

**CHANGIN'  
YOUR GAME  
PLAN**

**How I used incarceration as a  
stepping stone for success**

By: Randy Kearse

©First published 2007, 2<sup>nd</sup> Edition 2009, 3<sup>rd</sup> Edition 2012, 4<sup>th</sup> Edition 2015 by Randy Kearse. All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the author [RandyKearse@yahoo.com](mailto:RandyKearse@yahoo.com) published by Positive Urban Literature Inc. ISBN: 978-0-9800974-8-1 Paperback) This book is printed on acid free paper.

## **30 Days on the Wake Up**

*You would think after spending the last 13 years, 5 months and 2 days in prison, the last 30 days before I was released would be like a walk in the park. Think again. The last 30 days were just as hard and just as long as the mountain of days, months and years that came and went before this point. The last 30 days are somewhat harder in a sense... the slow building anticipation, the lingering questions, the doubts, the hopes, the dreams, the reflections... The long years of loneliness and suppressed feelings all come bubbling to the surface and make for a recipe of uncertainty. While projecting an air of confidence to your fellow incarcerated peers, deep down inside you try not to vomit up the swarm of butterflies swirling around in your stomach. I guess the scariest days of my prison experience were the first few days you arrive and the last few days you're there.*

*You can't keep your mind from wandering; fantasies of being free, and your reality of still being in prison are like a conflict of interest. Up until the day you're actually IN the receiving room getting processed out, you're still in prison. You have to constantly remind yourself there are people around you who are NEVER EVER EVER going home and there are some individuals who might not wanna see you leave just yet.*

*Trouble can come like a thief in the night and snatch your release date right from up under you. I have seen it happen. One guy about to go home, another guy angry and bitter at the world, jealous that it's not him leaving, starts a argument with the guy leaving, the argument leads to a fight, stabbing or even worse a killing. Seen guys jeopardize there release date because they felt they had to protect their reputation and not been seen as weak or a sucker.*

*When I was 30 days on the wake up I didn't broadcast the fact that I was leaving. During the long years of my incarceration I always*

*imagine leaving quietly. My last 30 days I was cautiously quiet about my soon to be departure, all the while extremely optimistic about the future.*

*Only thing was, I had a old open and pending court case in New York, so even though I was ending my federal sentence there was a good chance I could actually be given a state sentence due to the fact I had absconded on a charge I pled guilty to prior to being arrested by the federal government. So my last 30 days of my federal sentence I was going through a lot, emotionally, no one was aware of. Nonetheless, the worst part of my journey was winding down, I had all that time behind me and what I faced in the state was nowhere as serious as what I just finished so, my release date was bitter sweet. Bitter because I still wasn't totally free but sweet because I had done the time and I was one step closer to freedom.*

*I had seen the inside of more prisons then I would've cared to, but that's how federal prison is, you spend a few years at this facility, a few years at that facility and your security level drops and you're transferred to another facility. Have disciplinary problems you're shipped to another facility.*

*I did time in Lewisburg penitentiary, Terre Haute penitentiary, Allenwood penitentiary, Estelle medium, and Fort Dix low. I seen my share of violence, petty squabbles, riots, gang bangers banging, and every other imaginable vile act, betrayal, and scheme from murder to assaults on staffs and here it is 30 days before my release date I had survived it all. That was a cause to celebrate within itself. I seen guys die in prison, catch new charges in prison, disfigured, and lose their minds from the pressure of incarceration.*

*30 days on the wake up.... 30 days away from showing the world what I was truly made of...*

# Changin' Your Game Plan

This book is for those who are ready to win in the game of my life, for real, this time. It is a checklist, a road map, and an instruction manual to help one begin the process of "*choosing*" freedom from mental and/or physical incarceration. This is a powerful, practical, no-nonsense book written from the heart of a man who has been in the belly of the beast and survived to show you a way out too. Randy Kearse shows you what to do with your time, while you're doing time. He shares tools and tips on how to change your mental and emotional state of mind.

