



JOHN STEIER

**PREPARING FOR SUCCESS
AFTER PRISON PORTFOLIO**

BEGUN:

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INTRO

To the Unit Team, Bureau of Prisons:

My name is John "Richie" Steier, and I am writing this letter as the introduction to my "Preparing for Success After Prison" portfolio. This portfolio is a reflection of my journey—one that has been filled with mistakes, lessons, and, above all, a deep commitment to change. I understand the gravity of my actions and the impact they've had on others, and I am participating in this program because I believe it's essential to take responsibility and to work toward genuine rehabilitation.

When I first began this process, I was overwhelmed by the pain and shame that my choices had caused. But through therapy, faith, and the support of my family and recovery groups, I've come to realize that my mistakes don't have to define me. I have made the conscious decision to face my past head-on, to learn from it, and to grow into a better person—someone my daughter, my family, and my community can be proud of.

My objectives in this program are simple but crucial: I want to make amends for the harm I've caused, I want to continue my personal growth through faith and self-reflection, and I want to prepare myself for reentry into society as a responsible, contributing citizen. This portfolio is a testament to the work I've done so far, and the work I will continue to do. It's a guide that will keep me focused on the path of rehabilitation and accountability.



Thank you for taking the time to review this portfolio. I'm grateful for the opportunity to demonstrate my commitment to change and to share the steps I'm taking to rebuild my life. I believe that with continued effort, faith, and support, I can reenter society as someone who is not only rehabilitated but ready to make a positive difference in the world around me.

Sincerely,

John "Richie" Steir

Registration No.: 08151-510

INTROSPECTION & VALUES

FRAMEWORK AND SIGNIFICANCE:

Introspection leads to a deeper understanding of one's values, which are essential for navigating life's challenges and making informed, principled decisions. Through critical thinking, individuals can evaluate their past actions and current beliefs, identifying values that align with living as a law-abiding, contributing citizen. This introspective journey fosters a commitment to personal ethics and responsibility, forming the bedrock of one's aspirations and actions. It is in this reflective process that individuals can begin to envision a future defined not by past mistakes but by present values and future goals.

Introspection aids in uncovering and reaffirming the values that will steer one's decisions and actions, providing a moral compass during challenging times. Introspection and values are fundamental in understanding personal identity and guiding future actions. These deeply held principles shape the path of rehabilitation and societal reentry, providing consistency and trustworthiness to all stakeholders involved.

Questions:

1. Describe an event from your past that significantly shaped your current values.

One of the most important moments in my life happened in October 2021, just after the FBI raid on my house—a day that made everything crumble. My mother urged me to reach out to Friar Tom, and even though I was terrified, something in me knew I needed to go. When I met him, I broke down. I told him everything—all the mistakes, all the shame, all the pain I’d been carrying for years. It was the first time I fully admitted to myself what I had done. Friar Tom didn’t judge me; instead, he talked about love and forgiveness. That conversation changed me. It was like a burden was lifted, and for the first time, I understood what it meant to start forgiving myself. That meeting is something I will never forget, and it set me on a path toward real change.

2. How have your values changed since facing challenges with the criminal justice system?

Since the investigation began and after my arrest, I’ve undergone a complete shift in how I see myself and what’s important to me. Before, I was living in fear and drowning in shame, but now I see things more clearly. Through my faith, sex offender treatment, and recovery programs, I’ve started living with purpose. I used to hide from my mistakes, but now I’m working every day to face them, head-on. Honesty has become central to who I am—honesty with myself and with others. My values today are rooted in love, forgiveness, and patience, guided by my faith, my family, and the people who have supported me through this difficult time. I no longer run from my past. I now face it and use it to help me grow into a better person.

3. Which three values are you most committed to living by as you prepare for potential incarceration?

The three values I am most committed to are love, forgiveness, and faith. Love is what keeps me going—love for my family, for myself, and for the people around me. Forgiveness helps me move forward without getting stuck in my past mistakes. And faith gives me the strength to face whatever comes next. These values remind me of the person I want to be and guide me through the challenges ahead.

