

PRISONER'S CURRICULUM

(VOL.1)

This curriculum is designed to be an as-available approach to pursuing your personal ambitions from within the environment of a jail or prison, and seamlessly turning your theories, plans, and preparations into reality upon release from incarceration.

The information below features the details, but the bottom line of this entire curriculum is: learn, plan, practice, and action (upon release). It will be repeated again that **your time to yourself is the best thing you have going for you. That time can be spent mentally and physically preparing for your ideal career awaiting you outside.** Inquire at your facility about requesting books relevant to the career(s) you've chosen.

Budgeting and Legal matters are not mentioned below, seeing as they should be an automatic component to everything you do. Don't spend more money than you make. Save all your money for family and business expenses. Spend all your free time learning your business mentally and physically (if possible).

The language in this curriculum is straight to the point, and the quickest way of stating an issue – or the way to best prompt consideration on the matter.

There are only three reasons possible for your incarceration: (1) You were guilty of behavior that is considered a crime. (2) You were falsely accused or convicted of behavior that is considered a crime. (3) You are partially – but not fully – guilty of behavior considered a crime.

The past is only relevant as a reference to model future behavior. **If the way in which you became imprisoned is unfair, that needs to be tended to after you organize your desired future – there will be plenty of time for proving innocence later.**

What career do you find so fun and interesting that you would do it for free (if you had unlimited wealth), just for the fun of it?

If you know what that career is, use every second of your days towards mentally and/or physically developing the skills needed to become the very best in that field. Your time in prison is your best friend. It's the most advantageous thing you have going for you. People in society don't spend time advancing their aptitude in their career fields. They reach a certain survivable level of "good enough", plateau there, and rarely improve unless prompted to by necessity. The more time, effort, energy, and thought you put into developing your craft, the better you become, correct? Who has more time than whom? **You are not burdened by the same responsibilities as those in society. You have more time to put effort, energy, and thought into what you do than anyone else in the country. Your incarceration is capable of being your greatest advantage – as long as you know where you're going.**

If you are unsure on what you would like to do, put in a request for the following book (which may help): **"Careers: The Graphic Guide to Finding The Perfect Job For You" by DK Publishing.** Make a request for this work for the prison's collection.

If the profession you wish to do does not exist, be the first to pioneer the field. For potential assistance, see the "Entrepreneur's Curriculum", and modify it to be applicable with the resources you have available in prison (if possible).

There are some careers that can be continued (in a fashion) behind bars, there are many that cannot be.

Human beings are capable of living beyond 100 years of age. The question isn't "how long is your sentence", the question is this: Do you plan on being alive when your sentence is finally over? If the answer is "No", please see the "Lifetime Prisoner's Curriculum" (as an extension of this curriculum). If you do plan on being alive (at any age) when you are released from prison: **consider every moment you have behind bars as preparation for kick-starting your new life.** Make every moment of your day have meaning. Every interaction with any human is a chance to learn something new (or verify existing info) in the realm of psychology, and every moment you have to yourself is an opportunity to further advance your knowledge in whatever field(s) you specialize in.

The thing many elderly people regret is not using their time more wisely. Depending on the length of your sentence, you may just be getting started on things when you're elderly (and released). That's a good thing. Ambition is the fountain of youth. The more things you have to do, plan on doing, or want to do, the more likely you are to live to do them – you have a reason for living. Ceasing any activity (such as pursuing an ambition) onsets deterioration. What happens if you don't continually work out? You slowly lose muscle, correct? What happens if you don't exercise your brain? You slowly lose information/memories. What happens if you don't exercise your life (by pursuing ambition)? You slowly lose it. **Age is not an insurmountable barrier – not even in highly physical careers.** The older you are, the harder you're going to have to work; but you can do it. Once you're an adult, you don't say things anymore like "when I grow up", because the deciding factor in that phrase is aptitude. Children that say that assume they'll be good enough at something to do it. All Americans (even those incarcerated) have more than enough resources available to do whatever career(s) they want to do for as long as they want to do it – if you're willing to put the work in to sustain your aptitude...But if you pick the right career, the work feels like play, anyway.

