

C.O.R.E.P.S.O. LOGBOOK
DELINQUENCY INTERVENTION
DIALECTICAL CRIMINAL BEHAVIOR MODIFICATION

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STUDENT NAME:

eMAIL:

Court, County, City, State:



National Court Ordered Education Institute, LLC and C.O.R.E.P.S.O.

Certified by Court Ordered Rehabilitation Education Provider Services Organization (COREPSO)
<https://COREPSO.thinkific.com> COREPSO.Thinkific@gmail.com HQ: 936-444-7508

eCOURSE ACCEPTANCE REQUEST LETTER FOR COURT, PROBATION, PAROLE

COURSE TITLES: ANGER MGT, ANIMAL ABUSE, BULLYING/CYBERBULLYING, CHILD ABUSE, COGNITIVE SKILLS DEVELOPMENT, COMMUNITY SERVICE, CURFEW LAW VIOLATION, DECISION MAKING/IMPULSE CONTROL/BEHAVIOR MODIFICATION, DIVORCE, DRIVING SAFETY/HANDS FREE LAW, DOMESTIC VIOLENCE/BATTERER INTERVENTION, DV/BIPP SURVIVOR EMPOWERMENT, DWI/DUI/OMVWI, HIV/AIDS, INDECENT EXPOSURE, LIFE SKILLS ENRICHMENT, MINOR IN POSSESSION, PARENTING/CO-PARENTING/CHILD NURTURING, PUBLIC INTOXICATION, SHOPLIFTING/PETIT/GRAND LARCENY, SUBSTANCE ABUSE/DRUGS & ALCOHOL/DOEP, THEFT BY CHECK/CREDIT CARD FRAUD, TOBACCO LAW, TRESPASSING LAW VANDALISM/GRAFITTI, TRUANCY/CYBER TRUANCY, WEAPONS POSSESSION/AGGRAVATED ASSAULT/GUN LAW, VICTIMS IMPACT PANELS FOR DWI & DV (Note: All courses in English and in Spanish)

ATTENTION COURT OFFICIAL: May this letter serve to verify that NCOei court ordered courses and programs are nationally recognized by *State & Local* Family Courts as rehabilitation education, and self-development courses and programs. Our courses are developed by our in-house health psychologist who has an advanced degree certificate in health psychology and a specialization in health and wellness education and coaching—based on visual life skills storytelling, inspirational motivation, worthiness enhancement, emotional empowerment through emotional intelligence (EQ) development and positive reinforcement testing, with question, answer and feedback based on the stages of change philosophy.

EVIDENCE BASED EDUCATION PROVIDER: All NCOei program and course information is evidence based and strictly adheres to guidelines provided by the American Psychological Association, the US Department of Health & Human Services, the Substance Abuse & Mental Health Services Administration, the National Coalition against Domestic Violence, the White House Strategies for HIV/AIDS and Suicide Prevention. Emergency and hotline numbers are provided and listed.

COURSE/PROGRAM DOCUMENTATION AND CERTIFICATION: Certificates, Enrollment forms, progress reports and completion documents follow the established guidelines by U.S. court systems. All courses include enrollment proof, workbook, and certificate. All documents are instantly emailed to the student and can be accessed, downloaded, and sent to anyone. Student's account (course dashboard) can be accessed using their email and password. Documentation and completion status can be obtained by emailing NCOei directly: Office.NCOei@gmail.com. All courses/programs include instantly emailed proof of enrollment, certificate of accomplishment (which is also stored in the student's account).

EDUCATION CERTIFICATION: *All NCOei course and program educational content is certified by the National Court Ordered Education Institute's Advisory board of Licensed and Certified Physical and Mental Health Professionals and C.O.R.E.P.S.O. The NCOei Advisory Board presently consists of licensed and certified mental health professionals in the fields of health psychology, clinical psychology, psychiatry, psychiatric and research nursing, dietetics, master health coaching, chemical dependency counseling, relationship coaching and more (see <https://COREPSO.Thinkific.com>).*

STUDENT DASHBOARD: Courses are 100% online. All courses include a proof of enrollment receipt and a certificate of accomplishment. Students sign up for an NCOei account which contains student dashboard, demographics, enrolled courses, course progress, completion status and certificates earned.

eCOACHING: eCoaching (purchased separately) contain online content and personalized ecoaching. Coaching sessions are purchased directly from the coach or counselor. For example, the 8-week domestic violence **program** contains 40 hours of online content (videos, presentations, websites and EQ exam questions) and 8 ecounseling/coaching sessions (purchased separately at the rate of \$50 per session hour directly from the coach or counselor). The 6-week parenting course contains 30 hours of online content and 4 counseling/coaching sessions. Each program includes a proof of enrollment, certificate of accomplishment and a counseling/coaching session report.

