gets fall down drunk every weekend? He is not in the same shape as the first man, but he may still have a problem. Perhaps the question of whether or not we're an alcoholic is the wrong place to start; rather, we might attempt to identify some of the basic components.

- **Addiction** consists of the need, drive, or desire to continue drinking. This need may be present after consuming a small amount of alcohol or in response to certain triggers, like stress, celebration, social events; or environmental triggers, such as a club or bar.
- **Withdrawal** involves those physical symptoms that occur as the level of alcohol in the body declines. The symptoms include headache, nausea, shaking, unclear thinking, or, in extreme cases, visual hallucination.
- **Intoxication** is the physical, cognitive and emotional impairment caused by consuming alcohol. Alcohol is a depressant. It slows the body's response time and inhibits coordination. It also reduces inhibitions and often increases susceptibility to impulsive behavior.
- **Negative Consequence** It's helpful to remember that addiction, withdrawal, and intoxication are often present at some level, even in moderate drinkers. For instance, after drinking one beer, it is common to desire another one, and, if we have too many, the resulting hangover is a withdrawal type symptom. Some people have a glass of wine to help them unwind or loosen up before dinner. The point is that the presence of one or all of these symptoms does not necessarily indicate a problem. The real bottom line is: **Alcohol creates a problem only when the consequences of drinking are harmful.** Has alcohol ever caused us problems at work? Has alcohol damaged our relationships with others? Has alcohol caused us to spend money irresponsibly?



Alcoholic?

Another way to approach this subject is to review the negative events in your life. When those negative events occurred, was alcohol involved?

Violation of Probation

What are the terms of our probation? What happens if we fail to comply with those terms? Those are some good questions to ask and answer if we have probation. The terms of probation are not always crystal clear. We are required to report any changes in our employment status or simply if our schedule changes to a different shift. Do we need to report this minor change or that minor change? How do we report? Would a phone call work? Does it need to be in writing? Will we approach this area and play the "I didn't know" card, or take a checklist of questions to our probation officer and diligently seek answers to each question?



Anger



Anger, rage, and violence are nearly synonymous with trouble, especially for men on probation. If we have anger issues, could those issues derail our well conceived plans?

Drugs

Addiction, withdrawal, and intoxication also apply to the use of drugs. The symptoms vary in relation to the type and amount of drug usage. There is an additional element to drug use, the legal issue. In most states, possession of even small amounts of drugs is illegal and can result in prison time. Again, the ultimate test for a drug problem is to examine the resulting negative consequences. Has drug use brought about negative consequences in our lives?



Romantic Partners



A person who is incarcerated loses so much of what the rest of humanity takes for granted, and one of the biggest losses is the comfort, security, and safety that come with love. Humans were made to love and be loved. At a minimum, prison separates men from their family, friends, and wives/girlfriends. At a maximum, prison can construct barriers that completely destroy a marriage or romantic partnership. As a result, many men are left without all of the positive benefits derived from a previous romantic relationship. They then seek to find a woman on the outside to love while in prison, or as soon as they are released. Often this can lead to desperate choices or a relationship with an unstable woman.

Take a group of men in prison and ask them to tell the story of their fall. What percentage of those stories would involve a woman? The capacity to connect with a woman that might be a poor choice is exacerbated by the loneliness we feel while we are alone in prison.

Sex

Sex is another area that may lead to problems. The sex drive is primitive and powerful and can often cause men to act irrationally or in a manner that could bring severe consequences. The consequences could include sexually transmitted disease, unwanted pregnancies, or a volatile relationship with a partner that could bring problems. Deviant sexual behavior can cause social ostracism and even enter the realm of criminality. Problem sexual behaviors are not discussed in polite circles. In fact, they are seldom discussed in any fashion. In the free world, there are groups such as Sexual Addictions Anonymous. Similar to Alcoholics Anonymous, they are a non-professional group of individuals offering a support and structure for dealing with such issues.

Prison presents a unique set of circumstances and problems in this sphere. If heterosexuality is a normal and healthy part of life for consenting adults, it is not an available option within the prison system. What options are available in prison?

- Homosexuality
- Sexual Battery
- Masturbation
- Abstinence

Only abstinence is sanctioned under FDOC policy. If abstinence is a difficult choice, what are the consequences of the other choices? If we fail to rein in our desires and urges while incarcerated, what are the odds of successfully negotiating this area on the outside?

