



Preparing for Success After Prison Portfolio

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Introduction:

As I write, I am acutely aware of the gravity of the journey I am undertaking. This document—the Preparing for Success After Prison portfolio—is more than an exercise in planning. It represents my active engagement in self-reflection, accountability, and preparation for the road ahead. It is the culmination of months of soul-searching and a deliberate effort to transform the most challenging period of my life into an opportunity for growth and contribution.

The months immediately following my indictment were among the darkest of my life. I found myself consumed by despair, uncertainty, and shame. I withdrew emotionally, unsure of how to face my circumstances or how to begin to repair the damage caused by my actions. It felt as though the walls around me were closing in, leaving little room for hope or purpose.

One day, a close friend handed me a book: *The Choice: Embrace the Possible* by Edith Eger, Ph.D. As I flipped through its pages, a single quote struck me with unexpected force: “*Time doesn’t heal. It’s what you do with the time.*” Those words echoed in my mind, challenging the resignation I had felt and calling me to take responsibility for how I would respond to this experience. They became a turning point, sparking a shift in my mindset from passivity to purposeful action.

From that moment, I resolved to use my time wisely and intentionally. This portfolio is part of that commitment. It serves two purposes: first, as a tool for personal reflection and growth, allowing me to confront my actions and their consequences with honesty and humility; and second, as a roadmap for my future—one that prioritizes accountability, meaningful contributions, and reintegration into society as a stronger, more compassionate individual.

Throughout this process, I have sought to understand the choices that brought me here, the values that will guide me moving forward, and the steps I must take to rebuild trust and relationships with my family, community, and society. This portfolio reflects not only the work I have done but also the person I strive to become—a person re-dedicated to service, growth, and living a life aligned with the principles of stewardship, reflection, and accountability.

Thank you for taking the time to review this document and to consider my sincere efforts toward rehabilitation and positive change. I am committed to this journey and to ensuring that my actions align with the values and commitments I have laid out here.

With respect and resolve,

Laurence A. Pagnoni

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

One of the most defining experiences in my early career was my time as a staff member for the *Upward Bound* program, an eight-week residential summer school for inner city youth at Mercy College in Ambler, Pennsylvania. This federally funded program aimed to empower high-achieving students from disadvantaged backgrounds by immersing them in an academically enriching environment. For two summers, I worked closely with these students, honing lesson plans, managing field trips, and even stepping in as a substitute teacher when necessary.

What profoundly shaped me during this time was the realization of how transformative education can be when students are actively engaged. I discovered the importance of inspiring rather than mandating. For example, I called on a student with natural oratory skills and encouraged him to read a humorous short story aloud to the class. His enthusiasm and the subsequent engagement of his peers taught me that education should ignite curiosity and joy, not feel like an obligation. These lessons have influenced not only my approach to teaching and training over the years but also my broader values around fostering empowerment and self-motivation in others.

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

My journey through the criminal justice system has been a humbling and transformative experience. It has made me far more inquiring and much less certain of myself. I have come to appreciate the value of listening deeply and drawing out the lived experiences of others. This shift has fostered a greater sense of tolerance, open-mindedness, and curiosity about different perspectives.

A significant part of this growth has been my study of personality types through tools like the Enneagram. This framework has helped me better understand human behavior, including my own. By recognizing the interplay between personality and stress, I have cultivated a deeper empathy for others, as well as a greater willingness to engage in self-examination and personal growth. These changes have not only reshaped how I view myself but also how I seek to relate to and serve others.

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

Reflection: My commitment to contemplative prayer practices and self-improvement through education anchors me. Whether it is meditative exercises or engaging with challenging texts, reflection allows me to continuously examine my choices, refine my character, and better understand my place in the world. This dedication to spiritual growth led me to pursue ordination as a Spiritual Director through the Shalem Institute for Spiritual Formation, part of the Washington Theological Consortium. This training deepened my understanding of how to guide and support others on their journeys, a skill I have sought to integrate into my personal and professional life.