DEFINING SUCCESS

FRAMEWORK AND SIGNIFICANCE:

Success is a personal concept that extends beyond societal measures of achievement to include inner fulfillment, growth, and the ability to positively impact others. Defining success involves setting goals that are in harmony with one's values and aspirations. This definition guides individuals in making choices that contribute to their vision of a meaningful life. Emphasizing critical thinking in defining success allows for a flexible approach that can adapt to changing circumstances and opportunities, ensuring that the path to success is both intentional and reflective of one's deepest values.

A personal definition of success lays the groundwork for goal-setting and achievement, acting as a guide through the justice process and into reintegration. Defining success personally and meaningfully creates a motivational force that propels individuals toward achieving their goals, resonating with personal fulfillment and positive societal contribution.

Questions:

1. How do you personally define success within the context of your current challenges?

For me, success is about becoming a better person than I was before all of this. It's about owning up to my actions, making amends, and doing everything I can to right the wrongs I've caused. Success isn't about what I can get for myself—it's about proving that I've learned from my mistakes and can live differently. It's about staying honest, not just with others but with myself, and staying focused on what truly matters: my faith, my family, and building a future where I can be of service to others. Part of that success is making sure I'm prepared for whatever comes next, even if it means time in prison. I'm committed to my recovery, staying connected to my support groups, and making sure I come out of this experience stronger and more focused on the right path.

2. Looking forward, what does a successful reentry into society look like to you?

When I think about reentering society, success to me looks like coming out of this with a clearer sense of purpose. First and foremost, I want to reconnect with my family, especially my daughter Lucy, and be the father I wasn't able to be before. That's my top priority. I also want to find meaningful work, something that allows me to provide for my family without the kind of pressures that led to my bad decisions in the past. Staying connected to my AA, SA, SLAA, & PATH groups and my church will also be key to staying on the right track. Part of my success will be giving back—whether that's through charity work or helping others who are in similar situations. Charities I'm currently involved with include Project Harmony and Operation Hope, though I aspire to expand this work. Ultimately, success will be about living with integrity and using my experience to help others avoid the same mistakes I made.

3. How can your current actions influence your prospects for future success?

I believe the steps I'm taking right now are laying the foundation for my future success. I've committed to staying involved in my recovery through AA, SA, SLAA, & PATH, which keeps me grounded and accountable. I've been open with my family and friends about my mistakes, working hard to repair those relationships. I'm also making sure to stay connected to my faith, through Bible study and daily prayer, which gives me strength and keeps me focused. All of these actions are helping me build a solid foundation for when I reenter society. By staying committed to this path and taking ownership of my past, I'm setting myself up for a future where I can be the person my daughter and family need me to be.

SETTING INTENTIONS

FRAMEWORK AND SIGNIFICANCE:

Setting intentions is a proactive step towards realizing one's vision of success. It involves identifying specific, actionable goals and aligning daily actions with those objectives. This process is grounded in the awareness of one's current situation and a commitment to future aspirations. By setting intentions, individuals commit to a path of personal development and accountability, ensuring that every action taken is a step towards becoming a law-abiding, contributing member of society. This deliberate approach to living is informed by critical thinking and a deep understanding of one's values and goals.

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Intentions bridge the gap between values and actions, focusing one's energies on constructive behaviors and decision-making that align with long-term goals. Setting clear intentions determines the direction of one's life path, defining objectives that align with actions to confront impending challenges proactively.

Questions:

1. What are your primary intentions regarding your conduct and preparation before potential incarceration?

My main intention is to make sure I'm preparing myself mentally, spiritually, and emotionally for what's ahead. I'm working every day to stay grounded in my faith, leaning on my recovery groups like AA, SA, SLAA, & PATH, and keeping a close connection with my family. I also want to make sure that my daughter knows I'll always be there for her, no matter what. I've been spending as much time as I can with her, showing her love and support. Legally, I'm cooperating fully, being transparent about everything, and doing what's needed to show the court that I'm serious about turning my life around.