Changin' Your Game Plan is not only for those behind the visible walls of prison, but also for those who are seemingly trapped behind invisible mental walls of self-imposed limitations and repetitive thought patterns that prevent forward movement in life. Randy's legacy of truth will lead you on the path to Changin' Your Game Plan. This book can help the untold millions of people who are currently incarcerated, formerly incarcerated and potentially headed through the doors of the criminal justice system; prison, parole or probation.

The challenges you face are many and complex. But they are not impossible to overcome. Going through the criminal justice system doesn't have to be the end of the road for you; it can be the beginning of a journey to a better yourself and create a positive future. Change ultimately starts with you. Randy Kearse is proof positive that you can take a negative situation and turn it into a positive opportunity.

Amazon.com Book Review 2012

# Sailing

I got to get my Ship Right... Start SAILING up stream far away from those who refuse to dream.

TIME to SAIL forward and beyond YESTERDAY.

I got to fix this Ship from Top to Bottom because the WATERS of LIFE have WRECKED many of my UNPREPARED SHIPS BEFORE.

Kept them in the dark and in the docks of procrastination while SAILING in circles...

I got to get my Ship Right... Saw too many Shipwrecks that didn't have to be, didn't have to float in the Dead Sea of Drugs and Other Deadly Vices.

Saw too many Ships float endlessly and aimlessly without emotions or drive, without concern or care fueling their journey.

I saw too many Ships SINK in the Waters of stubbornness, unhappiness, no faith, no goals...

I got to get My Ship Right... Fulfill GOD'S purpose, satisfy my own self-worth, TEACH my people, REACH my people.

I got to follow MY OWN HEART, MY OWN MIND and TRUST that GOD IS ORDERING MY STEPS!

I am SAILING on the RIVER BANKS of LIFE being fueled by the SACRED BLOOD of ANCESTORS whose stories MUST BE TOLD WHOLE!!!

I got to get My Ship Right and steer myself to the Shores of Tranquility.

How is YOUR SHIP DOING?  
What kind of waters YOU SAILING IN?

# Table of Contents

10th Anniversary	9
Author's background	11
About author	13
From the author	15
Contributing authors	21
My Biggest Mistake	22
Preface	23
Peace My Brother	25
The Challenge to Change	27
The journey to change	29
Playing The (so-called) Game	31
Self evaluation/improvement	33
Attitude Adjustment	37
Bitter and angry	41
Stressed Out	45
Changin' your perspective	51
Choices	54
Motivation	55
Sacrifice and support	59
Playing The Blame Game	61
Things changed out here	63
Worrying about the wrong things	66
A Mother's pain	67
40+ yrs. old (running out of time)	70
Down but not out	73
Staying sucker free	75
Mentally incarcerated	79
Institutionalized	81
Getting your mind right	83
Prison Parenting	85
Leaving your legacy	87
Tapping into your spiritual side	88
Prison saved my life	89
Changing for your kids	91
Drugs, the #1 pitfall	93
People, places & things	94
A Traumatized Life	95
Your presentation Game	97
Ballin' a budget	99

Wasting valuable time	101
Playing Catch Up	105
Broadening your horizons	107
Building your character	109
Accepted Ignorance	112
“This jail is sweet”	115
Baby Momma/Wifey Drama	117
Knowing a good woman’s worth	121
This ain’t a game	124
Drafting a new game plan!	128
Constructive criticism	132
Facing your fears	134
Believing in yourself	136
Preparing to fail	137
Using prison as an asset	140
Misery loves company	141
Exercising patience	144
Reversing the hustle	147
Staying focused	152
Learning Appreciation	155
Moving fast going nowhere	157
Words of encouragement	158
Close all open cases	160
Pride, principles & values	162
Laws and Penalties	166
I hated prison	170
Our obligation to change	172
Finding a purpose	175
8 million stories	176
Time management	177
Building a support system	179
Incarcerated on paper	181
Things to do upon release	183
Getting on your feet	184
Establishing credit	186
J.M. Benjamin	189
Storm Weeks	207
Terence Jeffries	213
Reentry Resources	229
Against All Odds	235
Afterthoughts	245

# 10th Anniversary

August 2015 will be ten years since I walked out prison with nothing more than two manuscripts, a plan and a strong determination to never return. In the past ten years I've had many ups and quite a few downs, made extraordinary strides and experienced more setbacks than I care to remember. I never gave up or put myself in a situation that could send me back to prison. Tens years filled with challenges, obstacles and adversities, I stayed the course because the time I spent in prison is a constant reminder, no matter how tough it gets out here, it can be a lot worse if I slip up out here. I sent the entire ten year on supervised release. Every day of the last ten years I was one bad decision from returning back to prison.