Stewardship: I strive to leave the world better than I found it. This sense of stewardship extends beyond my professional life in fundraising to include broader acts of care—whether it is guiding my two children, Carlos and Jose, to be self-reliant and healthy or fostering community resilience. Stewardship is about ensuring that my actions contribute meaningfully to others' well-being.

Service: Service has been and continues to be a cornerstone of my life. It reflects a multigenerational commitment to building up civil society. From driving my son Carlos to his community service projects for six months, to coaching others through my nonprofit work, service is how I enact my belief in creating stronger, healthier communities.

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

For me, success within my current challenges is grounded in accountability and connection. First and foremost, it means ensuring that I never reoffend by avoiding pornography and dealing better with stress. I will remain steadfast in the commitments I have made to myself, my family, and society. It is about staying present for those I care about, even as I navigate the inevitable challenges of aging and maintaining mental health. Success is found in the daily choices I make to uphold my values, nurture my relationships, and foster resilience within myself and those around me.

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

Successful reentry means reestablishing myself within the Provincetown, MA community I cherish. I envision volunteering at our local Methodist Church, contributing to their soup kitchen, food pantry, or other community initiatives, and/or doing volunteer work at our local historic library. Additionally, I aim to continue my volunteer coaching work with nonprofits, using my extensive technical experience to help them navigate fundraising and management challenges and maximize their impact. By actively engaging in service and rebuilding connections, I hope to demonstrate my commitment to being a constructive and reliable member of society.

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

The actions I am taking now lay the foundation for a meaningful and productive future. I will remain deeply committed to professional writing, including writing books, blog posts, and articles that amplify important lessons from my career and personal journey. This work will not only keep me engaged but also allow me to contribute valuable insights to others in my field. I am also staying connected with a few of my nonprofit clients, offering guidance and support to foster their growth. These actions reinforce my sense of purpose, demonstrate my accountability, and ensure I have a solid framework to build upon as I move forward.

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

My primary intention is to remain actively engaged in meaningful work that reflects my values of service and accountability. Each day I have a plan in place for how I will spend my time. I continue to support my pro bono clients, offering guidance and expertise to ensure their missions thrive even in my absence. My professional work with Illuman, Inc. recently concluded, yet I still engage with the Illuman community as an active member of their New England Council. Additionally, I remain dedicated to Resilient Heroes, a nonprofit focused on preventing suicides among first responders. This involves one to two calls a week, during which I provide executive coaching and strategic planning counsel. My husband, Wei, assists by sending follow-up emails based on drafts I prepare, ensuring that these communications are timely and effective. I also advise Gail Rachlin in her governance role with Northern Healthcare Center in Middletown, NY.

In addition to professional responsibilities, I am also taking steps to maintain my physical and emotional well-being. Activities such as Pilates, weightlifting, and spin classes help me stay mobile and mentally resilient. These efforts are part of my broader commitment to entering this next phase of my life with as much clarity and strength as possible. Each week I have a few medical appointments to attend for blood work, screenings, and injections. I also tend to an indoor home garden and read two or three books a week.

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

These intentions align closely with my long-term goal of reinstating my commitment to being a public servant and a good citizen. By maintaining a steady presence in the nonprofit sector and continuing to contribute to organizations like Resilient Heroes, I demonstrate my dedication to service and societal impact. Additionally, these actions allow me to live out my values of action and reflection, cultivating a balanced and intentional life.

Through this work, I aim to embody healthy masculinity—engaging with others authentically, fostering collaboration, and showing accountability in both my personal and professional relationships. These values form the foundation of my long-term success plan and guide the steps I am taking today.

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

My ideal reentry into society begins with returning home to Provincetown, MA and reuniting with my husband, Wei. This will serve as the cornerstone of rebuilding my life and reestablishing the sense of stability and connection that is so central to my values. I also plan to reintegrate into the community by volunteering with local nonprofits as noted above. These efforts allow me to give back to my local community while fostering a sense of purpose and connection.

