

Making Time Count Daily

A daily guidebook for growth created by Ellen Bintz and Annie Meuch

Making Time Count is a daily guidebook specifically intended for those who are incarcerated.

Through our experiences with the inmates in the DuPage County Jail in Wheaton, Illinois and in Massachusetts, we have found that if inmates can find purpose and growth in their incarceration they can manage themselves and cope with their surroundings more peacefully.

We want this book to be packed with purpose, to speak to their spirit and to inspire them. We want them to stay connected to the outside world and feel our support for their success after release. We intend to accomplish our goal by having authors write about their books, celebrities send a cheer, inmates share ideas for existing peacefully in prison or jail, politicians offer hope, spiritual leaders offer wisdom, and the rest of the community offer our stories.

Having started a book club with the women of the jail, Ellen found most inmates to be voracious readers and experienced, first hand, that within a correctional facility programs and classes can be cut for various reasons. Therefore, we have come to the conclusion that we can reach the most inmates by creating a book that can be sent by family and friends or supplied to a prison library through donation.

This book is intended for every inmate—whether he or she is sitting on death row or waiting in a holding cell to be bonded out. Each day an inmate will read something to inspire his or her personal growth, challenge him, expose her to a new idea, and hopefully create a desire to read an invigorating book as recommended within Making Time Count.

The United States incarcerates more people than any other country in the world. Ninety eight percent of those incarcerated will be released—the average sentence being four years. Nearly 70% of all US prisoners are serving time for nonviolent offenses.

Please join us in creating a tool of peace and growth so that the time that those who are incarcerated spend in jail and prison can have purpose—one day at a time.

Gratefully,

Ellen and Annie

* Required

1. Email address *

2. 1. Name *

3. 2. Can we use your name in the book? *

Mark only one oval.

- You can use my name
- Please use my first name only
- Please do not use my real name

4. Please write a short introduction about yourself that you would like the reader to know (for example, "I am an occupational therapist working in the forensic setting dedicated to reducing recidivism rates" or "I am an author/artist telling the stories of people behind bars.")

5. 3. What is your mailing address? *(This information is confidential) *

6. 4. What is your email address? *(This information is confidential) *

7. 5. This book is created so that each person's entry is presented on 1 of the 365 days in a year. Is there a day that you would like your entry to be on? (Examples could be your birthday, the day of your first court case, the first/last day of incarceration, a special day in history) . If yes, please put the answer below. If not, please skip to question 7.

8. 6. If you did choose a day, what is the reason? (This answer will be shared in the book. If you do not want your reason shared in the book, please specify.)

9. 7. What is your favorite quote and who is it by? This will be shared in the book to foster inspiration for growth, challenge, and support individuals who are incarcerated. *

10. 8. What is your favorite book and who is the author? Your response will be shared in Making Time Count. *

11. 9. ISBN # of book if available

12. 10. Why is this your favorite book? Your response will be shared in Making Time Count. *

13. Motivating thought/memory/idea/task/story. This could be a challenge to the reader to try something new today, an inspirational message or story to inspire or educate, or some final words to leave the reader to think about for the day. *

14. Would you like to receive responses from the readers?

Mark only one oval.

- I would like to receive responses directly from the readers.
- I would like to receive responses from the readers but have them sent to Ellen and Annie first
- I would prefer not to receive reader responses

15. If you chose "I would like to receive responses directly from the readers." or "I would like to receive responses from the readers but have them sent to Ellen and Annie first" in the previous questions, please provide the mailing address you would like for responses to be sent to.

16. I, in consideration of the sum of \$1, receipt for which is hereby acknowledged, grant all rights in any print or form of media now or existing in the future in and to the work, to Ellen Bintz for her use for any purpose, for inclusion in Making Time Count (Project). I understand that hereafter, Ms. Bintz shall be the owner of the copyright in the work and that I may not use, license, or reprint the work in any way in any media without Ms. Bintz's permission. I agree that Ms. Bintz and/or her associates may edit the work as they wish and use my name/or likeness in connection with the project or promotion of the project. I further agree not to disclose the nature of the project to any person without Ms. Bintz's previous permission. I warrant that the work is an original work by me and was not copied from any other work. Please write your name below and press submit *

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