

RAYNON JONES
11-16-2022

Before I start hopefully all is well with the support team (a smile) Me I'm good now I'm go write but please spot check but keep it all me thank you. very ~~much~~ much

What works, what doesn't work, and why? Today what works for Raynon Jones is chance and God well the health life living and the light. What works us fixing the ~~way~~ ^{way} we think and or behavior what work us help ~~other~~ ^{other} and care for the ones that love us. What work us learn how to be Responsible and Grateful being straight-forward in non-judgmental also honest. What works is me be a good listener that's how you learn ~~and~~ and grow. What work us stay Motivated and positive, humble, Independent being Compassionate. What works me understand, asking for help because we all need ^{it} also what work for RAYNON JONES is never giving up on self

What doesn't work for the ones with kids to not be that father or help out with the one that's yours leaving the woman at home all by her self is not cool just been honest (a smile)

What doesn't work you put all your faith and the so call homies we can all laugh at that from experience it come down to self and the ones that's go be honest and tell you was "Right"

What doesn't work I use to walk around like I was to tuff to cry. let me tell the real the higher power broke me from that because I was leapeing so wrong now I do right I cry it well now is regular let out and move on we all have emotional.

What doesn't work is when people walk around not careing live and that dark place not good fine some Light.

What doesn't work me not "Understand" because I think I know everything and really Blind to the fact of life

What doesn't work for Raynon Jones back when I young hard head it my way not listening and not listening land me and prison with life today I understand also can share listening he's a skill you can not talk all the time zip it. What doesn't work thinking you can go through life with out asking for help that's very dangers from experience What doesn't work is been from a gang like the younger me everything about that life liveing is wrong or dead or and prison away from the ones that love you.

What doesn't work been grow and irresponsibility, ungrateful and dishonest also been lazy. What doesn't work when us as people have know goals, and life or vauld nothing but "BS". What doesn't work for Raynon Jones and the world going back to my youngerdays been under the influence of drugs or Alcohol bad behavior and it's in possible to think your thinking straight we can do better.

you can do it. What work for
Raynon Jones prayer and the morning
and study it Keep that light on. What
work for us is you have to get some
good rest energy. What work for me
today respecting others stay humble
What work for me is on obeying
the LAW and doing the right
thing self-controlled. What work
for me I have some one to call if I'm
down and he or she go listing and
show me empty. What work for me is
my struggle been share and open is why
I'm at were I'm at today "Bright".
What work for me I know I'm ok
and love self. Kenrick Lamar is go
be all right LOL. What work for
Raynon Jones admitted when I'm wrong.
What work for me is taking
care ~~by taking care of~~ my health
and not damage my body by drinking
fresh water

What doesn't work is hates and
the world war volition it start
with self Raynow Jones humble today.
What doesn't work is not have know
skills or educate Knowledge is strength
and power we got to have it.

And why I share this because
Raynow Jones is determination
I have a nice personality and I
remember now a bad choice of
a unhealth descion from not listing
can rack you and destroy because
we don't have know boundaries