

## CODE OF CONDUCT

Well gentlemen, this Recidawareness Workshop (recidivism awareness) has come to an end for us; since we must now allow entrance for others to attend this wonderful program and benefit from it as we've all had. But I cannot allow us to depart without emphasizing and encouraging us to, aside from utilizing the lessons learned here, adopt and follow a code of conduct and behavior so that our lives may truly be happy and fruitful. Some of us may ask ourselves: "How the hell could that be done?" Well comrades, this is how I've been taught and through experience learned how to do it.

I simply promise myself on a regular to do the following: I will be strong enough so that nothing or no one can disrupt my peace of mind. I will try to always think, speak, and act positive. I will do my best to always make family and friends feel their true value. I will be optimistic and look at the bright side of things, and when life's occurrences make things dark; I will simply turn the lights back on. I will think only for best, do my best, and expect the best. I will make myself happy by not allowing my life to be dependent upon things I cannot control and thus, avoid disappointment and pain. I will be as enthusiastic and content about the success of others as about my own. I will forget the mistakes of the past and focus, not only on the present but, on my greater achievements of the future. I will be cheerful and keep a happy face by giving all I meet a smile. I will focus intently on my progress and improvement so that criticizing others becomes null to me. I will be too faithful to worry, too noble for



anger, too strong for fear, and too happy to permit the presence of trouble. I will continue to entertain myself with good books and not only fictional ones, but also non-fictional and self-helping ones written by pundits who can encourage and teach me. I will continue exercising my body and mind on a regular to keep them as sharp as possible and in good shape. I will refrain from poisoning my body with vices and will continue helping others every chance I get, even if they have been "bad" in the past.

And although there are many other positive things we may add to our conduct, allow me once again to encourage us all to pray for guidance, blessings, and give true gratitude for all we have each and every day.

With all the aforementioned my friends, always remember that we can preach a much better sermon with our actions than with our lips.

Good luck and God bless!

Ernesto Cole.