2. How do these intentions align with your long-term success plan?

These intentions are the foundation of my long-term success. By staying connected to my faith and family, I'm setting myself up for a future where I can be a responsible father and a contributing member of society. Staying involved with my recovery and support groups helps me stay focused on doing what's right and staying away from the things that led me here. My goal is to use this time to grow and be ready for when I reenter society. By preparing now, I'm giving myself the best chance to succeed when that time comes.

3. Describe your ideal reentry into society. What does it involve, and how will you make it a reality?

My ideal reentry means stepping back into my life as a stronger, more grounded person. I want to be there for my daughter, to rebuild my relationships with my family, and to show them through my actions that I've changed. I see myself finding work that's meaningful and allows me to provide for my family without falling back into old habits. I'll stay connected with my church, continue with AA, SA, SLAA, & PATH, and keep building on the progress I've made. To make this a reality, I'll keep focusing on my faith, my recovery, and the commitments I've made to myself and my loved ones.

PERSONAL ACCOUNTABILITY

FRAMEWORK AND SIGNIFICANCE:

Personal accountability goes beyond acknowledging one's actions; it involves understanding the impact of those actions and making amends. This commitment to accountability is a demonstration of one's dedication to change and personal integrity. Through the process of accepting responsibility, individuals engage in a form of critical self-reflection that is crucial for personal growth and societal reintegration. It signifies a readiness to live by the principles of lawfulness and responsibility, which are key to rebuilding trust and establishing a foundation for successful reentry into the community.

Taking responsibility for one's actions in the eyes of the law is crucial for demonstrating sincerity in the commitment to reform and personal development. Accepting responsibility for one's actions and their consequences is crucial for personal growth and forms a foundation of trust within the judicial system.

Questions:

1. What actions have you taken to show accountability for your actions to the court?

From the very moment I truly understood the depth of my actions, I knew I had to face everything head-on. This wasn't just a choice—it was a responsibility that I owed to myself, my family, and to those I've harmed. I've taken concrete steps to cooperate fully with law enforcement, providing all the information they needed and fulfilling every requirement placed upon me. One of the first things I did was make sure that I returned funds to those affected by my actions. I also knew that transparency would be crucial throughout this process, so I have remained completely open about my mistakes, ensuring that nothing was hidden. Personally, I've taken accountability by fully engaging in sex offender treatment and recovery groups, like AA, SA, SLAA, & PATH, which have helped me uncover the deeper, often painful, reasons behind the choices I made. These actions reflect my understanding that facing the truth—no matter how uncomfortable or difficult—is the only way to move forward with integrity. I can't undo what has been done, but I am fully committed to showing, in every possible way, that I take responsibility for the harm I've caused.

2. How can you document these actions to effectively present your case for leniency or rehabilitation?

I've made it a point to keep meticulous records of every step I've taken, because I know that simply saying I'm committed to change is not enough—I need to show it. I've maintained detailed documentation of my therapy sessions, my participation in AA, SA, SLAA, & PATH, and the proffer sessions with law enforcement. I've saved emails, receipts, and records of every financial restitution I've made to prove my accountability. In addition, I've kept letters and reports from my recovery sponsors and from people who've seen my progress firsthand. These records will demonstrate not only that I've taken concrete steps, but that I'm serious about rehabilitation and change. I intend to present all of this documentation to the court to support my plea for leniency. This is not about seeking sympathy—it's about showing that I've learned from my mistakes and that I am actively working to become a better person, every day.

3. What measures can you take now to make amends and demonstrate your commitment to change?

Making amends is not a one-time act—it's an ongoing process, and I've committed myself fully to that journey. Through my recovery groups, sex offender treatment, and community service, I'm constantly working to show that I'm serious about making things right. I've been actively involved in service projects, like my work with Operation Hope Shelter, where I contribute to helping others in need. I don't see this as just an obligation—it's a way for me to give back to the community and

begin to repair some of the damage I’ve caused. Even while incarcerated, I’ll continue these efforts. My goal is to demonstrate, through consistent actions, that I’m truly committed to change. I understand that words can only go so far—what matters is what I do, day in and day out. My hope is that by focusing on accountability, self-improvement, and service, I can begin to rebuild the trust I’ve lost and show that I am on a path to genuine rehabilitation.

