As a juvenile life to parole sentence you. This, I can't help but wonder what I missed or am missing.

As a result of my incarceration, never having had a job as a child, what would I do? Regardless of your circumstances, I think you grow into your person. And the last several years I've thought of this and realized my dream would be to become a personal trainer. My passion is working out/fitness. I have taken numerous courses on this and have been working out six days a week for the last 15 plus years. I have put together a fitness regimen of over 150 exercises that can be modified to be thousands of exercises. For everyone from young, old, man, woman, advanced, beginners.

The reason I did this is because I not only love fitness but because I see obesity being one of the biggest epidemics we face, and I would like to help people change their lives for the positive. What better accomplishment in your life can you have than helping people change their lives. And saying, lives? I could see nothing else rather do more. I firmly believe you get back what you put out in the world. And I think people are capable of much more than they give themselves credit for or even realize themselves. I just hate it took me, not just incarceration, but several years into my incarceration to realize I have worth and can contribute to the world in some form or fashion. Now I spend a lot of time self reflecting, wondering to think of ways I can help or lend a hand to anyone or thing I can.
There are things that go through one's mind in long sentences. At least in part for those who use their time for betterment. Some don't want to change, which is their choice in life. But I realized early on when I began making small achievements in life & the satisfaction that I got from accomplishments & the joy my family felt. It was easy for me to see I wanted that & not negativity.

And it is crystal clear to me if I get out today, there is not an ounce of fibes in me that wants to be involved in any Tony criminal. There is so much more available in life, only a moron would want to live life like this. I believe change can be made, and a big reason for that is cause I see it in myself.

I don't help but wonder how juveniles are sentenced as adults or tried as adults. They can get married, smoke, drive, drink or watch rated R movies. For the reason of influence and lack of being able to make responsible decisions. But when it comes to the very fact most children have no idea of the consequences, it's a "things being the key" mentality.

Most people don't even realize this till it's too late. Change is hard, but until change comes we must do all we can to improve ourselves. Even if nothing ever changes, life is much better when you live it with positivity, kindness and humility.