As I prepare to celebrate my tenth year of freedom, I decided to release a 10<sup>th</sup> Year Edition of Changin' Your Game Plan. I'm not even going to front, a lot of the same jewels I gave up in the original editions of this book are still relevant today, but there is a lot more to this journey of change I can give you as you stand at the crossroad of your life. This book is my way of reaching back.

I first published Changin' Your Game plan in 2007. Since, I have sold over 75,000 copies mostly hand-to-hand on the streets of New York City, Baltimore, Virginia and New Jersey. I'm a sort after motivational speaker for At Risk Youth, Prison Reentry Reform and more. I have written 4 more books, and actually created the Changin' Your Game Plan prison reentry program. I'm the executive producer of the film series Beyond Prison

Probation & Parole. I'm also the director producer of a film documentary titled, When The Smoke Cleared.

I host Straight Talk w/Randy Kearse a television talk show in Brooklyn, NY. My story has appeared in many newspapers, magazines, on local and national radio and TV. The things I have accomplished didn't happen by chance. They happened as the result of the planning I did while I was incarcerated. I never forget the days, weeks and months that added up to the years I spent behind the stone wall and cold steel barbwire fences of the prison industrial complex. It took me a while to understand, in order to free myself from physical incarceration I had to first free myself from mental incarceration..

This book successfully maps a way out of the negative mindsets and negative behavioral patterns, which keep so many people physically, mentally and emotionally imprisoned. It is my hope that the lessons I have learned on my journey of change will help motivate you to look at your own life and the choices you have made. Read this book with a clean heart and open heart.

Changing your thinking, behaviors and attitudes are part of the process to creating a new game plan. By changing your game plan you will greatly increase your chances of not only successfully transitioning back to society, but also increase your chances of staying out or prison.

By taking the necessary steps to change you gain the power to create a positive game plan for your life. You don't have to wait until you are physically free to take control of your life, because once you make the decision to change you begin taking back control of your life.

# Author Background

Born: December 17, 1964 (9lbs 10 oz.), Brooklyn Hospital

Parents: Beverly and Allan Kears

Siblings: Tracy, Francine, Dennis (DK), Sethpen, Lonnie, Jamal

Raised: Brooklyn, NY (Farragut Houses)

School: P.S. 170, McKinley JHS, Fort Hamilton H.S (Expelled) Eastern District H.S. (a.k.a. E.D. a.k.a. EducatedDummies) dropped out. An above average student throughout school Randy became bored with school. He ditches the books for the working world. (Acquired GED without studying or taking classes to prepare).

First Job: age 17 Minute Men Messenger Service.

First Arrest: April 1982 (For attempted murder which resulted in his first trip to Rikers Island (Adjudicated youthful offender)

First prison sentence: September 1984 (4 months and 6 months probation) Upon his release Randy tried to stay out of trouble, his Uncle Coleman secured him a good job in the garment district and things were looking promising.

Fathered first child: Age 20 (young and irresponsible).

1986 – Walking the tight rope of doing the right thing and running the streets, Randy would eventually get caught up in the whirl wind of the crack epidemic. The lure of making fast money would make him jump head first into the grimy bowels of the illegal drug trade.

Using his book smarts and his street sense he would rise to the higher ranks of known drug dealers from Brooklyn. With his partners in crime (names better left out) they hustled their way from

the mean streets of Brooklyn to the too sweet and ripe state of North Carolina. At the height of his hustle, Randy and his team were 25 deep and spread across three cities.