STUDENT PROGRESS: Student progress is tracked in the students account which can be accessed using the student's email and password. Students receive weekly email reminders to complete their course.

EXTERNAL RESOURCES: Students are encouraged to connect with our in-staff health psychologist or our in-house master health coach with questions or comments regarding any course material. Our staff speaks English and Spanish fluently. Videos and external websites are chosen which promote health and wellness life skills, specifically.

EXAM QUESTIONING: All NCOei courses and programs contain extensive emotional intelligence (EQ) exam question, answer and feedback sessions in a no-fail format designed to test EQ—not IQ. NCOei education is specifically designed to motivate behavior change through positive reinforcement EQ questioning. The positive reinforcement is self-initiated as the student actively participates in multiple choice question and answer sessions where the correct EQ answer always promotes health, wellbeing and emotional integrity. This is accomplished through exam questioning where the student is repeatedly asked to choose health and wellness promoting EQ behaviors, thoughts and actions throughout the course. Final exam questions must be answered correctly after each section for the student to complete the course and receive a certificate of accomplishment and course report. The report shows exactly how much time the student spent in the course. Questions are designed to reinforce and encourage behavior change, ensure comprehension and drive home key points. The questions are designed to activate cognitive dissonance and reinforce emotional intelligence resulting in increased self-awareness of behaviors and actions that serve health and well-being.

EDUCATION MISSION: *The mission of NCOei courses and programs is to provide education, direction and guidance to help people help themselves and those they love.* Instructional coaching is used to motivate, inspire and uplift—promoting an increased state of self-awareness by educating how attention, thoughts and emotions result in habitual thought patterns which drive behavior and affect mental and health. An introduction to various health coaching methods and techniques is presented in the NCOei online content, introducing positive behavior change through various real-life examples of real people facing real challenges in their own lives. The goal of our courses is to motivate behavior change through the awareness and understanding of the conscious and subconscious mind within the realm of emotional intelligence (EQ). At NCOei, we believe that EQ is the new IQ! NCOei is dedicated to promoting the understanding of emotional intelligence and how this concept relates to one's self-efficacy (self-empowerment).

AFFILIATES: <https://AmericanIntegrity.Thinkific.com>, <https://Challenge2Change.Thinkific.com>, <https://CHILD.Thinkific.com>, <https://COREPSO.Thinkific.com>, <https://DOTcourses.Thinkific.com>, <https://JeveCas-NCOei.Thinkific.com>, <https://Inspired2Change.Thinkific.com>, <https://MandatedCourses.Thinkific.com>, <https://OpenDoors.Thinkific.com>, <https://NCOei.Thinkific.com>, <https://ProbationClasses.Thinkific.com>, <https://SafetyFirst.Thinkific.com>, <https://MandatedEducation.Thinkific.com>, <https://RiskManagement.Thinkific.com>

Sincerely,

Valerie Joglar, M.A.

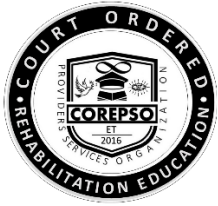
Valerie Joglar, M.A., CMHC
Certified Health Psychologist

Jewelyn Castro, BS

Director: Jewelyn Castro, BS, CIMHC
Human Resources, Master Health Coach

Belinda Bane

Belinda Bane, BS, CMHC
Chief Financial Officer



STUDENT'S LETTER OF INTEGRITY AND PERMISSION (PAGE 4)

Name: _____

Coaching Session Certificate # (order number) _____

Additional Hours: _____ Date: _____

Dear Court Official/Caseworker,

I, *signature* _____ have recently enrolled in a 15-minute decision making with integrity coaching session or other educational services by a COREPSO services provider. If I am required to further my rehabilitation education mandates, I wish to obtain more hours through the following providers services sources:

