

SUCCESS STORY

Eight years ago, I walked out of prison with a bag of mail, new shoes, and a bad reputation close at my heels. I came back to the community with no friends or connections. Since then, I have taken every step possible to share my life and hopes with others. I worked diligently to educate myself and offer that to the community.

I will graduate with a bachelor's degree in social work and I will continue on for my master's degree. I am a clinical substance abuse counselor in a county jail and a Native American singer who plays the flute.

- Sammy, *Sober Alumni*

Let Us Help You Reach Your Goals.

GOALS



SMART PATH

Too often, goals are set for you, but it's difficult to pursue goals that are not your own. Think about the things you want to accomplish in your life and create a timeline for achieving them. There are five important aspects to a goal, and it's easy to remember them if you think of the word SMART.

SPECIFIC
MEASURABLE
ATTAINABLE
REALISTIC
TANGIBLE



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HOW THE SMART PATH WORKS

SPECIFIC

Don't just say you want to be rich. Write down some figures and create a timeline.

MEASURABLE

Set a benchmark to let you know when you've reached your goal, such as, completing your parole within the given time frame without a negative report.

ATTAINABLE

Although it would be nice to be king of the world, it's more reasonable to decide to complete your education by a certain date.

REALISTIC

It's realistic to want to retire someday with a substantial savings. To reach that goal, you must start with a job, move to a career and manage your finances responsibly.

TANGIBLE

Tangible means you can touch the goal. It's something concrete and you'll know when you've reached it.

When you set goals, think short term and long term. For short term, you must decide daily if you will drink or do drugs; long term is your ten-year medallion. Often, a series of short term goals brings you to the completion of a long term goal. You need to decide what is important to you.



SETTING GOALS

■ FAMILY

Many inmates want their families back. A plan for accomplishing this goal may include regaining custody of children, rebuilding trust that was lost during your absence, and discovering your role in family relationships. It takes time and hard work, but it can be done.

■ SOCIAL

The social structure of prison attempts to mirror that of society, but falls short. Many inmates set goals that include relearning social skills that were allowed to rust during their incarceration. Basic manners and acceptable language are necessary to fit into the world outside the fence.

■ SPIRITUAL

Everyone has a spiritual side and you may want to make it your goal to discover or rediscover it. In prison, there was ample time to reflect on spirituality. There are many guides available to you in your community if you choose to continue along the spiritual or religious path.

■ FINANCIAL

Some people equate financial security with wealth, while others strive to provide food, clothing, shelter, education, and stability for themselves and their families. Set your own financial goals independent of others. What is important to you? Where do you want to be? Once you decide where you want to go, people will help you get there.