Money

It has been said that “the love of money is the root of all evil.” Is that true? The fact is that almost every life map requires individuals to earn, spend, and save money in a responsible and manageable fashion. Leaving prison without a bona fide financial plan in place is inviting hardship. How much easier would it be to comply with the terms of our probation if we owned a home, a reliable car, and had a well paying and dependable job? Absent those, a plan needs to be in place to manage financial issues and ensure that we are prepared for the many demands of the free world.



Self-Hazard Assessment

The sinister seven are not the only shipwrecks capable of destroying our plan. What other shipwrecks await our voyage? It is a difficult challenge to predict what could go wrong. One of the strongest predictors of future shipwrecks is to look back at our past ones. One common mistake we might be prone to makes is: fooling ourselves into believing that past problems are no longer problems. We might then falsely conclude that nothing more need be done. In fact, the very opposite is true. If we have had a problem in the past, it is very likely that the same problems will come to bear in our future.

Have we ever heard someone say something like, “I used to be an alcoholic?” The implication is they have been cured and it is not now, nor will it ever be, an issue again. One particularly dangerous self-hazard is the statement by an inmate that he is no longer an alcoholic. We will often hear him say, “Man, I haven’t had a drink in six years!” We then ask, “Well, how long have you been in prison?” He replies, “Six years.” We say, “Maybe you don’t have a problem because you don’t have alcohol available to you every day.” He says, “No, man, I don’t crave it anymore, and I’m over it- no problem!” Those people in the fellowship of Alcoholics Anonymous cringe when they hear such a statement because they have heard it too many times before. They have lived it too many times before. They know that as soon as a person no longer believes that he has a problem, he is much more susceptible to relapse. There are many variations of that same theme that lie outside the scope of alcoholism. Do any of the following sound familiar? “I could never manage my money well, but now I know the pitfalls and will save my money diligently.” “I used to have addiction to (fill in the blank), but I have beaten it,” or “God took it away,” or “I’m a different person now.” These are different ways of saying we are no longer aware, or guarding against, a known danger.

Many people often say that inmates will never change. That skepticism stings because many inmates work very hard to make changes and improvements. From society’s point of view, the statement is often true because they have heard so many people claim to change their behavior, only to watch them revert back to criminality again and again. It is no wonder that society is skeptical. In doing your own self evaluation, start with the assumption that past behavior is a powerful predictor of future behavior.



GROUP DISCUSSION

- What areas of our lives brought trouble in the past?
- What areas are most likely to get us into trouble in the future?
- How closely do our past problems relate to future risk?


Take a look at the Sinister Seven Ranking Key and use it as a guideline to help you rate and label the shipwrecks that could ruin your voyage.

Sinister Seven Ranking Key			
Past	Present	Future	Risk Factor
Never a Problem	Not a Problem	Very Low Risk	1
Minor Problem	Not a Problem	Low Risk	2
Minor Problem	Still a Problem	Some Risk	3
Major Problem	Not a Problem	High Risk	4
Major Problem	Still a Problem	Highest Risk	5

It's time to do our own self-hazard assessment. The sinister seven are already listed. Rank each of them according to our past experience and our best judgment, using the Sinister Seven Ranking Key. Keep in mind, this is not an exercise designed to make us look good or bad; instead, it invites us to take a hard and honest look at our vulnerabilities. Take a close look at your life and list any other potential shipwrecks that you can identify. Once you have completed the list, rank each potential shipwreck as to its likely occurrence and damage. We do not need to use the suggested rankings if our best judgment suggests otherwise.

Self-Hazard Assessment	Risk Factor
Sinister Seven: Alcohol	
Sinister Seven: Drugs	
Sinister Seven: Violation of Probation	
Sinister Seven: Romantic Partner	
Sinister Seven: Sex	
Sinister Seven: Anger	
Sinister Seven: Money	
Other:	
Other:	
Other:	
Other:	

Each of us has vulnerabilities in our life. At different times and in different situations, those vulnerabilities may be triggered. Once we recognize the vulnerabilities, we can start to build resiliencies against them. Resiliencies are exercises or strategies designed to strengthen us against those vulnerabilities. We may build resilience through education, support groups, healthy environments, and by avoiding triggers which are prone to instigate those dangers. Now it's time to check over our life map to see if our existing plan strengthens us against major shipwrecks. If it falls short, make appropriate adjustments to our life map.