1992 – After a long 6 year run, like the song says, *“When you dance to the music – you have to pay to the piper.”* Randy was wanted in the same three cities he once flooded with mayhem and chaos. The Feds, the DEA, the New York City and the Raleigh Police were looking for and gunning to bring him and his cohorts in to dance that last dance. They say it’s not over until the fat lady sings, well the fat lady was waiting in the wings for the day Randy was brought before her.

April 1992 – Randy was captured in Chapel Hill NC October 1992 - Randy received 15 years in Greensboro NC November 1992 – The Prison Journey began.....

August 10, 2005 – Randy was released after serving 13 years, 6 months and 2 days in Federal Prison. A changed man with a new game plan....

## About The Author

When BET was casting for the show *'The Ultimate Hustler'*, due to his incarceration, Randy was unable to make the casting call. If there were ever a role for a reality show he was primed for, it would've been *'The Ultimate Hustler'*. He would've shown the world the true essence of hustlin', which is, making something out of completely nothing. Taking something negative and turning it into something positive. Randy Kearse is the epitome of *'The Ultimate Hustler'*.

Upon completing thirteen and a half years on a fifteen-year federal prison sentence, Randy returned home with a focused determination and strong will to succeed. During the long years of his incarceration, Randy knew he had to change his game plan in order to make it in society. Instead of planning and dreaming of his next street scheme, he worked on reinventing himself.

Part of his makeover included finding a passion for writing, he picked up a pen and began to write. The first of three projects was titled, ***STREET TALK: Da Official Guide to Hip-Hop & Urban Slang*** - A 700+ page dictionary/guide which interpreted the whole hip-hop and urban 'street' slang vernacular.

His next project was titled, ***Changin' Your Game Plan: How I used Incarceration as a stepping stone for SUCCESS***, a motivational book for his incarcerated brothers and sisters. With ***Changin' Your Game Plan***, Randy hopes to encourage and motivate people to do something positive with their time (whether in prison or on the streets) in order to live a better life.

Randy Kearse went into the Federal Prison system Feb 1992 and exited August 2005. As soon as he was released he went to work

unleashing his master plan. Two weeks after his release he got a messenger job.... For a few reasons: to put a couple of dollars in his pockets, let his parole officer know he meant business and as a reason to travel around the city promoting his soon-to-be released self-published book **Street Talk**.

In the first ten days of delivering messages he handed out 10,000 flyers for **Street Talk**. He was able to finesse his way into the taping of the VH1 Hip-Hop Honors. He met reporters and celebrities, met rappers and other people while walking the streets of New York. He landed a college radio interview at WSOU 89.8, and did over the phone interview with an Indiana radio station. His book would receive book reviews in online magazines, newspapers and numerous people in the media would request review copies from the publishing company.

A major accomplishment would be the TV interview he did with Tyeartv.com the host and producer of tyeartv.com which aired on the Brooklyn Public Access station BCAT. What would signal Randy's positive comeback would be getting one of the oldest independent publishing companies in the country to buy the rights to **Street Talk**.

While on his daily grind promoting **Street Talk** he attended the Small Press Book Fair on Dec 3. Unable to afford a booth he just rolled up in the place *hood style*, a handful of flyers in one hand and a copy of the book in the other. Randy wasn't there 20 minutes before he was offered a traditional book publishing deal for **Street Talk** by one of the three leading independent publishing companies in the United States, Barricade Books Inc. Randy accomplished all of these things within the first 90 days of his release from incarceration.

## From The Author

Had anyone told me back in the days that I'd travel some of the roads I've traveled so far in this life, I would've told them they were crazy. I doubt if anyone growing up aspires to be a criminal. I was like many of you growing up with dreams. My dream was to be a teacher; follow in the footsteps of my mother. I was an above average student all through school, but became bored in high school and felt there was nothing else I needed to learn. Cutting class, playing hooky, and running behind the girls was more fun (sound familiar?). I'd skip school days at a time, until I eventually stopped going altogether (sound familiar?). Outta five brothers and one sister I was the only one who didn't graduate from high school.