To make this vision a reality, I will leverage the relationships and skills I have cultivated over the years. I will maintain an active role in nonprofit coaching and professional writing during my

sentence, using this time to stay engaged and contribute meaningfully. I will receive and read nonprofit sector professional journals. By aligning my actions with my core values of service, stewardship, and reflection, I am confident that I can reenter society as a stronger, more accountable individual.

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

Even with the weight of my charges, I wanted to continue being a productive and contributing citizen. Therefore, while on pretrial supervision, I have volunteered by phone with two nonprofit organizations, Illuman, Inc., and Resilient Heroes. This volunteer work began in May 2023 and has averaged four days a week. The Illuman work concluded, but the Resilient Hero work continues.

Illuman is committed to helping men dive deeper into life through transformative inner work. They help men grow, connect, and make a difference in the world. I have made positive contributions to Illuman's fundraising efforts and helped advance its ability to raise funds and present itself publicly. Additionally, I assisted with technical administrative projects such as recruiting volunteers, crafting their first onboarding document, and writing appeals letters, including their planned giving content. I also drafted their first fundraising plan, which they have since expanded. Illuman has expressed gratitude for my work, citing my analytical and strategic skills, my professional nonprofit experience, and my reputation as a nationally recognized thrice-published author on advanced fundraising.

Verification of this volunteer service can be obtained by contacting Rev. Blair K. Anderson, a fellow volunteer, board member, and Chair of the Development Committee, at 612-207-1151 or banderson158@gmail.com. Additionally, three Illuman community members, Tony Pelusi, Richard Fitzpatrick, and Jim Burns, submitted support letters.

I have also volunteered with Resilient Heroes (RH). RH is a nonprofit organization dedicated to preventing suicides among first responders, including police officers and firefighters. I conduct phone coaching with Chicago police officer Elizabeth Pohl, the founder and director of RH. Projects have included strategies to engage the community in supporting the work, designing a year-end appeal drive, and introducing Liz to an evaluation expert and a grant writer. Liz's letter of support is part of my file, and she can be reached at 773.842.9784 or liz@resilientheroes.com.

My motivation for this volunteer work has been a desire to contribute to the community and not remain idle.

- ☐ **Psychosexual Assessment and Therapy Reports:** Documentation of the psychosexual assessment conducted by Leo Keating, LCSW. Plus, progress notes and a letter from Nancy Dizio, detailing participation in group therapy and individual counseling since July 2023.
- ☐ **Recovery Sessions and Private Therapy:** Weekly sessions with Leon Seton, LCSW, demonstrate my ongoing commitment to addressing underlying behavioral issues. I make notes after those sessions to review and reinforce what we cover.
- ☐ **Participation in Illuman and Men's Councils:** Evidence of participation in the Men's Rites of Passage program (2019) and subsequent engagement with the New England Men's Council, an interfaith group fostering accountability and personal growth.

- ☐ **Lifestyle Adjustments for Accountability:** Receipt and specifications of the Light Phone, which does not show pictures or videos, affirming my proactive efforts to safeguard against harmful behaviors.
- ☐ **Health and Wellness Efforts:** Medical records and class attendance logs for spin classes, Pilates sessions, and weightlifting activities that address the physical and mental health challenges contributing to prior behaviors.
- ☐ **Volunteer and Nonprofit Work Documentation:** Records of my volunteer coaching efforts with Illuman and Resilient Heroes, including email communications and correspondence logs.
- ☐ **Letters of Support:** Statements from friends, family, and colleagues attesting to my growth, accountability, and commitment to rehabilitation. Twenty letters of support have been received, all of them sent with elaboration and love.
- ☐ **Educational and Reflective Work:** Written works, blog drafts, and plans for correspondence courses to further demonstrate my proactive steps toward self-improvement and constructive engagement. I am prepared to engage in independent study or a correspondence course in advanced contemplative studies. I have worked with Rev. Terry Chapman, PhD. a trained elder spiritual director toward this endeavor. He is committed to regular weekly contact with me.