<https://AmericanIntegrity.Thinkific.com> - <https://Challenge2Change.Thinkific.com> - <https://CHILD.Thinkific.com> - <https://COREPSO.Thinkific.com> - <https://DOTcourses.Thinkific.com> <https://Inspired2Change.Thinkific.com> - <https://JeveCas-NCoei.Thinkific.com> - <https://NCoei.Thinkific.com> - <https://MandatedCourses.Thinkific.com> - <https://ProbationClasses.Thinkific.com> <https://SafetyFirst.Thinkific.com> - <https://ThinkTerrific.Thinkific.com> <https://MandatedEducation.Thinkific.com> - <https://RiskManagement.Thinkific.com>

I am pre-enrolled in the following **C.O.R.E.P.S.O. affiliated** rehabilitation psychoeducational online course title/hours:

I believe this course will benefit my mental health and wellbeing and I agree to abide by the guidelines and terms and conditions of this course with integrity and a sincere desire to learn: I agree to be honest faithful and fair in adherence to my plan of study. I will pay attention; honestly answer all questions and consider all feedback and participate in all surveys/discussions and I will print out/download /save and complete my course logbook included in my free 15-minute coaching session or other study.

Therefore I promise:

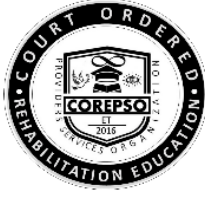
- I will obey the letter and the spirit of the law.
- I will be accountable to myself and to my officials for living by this oath.
- I will take responsibility for my actions and consider the effects on others.
- I will strive to create a sustainable economic and social environment for myself.
- I will act with utmost integrity and pursue my life's purpose in an honest and ethical manner.

IN GOOD FAITH AND WITH HOPE IN MY HEART, I REQUEST ENROLLMENT IN THE ABOVE-MENTIONED COURSE.

○ APPROVED

STUDENT NAME _____

EMAIL _____ PASSWORD _____



eCOACHING WORKBOOK / JOURNAL
 Question, Answer, Feedback
 Delinquency Intervention Survey
<https://COREPSO.Thinkific.com>

eCOACHING SESSION WORKBOOK/JOURNAL

I LOVE YOU; I REPEAT: I LOVE YOU.

1. What are Tyrese Gibson's first words of wisdom in his talk?

- ☐ Be better by doing better
- ☐ You will grow through what you go through

FEEDBACK: "I love you. I repeat, I love you. If no one has ever told you this, if no one told you this today, this week, this month, this year, or this very second, I want you to know I love you, and I also want you to know that the fact that you're alive and still on this Earth even though it's been challenging and rough and sometimes you get discouraged and uninspired to keep going, God has a plan. You will grow through what you go through." Tyrese Gibson

2. What reason does Tyrese Gibson suggest when he talks about why all of these issues, challenges and problems continue to show up?

- ☐ he suggests that you are supposed to learn from them
- ☐ He suggests that you should do better to be better

FEEDBACK: "Everything that you're going through at some point—it makes no sense to you right now—but at some point, God is going to reveal to you why all of these issues, challenges and problems continue to show up and what you are supposed to learn from it." Tyrese Gibson

YOU WILL GROW THROUGH WHAT YOU GO THROUGH

3. Tyrese Gibson states: "You will grow through what you go through. My question to you is this:..." What is his question?

- ☐ he asks: how many more productive things have you done today compared to unproductive?
- ☐ He asks: who has text you and called you and invited you somewhere today?