When my moms realized she couldn't force me to go to school, she allowed me to stop going on two conditions: 1. I had to get a job. 2. I had to get my GED (which she arranged for me to take, and I passed easily, without even studying). Dropping out of school was the first of a long list of bad decisions I've made in my life, choices that I regret to this day. I thought hanging out with the so-called cool crowd was the thing. Not realizing that the cool people were really the ones going to school every day getting their education.

My mother tried her best to give her kids the tools they would need out in the world. She emphasized education, working hard and staying out of trouble. Though my pops lived in the crib with us, he was often distant. It was as if we grew up without him. Moms was the one who tried to school us on what to expect out there in the streets. No matter who many times someone tells you

something, sometimes you have to learn the hard way in order to understand what they're telling you.

From 16 to 21 yrs. old, I walked a fine line between doing the right thing and getting into trouble. I worked every day and I did my share of dirt too. I caught a 4 month prison sentence during that period for stabbing a guy at a skating rink. The stabbing was the result of a long running beef I had with some guys from Queens. When I came home from doing the 4 months, I went right back to working (my uncle Coleman saw to it that I got my job back). At a time when a lot of my friends were catching cases (for robbery) and going up state, I continued to walk that fine line between right and wrong (freedom and jail).

It wouldn't be until the mid eighties when I'd forget about doing the right thing and completely go the wrong route. It was in the very early days of, what would later be called the 'crack epidemic', that I jumped head first into the vile world of the drug trade. If you didn't know me or the way I was raised, you would have thought I was raised to be nothing more than the drug dealer I had become.

The so-called *game* became my life, the only thing I lived to do. I traded in my childhood dreams, for the dream of being a successful drug lord. I traded in my friends who lived the straight and narrow, for the grimy, untrustworthy, and shady characters you run with in the streets. For the love of the money I became enemies with childhood friends and forged alliances with people I had little or no history with.

In five years, I went from standing on the corner hustling for myself to being one half of a drug network that reached from New York to North Carolina. Me and my partner in crime (may he rest

in peace) reached the highest ranks of ghetto super-stardom. We made and spent money like there was no tomorrow. You couldn't tell us we hadn't made it. The future for us was, waiting for the next time to split our illegal profits and re-up with the next drug shipment. To us our plan was flawless. We had been getting away for so long, getting caught only happened to the other people.

The higher you climb the criminal ladder in the streets, the farther you fall. When everything began to come crashing down around me, life began to feel like the feeling you get when you're gasping for air in the midst of drowning. I had already done too much dirt to walk away, so I continued to play the so-called *game* to my last breath.

All the years I had refused to consider the serious consequences of my actions, made the inevitable feel like I had been hit in the head with a ton of bricks. It was no longer dismissing thoughts of what might happen *if* I got caught, now there was a sense of dread of what was gonna happen *when* I got caught. The only thing I was living for now was, staying one step ahead of being arrested. I was on the run. My reign as a ghetto celebrity/drug dealer ended like a scene from a low budget, bootlegged movie. The Big Willie who had once stayed in five star hotels and ate at five star restaurants was now hiding out in a roach infested welfare hotel (the one that doesn't have a phone in the room and you have to wear flip flops in the shower).

The police were tipped off that me and my partner in crime were staying in a hotel in Chapel Hill NC. We were also tipped off that the police were on their way to the room. It was now a race against time. By the time we put together a plan for escape, the police already had the hotel surrounded. By sheer luck, my partner in crime was able to escape and I was captured.

For the next few months I was shuttled back and forth between Federal court and NC state court to face the charges that were pending against me. Knowing I was pretty much in a no win situation, I plead guilty in Federal court to drug conspiracy charges and the charges in state court were dismissed. I received 15 years in Federal Prison.

When I first received my lengthy prison sentence from the Federal Government I remember thinking that I was through, that life was over for me. There was no way that I could conceive of accomplishing *anything* at that point in my life. I felt that I had hit the lowest low of my life. The future??? I honestly felt that I didn't have one. I was like a lot of other brothers around me, just going through the days without any sense of doing something positive. We were men drifting through time simply existing.