	<p>At this point, you should have a pretty good idea of your personal shipwrecks. Now you have to be constantly on your guard to make sure your life map is not ruined by a shipwreck. Go to chapter 17 and complete the shipwreck box on your life map.</p>
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Chapter 15

Living Our Life Map

Procrastination

The adversary of greatness is not failure; it's mediocrity. Said differently, procrastination is the biggest opponent of progress. It has been said that all it takes for evil to prevail is for good men to do nothing. Each of these proverbs speaks to us and our attempt to achieve something worthwhile. Don't wait until we get out of prison to start working on our plan. Don't wait until we are making more money before we start saving for retirement. Don't wait until (We can fill in the blank).

Just Do It!

Building a plan, developing a strategy, and putting it all in writing, in the form of a life map is a powerful and exciting procedure. Hopefully, this class challenged, energized, and motivated us to build a strong plan. If building the plan is where our efforts end, then the program is a waste of time. The greatest value of this program is when we actually start living the plan. What do we do next? This is the time when the initial planning stage ends and the doing stage begins. Nike's slogan has struck a chord with the public. This slogan transcends athletic shoes and, for that matter, transcends athletes. Nike says, "Just do it." What great advice! Start today. Find something we can do today. It might be a small step, but DO SOMETHING TODAY!

Routine Assessment

Take an imaginary journey with us into the future. Let's travel to a date one year after we graduated from our Life Mapping program. We are sitting in our dorm when security stops by for a friendly shake down. After we survive the shake down, we begin to put our locker back together, and we come across our old Life Mapping book. We take some time and look back over our plan. How much progress have we achieved towards our ancillary goals? How many have we neglected? What shipwrecks did we encounter? Wouldn't it be disappointing to arrive at that point in time and have nothing to show for our effort? How thrilling would it be to take a look back and see two of our ancillary goals completed? Either way, it will be critically important for us to take the time to evaluate our performance with our plan. How often should we evaluate, and how should we go about such a routine? Consider the following evaluation schedule and, potentially, the use of a journal to record our data and thoughts.

Frequency	Time	Evaluation Agenda
Daily	10 Minutes	What did I do today? What should I do tomorrow?
Weekly	30 Minutes	Did I meet my weekly objectives? Set new objectives for the coming week.
Monthly	2 Hours	Reevaluate each of your ancillary goals. Evaluate your strategies and determine what modifications to your efforts might be advantageous.
Yearly	Weekend Retreat	Take an entire weekend to work your own miniature Life Mapping program.

Obsession

Let our Primary Goal truly guide our lives. We will be making choices every day. As we face those choices, question their impact on our voyage. For example, a friend invites us to lunch; do we order a big cheese burger with fries or a broiled fish sandwich with a side salad? Could such a simple choice like that impact our life map? Maybe, maybe not, but, certainly, dozens of little choices we make every day will have a cumulative effect on the achievement of our goal. Poor eating choices, day after day, can lead to obesity, lethargy, and a lack of energy and stamina, the very things that will limit the work hours we must log to realize our goal. Small choices in every area of our lives move us in a direction each day. Which way are we moving?

Faster, Better, Cheaper

As we are working towards achieving our goal, take time to think about potentially different paths that lead to our goal. How can we complete

each waypoint on our journey faster, better, and cheaper? These thoughts should be a daily exercise. Remember, as we achieve each waypoint of our voyage, the view changes. Sometimes we learn things while achieving one leg of the voyage that can help us to complete the next leg, using smarter techniques or strategies. Let's take our time to look around and see what other options present themselves that we may not have first considered.

Things Change

There is an old saying, "life happens." There is another old saying, "change is inevitable." These are two darn good sayings. We then face the reality that even the best-laid plan must be flexible. Just as we did not plan to come to prison, we have to understand that things are going to come up that will have the potential to interfere with the achievement of our goal. Some of these things will be preventable, in other words, a choice will arise. We hope this class has taught us that all the choices we make, from today forward, are exactly that, a choice. If we have a well constructed life map, and we understand that every choice we make determines whether we take a step closer to, or further from, our goal, we will make the right choices to achieve our goal. With that said, sometimes "life happens" and we do not have the opportunity of choice. Keep our plan flexible and adaptable. If our eyes and actions are always on our goal, sometimes we can quickly overcome a misstep; we can deal with the issue and then get right back to our goal.