STEPS FORWARD

EBRR Programs

- Residential Drug Abuse Program(RDAP)
- Sex Offender Treatment Program non-residential
- National Parenting from Prison Program
- Occupational Education Program
- Seeking Safety or Seeking Strength
- Threshold Program
- Basic Cognitive Skills
- Emotional Self-Regulation
- Federal Prison Industries
- 7 Habits of Highly Effective People

Date

Productive Activities

- Alcoholics Anonymous (AA)
- Embracing Interfaith Cooperation
- FPI
- House of Healing
- Money Smart for Adults
- SSR
- Ultr~ Key 6
- Victim Impact
- Drug Education
- Health and Wellness throughout LifeSpan
- Mindfulness Based Cognitive Therapy

STEPS FORWARD

Personal Objectives

- Maintain my outside recovery community (AA,SLAA,PATH) via Coorlinks/mail on a bi-weekly to monthly newsletter
- Maintain family connections via Coorlinks, email, phone, and visitation daily.
- Explore vocational opportunities in HVAC, Electrical, Plumbing, and others
- Learn Spanish and American Sign Language via personal plan and ACE
- Maintain my Spiritual relationship with my Higher Power
- Maintain a steady self-directed reading program that includes book reports

Date

BUILDING RELATIONSHIPS

FRAMEWORK AND SIGNIFICANCE:

Relationships are central to the journey of transformation. They provide support, guidance, and opportunities for growth and reintegration. Building and maintaining positive relationships require empathy, communication, and mutual respect—qualities that are nurtured through introspection and a commitment to personal values. These relationships are not only a source of support but also a reflection of one's progress towards living as a contributing, responsible citizen. The process of building relationships is an exercise in accountability and appreciation, acknowledging the role others play in one's journey of change.

The cultivation of supportive relationships is key to navigating the legal journey and provides a network of support critical for the transition back to society. Cultivating positive relationships is a testament to an individual's ability to interact constructively with society and is a key consideration for those assessing readiness for reentry.

Questions:

1. How will you maintain and build relationships with your family and support network before your incarceration?

I’ve been focusing on spending real quality time with my daughter and my family. We’ve made a point to eat meals together, without any distractions—no phones, just real conversations. It’s important that my daughter knows she’s my priority, no matter what happens next. I’ve also kept my support network close, reaching out to my AA sponsor and staying involved in my church. My family has been incredibly supportive through this, and I’ve leaned on them a lot. I’m making sure those bonds stay strong through open communication and being present for them whenever possible.

2. What message do you wish to convey to them about your journey through the legal system?

I want them to understand that I’m not running from this. I’m facing it. I know I’ve made mistakes, but I’m working hard to fix them. I’ve learned so much about myself through this process, and I’m committed to being a better person moving forward. I want them to see that my journey is about more than just getting through the legal system. It’s about growth, accountability, and becoming the kind of person they can be proud of.

3. How do you plan to build and maintain positive relationships after your release?

After my release, I plan to stay focused on my daughter, my faith, and my recovery. I’ll be there for the important moments—her school events, her birthdays, the little things that matter. I’ll also stay connected with my support groups and my church community, because I know I need that foundation to stay on track. My relationships with my family and friends will be built on open, honest communication, just like they are now. And I’ll keep looking for ways to give back, whether through volunteering or being a mentor to others in recovery. I believe that through love, forgiveness, and faith, I can rebuild those connections and move forward.

PROFESSIONAL DEVELOPMENT

FRAMEWORK AND SIGNIFICANCE:

Career planning and professional development are critical components of reentry success. They require a clear understanding of one's skills, interests, and the contributions one aims to make through their work. This category emphasizes the importance of setting realistic, achievable career goals based on an assessment of personal values and market opportunities. Achieving these goals requires continuous learning, adaptability, and perseverance, reflecting an aspiration to succeed and make meaningful contributions to society.

Focusing on professional development and career planning can lead to meaningful employment post-release, which is critical for successful reintegration.