Over time I began to take a real hard and honest look at my situation, my life and myself. Slowly I started to realize that life wasn't over for me. In fact, life was just beginning again if I was willing to roll with making some serious and necessary changes. I began to look at my incarceration as a challenge. Did I have what it would take for me to reinvent myself, to make something positive come out of this negative situation? Could I do away with my old self- destructive thinking process and reckless behavior? Could I become a person that would garner respect among his peers and become a son that a mother could be proud of? These were some of questions that I asked myself, the challenges that I set for myself.

With time and a whole lot of determination I set down the path of change and with change came growth, and with growth came a whole new outlook on life. A new clear sense of what was important in life and the ability to appreciate what life really had

to offer came to light. While guys around me were still glorifying their misdeeds, reputations, and reckless lifestyles I was looking ahead. Instead of spending time talking about who I used to be, I concentrated on who I wanted to be and who I was striving to become. One of the first things I decided to do was let go of the past. My past had no room in the future.

It wasn't easy. Anyone who is doing time or has done time knows the struggles that go on in prison. I refused to let anything or anyone knock me off the course that I now set for myself. From my many years of incarceration I hope to impress upon you some of the lessons I've learned that lead me to do a positive and productive bid. One filled with growth, maturity, and a new found sense of peace. Doing time isn't easy, but how you choose to do your time will determine what kind of future lies ahead of you.

Too many times I observed brothers doing nothing with their time and it was sad to have witnessed such hopelessness when it didn't have to be that way. We all know the prison system no longer emphasizes rehabilitation. Due to all the budget cuts, programs that were designed to give a person some skill or trade while incarcerated are all but non-existent. Without those programs its urgent we take our future into our own hands. In this day and age of doing time, the only hope an individual has to make it in society after getting out is to take their rehabilitation in to their own hands. If you don't, chances are you're gonna find yourself going back and forth to prison. That's reality.

If you ask anyone who has been to prison and has managed to stay out of prison, how he/she stayed out and the answer will always be, "you have to change your game plan." They made the decision to do something different with themselves. They decided

to make positive changes while incarcerated and followed through with those positive changes when they got out.

I know I did. I stop caring how or what people thought or said about me. Yeah I'll be soft but you know what? I'd rather be soft and free then a locked up gangsta or an incarcerated Scarface. I love being free and I've decided never to take my freedom for granted ever again.

Unless you're a Martha Stewart, a Lil Kim or even a Mike Tyson, the chances that you're going to leave prison financially secure or able to live the glamorous life when you're released is slim to none. You don't have the luxury to sit back during your incarceration because you're not financially secure. Many of us don't even have a definite place to stay when released.

If you want to and expect to succeed out here in the free world you have to change your game plan. The game plan you've used thus far doesn't work. Your current game plan doesn't get you anywhere but in trouble.

If you continue to use the same game plan that sent you to prison, then you can only expect to return to prison. It's simple as that. No matter how many different spins you put on a negative game plan, you will only get the same negative results. *There's no right way to do wrong.*

I've been where you are. I've done what a lot of you have done and worse. I used my time wisely. I changed my game plan and now I'm out here doing my thing. Believe me when I tell you, if I can do it you can too. It's all about CHANGIN' YOUR GAME PLAN!

## Contributing Authors

At the end of book you will be treated to three stories of change from three brothers who have contributed their personal thoughts, experiences and journeys to **Changin' Your Game Plan**. I had the pleasure to meet two of these brothers, *J.M. Benjamin and Storm Weeks* during the course of my incarceration. The third Brother, *Terence Jeffries* I had known briefly prior to my incarceration. All of these brothers have demonstrated tremendous change over the course of their incarceration. On many occasions we'd sit and kick it or walk the prison yard talking about life. Not so much about our former lives, but the life we strive to live, not only while incarcerated but when we returned home. It's during these types of deep conversations you come to realize, a lot of people really want to change but they don't have the proper tools, resources or courage to change. After having one of our long conversations which we'd sometimes brainstorm for hours, I was always assured to walk away with some new thought, perception or idea.

