



b. How could you serve others through church, community or recreational activities?

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c. How can you stimulate your mind other than watching television?

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6. What are some changes you can make right now? How can you use your free time to improve yourself while you are still in prison? For example, does your prison have a library, craft or vocational programs, or a workout room that you can use?

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Write at least one goal for using your free time.

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