FEEDBACK: *"You will grow through what you go through. My question to you is this: 'who has text you and called you and invited you somewhere today? Who is this person? Who are these members of the family?' I want you all to understand that when I leave these videos I'm not trying to preach or talk or instill separatism. I have a responsibility to peace."* Tyrese Gibson

4. Tyrese Gibson: "I have a responsibility to peace." What does Tyrese mean?

- ☐ **It means: I have an opportunity. I have a choice**
- ☐ **it means that I should have no harmful intent regardless of the intentions or actions of others**

FEEDBACK: *"I have a responsibility to peace. What does that mean? It means that I wake up in the morning people are calling, texting, inviting me here, inviting me there...I have an opportunity. I have a choice—very important word—I have a choice to decide who and what and where I want to go. What do I want to experience in my day? Because you're inviting me doesn't mean I want to show up. Because you're calling me doesn't mean I'm going to call you back. Because you want me to be there doesn't mean that I want to be there. Because we're family, because we're friends, because we grew up together doesn't mean that I want to be a part of any and everything that you want me to be a part of, why? Because my experience with you hasn't necessarily made me feel good about my life or my experience at the end of every night."* Tyrese Gibson

IN THE LAND OF THE BLIND, THE ONE-EYED MAN IS KING

5. Tyrese Gibson: "Because you go to sleep at night doesn't mean you're resting; because you close your eyes at night and you are asleep, physically, doesn't mean that you're actually resting--and the reason that you don't rest is because... Why?"

- ☐ **because you stay up too late partying with your friends**
- ☐ **Because your mind and your spirit is in turmoil.**

FEEDBACK: *"Because you go to sleep at night doesn't mean you're resting; because you close your eyes at night and you are asleep physically doesn't mean that you're actually resting and the reason that you don't rest is because while you're awake everything and everybody that's in and around your life is so full of issues, problems, insecurities, dysfunction, negativity. Your mind and your spirit is in turmoil. Issues, problems, arguments, yelling, screaming, dysfunction...ahhhhhhhhhh...ahhhhhhhhhh....all of this sh*t is going on all day, every day, so when you go to sleep at night, you're not resting."* Tyrese Gibson

6. Tyrese Gibson talks about having a choice to decide who and what and where you want to go, Tyrese says just because they're calling you doesn't mean you have to call back, just

because they're inviting you doesn't mean you have to show up. Why? What reason does Tyrese Gibson give?

- ☐ **Because your time is precious, and you shouldn't waste it hanging out with your friends all day and all night**
- ☐ **Because your experience with them hasn't necessarily made you feel good about your life or your experience at the end of every night**

FEEDBACK: *"I have a choice to decide who and what and where I want to go. What do I want to experience in my day? Because you're inviting me doesn't mean I want to show up. Because you're calling me doesn't mean I'm going to call you back. Because you want me to be there doesn't mean that I want to be there. Because we're family, because we're friends, because we grew up together doesn't mean that I want to be a part of any and everything that you want me to be a part of, why? Because my experience with you hasn't necessarily made me feel good about my life or my experience at the end of every night."* Tyrese Gibson

FEEL GOOD ABOUT THE PEOPLE THAT ARE AROUND YOU

- 7. Tyrese Gibson: "Are the things that you're doing and the people that you're hanging out with and the places and the circles that you're traveling in—does that reflect a person that actually _____ " What?**

- ☐ **That actually loves themselves**
- ☐ **that actually accomplishes productive things during their day**

FEEDBACK: "A lot of people would say: *'I love myself.'* Do you really love yourself? Are the things that you're doing and the people that you're hanging out with and the places and the circles that you're traveling in—does that reflect a person that actually loves themselves? If you love yourself, why would you f*ck with those types of people? You know what they're saying about you behind your back; you know they're jealous and envious of who you are and the things that you've got going on in your life and your career. You know that they don't like you! And they've made it clear; they've sent you every sign imaginable that they could possibly send you and because you're so desperate to have people around you and, in your life, you continue to go back. You continue to show up to everything that they invite you to, knowing, what they're saying about you." Tyrese Gibson

- 8. Tyrese Gibson: "I'm not preaching separatism. I don't want a bunch of people to just be alone at home doing nothing with no friends, no family and nothing to do. I'm saying that at this point you are... _____ " What?**

- ☐ **old enough and mature enough to understand the difference in good people and bad people**

☐ **just being stubborn and not wanting to let go of things that do not serve you**

