

PASSPORT TO SUCCESS

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Foreword

When I drafted this document, I had so many ideas, concepts, experiences and suggestions to share. I had to organize the content in an actionable manner. Quickly it became overwhelming. I then took a step back and started organizing my thoughts.

What is the purpose of this document?

Out of personal transformative experiences, I developed the desire to share with individuals who started their own transformative journey tools that may help them in optimizing their experiences.

The “tools” may consist in techniques, useful information, suggestions, testimonies, questions, references and referrals.

At the end of the day, each person’s journey is unique, and if down the road Passport To Success helps, I am thrilled that we reached our common goal as happiness seekers.

If you have received a PASSPORT TO SUCCESS copy this means that you are at the beginning of your own transformational experience. Therefore it is important to identify what led you to this path.

For clarity first, and consistency later, it is paramount that you put down in paper the 5 major reasons that caused you to start this process. Please indicate each of them here below starting with the most important one, and ending with the lesser important one.

I came to the conclusion that I had to change the course of my life because:

I suggest you write your answers with a pencil. You just entered in a journey of self-discovery, and things may change overtime.

Also bear in mind that you do not need to identify five reasons to change your life at once: take your time: this is about your life story, not an exam or a test.

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Now that you determined what is important to you to the point that you engaged in a life-changing process, would you agree with the statement that it is key for you to set goals?

If not, how do you envision your journey in self-discovery and life changing experiences? Please elaborate here:

(Please share this line of thoughts with your therapist, and if none is available with a trusted friend)

If you agree with the statement that setting goals matters, please list such goals:

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____

(We may have more goals than five, and having a strong drive is certainly an asset. This being said, too many goals may become overwhelming, and causing us to be “stuck, something we all want to avoid).

Now that you identified key goals, the question that comes to mind is how do you measure progresses or failures?

For goals that relate to your physical wellbeing, the response is rather simple: once specific challenges have been identified and achievable goals set, medical follow up and quick medical interviews are the best tools to objectively monitor your progresses.

Sometimes we experience medical challenges symptoms, and medical analysis and examinations do not match our experiences. At this junction somatic experiences monitoring may help us to get the “full picture”.

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For goals that relate to certain aspects of your life being unmanageable, the response is more complex. First you have to identify – and most of the time with the help of a third party because you assess something that has become unmanageable for you – what is unmanageable for you.

To help you in this process, we listed below various challenges that may have become unmanageable over time. Please, mark whichever applies (*it can be more than one*).

You feel depressed	_
You feel anxious	_
You experienced panic attacks	_
You feel suicidal (<i>even just once</i>)	_
You feel overwhelmed	_
Your over confidence leads to bad decisions	_
You live or make certain decisions that you have little to no control over	_
Drinking moderately is a challenge	_
You need external substance(s) to regulate your feelings / your ability to perform	_
You obsess about your body image	_
Once you start gambling, you cannot stop	_
You live beyond your means	_
You cannot concentrate	_
Sex needs are uncontrollable	_
You have uncontrollable moments of violence	_
You do not relate to others	_
You have lost your source(s) of revenues	_
You immensely miss your family or a friend	_
You feel “stuck”	_
You crave for happiness, but you do not know how to reach it	_

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Second, for each above listed issue, specific measurement tools exist.

Third, these tools consist in questionnaires that need to be administered by a third independent party specially trained to that effect. Results will show over time how your progress in your journey. They will also lead your caring team in the right direction.

For goals that relate to happiness, take time to scan your emotions, and mark the one's that apply:

Anger	_
Fear	_
Guilt	_
Shame	_
Sadness	_
Loneliness	_
Pain	_
Emptiness	_
Love	_
Happiness	_
Peace	_
Gratitude	_
Hope	_
Willingness to succeed	_

Please note that happiness is different for each of us.

Our concept and happiness experiences change over time. What we understand as happiness may be influenced by surrounding events and people.