I asked these brothers to contribute a chapter for this book as a way to give recognition to their transformation while locked- down. Their input was important because I wanted to show you that there are brothers who are taking their futures seriously and into their own hands.

It's significant that you know that these three brothers were street dudes just like you. They've hustled hard and they've hustled real. Between these three brothers, they have a combined total of 45 years of prison time. Read their stories and hear what they have to say about using time to their advantage.

No matter the road these men have traveled that landed them in prison, they have all risen above their circumstances to greet change and conquer adversity. It is my greatest hope their words will further encourage and inspire you to walk the path of change during your journey of incarceration.

# My Biggest Mistake

Sometimes you have to go back to the beginning to understand how you ended up in a situation.

Looking back, the biggest mistake I ever made on a long list of mistakes was dropping out of school. I was a good student throughout my elementary and junior high school years, but when I got to high school, that's when I lost focus. I started chasing after the girls, wanted to be a part of the cool crowd and was more concerned with making a name for myself in the school, then I was concerned about books and school. As my reputation in school climbed, my grades declined. I started skipping one class, and before you know it I was skipping classes altogether, until I was just going to school to hang out.

With anything in life, when you lose focus; you leave yourself open to all kinds of trouble. I'm not going to blame or contribute my leaving school on "running with the wrong crowd" because I became the wrong crowd.

Many of times and many of years throughout my life I could often see the direct correlation between my dropping out of school and the trouble I would find myself in.

You understand how important education is when you find yourself caught up in the criminal justice system. I know guys who ran the streets, had no real education and when they would get arrested they couldn't read the charges that were being brought against them. They had to totally rely on the lawyer to explain what was going on with them. Nine times out of ten, the lawyer would be a court appointed one, so these guys didn't stand a chance. I seen guys sign plea agreements without being able to fully understand what they were signing.

# Preface

Statistics say that 78 percent of the people released from prison will return to prison within 3 years. Why is this? How come so many people after being subjected to such inhumane treatment and degradation return to prison in such a short period of time or return to prison at all? The truth is, most people who are incarcerated fail to prepare for the future. What you have is people going through the motions of time without caring enough to make the necessary changes that'll keep them from returning to prison. During my incarceration, I noticed many brothers doing nothing in terms of preparation for their future beyond prison. Guys would find all kinds of frivolous things to occupy their time with, but very few took the necessary steps to make a change.

Preparation is the one and only thing that can save a person from returning to prison. Without that much needed preparation people wound up going back out to society with the same negative mind frame, destructive behavioral patterns and street schemes they had prior to their incarceration. Without taking the necessary steps to prepare oneself, *'while'* on lock-down, the chances of one being a part of that returnable 78 percent statistic is great.

**Changin' Your Game Plan** will help put you in control of how you do your time. It will help you gain a whole new perspective on what you can accomplish while on lock- down. Prison can be a stepping stone to a bigger, better, and brighter future or it can be a period of wasted valuable time. No matter how much time

you're doing you can walk out of prison with the ability to accomplish great things if you PREPARE!

This book was written for all the brothers and sisters who are currently going through their incarceration aimlessly, with no sense of purpose or direction. For those individuals not making the most and the best of their time, let this book be the motivation you need to start down the road of change. Someone who has been where you are, who has been in and continues to be in the struggle, wrote this blueprint for change. I offer a truthful and humble perspective on how to use your incarceration wisely.

This life-changing guide will challenge you to conceive and achieve positive goals that will equip you for your transition back to society. Getting out of prison is often a daunting and monumental challenge, for anyone, but for those people who fail to prepare for the future, getting out of prison will be like climbing up a mountain barefoot. It's your time use it wisely, squander it and chances are you'll be coming back for another stay.

Keep in mind you're not just preparing to get out of prison, noooo, it's much much deeper then that, you are preparing for your life. Long after you get out of prison you will have to go on with the business of living your life. Everything you do or don't do from this point on to better yourself will have a direct impact on your life way after you leave prison. Getting out of prison is just half the equation, staying out is the other half.