FEEDBACK: "I'm not preaching separatism. I don't want a bunch of people to just be alone at home doing nothing with no friends, no family and nothing to do. I'm saying that at this point you are old enough and mature enough to understand the difference in good people and bad people and when you're hanging out with negative, dark and dysfunctional people, you cannot expect yourself to go to sleep at night and rest. You cannot expect yourself to feel good about your day when you're including negative and dysfunctional people in your day. So what you grew up with them! So what they're childhood friends! So what they're family! We have a responsibility to walk in the direction of peace. I want to laugh. I want to smile. I want to enjoy myself. I actually want to feel good about the people that are around me. You have that as a choice. You actually do! You don't wake up in the morning and negativity, dysfunction, problems and issues just randomly pop up. These are the people that you have decided to include in your life. So the outcome of your day, your hour, your minute, your week, your month, and your year is always draining, always dysfunctional and always f*cking crazy because these are the type of people that you have decided to include in your day-to-day life." Tyrese Gibson

GOD PUT SOME PEOPLE IN YOUR LIFE FOR A REASON—OTHERS FOR A SEASON

9. **Tyrese Gibson: "I'm talking to somebody. You don't love yourself. You can't say that you love yourself when you continue to invite and include these people into your life. What type of people is Tyrese referring to?"**

☐ **People who have no integrity and who are not hoping for your highest good**

☐ **People who are threatened and insecure and have a problem with you and you don't even have a problem with them.**

FEEDBACK: *"I'm talking to somebody. You don't love yourself. You can't say that you love yourself when you continue to invite and include these people in your life. They're threatened; they're insecure; they have a problem with you and you don't even have a problem with them. They try and make you feel bad about being so blessed. They laugh about it, but they're throwing subliminal and very direct messages at you. 'I see you over there getting money, ah-ha!' That person has a problem with the fact that you're getting money. 'Oh, like that? Ah? I see you; I see you, ah-ha!' They're jealous. They're envious. They're insecure. They're threatened by the idea that you're coming up. Your career and your life is advancing. God put people in your life for a reason; others are there for a season. And it's very important that you recognize when people's seasons are over."* Tyrese Gibson

10. **Tyrese Gibson: "God put people in your life for a reason; others are there for a season—is the season over? Or have you decided..._____? What?"**

- ☐ have you decided that you will start following your feelings and stop hanging around people who make you feel bad?

- ☐ Have you decided to drag these random people into the new season of your life?

FEEDBACK: *"God put people in your life for a reason; others are there for a season—is the season over? Or have you decided because your desperate, because you just need validation; you need all of this sh*t and people and things around you, you've decided to drag these random people into the new season of your life."* Tyrese Gibson

THE DREAM IS FREE—THE HUSTLE IS SOLD SEPARATELY

11. What does Tyrese Gibson say about loyalty?

- ☐ loyalty is as loyalty does
- ☐ Loyalty has an expiration date

FEEDBACK: *"You have a boat, and your boat is at its capacity and in order for your boat to not sink and go under water—and that could be your career—that could be your life—that could be your personal life—your relationships—is that relationship over? Do you feel mentally, spiritually and emotionally stimulated in that relationship? Or are you just holding on to it because you got this concept of loyalty that you have overused and over abused? Well, I've learned that loyalty has an expiration date. Loyalty isn't some open-ended thing that just goes on forever because technically, some people just don't really make sense for your life and the new season—the mind and the space that you're in. Think about this: this is a reminder that loyalty has an expiration date: have you ever been in a relationship with some folks three years ago and then you run into them and you're like: 'man, what the f*ck was I thinking dating her or dating him?' And you almost want to beat yourself up for even the fact that you were in love or had all of these ridiculous feelings for this person. That shows you right there that loyalty has an expiration date. You could never see yourself not being with that person, but at a certain point, all of the signs and wonders revealed itself that that relationship is over. So, if you had drug that person, those people, those friends, those family members, those situations into the new season of your life, your life wouldn't be going as well as its going right now."* Tyrese Gibson

12. Tyrese Gibson says that feeling good isn't just an opportunity, feeling good is a _____. What?

- ☐ Feeling good is a responsibility
- ☐ feeling good is an expression of mental health

FEEDBACK: *"I want you to stop playing the victim. You are not the victim. You decided that those are your friends. You decided that those are the people that you want to spend time with. You decided this is what you wanted to do with your day. When you get invited to places doesn't mean you have to show up especially if you know what*

your experience is going to be like with these people. No one wants to be alone but why spend the rest of your life being miserable, frustrated and insecure and not really feeling as good as you have a responsibility to feel. Feeling good isn't just an opportunity; feeling good is a responsibility that we all have for ourselves." Tyrese Gibson

BE CAREFUL WHO YOU GIVE EMOTIONAL ACCESS TO

13. Why does Tyrese Gibson never lose sleep over haters and what people are saying in blogs, websites, tweets, conversations?