There is another possibility worth mentioning. Sometimes maturity brings a change in desire. What seems like a desirable outcome at 25 years of age is no longer so when we are 50. "Be careful what you ask for," goes the old adage. Let's be realistic with ourselves about our goal, and be open to the reality that times change, maturity is a constant in our lives, and that opportunity is just that...opportunity.

Zero Base

Zero Base thinking is the willingness to start over, if necessary. It is a true statement that no battle plan ever survives the first contact with enemy fire. The same thing applies to a life map. **THINGS CHANGE.** What happens when we are up against an impossible wall? What do we do if, on the way toward our goal, we suddenly discover that the path is not what we had hoped?

Sometimes, in our zealotry to achieve our goal, we become set in stone - achieve goal or bust - and we lose sight of our options. Do not be afraid to adjust our course, adjust our map, or adjust our goal. If a relationship becomes a liability, look for a way to make a change. Zero Base includes taking a hard look at our current situation, as it relates to achieving our goal, and recognizing if, or when, we have reached a point of truth. Is it best to continue forward or to start over with the knowledge we have acquired.

The Day After?

The day will come when we will achieve our primary goal. What will we do then? We offer this challenge: Continue on our goal seeking voyage! When a goal is achieved, set a new one, but remember to go through the Life Mapping process to ensure that we have considered the essential provisions for the voyage, the provisions we already have on board, and the missing provisions. Then, set a new course towards another goal. All that we learned and experienced while achieving our first Life Mapping goal will aid in our new adventure.

At this point, we will reveal to the class the huge secret of Life Mapping. **The magnificence of Life Mapping is not achieving our Primary Goal.** How does that sentence sit with you? We have spent months building our plan, and we will spend years working to achieve the goal, and we're telling you that the goal is not really the biggest benefit.

The truth is, the voyage, itself, shapes the man. It has been said that, "success is not a destination, it is a voyage. When a man chooses to live a goal-directed life, he can not help but become a different man. He will carry himself differently. He will walk with a power earned from discipline and respect. He will speak the truth of his findings with conviction. He will love with passion. He will work with commitment and enthusiasm. He lifts up those around him and encourages greatness in others."

Bon Voyage

Life Mapping believes human kind is endowed with the freedom to choose. We are free to choose how we think, how we feel, and what we do. If we are attempting to understand why we choose a particular path or route, we need only view our unique perspective at the time the choice is made. We will inevitably choose what we feel is in our best interest and the best interest of those we love. Of course, each of our choices is somewhat influenced by external forces.

Biological Underpinnings

Not everyone is born with the same genetic make up. Our genetic code influences our height, hair color, intelligence, susceptibility to disease, and even personality traits, like aggression, fear response, anxiety, and shyness. Thus, we are born with a unique set of traits that may render us more or less vulnerable or resistant to the pitfalls of alcoholism, drug abuse, violence, and the ability to function in any single area of life.

Social Influence

We are not an island; rather, we are social beings that continually connect to other people in deep and intricate webs which have a profound impact on our lives. The relationships that have the most lasting effects are those from our childhood years. All relationships nudge, push, pull, coerce, and motivate us to make choices. Some of that influence is positive and some is negative, and each affects our choices.

Environmental Influence

Our life experiences are unique. Your life might be touched by wealth, health, safety, stability, or education. Another man’s life might be touched by poverty, sickness, accident, volatility, war, drugs, violence, and ignorance. In fact, every life is touched by combinations of events and circumstances. All of those events and circumstances are powerful motivators that impact our choices. The right environment can steer us towards a healthy and pro-social direction; conversely, the wrong environment can drag us to despair, addiction and prison.

What about free choice? Do we truly have the freedom to make our own choices, or are we merely corks tossed about by waves? Life Mapping acknowledges that many forces have powerful and persistent impacts on our lives. Never-the-less, the ultimate decision lies with us. If we resolve to set a new course for our lives, it is never easy.