Questions:

1. What career path do you intend to pursue after release?

After release, I plan to take advantage of the job offers that have already been extended to me. One opportunity is at Nature Works, where I've been offered a position as a plant technician. It's a stable job in a field that interests me, and the supervisor has already expressed that they're willing to support me when I'm ready to reenter the workforce. I've also been offered an interview with Associate Staffing for a role in financial services recruiting. Beyond that, my cousin David has offered me work in his construction company, which includes supervisory roles. Having these options gives me hope, and I plan to pursue whichever opportunity aligns best with my skills and goals when the time comes. I'm also still considering obtaining my CDL or heavy equipment operator's license. All of these paths provide stability and a chance to rebuild.

2. How have you prepared for this career while awaiting trial or sentencing?

While waiting for the legal process to unfold, I've been doing everything I can to be ready. I've maintained communication with the people who offered me these jobs, and I've also been preparing myself by staying active in my current work inside the prison. I've been teaching other inmates in adult education, which has helped me sharpen my leadership skills and stay disciplined. I've also been studying construction techniques and the real estate market, so I'm ready to dive back into work when the time comes. This time has allowed me to focus on my personal growth, ensuring that I'll be mentally and professionally ready when I reenter the job market.

3. What professional values do you believe will be key to your success in your chosen field?

The values that will guide me as I move forward in my career are integrity, hard work, and responsibility. These job offers are a second chance, and I'm committed to proving that I deserve them. Integrity will be at the heart of everything I do, whether it's showing up on time or being honest in my work. Hard work is something I've always believed in, and I know that it's what will carry me through the challenges ahead. Responsibility means owning my actions and making sure I follow through on my commitments, not just to my employers but to my family and to myself.

EDUCATION & SKILL ACQUISITION

FRAMEWORK AND SIGNIFICANCE:

Education and skill development are transformative processes that open doors to new opportunities and pathways to success. Engaging in lifelong learning demonstrates a commitment to self-improvement and adaptability, qualities essential for navigating the challenges of reentry and the workforce. This pursuit is driven by an awareness of one's goals and the determination to achieve them, showcasing an attitude of resilience and a dedication to achieving personal and professional success.

Continuous learning and skill development are pivotal for adapting to changes and seizing new opportunities, fostering both personal growth and professional advancement.

Questions:

1. What new skills or knowledge have you acquired while navigating the legal system?

Going through this legal process has forced me to learn a lot about resilience and patience. I’ve also had to sharpen my communication skills, especially when dealing with my legal team and staying connected with my family. Another skill I’ve developed is teaching—I’ve been working as an adult education teacher while incarcerated, helping other men improve their knowledge and skill sets. This has given me valuable experience in leadership, public speaking, and conflict resolution, all of which are skills I plan to carry forward into my post-release life.

2. How do you plan to continue your education upon release?

Upon release, I plan to continue my education by getting certifications in areas that will help me move forward in my career. First, I’m looking into obtaining my CDL or heavy equipment operator’s license. I’ve already researched apprenticeship programs through the IVOE chapter in Nebraska, which offer hands-on training. If I choose to focus on driving, I’ll enroll in the CDL school at MCC College. I’ve also been studying materials related to real estate and construction to deepen my knowledge. My goal is to keep expanding my skill set so I can pursue the job offers I’ve received and continue to grow professionally. Learning is something I now see as a lifelong process, and I’m committed to staying on that path.

3. Discuss how lifelong learning contributes to your vision of success.

For me, lifelong learning is about staying humble and always striving to grow. It’s not just about getting a diploma or a certificate—it’s about constantly looking for ways to improve myself, whether that’s in my career, my recovery, or my faith. Lifelong learning means being open to new experiences and lessons, and not letting pride get in the way of progress. By continuing to learn, I’m ensuring that I can be successful not just for myself, but for my daughter and my family. I want to be able to show her that growth never stops, and that we can always become better versions of ourselves. This mindset is going to help me make the most of the second chances I’ve been given and build a stable future for us.

SOCIAL RESPONSIBILITY

FRAMEWORK AND SIGNIFICANCE:

Contributing to the community is a tangible expression of one's values and commitment to societal well-being. It reflects an understanding that personal success is intertwined with the ability to positively impact others. This involvement demonstrates accountability, appreciation for one's community, and the aspiration to be a force for good. Engaging in community service or other forms of contribution is a critical step in rebuilding one's identity as a responsible, contributing member of society.