- ☐ Because Tyrese knows who he is and what his intentions are...
- ☐ Because Tyrese doesn't have time for haters, he's too busy having a happy life...

FEEDBACK: *"I don't need a million people around me. If I don't like you, I don't f*ck with you and guess what? I actually don't care what you say about me. I don't remember the last time I lost sleep over a hater and the things that people are running around saying in blogs, websites, conversations, tweets. I don't lose sleep over haters, why? Because I know exactly how I feel about me and even if something appears to be very different that what it really is, I don't even mind that you're talking sh*t about the things that you're assuming is really going on. I know what's happening. I know who I am. I know what my intentions are; I know my heart and more importantly God knows my heart. So, for it to appear to be this...appear to be that...and then you're running around saying whatever you're saying about me...that's fine; you go right on ahead and say it. You have a job to do. You're bored. You have nothing going on in your life, so you're focused on my life. That's the way it is."* Tyrese Gibson

14. Tyrese Gibson says that how you feel at the end of every night is always going to be based on what?

- ☐ on the amount of time you spend on productive, positive things that benefit your life.
- ☐ on the people that you decided to include in your day, your week, your month, your year, your minute, your hour.

FEEDBACK: *"Listen you'all, we have control of our minute, our hour, our day, our week, our month and our year. Stop running around being on the receiving end of whatever people want to dump on you. You showed up. You accepted that invite. You invited these people to your house. You're in a relationship with that man. You're in a relationship with that woman. That's you! So how do you feel at the end of your night? It's always going to be based on the people that you decided to include in your day, your week, your month, your year, your minute, your hour. You've got 24-hours in a day. When you go to sleep at night, how are you going to feel about your day? It all depends on who **you** decide to include in your day. Stop running around acting as if you don't have a choice! You do have a choice! You're a dysfunctional mother*cker so you love dysfunctional people. You love rumors. You love issues. You love problems. You love people calling you with their problems. You love it! That's why at the end of*

*every night you are drained because you have submerged yourself in dysfunctional things, people and situations. People come at me, 'hey man I heard...' Man don't talk to me about no f*cking rumors. Don't talk to me about other people's problems and situations. I don't invite that sh*t in my life, so it doesn't show up."* Tyrese Gibson

LIFE IS A MENU. WHAT'S ORDERED IS WHAT'S DELIVERED

15. Tyrese Gibson says most of the people out here are blind. They don't see what's right in front of them and so they choose to just disown it. What is the quote that he uses to illustrate his point?

☐ **In the land of the blind, the one-eyed man is free.**

☐ **A fool and his money will soon be parted.**

FEEDBACK: *"You have a choice. 'In the land of the blind, the one-eyed man is king.' In the land of the blind you have people that have eyesight, but they choose to not use things that have clearly been revealed to them. In the land of the blind, the one-eyed man is king. Most of the people out here are blind. They don't see what's right in front of them and so they choose to just disown it, push it to the back: 'no no no I didn't see that... No no no, I'm going to let it fall on deaf ears; I didn't really hear that. I don't like the way I feel. I'm going to ignore the way I feel about being in these situations around these friends and these people. I'm going to ignore that. I'm going to disown that.' In the land of the blind, the one-eyed man is king."* Tyrese Gibson