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

To ensure all my efforts are tracked and clearly presented, I am actively engaging in the Preparing for Success After Prison (PSAP) portfolio project. This structured document serves as a comprehensive repository for my rehabilitation work, including evidence of therapy participation, such as the psychosexual assessment and group work sessions, weekly recovery therapy with Leon Seton, and participation in Illuman and the New England Men's Council. It will also include records of my proactive lifestyle adjustments, such as my use of the Light Phone and my health initiatives through Pilates, spin classes, and weightlifting. Additionally, the portfolio will compile letters of support from family and colleagues, documentation of my volunteer coaching for nonprofits, and plans for future educational pursuits. This organized approach ensures that my actions are transparent, verifiable, and reflective of my ongoing commitment to rehabilitation and accountability.

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

To make amends and demonstrate my commitment to change, I will focus on tangible actions that reflect my remorse and dedication to growth. I will continue to engage in rehabilitation programs, including therapy and recovery work, to address the root causes of my behavior and prevent future lapses. I am currently contributing to my community through volunteer service at nonprofits such as Resilient Heroes, and plan to continue serve nonprofits locally after release. I will prioritize staying present and supportive for my family and friends, nurturing trust and open communication. To maintain my physical and mental well-being, I will proactively manage my arthritis and depression through stretching, eventually Pilates, weightlifting, and spin classes. Additionally, I am pursuing personal growth and advocacy by preparing to take one or two

correspondence courses, writing professionally, and contributing to dialogues on restorative justice. These actions will reinforce my accountability and my dedication to becoming a better, more responsible member of society.

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

Maintaining and strengthening my relationships with my family and support network is one of my highest priorities. Every morning, I begin my day with a phone meditation with my husband, Wei Ng, which keeps us connected and grounded. I have daily phone calls with friends and family, including speaking with my son Carlos each day. I also ensure that I am present for family and friends who visit me on a regular basis, creating moments of connection and support. By staying engaged in these interactions, I am fostering a foundation of trust, love, and stability that will remain strong throughout this process. I have also enjoyed visits to my home by family and friends including my niece Christa McDermott, and my sister-in-law's Jean Ng, and Lisa Shaen Pagnoni. My friends Dr. Tom Long, Kyoung Park, Pam and Ted TenEyck to name a few have also visited.

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

I want to convey my deepest gratitude to my family and support network for the incredible compassion they have shown me throughout this journey. Their non-judgmental approach to understanding how I arrived in this situation has been both humbling and uplifting. I am eternally grateful for their acceptance and thoughtful responses during one of the most challenging periods of my life. Their steadfast kindness has reminded me of the profound importance of relationships and community, and it has been a source of strength and encouragement as I work toward personal growth and accountability.

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

For me, rebuilding and maintaining positive relationships after my release is not merely a plan—it is key to my life. I am fully committed to reestablishing my role as a father, spouse, partner, and friend. This includes dedicating time and energy to deepening connections with my loved ones and engaging meaningfully in their lives. My relationships are the foundation of who I am, and through consistent presence, open communication, and acts of love and service, I will continue to strengthen these bonds. Reentry into society is, at its core, a return to the relationships that sustain and define me.

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

Although I am retired and have the financial stability to provide for myself and my family, I remain deeply committed to using my skills and experience to contribute meaningfully to society. My primary focus will be on continuing my involvement with two organizations that reflect my values and passions. The first, Illuman, is dedicated to fostering personal growth and transformation in men through mentorship and rites of passage. The second is Resilient Heroes, a nonprofit that works to prevent suicides among first responders, including police officers and firefighters. Additionally, I am working on two books that explore themes of gratitude and the role of civil society. These projects allow me to share the insights I have gained throughout my career and personal journey, while continuing to contribute to the communities I care deeply about.

