

EFFECTIVE TOOLS TO HELP YOU WHILE IN PRISON

- Don't be wasteful time. Take every opportunity to improve yourself. Go to school to get an HSED, not to kick it with old (or new) homies that only want you around for their protection or entertainment. Learn a trade so you can find employment once you get out & don't have to resort back to selling drugs or doing any other criminal activity as an option. Or get a job to have some work experience with learning how to deal with an employer and to learn how to save and budget money and be responsible.
- Don't be wasteful of the funds earned from working. Don't waste money. Save the money you make or that your family & friends send you. Don't waste money on canteen, shoes etc. You may need it for legal purposes or for preparation for release.
- Don't think it is necessary to keep the same associates & mindframe that got you into prison. Ask yourself what are your priorities now? Is it to be accepted by your peers by remaining "hood" or learning what you can to get out & not come back? They aren't doing your time. You are. If you want to stay out, change. Change is hard but needed.
- Don't be afraid to ask questions from other prisoners about how to file a complaint, how to address an issue of concern to you, or what to expect from your appeal lawyer. Don't be afraid to ask for help. Put your pride & fears to the side - they will only hurt you. You will not know any answers to prison (or life's) situations/issues, if you don't ask any questions, to self & others.
- Develop a sense of self. The only way to do this is read & learn history. Most people come into prison not knowing much about who they are. Once you develop a sense of self & purpose, you will have a perception of life & what you need to do & what your priorities are.
- Avoid senselessness & games that take up precious time you could be using to learn the law, self-improvement and reading meaningful books that challenge and develop the mind. Although, it entertains the mind for awhile, don't get caught up in the urban/hood book craze because it only perpetuates similar activities, mindframe & behavior of negativity that brought you to prison.
- Take care of your health. The medical care in prison sucks. Exercise. And if you play sports avoid & bickering over a call or foul. Keep good sportsmanship in mind. It's nothing wrong with walking away. Keep your priorities in mind.
- Stay out of the hole. It is hard to work on your appeal from the hole. You can't have contact visits. You can't go to school, get a trade or earn any money in the hole. If you get visits & go to the hole, your family is effected by it. So consider them before you think about getting in trouble that leads you to the hole.
- Learn & understand the law so your lawyer (or jailhouse lawyer) can't just tell you anything or manipulate you. If you can't read well, this is why going to school is necessary. Your life is on the line.
- Contact & utilize all available "Books to Prisoners" programs to get dictionaries, books etc.
- Take any available programs that the prison offers. It may be beneficial to your growth.

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