A failed life is not the result of a bad or evil person; instead, it represents a person who did not have the tools, skills, fortitude and abilities to resist the storms. A life filled with good things may not reflect the virtue of the individual so much as it reflects the fickle finger of fate that caused him to be born into the right family, attend the right school, ride with the right friends, and live in the right country.

Life Mapping encourages us to take responsibility for all our choices, and to view our world and circumstances to determine what can be changed and what must be accepted. If we are not happy with our position in life, we must look at the choices we made that guided us to our present and unhappy place. From that place, having examined past routes, consider where we intend to voyage and chart a better route leading to our destination.

We Don’t Get To Choose:	We Do Get To Choose:
Our biological underpinnings	A significant measure of our health
What type family raised us	What type and how much education we pursue
The school we attend	How we think and feel
The socioeconomic circumstances of our childhood	How we talk and walk
The chance encounters in life	The direction of our travel

Life Mapping, as a program, is over, and a big part of your planning is in place. The work is not finished; rather, it will progress from the planning stage to the doing stage. If you leave this class and the book finds its way to the bottom of your locker, the plan neglected, it will only have proved to be another program that filled some time in your life. If you choose the path less traveled and work your plan, with all your strength, your entire mind, and your whole heart, it will certainly take you on an incredible voyage that few men ever travel.

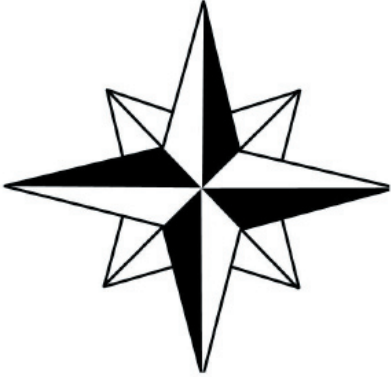
May you travel to beautiful places, observe magnificent sights, convene with interesting people, taste exotic foods, live your dreams, and sleep soundly.

Jeff and Mark



Chapter
16

Sample Life Map



Name: John Jacobs

Life Mapping Primary Goal

To become a store manager for Burger King

Primary
Goal
Details


\$35,000 + annual salary, Tampa Bay area

If you are
so
inclined,
draw
a picture
of
your goal:

Name:

Name:

Compass	Accountability Group										Attend church and Bible study weekly. Read Bible 1/2 hour each day										Attend weekly AA meetings									
Thinking	Get AA Sponsor										Become an AA Sponser																			
Emotions	Anger Mgmt										Premarital Counseling																			
Relationships											Chamber of Commerce																			
Finance	Limit Canteen to \$25/month										Save 15% of earnings for retirement										Purchase house									
Career											BK Job										Store Mgr									
Health	Fitness Class										Exercise 1 hr/day										Join a gym and exercise 1 hr/day									
Education	Culinary Arts										Jr. College																			
Environment	South Bay										BK training																			
	Stay in programs										Frisbee Dog Competition																			
Age																														
Year																														
2011																														
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Shipwrecks:	


Death	
Age	Year
77	2043


Retirement	
Age	Year
70	2036

End of Probation	Age	Year
	65	2031

Primary Goal	
Age	Year
60	2026


End of Sentence	
Age	Year
55	2021

Personal Compass						
Ancillary Goal: <u>To live life in accordance with the ten commandments</u>						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.	Attend weekly church service	x	x		on going	lying
2.	Read the bible daily	x	x		on going	
3.	Accountability group		x	Mar 2021	on going	addictions
4.	Visit parents monthly		x	May 2021	on going	
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
 Shipwrecks		lying and addictions <hr/> <hr/>				

Thinking About Thinking						
Ancillary Goal: <u>To modify and improve my thinking with regard to addictions and criminal behavior</u>						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.	Attend AA meetings regularly	x	x	on going		drinking
2.	Complete a modality program	x			2004	
3.	Find an AA Sponsor		x	2021		
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
 Shipwrecks		bars and clubs, drinking, social situations <hr/> <hr/>				


Emotional Intelligence


Ancillary Goal: To balance emotional impulses with rational and thoughtful considerations