It is therefore useful for each of us to define through our core emotions what happiness means for us, and to monitor how such concept evolves over time to open the path to happiness.

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For goals that relate to social environment, it is important to identify who matters to us and how we interact. Relationships evolve over time. Paying attention to their evolution certainly helps avoiding or dampening conflicts and promotes shared enjoyments.

When it comes down to material goals, it is important to know that our material successes cannot happen in a vacuum, and that they often are sourced in an opportunity that we were not able to catch because other components of our persona were not in harmony.

Knowledge is power

WHEN YOU ARE AT THE DAWN OF YOUR JOURNEY:

By answering the questions above, you have gained a lot of knowledge about yourself: You may have identified areas of strength and points of weakness. **This acquired knowledge will help you in better defining and actively participating in your successes.**

WHILE YOU ACTIVELY WORK ON YOURSELF:

If you arrived to this point, it means that you mapped a plan for yourself. **Sharing this plan with your support team will contribute in greater efficacies and greater engagement from your team as well.**

Actively participating in surveys and tests will speed up results, even if it is to discover issues that you were not aware of: the mere fact that such issues will come to light for proper follow-up is a major progress towards your personal success.

ONCE YOU HAVE LEFT ACTIVE TREATMENT:

At the end of your active treatment you will have learned so much about yourself, about your inner challenges, about your social environment, about how to inter-act with others, about certain techniques to be used to cope with adversity and challenges. However the best preparation to live your life on life's terms cannot anticipate what life may throw at you, and **unexpected challenges will have an impact on you.** To put such challenges in context, and if needed with the support of your care team, **actively participating in follow up calls will help you at that precise moment, but also help your care team to evaluate the challenge in light of your accrued progresses.**

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Help us helping you

Consider that your care team members are not mind-readers. It is paramount for you to share your hopes, disappointments and questions.

In addition to regular sessions, efficacy surveys constitute an important supplemental source of information for your care team that may validate some courses of action or invalidate others.

Because they are conducted independently from direct care providers, efficacy surveys are in fact an unbiased additional look at your treatment to reach your goals.

Outcome surveys and insurance benefits

At the time these lines are written, healthcare insurances require providers to administer outcome surveys to all clients.

When providers have quality outcome surveys, such surveys help in validating providers' requests for supplemental benefit authorizations.

When they are independently administered, outcome surveys carry more weight in healthcare insurances' decision making for additional benefits.

Since on the one hand, outcome surveys are mandatory, and on the other hand they help in getting additional authorizations provided that the data is reliable and third party sourced, it is important to participate in the outcome survey process actively to garner as much benefits as possible.

Outcome surveys and clients advocacy

Independently conducted outcome surveys act as clients' advocate with management.

Indeed management is kept apprised of clients' successes, program's strengths, deficiencies, and staff interactions thru reports prepared by staff.

Having a "second pair of eyes" looking into those matters helps in lifting the overall level of care by (i) providing management with actionable data thru an unbiased set of reports, (ii) improving provided services, and (iii) providing management with another prospective as to how clients perceive their experiences.

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With S4Success™ outcome survey program, you have support for a period of one year after discharge.

Life will throw unexpected challenges that you will have to overcome in your journey.

You may face them alone. It works sometimes..

You may face them with support of people you know: it makes things easier.. ALWAYS.

S4Success™ will stay in touch with you via text or email, whichever you prefer.

Maintaining lines of communication is paramount.

To keep your privacy and ensure open lines of communication, we suggest that you create an email account @gmail.com and a WhatsApp™ number. S4Success™ staff will gladly help you if you are not familiar with these systems.

Your email address is _____@gmail.com

Your WhatsApp™ number is _____

When S4Success™ staff contact you after discharge, they check on you with a short interview. You can of course share your concerns, and we will make sure that you swiftly have proper response.