LIFETIME PROGRESSION

The below can be applied to life outside and inside prison. Life is life. Behavior (and Life) is split into two parts: Planning (or Thinking) and Acting. Thinking and planning set the grounds for action. **The more time you have to plan, the more smooth and successful your actions usually go.** Since you are in a position where you cannot act (or action is limited), you can use your time thinking and planning for when you will have the opportunity to act once more (upon release). By doing this, you will be a much more astute operator than those who spend their time in mechanical career actions, rather than thinking and planning progression (as you have the luxury of being able to do). **Always plan for "in case things go wrong" at each step of your operations.**

1. GOALS:

- Ideal Operating Condition** is the name of the state of life you would like to be in forever. Best job, best home, best life.
- Highest Ambition** is the absolute most you think you're capable of accomplishing in life (if you pushed yourself to the max).

2. ORGANIZATION

- What is your plan for attaining your goals? Make as many lists as you need to stay organized. Write down whatever thoughts you have that you believe are worthy of repeated consideration in the execution of your goals ('Books of Wisdom' section may help with this).
- Establish as many **Checkpoints** as you can on the way up to Ideal Operating Condition. Checkpoints are small goals that lead to the big one.

3. ACTION

- Use as much of your day as possible to work towards and accomplish Checkpoint Goals. Make productivity a habit.**
- When you don't feel like working on one aspect of your ambition, work in another aspect (towards the same goal).

4. TENACITY

- Expect failure and regression. It happens to literally everybody who lives, and everybody who has ever lived. Nobody in human history has done everything right the first time, and nobody ever will. Laugh at your mistakes;** ask, "How did that (failure) happen?" Answer that question, and use the answer to prevent further failure in that direction. That's all there is to it.
- Do not let your lack of progress (or not living up to your estimates of how fast you thought you'd improve) lead to quitting. Most people quit when they aren't immediately successful at something. These people can't tolerate hard work. If you are capable of persisting with your education until it becomes a habit (instead of a chore), you will objectively be more competent than most people in the country. **If learning becomes a habit, you are bound to be a genius as time progresses. You can use that genius to gain ends and objectives that were currently unavailable to you at your former mental status.**

5. EDUCATION

- a. **The way to become the best at what you do is to learn everything about the concept – all its ins and outs – and to be a walking encyclopedia of both experience and information in that field.** Prison can make experience in some things difficult, but any time you have a handicap, the only thing to do is to creatively compensate. **Thought Exercises** – if done with enough understanding of cause and effect, and psychology – can be the equivalent of actual experience in many cases.
 - i. If you imagined yourself slapping the palms of both hands together, you can very easily see yourself clapping. You’ve done it a million times before; you’ve seen it a million times before. Your experience and information of clapping makes it imaginable to you with little effort. That goes the same with all information. If you took the time to do so, you could imagine an entire sporting event (from arrival, to the start, game time, intermissions, etc.). In the careers that incarceration prevents you from practicing, take the time to repeatedly go through Thought Exercises from beginning to end. Most people in society underestimate the extreme importance of this, and when you’re released, you’ll have a significant advantage over everyone around you in the fact that your thoughts have made realistic cause and effect a habit. **Visualization enhances all education.**

6. OBSTACLES

- a. Do not let obstructions in your expectations cause you to be emotionally sensitive. **The best way to solve obstacles is to come up with several different solutions to the obstacle(s), start acting on the most reasonable solution, and switch up solutions according to how each one works.** Excessively complaining about your problems doesn’t get you anywhere, makes you seem weak, and makes you undesirable to be around. **The more competent somebody is, the less they complain (because they have what it takes to solve any problem).**

7. TIME

- a. **You have more quality time available to you than anyone on the planet.** Most people don’t spend enough time thinking. They mechanically do the same things over and over in life until an event prompts change by necessity. You have all the time in the world to think and prepare your thoughts, and you’ll have all the time in the world to act on those thoughts upon your release. In addition to this, you will be like a wound spring – ready for action. In a society where everyone is on a plateau, you’ll be on a rocket ship. Being deprived of freedom of action will make your actions much more potent once unlimited – providing you used your time wisely in planning.