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

I have taken proactive steps to remain engaged with my professional interests and prepare for meaningful contributions following my release. I stay current in my field by subscribing to and reading *The Chronicle of Philanthropy*, *The Nonprofit Times*, and *Nonprofit Quarterly*, which provide valuable insights into trends, challenges, and opportunities within the nonprofit sector. I have also continued writing and will eventually reestablish my blog, which serves as a platform to share my reflections, ideas, and strategies for nonprofit leaders. This writing not only keeps me connected to the field but also reinforces my commitment to using my experiences to inform and inspire others. I am also exploring advanced correspondence studies in contemplative practices.

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

The professional values I hold most dear are stewardship, reflection, and service. Stewardship is and will remain the guiding principle of my work—it is the belief that we must leave the world better than we found it. Reflection allows me to approach challenges with thoughtfulness and adaptability, ensuring that my actions align with my values. Finally, service has always been at the heart of my professional endeavors, from my work in the nonprofit sector to my current volunteer coaching efforts. These values not only define my approach to my chosen field but also serve as the foundation for all the contributions I intend to make in the future.

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

Throughout this process, I have focused on expanding my knowledge and skills in several areas that reflect my commitment to growth and service. My past studies in spiritual direction, culminating in my ordination through the Shalem Institute, provided me with a foundation for deep listening, discernment, and guiding others through personal transformation.

I have deepened my understanding of executive leadership, with particular attention to the challenges faced by public service institutions and nonprofit organizations. I have also explored the field of library science, inspired by a desire to contribute meaningfully to my local library in Provincetown. Furthermore, I have engaged with theological and contemplative studies, drawing on my past experiences as a graduate in spiritual direction from the Shalem Institute with its affiliation with the Washington Theological Union to enrich my spiritual understanding and reflective practices.

Recognizing the value of education in personal and professional growth, I have made concrete plans to pursue a correspondence course during my incarceration. This course will allow me to further explore subjects such as spiritual leadership, and community service, ensuring that I use my time productively and align my learning with my values and goals. This level of forward-thinking reflects my commitment to lifelong learning and my determination to emerge from this experience as a more knowledgeable and constructive member of society.

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

Upon my release, I plan to remain engaged in lifelong learning by pursuing educational opportunities that align with my values and aspirations. This includes daily reading and writing, exploring correspondence courses during my incarceration to build a strong foundation for future growth. Post-release, I aim to participate in advanced programs related to nonprofit leadership, contemplative studies, or community service at institutions such as the Shalem Institute, San Francisco Seminary, Georgetown, Fordham, or Harvard. Additionally, I intend to continue independent learning through professional publications like *Nonprofit Quarterly* and books and authors that challenge and expand my understanding of the world. These efforts will ensure that I am continually improving and prepared to contribute meaningfully to my community.

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

Lifelong learning is a cornerstone of my vision of success because it embodies the values of reflection, growth, and service that guide my life. It allows me to stay curious and open-minded, equipping me with the tools to navigate challenges and adapt to changing circumstances. By remaining engaged in education, I will deepen my understanding of the issues I care about, such as nonprofit leadership, public service, and spiritual growth, and use that knowledge to positively impact others. Lifelong learning ensures that I remain connected to my purpose, continuously growing as a person and contributing to the well-being of my family, community, and society.

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

Community contribution has been a defining feature of my life and remains integral to my personal identity. Even now, I actively contribute through my ongoing work with two organizations: Illuman, a men's development nonprofit, and Resilient Heroes, which focuses on preventing suicides among first responders. These roles allow me to share my expertise, offer guidance, and provide executive coaching to strengthen their missions.

Beyond professional contributions, I seek to foster connection and support within my immediate circle. Through consistent and thoughtful communication with family, friends, and nonprofit colleagues, I aim to be a source of encouragement and guidance. Additionally, I am taking intentional steps to enhance my own well-being through therapy, physical fitness, and education, ensuring that I remain a capable and constructive member of the community. My current efforts not only demonstrate accountability but also lay the groundwork for future service, reflecting my unwavering commitment to giving back.