Just in case.. Some references:

S4Success™ phone number: (310) 467-7536

S4Success™ contact: Info@Seed4Success.com

Your case manager direct line: 1-(____) ____ - ____

Your case manager email: https://www._____

Suicide prevention hotline: 1-(800)-273-8255

Emergency: 911

Your Dr.: 1-(____) ____ - ____

Important contact: Name: _____ Phone 1-(____) ____ - ____

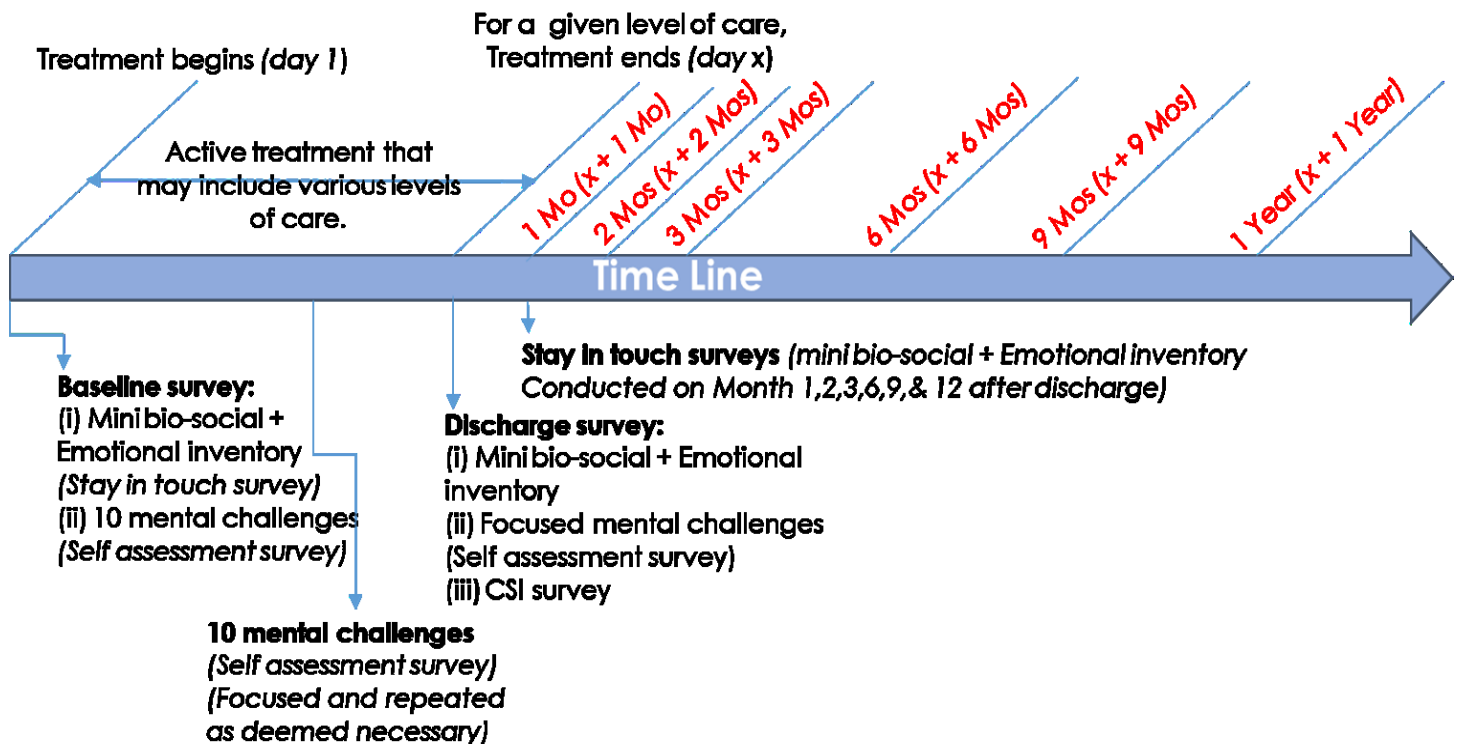
Name: _____ Phone 1-(____) ____ - ____

Name: _____ Phone 1-(____) ____ - ____

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What can you expect?