8. DEPENDENTS

- a. If you have any people dependent on you – or anyone you owe reparation or good will towards – wait until you have entirely completed the *planning* phase before planning for their welfare, then incorporate them (as an equal or greater priority) into your estimates. It is important to incorporate them after planning (rather than before, or during) because it is a lot easier to fit that one element (dependents) into the final grand scheme than it is to have them as a (potentially obstructive) factor during the planning stages.
 - i. Family inclusion can sometimes be used (irrationally) as obstacles to progress. It is more productive to complete your plans of progress, first. Then, even if your dependents are an obstacle, you’ll be accustomed to navigating towards solutions (having practiced this so much in the planning phases). **Family comes before business; but there’s always time for both.**
- b. It may be necessary to come up with a separate plan of operations concerning dependents (rather than their inclusion into one great big life plan) in order to handle each aspect (ambition and responsibility) more easily.

9. RESOURCES

- a. Assume all of the resources you previously had were gone. Imagine you had to start life over from scratch based on your position now. Plan for that...Then, add in your currently available resources once you’ve figured out the from-scratch plan. This approach will give you a greater appreciation – and thus, utilization – of the things you have to work with.

10. RELEASE

- a. You have had as much time as anyone could ask for getting ready for this. Don’t spend your first day free lounging in luxury. **How you start your freedom is going to set the standard for how you continue on. Spend your very first week out working as hard as you can on either your business plan, or quality and quantity time with your dependents. Earn your first luxury day** – it will be even more enjoyable.

BOOKS OF WISDOM

Submitting a request for any of these books should not be a problem. If you find difficulty or resistance in getting a hold of any of these works, feel free to write or communicate with The Upward Education – who will work on your behalf to attain their inclusion into your facility’s collection.

The following works are each filled with wisdom and knowledge on humanity, behavior, and reality. They educate as well as entertain.

1. **The Count of Monte Cristo (Alexandre Dumas)**
2. **The Once and Future King (T.H. White)**
3. **The Complete Stories of Sherlock Holmes (Sir Arthur Conan Doyle)**
4. **Atlas Shrugged (Ayn Rand)**
5. **The Three Musketeers (Alexandre Dumas)**
6. **Don Quixote (Miguel de Cervantes)**
7. **Les Miserables (Victor Hugo)**
8. **A Short History of Nearly Everything (Bill Bryson)**

CONFLICT MANAGEMENT

- The best way to manage a conflict is to use all options available before resulting to violence. If you are imposing violence (or threatening violence) on another: you are wrong, period. If somebody attacks you physically, resist the attack to the best of your ability, and avoid severe damage to your opponent (unless you are outnumbered – in which case severely incapacitate the others as fast as possible). If you are convicted (and guilty of) a violent crime, you sure didn’t attack the strongest person you could find; you picked the one least likely to resist. Submission to violent action factually makes you weak-willed (unless abstaining from violence for reasons of morality). Weakness is visible and easily identifiable to those that prey on it. **Do your own thing, and avoid conflict as best as you can. If its forced upon you, deal with the threat and get back to what you were doing without holding grudges** (violent people are simply ignorant, and not worth your consideration unless you are forced to remove them from your path – or unless priming yourself in expectation for a likely conflict).

OPTIMISM

- Your attitude is what controls your reactions to the world. The healthiest attitude for any human in any conditions to adopt is: “I’ll be fine no matter what”. The most important way of making this thought a reality is by: (1) Learning to defend yourself physically. (2) Learning enough about everything to survive and thrive in any situation. (3) Ambition – If you have other things to do, you don’t spend time on unproductive things.

As long as you are living, your life is not over. As long as you have life, you have an opportunity to excel and progress. If your sentence is for life, please see the “Lifetime Prisoner’s Curriculum” in addition to this. If you will be released at some point (be it 6 or 60 years from now), **use the time available to you to stockpile ideas, organize ambition, and prime yourself for turning your life into everything it could be.** Once you start: KEEP GOING. Don’t give up.

Good Luck.