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In the Storm, KNOW what your about!

I exist in a storm. There is always violence to side step, drugs to avoid, Authority with attitude, overdoses & suicides, assaults and murder. There is not a whole lot of "calm" in this enviroment. If you want calm, here or anywhere, we need to carry it with us. How?

I have deveolped a few strategies. All of them stem from the idea of awareness. To be aware one must know what one is about. It is not always easy to live a good life, circumstances can work against you, take it from me, I know . :) But circumstances, especially really, really bad ones, can significantly increase our return for maintaining effort and focuse. What I mean is, the worse things are the better our return for the work towards wellness we manage to do! ;)

I recently did another 10th step inventory and whenever I do one of those I always examine my priorities. I've attached a type~~d~~ out version of exactly what I have taped to the wall above the section of my bed that I call my "office area". :) These priorities help me to thrive, to honor myself and others, and to readily remind me to practice awareness and stay well.

Thats also my hope and prayer for you, that you practⁱce awareness and stay well. God bless us, and guide us always into His highest will, amen.

Love & Prayers



Russ

P.S. your comments ARE WELCOME!

Priorities

- 1) Work - impeccable attitude & effort, up-beat, tolerant, neat & clean, entirely pleasant at all times.
- 2) Family & extended family - Answer all incoming mail in a timely manner, 1 two hour typing session per week (blog & 2 letters)
- 3) Church Membership - always attend, avoid leadership when possible to do so, stay friendly and quite
- 4) AA Membership - Attend Saturday Night Big Book Study Group, make that group my home group, stay engaged with sponsor, although listed fourth, always know "recovery" trumps all!
- 5) Rehabilitation Achievement Groups - Always attend my Veterans Issues group and Attitudinal Healing, and be prepared
- 6) Milestones (In education) Completion Credits - Enroll two courses in either Coastline or Pattan College per semester, 1 course summer session
- 7) Fitness & Wellness - Run 7 5Ks per week along with 50 sets

*Eat well! Always try for better!

=all fruits and veg

=no sugar

=no breads

*Clothes cleaned and ironed always!

*Maintain all personal property and space impeccably neat and clean at all times

*Maintain impeccable hygiene even if I have to heat my own water and use bucket!

*Campaign for Sobriety all day long!

*Save, Save, Give, Give

These are my priorities. This environment is **not** conducive to nurture. When - not if! - the BS comes, if it doesn't fit with my priorities, then keep stepping. Allow for distraction only if it is to seriously help another, if its not, don't get caught up.

If it gets hectic, I am allowed to "pull the pin", retire to cell, isolate until I gain ability to cope. Sobriety ALWAYS comes first. Period.