- Appointments for interviews will be managed by your care team.
- A S4Success™ team member will contact you via email to send you a link that enables you to meet via a telemedicine system called Doxy.me.
- Interviews duration may vary depending on the interview topics.
- Confidentiality of the information you provide to S4Success™ team is protected under HIPAA regulations.
- S4Success™ services are billed to your provider.
- **If you are uncomfortable answering one or more questions, simply state so to our team member: we respect your desire, and it does not impact the survey. On the other hand, refusing to participate to outcome surveys can only harm you: the specifics of your challenge will remain unknown those who can help, and if your treatment is third party payer financed, you may just cut yourself of additional benefits.**
- Below is a sample chart depicting the tests and when you can expect them to be admin-



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FREQUENTLY ASKED QUESTIONS

Why do I need to participate in outcome surveys?

- To have my voice heard
- To make sure that my concerns are addressed

Do I have to pay anything?

- NO

Is my information confidential?

- YES

What do outcome surveys cover?

- Emotional balance,
- Micro bio-social,
- Mental challenges,
- Your satisfaction

What if I am not comfortable with one or more question?

- You can refuse to answer the question, no string attached

How much time does it take?

- It varies depending on the type of survey. On the lower end, 3 min for some follow up and on the high end, 45 min for a baseline interview

How does it actually take place?


- Your care provider staff sets up appointments. Interviews are conducted via a telemedicine system called Doxy.me. You have a dedicated S4Success contact person

Is aftercare included in the S4Success™ outcome surveys?

- YES. For a period up to one year after discharge

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Helpful hints that matter to you – 1 –

A photograph of a sunset over the ocean. The sun is low on the horizon, casting a bright orange glow across the sky and reflecting on the water. The foreground is filled with dark, jagged rocks. The overall mood is serene and contemplative.

**Imperfection is part of life
Be aware of the snowball effect of your thinking
Learn to live in the moment
Allow yourself to be bored
Turn your melodrama in mellow drama**

Your First Day, Your First Impressions

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Helpful hints that matter to you – 2 –

Remember “Life is not an emergency”

