

Moments of Mentoring

By Ometrius "Polite" Perez

Prison can be a stifling place. If allowed, it will cripple a person's dreams, steal one's hope, and ultimately destroy all prospects of a brighter future. Just look around you; the evidence of broken souls can be found on the basketball court, in the weight cage, sitting in front of one of several televisions that are scattered throughout the facility and/or serving lengthy disciplinary sentences in one of several special housing units (SHU).

Sadly, those men have chosen to occupy their free time with unproductive activities that will not assist them in making a positive transition back into society, and/or in remaining in society. But what about you? What choices have you made or are considering making that will keep you focused on what's most important—GOING HOME AND STAYING THERE!

For starters, you might want to develop a plan as soon as possible. One that will allow you to accomplish your goals and progressively prepare you for society. For example, if you do not have a GED, make it a point to dedicate at least 1 to 2 hours a day for studying and working towards getting your GED within a reasonable amount of time. It is going to take hard work and dedication. However, once you take the GED exam and pass it, you will realize that all of that hard work and dedication that you put into passing the GED exam was actually an investment in your future.

Secondly, instead of occupying most of your free time hanging out in the yard, watching tv, etc., you might want to consider signing up for the next semester of Quality Impact's ITEM business class. This particular class will not only teach you the fundamentals of business, it will equip you with the know-how to start and operate a successful business.

And finally, how is your emotional and spiritual life? Often times, when developing a plan, most people do not factor in time for emotional and/or spiritual growth. Whether you realize it or not, your emotional and spiritual health play a vital role in how you function on a daily basis. If you are continually struggling with issues of anger, anxiety, depression, etc., you will not have the energy nor the desire to focus on setting and/or accomplishing positive goals. Therefore, setting aside a minimum of one hour a day for meditation, prayer, etc., will help reduce your stress levels and keep you focused on your overall plans.

In closing, the facilitators of ITEM would like to encourage you to stay focused, stay positive and, most importantly, stay progressive.

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Would you like to make comments or suggestions? Email: resiliencemultimedia@verizon.net