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

During my prison term, I plan to stay connected to my professional and community networks by volunteering in chaplaincy or education services, using my background in nonprofit leadership and my ordination as a Spiritual Director to support those seeking guidance and growth. My training in spiritual formation has equipped me with the ability to hold space for others as they navigate challenges, and I intend to use this skill in service of my peers.. I will also dedicate my time to educational pursuits through correspondence courses, further refining my skills in areas like nonprofit management, leadership, and community service. These activities will keep me engaged and aligned with my broader mission of service, ensuring that I maintain a sense of purpose even while incarcerated.

Upon reentry, I envision taking on a more direct and hands-on role within my community. My initial focus will be on rebuilding local connections by volunteering at institutions such as the Methodist soup kitchen, the Provincetown Public Library, and the local Unitarian Universalist Church. Each of these organizations provides opportunities for episodic and meaningful contributions, such as assisting with a food pantry, holiday preparations, or a personal assistance program that supports individuals in need.

Additionally, I plan to embrace what Illuman refers to as the "generative years of aging," stepping into the role of an elder who contributes to the well-being of younger generations. Whether through mentorship, education, or community projects, I aim to embody this spirit of intergenerational service and growth. By staying rooted in my values of stewardship and service, I will continue to build a life centered on creating positive change and fostering resilience in others.

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

Giving back to the community is not just a part of my success plan—it is the essence of how I define success. Throughout my career in nonprofit management, I have seen firsthand how acts of service can transform lives and strengthen communities. This understanding shapes my belief that personal growth and community well-being are deeply interconnected.

Service provides a sense of purpose that extends beyond oneself. For me, contributing to the well-being of others is a way of living out my values of stewardship, reflection, and action. Whether I am mentoring younger men through Illuman, supporting first responders through Resilient Heroes, or volunteering at local institutions, these efforts will continually remind me of my responsibility to leave the world better than I found it.

Furthermore, giving back aligns with my desire to grow as an individual. By helping others, I will reinforce my own accountability and resilience, ensuring that my actions remain grounded in compassion and integrity. Service offers a path to redemption, healing, and meaningful reintegration into society.

Ultimately, giving back is a lifelong practice that allows me to build a legacy of care, connection, and positive impact. It is through these contributions that I will fully embrace my role as a mentor, a community member, and a human being striving to make a difference.

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

I am fortunate to have already established a stable financial foundation that will support me and my family post-release. My retirement plan includes a pension that I will draw on, which is supplemented by Social Security and private savings. This structure ensures that I can maintain financial independence and focus on meaningful contributions to my community and personal growth. Additionally, my husband Wei works full-time, and our two children are grown, and one is financially self-sufficient, further solidifying our household's financial stability.

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

Over the years, I have gained significant experience in organizational planning, particularly in managing nonprofit budgets and developing sustainable strategies for resource allocation. These skills have equipped me with the ability to make sound financial decisions in both personal and professional contexts. I am also experienced and knowledgeable about index fund investing.

Looking ahead, I am interested in further refining my knowledge of practical financial management coaching, particularly in areas like long-term investment strategies and efficient debt repayment. While I do not face immediate financial pressures, I recognize the value of continued learning in this area to ensure that I make thoughtful decisions that benefit my family and community. I particularly think that those in their twenties and thirties would benefit from financial planning and counsel on how to grow wealth, and I am open to sharing my life experiences with them about that.

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

My primary financial priority is ensuring that the systemic needs of my children are met, including their access to stable housing and quality healthcare. While they are independent, I remain committed to supporting them as needed in these critical areas.

Additionally, I am focused on paying off our mortgage, which currently has a balance of \$920,000. While the low interest rate makes this a manageable financial obligation, eliminating this debt remains a long-term goal. My home is jointly owned with my spouse and is enrolled in the MA Homestead Protection Program. This approach ensures that I will not only maintain financial stability but also reinforce the legacy of care and security I wish to leave for my family.

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

Maintaining mental and emotional well-being during this process requires a conscious and deliberate effort. Early on, I struggled immensely, collapsing under the weight of fear and uncertainty during the first four months. That period of despair was a wake-up call—I decided I would not allow myself to go back there again.

