## **The Decider**

It's not about status, it's not about money, it's about things in life that come for nothing.

Your inner compass, your morals, your wrongs and your own rights to make that choice to see the bigger picture.

There's light at the end of the tunnel, no matter how big the fight, how hard the struggle.

It will pass and you'll choose the right path as from now, and there's no flapping your ears or waving your trunk as if you always did what you've always done, you'll always get what you've always got.

So take a step back and take a deep breath.

Reach into your soothe bag and go
to that happy place in your head....wherever that may be.

Keep moving forward for it's the best, don't dwell on the past and try not to stumble on your way forward.

You have to crawl before you walk and jog before you sprint, use your 5 senses sit down and think. Try not to do the old things that make you sink!

Grab that life-jacket and float in the water, 'cause before you know it, it will all be over.

JAMIE DECIDER GRADUATE, GUERNSEY PRISON, 2016