Active contribution to the community reinforces one's social responsibility and can aid in the restoration of one's role as a productive and valued member of society.

Questions:

1. In what ways can you contribute to your community now that may positively impact your future?

Right now, even while I’m incarcerated, I’ve found ways to contribute to the community, and I intend to continue doing so. I’ve been working as a suicide companion, helping other inmates who are struggling. It’s a job that allows me to give back in a real, meaningful way, and I believe that kind of support can make a difference. I’m also teaching adult education classes here, which is another way I’m able to help others by giving them tools they can use to improve their lives. Beyond that, I’ve been involved with charitable work, like organizing and contributing to my biannual 10K charity run that raises money for children’s charities, including Project Harmony. By staying focused on helping others, I know I’m also helping myself stay on the right path.

2. How do you envision your community role evolving through your prison term and upon reentry?

During my time in prison, I plan to continue what I’ve been doing—helping others as a suicide companion and teaching when I can. These roles give me a sense of purpose and allow me to keep developing the values that are important to me, like empathy and responsibility. Once I’m released, I want to keep giving back, both through community service and by staying involved with the charities I care about. I plan to continue my involvement with organizations like Operation Hope Shelter and expand my charity efforts to raise more awareness and funds for children’s causes. I also want to stay connected to my church and recovery communities, where I can offer my story and experiences to help others who might be struggling.

3. Why is giving back to the community an essential part of your personal success plan?

Giving back is at the heart of my success plan because it helps me repair some of the damage I’ve caused, both to myself and to others. I know I can’t change the past, but I can use my time and energy now to make a positive impact. Whether it’s through charity work, helping other inmates, or contributing to my community when I’m released, I want to be a person who makes things better, not worse. Giving back also keeps me grounded and reminds me of the values I’ve learned—love, forgiveness, and faith. By helping others, I’m not just contributing to their success; I’m reinforcing my own commitment to live a life of purpose and responsibility.

FINANCIAL PLANNING

FRAMEWORK AND SIGNIFICANCE:

Financial stability is crucial for independence and self-sufficiency post-release. Effective financial management requires goal setting, discipline, and an understanding of basic financial principles. This category underscores the importance of planning for the future, making informed decisions, and taking responsibility for one's financial well-being. It reflects a broader commitment to living according to principles of accountability and self-reliance, key aspects of a successful reintegration into society.

Effective financial planning and management before, during, and after incarceration are critical for establishing stability and independence.

Questions:

1. Describe your strategy for achieving financial stability post-release.

My strategy for financial stability after release is already in motion. Before I came to prison, I made sure to set up accounts that would help provide a secure foundation for the future. I moved funds into a Vanguard account and invested in a 60-month certificate of deposit, which will help me grow savings during my time here. I also paid off my \$10,100 restitution by selling my car, so I’m entering this next phase without that debt hanging over my head. Financial stability for me isn’t just about earning—it’s about being responsible with what I have and making sure I’m providing for my daughter’s future. I’m fortunate to have job offers waiting for me, and I plan to take full advantage of them to rebuild my career and keep moving forward financially.

2. What financial skills have you learned or do you plan to learn?

Over the past few years, I’ve become more mindful about managing my money. I’ve learned the importance of budgeting and being cautious with spending—something I didn’t always prioritize in the past. My time working at TD Ameritrade also gave me valuable knowledge about financial planning, which I’ve been able to apply to my own situation. Moving forward, I plan to continue learning about investment strategies, budgeting, and saving. I’m also focused on making sure that any income I earn is used wisely to provide for my family and secure a better future. My goal is to keep improving my financial literacy so that I can make responsible decisions that reflect the changes I’ve made in my life.

3. How do you prioritize financial decisions now to benefit your future?

Right now, my financial decisions are all about ensuring my daughter’s well-being and planning for the long term. I’ve adopted a much more frugal lifestyle, which helps me focus on saving and managing what little I have more effectively. I’ve prioritized creating savings accounts for the future and making sure I don’t fall into the same patterns of overspending. I’m also preparing for life after release by staying in contact with potential employers and ensuring that I have job opportunities lined up, which will provide the income I need to maintain stability. My financial priority is simple: protect my daughter’s future and build a stable life where I can contribute meaningfully to society.