In hindsight, I now recognize that I experienced dissociative episodes during this time, where my ability to process and react to information was severely impaired. This dissociative collapse explains, but does not excuse, my failure to act with the clarity and discernment that I have strived to uphold throughout my life. Acknowledging this has been a painful but necessary step in my journey of accountability, and I have since taken proactive measures—including therapy, structured routines, and spiritual reflection—to ensure that I remain present and aware in all areas of my life.

To cope, I adopted a “one day at a time” approach, focusing on the things that matter most and refusing to let fear or anxiety dominate my thoughts. I have made it a priority to ground myself in simple joys, like my love of our cat, Waldo, and to channel my energy into productive activities, such as meditation and meaningful daily conversations with loved ones. Reading *The Choice* by Dr. Edith Eger profoundly influenced my perspective, teaching me to see life’s challenges as opportunities for growth rather than insurmountable barriers. My focus on learning, reading, and studying is a daily habit.

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

Upon release, I plan to recommit to several wellness practices that have been instrumental in maintaining balance and fostering resilience. I have already reinstated my meditation practice, and I continue to study the history of meditation and the lives of influential figures like Evelyn Underhill to deepen my understanding. Therapy and group work will remain integral to my routine, providing spaces for reflection, growth, and accountability.

Additionally, I intend to resume daily biking and regular Pilates and weightlifting sessions. Both practices not only support physical health but also enhance mental clarity and emotional stability. By prioritizing these wellness habits, I can ensure that I remain grounded and equipped to navigate the challenges and opportunities that lie ahead.

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

For me, mental health is inseparable from overall success. This perspective was instilled in me during my Jesuit education, where the integration of mind, body, and spirit was emphasized as the foundation of a fulfilling life. I have carried this framework with me ever since, seeing mental health as a balance of physical wellness, intellectual growth, and spiritual reflection.

Maintaining my mental health allows me to approach struggles with creativity and perspective, viewing stress not as an obstacle but as a natural part of life. This commitment to balance and

integration ensures that I can remain focused on my values of reflection, stewardship, and service. By nurturing my mental and emotional well-being, I am better equipped to engage meaningfully with my family, community, and professional endeavors, ensuring that I can contribute constructively and authentically to the world around me.

Conclusion:

As I bring this portfolio to a close, I am struck by the profound journey it has taken me on—a journey not just through my actions and their consequences, but through the core of who I am and who I aspire to become. This work has been an exercise in humility, accountability, and the pursuit of meaningful transformation, and it represents my commitment to using this challenging chapter of my life as a foundation for a better future.

The process of creating this document was neither easy nor comfortable. It required me to confront the pain I have caused, the values I have neglected, and the work I must do to rebuild. Early in this journey, I came across a passage from Edith Eger's *The Choice* that profoundly resonated with me: "*You can't change what happened, you can't change what you did or what was done to you. But you can choose how you live now.*" These words have become a guiding principle for me, reminding me that while I cannot undo the past, I have the power to shape my present and future through the choices I make every day.

This portfolio reflects the active steps I am taking to make those choices count. It is not merely a record of intentions but a roadmap for action—action grounded in reflection, stewardship, and service. Whether through ongoing education, supporting nonprofit organizations, or nurturing relationships with my family and community, I am determined to ensure that my time is spent building something positive, both during and after this period of my life.

I have come to understand that true accountability extends beyond acknowledging harm; it requires consistent effort to repair, rebuild, and contribute in ways that align with my deepest values. This commitment does not end with the submission of this document. Rather, it is a lifelong journey of growth, resilience, and responsibility that I will carry forward.

Thank you for taking the time to consider this portfolio and for allowing me the opportunity to share my reflections, goals, and commitments. While I cannot change the past, I am steadfast in my determination to use the lessons I have learned to live a life defined by purpose, integrity, and contribution to others.

With gratitude and resolve,

Laurence A. Pagnoni