Stop blaming others

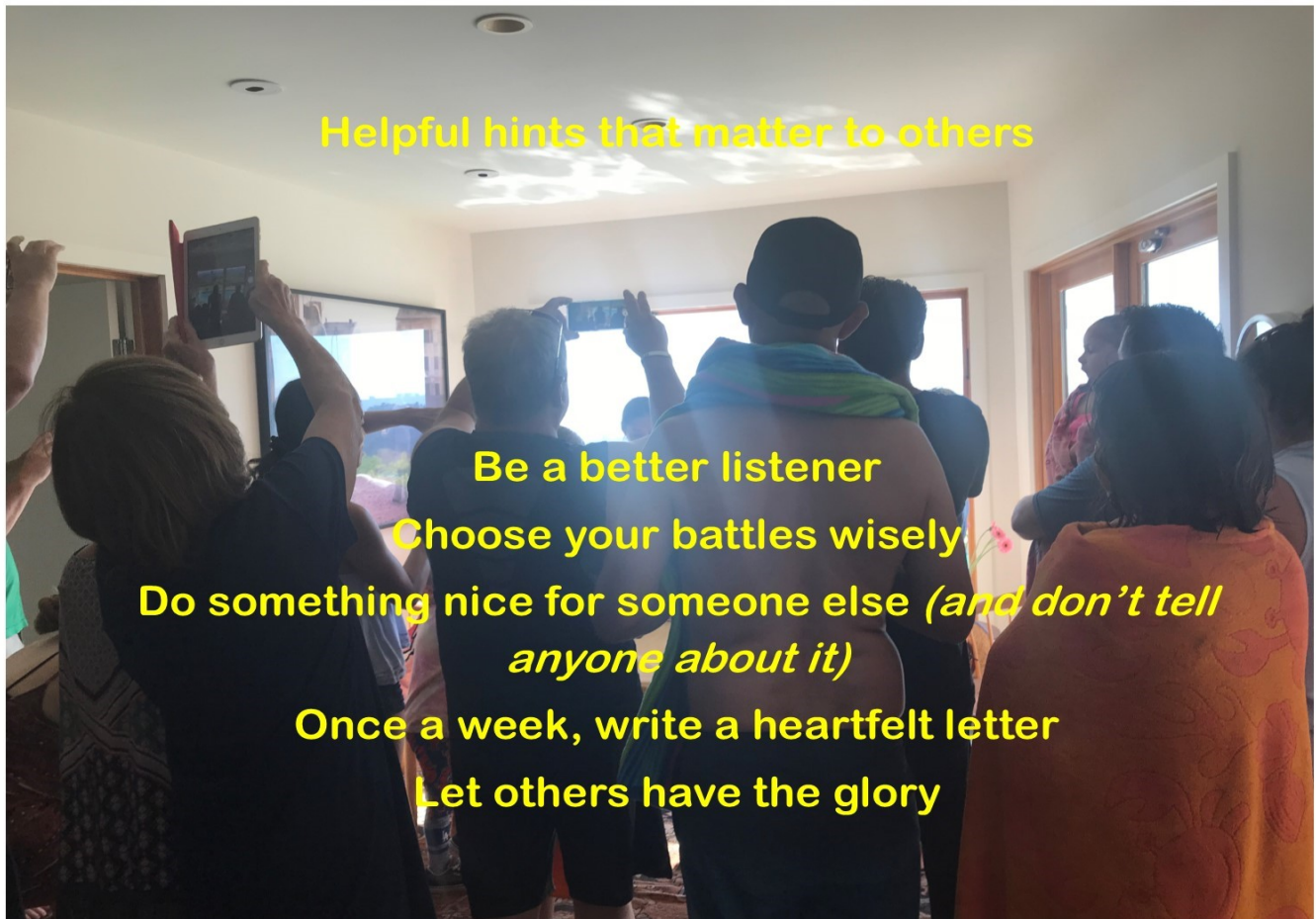
Resist to the urge to criticize

Mind your own business

Live the day as it was the last

Your First Week Impressions

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Helpful hints that matter to others

Be a better listener

Choose your battles wisely

Do something nice for someone else *(and don't tell anyone about it)*

Once a week, write a heartfelt letter

Let others have the glory

Your Two Week Impressions

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Helpful hints at work -1-

Don't expect others to be like you

Don't dramatize deadlines

Remember "Being dead is bad for business"

Never backstab anyone

Lower your expectations

Impressions After One Month Of Active Treatment

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Helpful hints at work – 2 –

Stop wishing you were somewhere else

Give up your fear of speaking up

Make allowance for incompetence

Don't live in an imaginary future

Don't live for retirement

Life One Month After Discharge

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Helpful hints for self-employed and entrepreneurs

Become less controlling

Avoid the tendency to monetize personal things

Don't get stressed by the predictable


Learn to delegate

Put your mind in neutral

Life Two Months After Discharge

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Family helpful hints – 1 –



Listen to all family members
Know when not to answer the phone
Free your calendar for family gatherings
Never take your spouse for granted
**When someone asks how you are, don't answer
how busy you are**

Life Three Months After Discharge

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Family helpful hints – 2 –

**Don't go to bed mad
Have family meetings**

**Remember that it is the little things that will be
remembered most**

**Treat your family member as if it were the last time
you were going to see them**

Treasure each other

Life Six Months After Discharge

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Life Nine Months After Discharge

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Love helpful hints – 2 –

**Don't fight over stupid things
Stop wishing your partner was different
Don't sweat the occasional criticism
Avoid correcting each other
Learn to use the words " I am sorry"**

Life Twelve Months After Discharge