MENTAL WELLNESS

FRAMEWORK AND SIGNIFICANCE:

Maintaining mental and emotional wellness is essential for facing the challenges of reintegration with resilience and strength. This area of focus emphasizes the importance of self-care practices, support networks, and, when necessary, professional help to manage stress, anxiety, and other emotional challenges. It's about recognizing the interconnection between mental health and overall success, fostering an attitude of self-compassion and understanding. Engaging in activities that promote mental and emotional well-being demonstrates an awareness of the holistic nature of success—encompassing not just external achievements but internal peace and stability.

Maintaining mental and emotional health is essential for enduring the challenges of the legal process and for fostering resilience throughout the journey.

Questions:

1. How do you maintain mental and emotional well-being while facing legal uncertainties?

Maintaining my mental and emotional well-being has been one of the biggest challenges I’ve faced, but I’ve found ways to stay grounded. My faith has been the strongest pillar—daily prayer and Bible study have kept me centered and helped me manage the stress of everything that’s happened. I’ve also leaned heavily on my support groups, especially AA, SA, SLAA, & PATH, which have given me a safe space to talk about my struggles and get the encouragement I need. Being open in sex offender treatment has helped too. I’ve learned to face my emotions head-on instead of bottling them up, and that’s made a huge difference. Lastly, the routine of working as a suicide companion and teaching classes has kept me busy and focused on helping others, which in turn helps me stay positive.

2. What wellness practices do you plan to continue or adopt upon release?

Post-release, I plan to carry forward several coping mechanisms that I’ve developed during this time. First, I’ll stay committed to my daily prayer and Bible study, which give me strength and perspective. My 12-step programs, particularly AA, SA, SLAA, & PATH, will also remain a huge part of my life. I know I need the support and accountability they provide to stay on the right path. I’ll also keep attending sex offender treatment, where I’ve learned practical tools for managing stress and staying emotionally balanced. Running and exercise have been a great outlet for me, helping to clear my mind and keep my body healthy. Lastly, I’ll continue to prioritize open communication with my family, especially with my daughter, to keep our relationship strong and healthy.

3. Discuss how maintaining your mental health impacts your overall success plan.

My mental and emotional well-being is the foundation for everything else in my life. Without it, I wouldn’t be able to stay focused on my goals or handle the challenges that come my way. When I’m emotionally balanced and mentally strong, I make better decisions. I can be more present for my daughter, more productive in my work, and more focused on my recovery. My faith, sex offender treatment, and support groups help me stay grounded, and they give me the tools I need to keep pushing forward. Success for me isn’t just about staying out of trouble—it’s about living a life where I’m stable, healthy, and able to give back to others. Taking care of my mental and emotional health is what will allow me to do that.

CONCLUSION

To the Unit Team, Bureau of Prisons:

As I conclude this portfolio, I want to reflect on the journey that has brought me here and express my commitment to the path ahead. This process has been one of the most difficult, but also one of the most transformative, experiences of my life. Through this program, I've been able to look inward, confront the mistakes of my past, and take the necessary steps to become the person I want to be—a man of integrity, accountability, and purpose.