	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.	Complete Anger Management Program	x		2013		fighting
2.	Complete Pre-Marital Counseling		x			relationships
3.	Read self-help books on emotions	x	x	on going		awareness
4.	Attend self-help seminars		x	on going		awareness
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
 Shipwrecks		Unstable women, anger, alcohol lack of awareness of the issue				


Relationships


Ancillary Goal: To find an honest, stable, and faithful spouse


	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.	Accountability partners		x	2021		drinking
2.	Positive friends	x		2012		all
3.	Spiritual Mentor	x	x	2021		all
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
 Shipwrecks		old drinking buddies				

Personal Finance						
Ancillary Goal: <u>To maintain healthy financial practices and build wealth</u>						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.	Save 10% of income for retirement		x	on going	retirement	
2.	Credit and debt management classes	x		2013		
3.	Investment class	x		2013		
4.	Save \$12,000 for house downpayment		x	2023		
5.	Read financial planning books	x	x	on going		
6.	Attend financial seminars		x	on going		
7.	Join an investment club		x	on going		
8.						
9.						
10.						
11.						
12.						
	Shipwrecks	poor control of spending, lack of a budget, no financial discipline _____ _____				

Career						
Ancillary Goal: <u>To become store manager for Burger King in Tampa area making \$35,000 annually</u>						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.	Get GED	x		2014		
2.	Earn associate degree		x	2024		
3.	Culinary Arts program		x	2015		
4.	Get a job at Burger King		x	2013		
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
	Shipwrecks	drinking, lack of discipline, poor control of spending _____ _____				

Education						
Ancillary Goal: <u>To complete education required for Burger King store manager position</u>						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.	Six phase Burger King Mgmt program		x		2021	
2.	Associates in Business		x		2024	
3.	Culinary Arts Program	x			2015	
4.	Get GED	x			2013	
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
 Shipwrecks		drinking, lack of discipline, poor control of spending <hr/> <hr/>				


Health						
Ancillary Goal: <u>Become fit, lean, and strong so I can work vigorously</u>						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.	Exercise 1.5 hours 6 days per week	x	x	2012	on going	sedentary life
2.	Stop smoking	x			2011	smoking
3.	Bicycle 3 hours per week		x	2021		sedentary life
4.	Omit two canteen snacks per week	x		2012		overeating
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
 Shipwrecks		smoking, overeating, sedentary lifestyle <hr/> <hr/>				

Environment						
Ancillary Goal: <u>To live and prosper in a rich and positive environment</u>						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.	Live in Silver Spring area		x		2024	
2.	Attend church regularly		x		2021	
3.	Complete rehabilitation programs	x			on going	
4.	Exercise	x	x		on going	
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
	Shipwrecks	bars, clubs, house parties, the old neighborhood _____ _____				


Personal Life Map



Primary Goal Details	




[illegible]


Shipwrecks:					


End of Sentence	Retirement		End of Sentence	
	Age	Year	Age	Year


End of Probation	Primary Goal		End of Probation	
	Age	Year	Age	Year


End of Sentence	Primary Goal		End of Sentence	
	Age	Year	Age	Year


Personal Compass						
Ancillary Goal: _____						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.						
2.						
3.						
4.						
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7.						
8.						
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10.						
11.						
12.						
 Shipwrecks		<hr/> <hr/>				


Thinking About Thinking						
Ancillary Goal: _____						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
 Shipwrecks		<hr/> <hr/>				


Emotional Intelligence						
Ancillary Goal: _____						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
 <div>Shipwrecks</div>		<div>_____</div> <div>_____</div>				


Relationships						
Ancillary Goal: _____						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.						
2.						
3.						
4.						
5.						
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8.						
9.						
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11.						
12.						
 <div>Shipwrecks</div>		<div>_____</div> <div>_____</div>				

Personal Finance						
Ancillary Goal: _____						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
	Shipwrecks	_____ _____				

Career						
Ancillary Goal: _____						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
	Shipwrecks	_____ _____				

Education						
Ancillary Goal: _____						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
	Shipwrecks	_____ _____				

Health						
Ancillary Goal: _____						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
	Shipwrecks	_____ _____				

Environment						
Ancillary Goal: _____						
	Waypoints	Behind The Wire	Beyond The Wire	Target Date	Date Achieved	Resilience Against Shipwrecks
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
	Shipwrecks	<div></div> <div></div>				