16. Tyrese Gibson says: "I love myself enough to say that I want to _____." What?

☐ **walk in the direction of peace**

☐ **spend my time productively**

FEEDBACK: *"Stop playing the victim. Stop running around acting as if you have nothing to do with the people, things and situations in your life. I love you. I'm tired of these grown-ass men and grown-ass women running around acting as if they don't have a choice! You have a choice! I'm a grown man: 'where are the most crazy, insane, thugs, gangsters, crypts, bloods, dysfunction? Where can I find and seek trouble? Where is it? Where is it? There it is!' And you decide to walk in that direction. And what the f*ck do you expect the outcome to be? You're hanging out with crazy people! Do you expect the outcome of your day to be regular and okay? 'Where is a heartbreak? Where is someone that's going to make me feel insecure and make me feel bad about myself? Where are they? Ah, there they are, so let me walk in that direction.' I love myself enough to say that I want to walk in the direction of peace, love with spiritual folks that are always evolving and trying to better themselves seeking wisdom and knowledge and how to take better steps and better directions to do better and want better for their career, their life. They have talents. Those people that you're around are not going to help further your career. You know that;*

*it's been revealed to you a long time ago, but because you don't want to be alone, you'd much rather hang out with a bunch of people that aren't going to do sh*t for you."* Tyrese Gibson

I HAVE PEACE IN MY MIND AND I MOVE AND OPERATE IN PEACEFUL CIRCLES

17. Why does Tyrese say his life is so blessed?

- ☐ **Because he spends his time wisely**
- ☐ **Because he includes amazing and incredible people in his life**

FEEDBACK: *"I don't have to leave these videos. I don't have to do anything. I know what I know, and I live the life that I live and I'm happy with it. I may not have all the money in the world but I'm comfortable. I have peace in my mind, and I move and operate in peaceful circles, and I welcome people in my life with good energy, that are talented and beautiful, that have good intentions towards me and others. I refuse to invite dysfunction, problems, issues, insecurities, negative, bad people, and that's why my life is as blessed as it is. Some of you all think that my life is blessed because I have a career; I get to travel, and I get to move around with celebrities and go to A-list parties and private yachts and private planes. Some of you all equate that to living a blessed life. That's not living a blessed life. Those are just perks and antics that come along with my life. The day-to-day life that I live is that I include amazing and incredible people and that's why my life is so blessed. All of the other stuff is additional perks that come along with it."* Tyrese Gibson

18. What does Tyrese refuse to invite into his life?

- ☐ **dysfunction, problems, issues, insecurities, negative, bad people**
- ☐ **time wasters and people who just want to play video games all day**

FEEDBACK: *"I refuse to invite dysfunction, problems, issues, insecurities, negative, bad people, and that's why my life is as blessed as it is. Some of you all think that my life is blessed because I have a career; I get to travel, and I get to move around with celebrities and go to A-list parties and private yachts and private planes. Some of you all equate that to living a blessed life. That's not living a blessed life. Those are just perks and antics that come along with my life. The day-to-day life that I live is that I include amazing and incredible people and that's why my life is so blessed. All of the other stuff is additional perks that come along with it."* Tyrese Gibson

OTHER PEOPLE'S SUCCESS REPRESENTS THE POSSIBILITY OF WHAT YOU CAN DO

19. Tyrese Gibson says that when you love yourself, you want what?

☐ You want better for yourself

☐ You want to spend your time on productive things that benefit your life

FEEDBACK: *"I want better for you, the question is: do you want better for yourself? Don't claim to love yourself and you're waking up every day and deciding to include these people, things and situations in your life. That is not moving like a man or a woman who truly loves themselves. When you love yourself, you want better for yourself; that's what it is. If you make it to the end of this video, I want you to write IN THE LAND OF THE BLIND, THE ONE-EYED MAN IS KING. Happy 4th of July. Happy Independence Day. I love you. Wherever you are in the world, I want you to share this video; it's over 17-minutes long but I had a message in my heart that I had to put out there. I love you. I'm your mentor. I'm your big brother. I'm your uncle. I'm your cousin. More importantly I'm your friend. I hope I made you proud on this message, God. I love you, peace."* Tyrese Gibson

20. What was the VERY FIRST thing that Tyrese Gibson says in his video?

☐ You want better, but you're not doing better

☐ I love you. I repeat, I love you

FEEDBACK: *"I love you. I repeat, I love you. If no one has ever told you this, if no one told you this today, this week, this month, this year, or this very second, I want you to know I love you, and I also want you to know that the fact that you're alive and still on this Earth even though it's been challenging and rough and sometimes you get discouraged and uninspired to keep going, God has a plan. You will grow through what you go through."* Tyrese Gibson

NOTES: