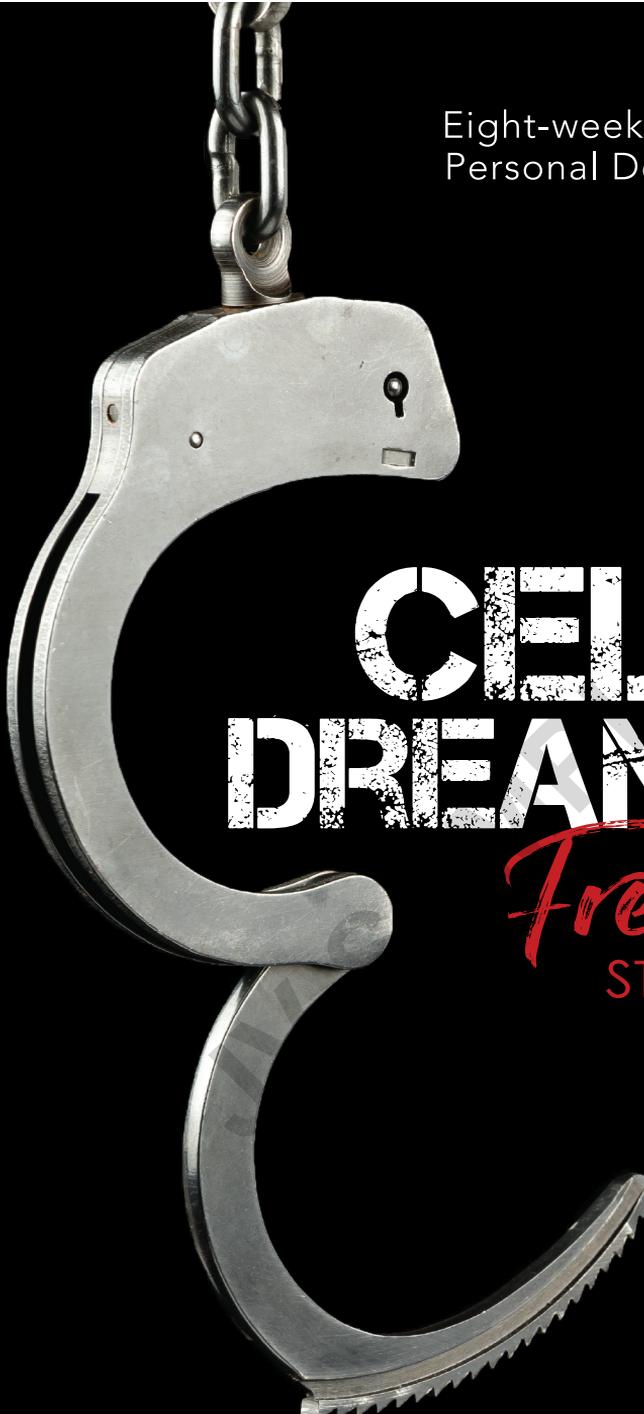


Eight-week Juvenile Detention
Personal Development Course



CELL DREAMER

Freedom
STARTS HERE

MICHY E. MORILLO

Your Guide to a Better You.
Your Blueprint to a Better Future.

CELL DREAMER

Freedom
STARTS HERE

MICHY E. MORILLO

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Dedication

To my beautiful Mother and best friend, Daisy,
who never gave up on me and believed in me when I didn't believe in myself.
Thank you for instilling in me great values and showing me that with
God and faith, all things are possible.

A very special thank you to my loving, sweet Aunt Anita,
who has helped me through life and has been
there consistently to guide me.

This dedication would not be complete without acknowledging
my kind-hearted sister Sachy.
Thank you for your love and loyalty throughout my troubled teenage years.

I love you all.

Acknowledgment

A warm, heartfelt thank you to my beloved Melanie Garcia. Thank you for supporting this dream and contributing to my vision, passion, and crazy idea. I appreciate all that you have done to make this possible.

I would like to extend my gratitude to my mentor and friend April Morrow, who immediately came on board and helped me complete this project all while helping me discover more about myself and my abilities.

I love you both.

Thank you for always supporting and encouraging me.

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Foreword by

April Morrow

I met Michy when she first joined Toastmasters. From the moment I met her, I could tell she had a passion for life and was committed to making a difference in others' lives. After her first speech, I had no doubt she could accomplish that task. That energy and passion moved the audience and they sat there in awe.

When Michy was younger, she made mistakes in her life, like we all do. Yet her mistakes landed her in juvenile detention for a year, locked up with no freedom. While there, she blamed her circumstances and those around her for the anger she felt. She wasn't willing to look at herself until she had been through juvenile detention three more times.

When she realized that last time the hurt she had also caused her loved ones, it was then that she was willing to look at herself. To look within takes courage; and courage takes a willingness to be vulnerable. The time was 'now' and she worked hard on herself. She learned so much in the process and realized she needed to do things differently if she ever wanted to accomplish her dreams out in the world and in her life.

What is missing in our juvenile detention centers and even in our jails is this process of looking inward and discovering who you really are beneath all that has been holding you back. These teenagers need to look at the hard questions to discover for themselves (the best way to learn) what habits they need to change and to also look at what is missing in their lives, that if there, would make the defining difference for them.

Michy knew that she could make a difference after going through the experiences in her own life, and that it could mean the difference for others to have them consciously create their own lives. It wasn't easy. Yet she is who she is today because she learned from those experiences.

So in many ways, these experiences were a gift to her - because she has become an amazing, passionate and giving person. She has dedicated herself to writing this book over the past two years to give her audience this experience without them having to go through the system year after year. She can relate to where they are. She was there. And now she is living her dreams.

Now it is up to you. This is her gift to you. This is your chance to make a difference - in your own life and the lives of those who love you so dearly. A chance to be the designer of your dreams and life. Take this on 100% and watch the miracles start to happen.

JV SAMPLE

THIS WORKBOOK
BELONGS TO

READY, SET, GROW.

#myworkbook



MEET YOUR
8week
COACH
MICHY E. MORILLO

Where you are doesn't define who you are.
Get ready to discover your True Self and create a
Powerful new beginning.

MESSAGE FROM MICHY E. MORILLO

The purpose of this message is to encourage you and prepare you for the outside world. Like you, I wanted freedom, and I wanted more out of life.

This eight-week course was created with you in mind because I can relate to how you are feeling. I was 14 years old the first time I got locked up, and I too felt lost, mad, and confused at the fact that I was only 14 years old and was locked up in a juvenile detention center.

I understand what you are going through, but most importantly I am here for you. We might be different in many ways, but I'm sure we have made some of the same mistakes. I know how frustrating it can be to want to do better, but keep falling into old patterns and following the wrong crowd.

I designed this course to give you the opportunity to work on your goals and dreams while being incarcerated. You are not alone in this journey. For the next eight weeks, I'll be here to encourage you and give you the tools you need to grow and succeed.

Cell Dreamer will give you the opportunity to get clear on what you desire and help you get prepared as you do your time. My hope for you is that you get equipped and ready to achieve more than what you could have possibly imagined.

I will be sharing my struggles, my triumphs and give you tools and techniques that got me where I am today. I promise that if you commit to this workbook and take the steps I suggest, you will experience a different outcome and a better, fulfilling life.

I personally didn't start seeing change until I took responsibility and made the conscious decision to grow up and become a better me.

I went from being locked up to being a business owner and now speaking at jails and helping others improve their minds and lives.

MESSAGE FROM MICHY E. MORILLO



When I started my personal development journey, one of my personal goals was to make my mother proud.

I remember looking outside the secured windows asking myself hard questions that only I could answer. As we work through the workbook, I will be asking you some of the questions I asked myself.

Believe it or not, I was locked up four times before I finally got it. That is why I want you to learn from your mistakes and experience your best life when released.

I know that what I'm about to say may want to make you throw this book across your room, but have faith and please continue to read.

You are exactly where you need to be. And you will not see change unless you take responsibility for your actions. This workbook landing in your hands might be the best thing that happens to you while in there.

I trust that this eight-week course will inspire you in such a way that this will be your last time being locked up.

Before we get to work, let's go over some helpful tips:

You will only get the most out of this workbook and experience its benefits, if you commit and do each exercise with an open mind.

Some of the exercises may be challenging, but if you endure and keep pushing, by the time you are released you will have a different drive and live an extraordinary life outside of your cell.

Each part of the workbook can be worked on over the course of a week. However, if you complete the sections sooner, feel free to move on to the next section. You may also want to revisit previous sections to add more detailed information at a later time.

This is your journey and your process; the goal is to complete the workbook at your pace and prepare you for your comeback.

MESSAGE FROM MICHY E. MORILLO



It is important to mention that you will only get out of it what you put in. If you do your part you will be able to experience change right where you are. I know some of you may be emotionally tired, sad, scared or even angry at your situation. But don't get discouraged.

This isn't your final destination. Consider this your developing stop. You were born for a greater purpose, and a more meaningful life.

Throughout the workbook you will notice that I have included powerful quotes that will empower you along the way.

Let's get started, and remember to have an open mind, be patient with yourself and have fun with it.

Your Coach,

A handwritten signature in black ink, reading "Michy E. Morillo". The signature is written in a cursive style with a large, sweeping initial "M".

STARTS WITH YOU

DECIDE, COMMIT, SUCCEED

Opening this workbook was the first step; now comes the real work, which is to commit. Committing is different from wanting. True commitment is an action you take even when you don't want to pick up this workbook and want to give up.

In order for you to overcome any personal struggles and reach the healed version of yourself, you must first do your part and commit.

Commit to changing. Commit to growing. Commit to completing this workbook. You must commit to giving your best during your time there. And last but not least, you must commit to improving your attitude and behavior.

True commitment means answering the questions in the workbook honestly and taking the necessary action steps toward change. It's about closing the gap from where you are and where you want to be in life.

- 1. Commitment is a state of mind that shows your dedication regardless of the obstacles you may encounter.**
- 2. Commitment is what's going to keep you going when enthusiasm starts to fade.**
- 3. Commitment is what's going to transform your life now and when you are released.**

**YOU CANNOT CONQUER
WHAT YOU ARE NOT COMMITTED TO.**

-T.D. Jakes

STARTS WITH YOU

YOUR CONTRACT TO COMMIT

By signing my name below, I commit to my personal transformation. I know that if I fully commit, I can grow and achieve my goals in life. I understand this workbook will be challenging at times, but I accept the challenges because I know it is stripping away behaviors and habits that no longer serve me.

daily commitments

I take responsibility for my behavior and attitude.

I will notice when I am judging myself and others.

I will treat myself, other inmates and staff with respect.

I will embrace the work and tasks given in this workbook.

I will forgive and let go of the offensive behavior of others.

I will have compassion for myself and others.

I will be patient and consistent.

I, _____ (name) _____ commit to changing, dreaming, planning and taking new actions now and when released.

CONGRATULATIONS on signing. I'm proud and have great expectations for you.

Remember that you are the only one responsible for your own achievements and progress.

SELF

SECTION

1

REFLECTION



“No one ever got ahead by going through the motions. You have to constantly be improving yourself. Make your life the masterpiece you want it to be.”

-Queen Latifah

SELF-REFLECTION

The first area you will need to look at is what behaviors and actions got you here, which is called...

SELF-REFLECTION

Self-Reflection are your thoughts about yourself and taking inventory of who you are as a person. It is viewing your inner-self and your motives in life.

Reflecting on who you are is important. Whether you're in jail or out in the world, you will find that people who are successful or want to better their lives are always finding ways to improve themselves.

In fact, Self-Reflection was one of the many reasons I wanted to transform my life, because I realized I was becoming untrustworthy, unreliable and extremely difficult.

But, in order to transform my life, I asked myself hard questions that only I was able to answer. One of my questions was: *Who am I hurting while being locked up?* The one person I saw hurting the most was my Mother; the love I had for her didn't match up to my behavior.

Unfortunately, I was giving my Mother more pain and tears than joy and laughter. I was damaging my relationship with my sister and causing my Aunt Anita distress. Overall, I was hurting myself and disappointing God by doing all the wrong things and not living up to my full potential.

Self-Reflection is one of the hardest yet most beneficial things a human being can do. It took me four years to realize how harmful I was behaving.

It took me four years because it was easier for me to blame the "system" and play the victim than to take responsibility. And when you don't accept responsibility, it makes it harder for people to trust or respect you.

SELF-REFLECTION

It didn't matter with whom I came in contact. Every adult, staff and teacher had the same words to say to me:

"YOU HAVE A LOT OF POTENTIAL MICHY"

As much as I heard it, I didn't believe them because I didn't believe in myself and my ability to change. I allowed the streets of Haverhill, Massachusetts, to affect my way of thinking. I allowed the streets to mold me and corrupt the good person my Mother was trying to raise. Unfortunately, I TRUSTED no one and BELIEVED that everyone that attempted to help me had shady motives.

