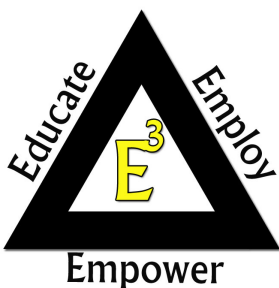




***My Success...***

***I Own It!***

***I Choose My Path***



***Hope in a future is a reason  
to stay on the right path***

# *If I want it I can create it*

Take a look at the picture to the right.

The open road has a certain beauty to it, doesn't it?

Part of the appeal of the open road is how it is a *blank slate*; full of everything plus **potential**.

Visualize yourself driving the open road. The miles on the odometer, the wear on the tires, and the rust on the body does not matter.

The only things that matter are the destination, the route, the determination, and the focus needed to reach your goal.

You are in the cusp of a journey FOR a lifetime.

You have chosen the destination, set the course, and have brought the grit and single-mindedness you need to make it.

Age, background, status, gender, justice involvement, experience (or lack thereof), color, and place of origin are not an issue or road block.

**You** are behind the wheel—grasp it and go.

Now is the time to choose what tomorrow **WILL** bring!

*Danny Huffman*

Danny Huffman, MA, CEIP, CPRW, CPCC



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# I Choose My Path...

Today belongs to YOU.

Today is the day to build YOUR tomorrow.

Today is the day to rise above and create YOUR future.

Each day we will be dedicating time to build on the very foundation of success, **YOUR** success.

Our time together, just like life, will find surprises, obstacles, and opportunities along the way. How we prepare and react to surprises, obstacles, and opportunities is what *our courseware* is all about.

No matter where you are, the next step is your choice... **which path will you take?**

You will be expected to complete all assignments throughout this adventure, some activities will be performed outside of classroom hours... no excuses accepted. During class time, we will engage in an open and respectful review of the pages, always without judgement.

Throughout our journey, you will learn a great deal about who you are, who you want to be, and who you WILL become. Before shaking your head and holding your breath in protest, recognize that without structure and direction, you lose control, lose the ability to choose your path.

**Today is the day to OWN your path!**

In its most purest form, Today belongs to YOU.



Truth is, no one can force you to do anything. The choice to own the next step must come from you. If you choose to game your way throughout this journey called life, know you are only gaming yourself.

What's it going to be? Where will your next step take you?

**Journal insight:** What do you believe is going to make a difference in YOUR life, not just for today, but for tomorrow and the many tomorrows to come?

- \_\_\_\_\_
- \_\_\_\_\_



# Road Map

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**Journal Insight:** Take a few moments to explain where you want to be and the barrier(s) standing in the way. Explain how you will **actively** overcome each one.

- Here's where I want to be: \_\_\_\_\_
- \_\_\_\_\_
- Two barriers standing in the way are: \_\_\_\_\_
- \_\_\_\_\_
- I WILL overcome barrier #1 by: \_\_\_\_\_
- \_\_\_\_\_
- I WILL overcome barrier #2 by: \_\_\_\_\_
- \_\_\_\_\_

## ***Make Change Happen***

One thing is certain: If nothing changes, NOTHING changes. Success is a choice, **your** choice.

***Change takes action.***  
***Change is something you do.***  
***Change is not something that happens without effort.***

**Journal insight:** If you could make **one change in your life**, what would it be? (Keep it real)

- \_\_\_\_\_
- \_\_\_\_\_

**Journal insight:** On space below, detail where you believe your life will be one year from now if you do **not** change your course and then detail where you would like your life to be:

- If changes are **NOT** made: \_\_\_\_\_
- \_\_\_\_\_
- If changes ARE made: \_\_\_\_\_
- \_\_\_\_\_



**The most difficult form of change comes from within the self.** For that reason, we will be examining the self, including attitudes, how we see the world, how the world sees us, and how visualization, affirmations, and action are the secrets to securing your destiny.

**Journal insight:**

- Reviewing the past two years (roughly), how do you think your path is working out so far?
- \_\_\_\_\_
- \_\_\_\_\_
- When it comes to where you are now, has it been **your abilities**, the **choices** you made, or things you had **no control over that got you to this moment**? Please explain on the lines below.
- \_\_\_\_\_
- \_\_\_\_\_

For some, a roadblock is as an excuse or an easy way to play the “*victim*” card and give up on the journey.