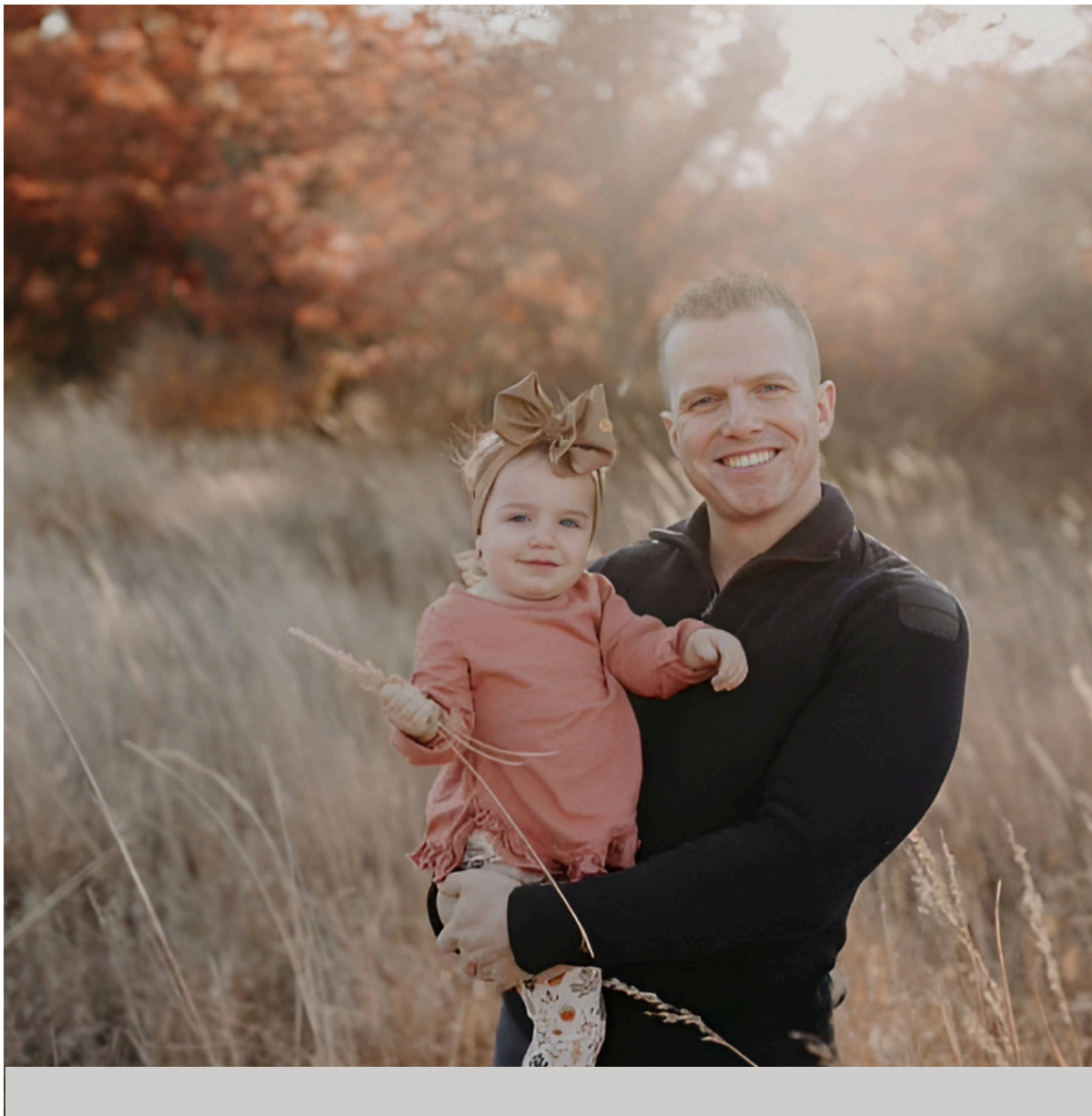
I recognize that the work I've done so far is only the beginning. My goal is not just to complete this program, but to carry the lessons I've learned with me every day moving forward. I know that rehabilitation is not a one-time event—it's a lifelong commitment to change. With the help of my family, my recovery groups, and my faith, I'm determined to continue this journey.

My primary motivation for participating in this program has always been to ensure that I never return to the person I was before. I want to be a better father, a better son, and a better member of my community. This portfolio represents the foundation I've built to support that transformation, but the real work lies ahead. As I prepare for reentry into society, I will continue to focus on my recovery, maintain strong connections with my support system, and contribute positively to the world around me.

I appreciate your time and consideration in reviewing this portfolio, and I hope it demonstrates my genuine commitment to rehabilitation and personal growth. My objective moving forward is clear: to become a man who not only takes responsibility for his past but who also works every day to build a better future.
Sincerely,

John "Richie" Steir

Registration No.: 08151-510



GOT ANY QUESTIONS?

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