In fact, I remember Laura, a great teacher and friend, wanting to help me by offering me different options so that I wouldn't get locked up again. Not only did I refuse her help but I also let her down. Laura was the only person outside of my family that I felt wanted to truly help me at the time.

Even though I was tired of being locked up year after year, I refused her help because unconsciously I was afraid of change and became comfortable being around the same familiar, toxic friends and selling drugs.

Getting locked up became an annual tradition. This tradition kept me away from my family and further away from my best self.

An important tip to mention is that in life you will come face to face with people who really want to help you. Allow these people to make a difference in your life. As we move forward, I will help you identify these people in Section 5.

In the meantime, we will work on a Self-Reflection exercise that will give you the opportunity to look within and ask yourself some of the hard questions I asked myself while being locked up. But before you get started, I want to inform you that there are no right or wrong answers.

SELF-REFLECTION



This exercise is between **you** and **your inner-self**. The first step toward becoming a better you is being honest with yourself and confronting the problem.

When I asked myself these Self-Reflection questions, I answered them with no shame and no blame. I knew if I wanted to change, I needed to look at myself and be 100% real. Be brave and answer the questions honestly.

Remember, if you want lasting results and your freedom back, you will have to dig deep and do the necessary work.

Time to Get Real & Get Started!

#freedomstartshere

Describe in detail the behavior that got you here:

A large, empty rectangular box with a light gray background, intended for the user to describe their behavior. A large, faint watermark reading 'JV SAMPLE' is overlaid diagonally across the box.

SELF-REFLECTION



Who was affected by your actions and behavior? How?

JV SAMPLE

Do you care how your behavior is affecting those you love? Why?

JV SAMPLE

SELF-REFLECTION



Who am I blaming for my behavior? Why?

JV SAMPLE

What negative behaviors are being repeated in your life?

JV SAMPLE

SELF-REFLECTION



Are you willing to spend less time with negative friends? How?

JV SAMPLE

Do you have positive role models in your life? Who?

JV SAMPLE

SELF-REFLECTION



Are you willing to spend more time with positive role models? How?

JV SAMPLE

Do you believe in your ability to change? In what ways?

JV SAMPLE

SELF-REFLECTION



What have you learned from being locked up so far?

JV SAMPLE

What is your advice to you?

JV SAMPLE

SELF-REFLECTION

The ultimate purpose of doing the Self-Reflection exercise on the previous pages was to get you to reflect on who you've been and what got you locked up. Keep in mind that unhealthy behavior patterns can improve but it takes commitment, managing your negative emotions and breaking negative bad habits.

How you express your emotions is one of the keys that will unlock the better you. The **YOU** that is hungry to get released, and the **YOU** that wants a new chance at life.

I visit a lot of juvenile detention centers and unfortunately, I know who will return and who won't. I make this prediction based on the conversations I have with inmates while I visit. Most have a great attitude and have a plan for getting out, and some think it's a joke and don't take their time in there seriously.

Let me remind you that juvenile detention is not a summer camp. If you don't learn from your mistakes, you will no longer be charged as a juvenile and you will work your way into a real state prison cell. Use your time wisely and take the charges against you seriously.

Go back to the previous page and reread your advice to yourself. Let yourself be heard and become accountable for what you need to change. Start taking the right steps by writing on the next page what you can improve in your life.

**WE ARE ALL MORE
THAN THE WORST THING
WE'VE EVER DONE.**

-Bryan Stevenson

SELF-REFLECTION



WHAT 5 THINGS CAN
I IMPROVE?

Sample

WHAT ACTIONS CAN I
TAKE TO IMPROVE THEM?

Sample

SELF-REFLECTION



WHAT DO I NEED
TO LET GO OF?

HOW DO I BENEFIT
FROM LETTING GO?

SELF-REFLECTION



WHAT ARE 10 THINGS
THAT ARE IMPORTANT TO YOU?

JV SAMPLE

SELF-REFLECTION



WHAT HAVE YOU LEARNED
ABOUT YOURSELF SO FAR?

JV SAMPLE

SELF-REFLECTION



WHAT DO YOU HOPE
TO GET OUT OF THIS WORKBOOK?

JV SAMPLE