**Journal insight:** How do you overcome roadblocks along your journey?

- A recent personal roadblock was: \_\_\_\_\_
- \_\_\_\_\_
- Here’s the strategy I took to overcome it: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Being on the right path begins with a commitment and a single step. With each step leading to success.

Success ***IS*** created.

Success can be about growing personally and should not be defined by rigid standards of wealth, fame, or power.

**Journal insight:** To you, what is meant by “*success can be about growing personally and it should not be defined by rigid standards of wealth, fame, or power?*”

- \_\_\_\_\_
- \_\_\_\_\_

## Journal Writing, Pen to Path

Throughout our time together, you'll be asked to create journal entries for three basic reasons:

1. Self-discovery
2. Clarifying goals
3. Developing ways to overcome challenges you will face

**Journal insight:** Two things I **want most** over the next six months are:

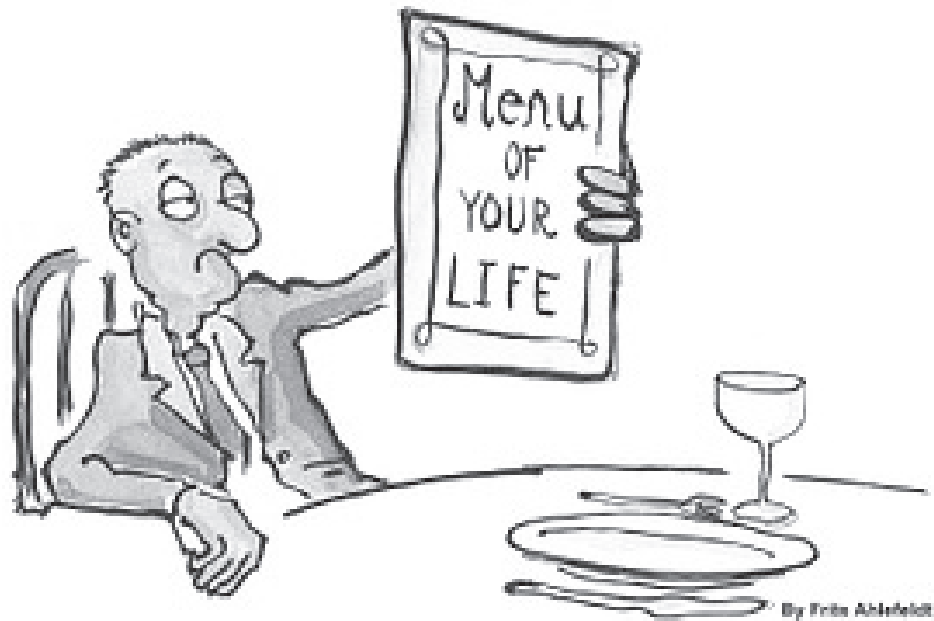
- \_\_\_\_\_
- \_\_\_\_\_

Whatever issues are going on in your life, a journal is a valuable resource. It can be used to track your activity and allow you to reflect on the choices you make. A journal records your thinking, providing a method to track activities while giving you a record you can reflect on and really get to know yourself!

When it comes to writing journal entries:

- **Write about specific thoughts, feelings, and emotions.** It's hard to notice thoughts, feelings and emotions as we have a tendency to just do things without thinking. Try now to notice how you feel, you may be surprised.
- **Keep judging out of the picture.** When discovering things about yourself, be gentle. If you judge your behavior as "bad" or "stupid," your mind will begin to believe it and actions will be quick to follow.
- **Tell the truth.** The closer you get to the truth, the more you will discover about yourself and if you notice you are avoiding the truth by blaming others, this insight will be most valuable to your progress.
- **Express intentions positively.** Concentrate on what you do want, not what you do not want.
- **Do.** Journal writing requires you to actually do the work. Sitting back won't cut it. Just like in life and success, standing at the counter and waiting for someone else to decide where your journey will lead may not end well. Show initiative and set your own path.





**Assignment:** One of the bullets detailed suggests to “*concentrate on what you do want, not what you do not want.*” What are two examples of a time you concentrated on things you did NOT want, ignoring the things you really wanted?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Assignment:** Traumatic events can change your way of seeing and experiencing the world. Have any events changed your life? Describe how they changed your life and world view.

