

## **The Monumental Pat**

Does it feel good after you've achieved something and shared it with someone else and they make you feel even better by patting you on your back?

How much better would you feel if you stop looking for that validation from others and patted yourself on the back after you've made your achievement? After all, you're the one who made the achievement; why should it take someone's pat on your back to make you feel better?

Though I have achieved many small-scale achievements, by societies standards, they are hardly anything monumental or anything worth talking about but I beg to differ.

Using a computer (cut/paste), copier, printer, typing, drawing and writing books may all seem very cliché and simple to the average person but not to a forty year old self-taught guy, yes, me. That deserves a Monumental Pat! Pat! Pat!

For that, I pat my own back and believe my achievements to be some of the greatest accomplishments I have achieved (in prison) and I feel just great.

And you know, even though most of the people around me, in prison and out, do not care about any personal achievements, accomplishments or goals I've reached in my personal life, hey, that does not stop me from pushing on, feeling great and achieving more...I pat my back.

So, whatever your goals, achievements and or accomplishments are, don't worry about sharing that delicious bit of news with those who are going to short change you by doing what you can do yourself; it is so much more gratifying when you pat your own back!

**Quote: pat the back that you own for your achievements are what you've sewn!!!**