- Events changing my life include: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- How they changed my life and world view: \_\_\_\_\_
- \_\_\_\_\_







# Empathy Addressed

**Key term defined:**

**Empathy:** The ability to recognize others as human beings with feelings just like you. It is a quality that underlies love, caring, and compassion.

**Empathy: Developing a secure attachment with the person you're helping**

When a person's own emotional needs are addressed, they are more likely to show empathy and help others in distress.

**Journal insight:** Have you ever helped someone who was sick or hurt? How did it affect that person?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Journal insight:** How did it make you feel by helping?

- \_\_\_\_\_
- \_\_\_\_\_



*Today is MY day*

**Affirmation:**

- \_\_\_\_\_





**Journal insight:** When it comes to your life and situation, what type of hand do you believe you were dealt? Do you believe your future is pre-determined and cannot be changed? Explain.

- My hand dealt is: \_\_\_\_\_
- My future: \_\_\_\_\_
- \_\_\_\_\_

Truth is, no matter the reason for you being here at this moment in your life, you are here. For some, the events leading to today have been brought about by traumatic events or things beyond control. For many others, you are here because of choice, you want success, a career, and security. Recognizing yesterday's events shape how we define and see ourselves can be the most empowering step along your journey.

**Journal insight:** What brought you here? *The real reasons.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Journal insight:** Of the challenges facing your life so far, what, if anything, would you have done differently if given the chance?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# I control success

In case you thought otherwise, **society or potential employers do not owe you anything**. No matter what has happened in the past, respect and opportunities are earned: accept it and know the path is paved by you, no one else... no excuses.

**Looking glass:** We'll go into this deeper as we go, but for now, describe three things you can do NOW to shape the story of your success.



- 1: \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_
- 2: \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_
- 3: \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_

**Affirmation:** I control success

- \_\_\_\_\_



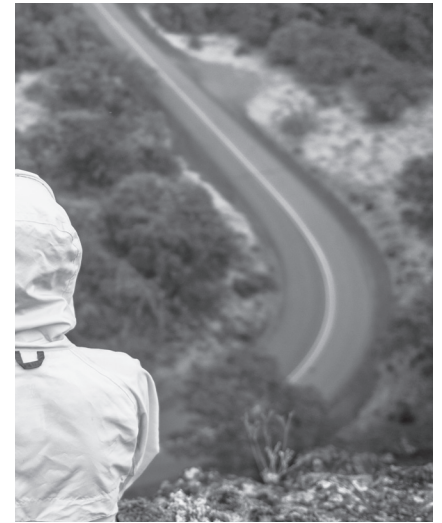
# Standing at the Crossroads



Imagine you are working at a bus terminal. One morning a person comes up to the window to purchase a ticket. There are many busses heading out so you ask this person where he is going or if this a one way trip.

*“Don’t care, anywhere but here. Just give me a ticket.”*

Unsure how to respond, you ask this person about his destination once again.



*“Anywhere will do,”* he responds without showing any interest about where he may end up.

You hesitate, stare at this person with disbelief and say: *“I’m sorry sir, I need some details as to which city you plan on heading out to, what time, or at least what day, and will you be coming back?”*

*“I don’t care,”* this person repeats several times and adds: *“I just want to get away, you choose for me.”*

**Journal insight:** In your opinion, why would someone say **“anywhere will do?”** What do you think is going on in the other person’s mind? Have you ever felt like getting away without caring where you were going, what was happening at the time?

- I think someone would say **“anywhere will do”** because: \_\_\_\_\_
- \_\_\_\_\_
- As for me, \_\_\_\_\_
- \_\_\_\_\_

Two minutes later, this person without a plan walks away with a ticket to Jackson Hole, Wyoming, a place he’s never visited.

**Journal insight:** When it comes to YOUR future, what is your plan beyond completing our course?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Goal Assessment

*A man without a goal is destined to fail.*

**Duck**

**Journal insight:** Why do you think Duck claims a man without a goal is destined to fail? Do you agree with Duck? Why or why not?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Key term defined:**

**Goal-setting:** The act of establishing what we want.

**Looking glass:** What goal-setting do you have when it comes to:

- Family: \_\_\_\_\_
- \_\_\_\_\_
- Employment: \_\_\_\_\_
- \_\_\_\_\_
- Community: \_\_\_\_\_
- \_\_\_\_\_

After you've thought about **your** goals, take a minute and respond to the following questions:

How **important** is your major goal?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

