



Eight-week  
Personal Development Course  
**STUDENT VERSION**

**CELL  
DREAMER**

*Freedom*  
STARTS HERE

**MICHY E. MORILLO**

Your Guide for Better Decision-Making.  
Your Blueprint for Personal Growth.

STUDENT VERSION

**CELL  
DREAMER**

*Freedom*  
STARTS HERE

MICHY E. MORILLO

Michy E. Morillo  
1025 Gateway Blvd 303 -193  
Boynton Beach, FL 33426  
www.celldreamer.com

© 2022 Michy E. Morillo. All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means without the written permission of the author.

Published by Michy E. Morillo 01/04/2022

ISBN: 978-0-578-35412-5 (sc)

Print information available on the last page.

Any people depicted in stock imagery provided by Getty Images are models, and such images are being used for illustrative purposes only. Certain stock imagery © Getty Images.

This book is printed on acid-free paper.

Because of the dynamic nature of the Internet, any web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

# DEDICATION

---

To my beautiful Mother and best friend, Daisy,  
who never gave up on me and believed in me when I didn't believe in myself.  
Thank you for instilling in me great values and showing me that with  
God and faith, all things are possible.

A very special thank you to my loving, sweet Aunt Anita,  
who has helped me through life and has been  
there consistently to guide me.

This dedication would not be complete without acknowledging  
my kind-hearted sister Sachy.  
Thank you for your love and loyalty throughout my troubled teenage years.

I love you all.

# ACKNOWLEDGMENT

---

Thank you Lord for your Wisdom, your Power and for entrusting me with your youth.

Thank you to VIP and Haverhill High School for inviting me to speak and encourage your students. Out of that opportunity, I was motivated to create this student version.

A special thank you to Edgardo Vazquez and Jasmine C. Bravo, who were the ultimate inspiration for this edition.

# CONTENT

Foreword by Chelsea Daigle .....	viii
Message from Michy E. Morillo.....	xii
Section 1   Self-Reflection.....	3
Section 2   Self-Awareness.....	21
Section 3   Self-Sabotage.....	43
Section 4   Self-Doubt.....	59
Section 5   Self-Esteem.....	81
Section 6   Self-Discipline.....	107
Section 7   Self-Discovery.....	141
Section 8   Self-Motivation.....	175
Journal Ideas and Thoughts .....	211

# FOREWORD BY

Chelsea Daigle

---

I carried a box of books into Haverhill High School as Michy marveled at the building she'd been expelled from over two decades ago. As the recent grad and youth leader, I was introduced to Michy as we entered the school - right before she would take on two hours of assemblies, nearly three hours of working with a group of at-risk youth, and another two hours that evening with students' families. And that was just the first day.

This isn't just a book for reading; it's a book for working. Michy's original version of *Cell Dreamer* was designed to inspire incarcerated youth, which she endured herself. She created this Student Version because of her recent experience at Haverhill High, connecting with dozens of students that hadn't yet been locked up, but were starting fights in the halls and failing classes.

Her passion is to give guidance to those walking the long and grueling path she once walked. And so, this Student Version aims even earlier in that trajectory. If you've held this and cracked it open, then you have already taken the initiative to move towards a better version of yourself. You don't need to be locked up to start!

I watched students I've only just started working with embrace this book. Some had never been in a fight. Some were watching them every day. Despite that, they were all able to take what they needed from *Cell Dreamer*. Coach Michy's heart is poured into these words. It is the redirection of years of mistakes and pain into ambition and potential.

It is up to you, to not only spend your time reading, but to spend time writing and responding to these questions throughout the book. That will determine what you will gain from *Cell Dreamer*. It is up to YOU to take this inspiration and do something with it.

To hear Michy tell her story and speak one-on-one with these students brought tears to my eyes. Meeting this proud, successful and giving person, who returned to the same school she struggled at, was an inspiration. Michy was able to embrace these similarly struggling students with her words.

Michy made a transformation that is awe-inspiring. To watch her tell the group of youth gathered around, that it *is* possible to one day hear their stressed mothers tell them how proud they are. This is a tool to help you develop before there is a rock bottom to climb from.

There is incredible fire and energy in Michy. And there is incredible energy in you too. When you go through this book with honesty and hunger, you will use that energy to create something truly important to yourself.

So please, for no one but yourself: Allow Michy to guide you through your process and **Give Your Best.**



---

**THIS WORKBOOK  
BELONGS TO**

---

---

**READY, SET, GROW.**

**#myworkbook**



MEET YOUR  
*Sweek*  
**COACH**  
MICHY E. MORILLO

Your relationship with yourself sets the foundation  
for everything else in life.  
Get ready to discover the **NEW VERSION** of you.

## MESSAGE FROM MICHY E. MORILLO



This version of Cell Dreamer was inspired by a group of students at Haverhill High School in Massachusetts, which was the High school that I was expelled from over two decades ago.

After my presentation at the high school, I had a high percentage of the students want to speak to me about their struggles and inner conflicts. At that moment, I couldn't help but see myself in some of the students.

And that's how this student version of Cell Dreamer was created. When I was in high school, I did not feel an ounce of confidence. Instead I felt a constant pressure to fit in and felt anxiety constantly.

If you feel like any of the ways I felt, know that I understand what you are going through. Most importantly, know that I am here for you. We might be different in many ways, but I'm sure we have experienced some of the same emotions and have made some of the same mistakes. I know how frustrating it can be to want to do better, but keep falling into old patterns and following the wrong crowd.

I re-designed this course to give you the opportunity to work on your goals and dreams. **You are not alone in this journey.** For the next eight weeks, I'll be here to encourage you and give you the tools you need to grow and become the best version of you.

My hope for you is that you get equipped and ready to achieve more than you could have possibly imagined.

I will be sharing my struggles, my triumphs and give you tools and techniques that got me where I am today. I promise you, that if you commit to this workbook and take the steps I suggest, you will experience a different outcome and a better, more fulfilling life.

I personally didn't start seeing change until I took responsibility and made the conscious decision to grow and become a better me.

## MESSAGE FROM MICHY E. MORILLO

---

I went from being expelled, to getting locked up in a juvenile detention center, to being a business owner, speaking at schools and jails and helping youth improve their minds and lives.

When I started my personal development journey, one of my personal goals was to make my mother proud.

I remember looking outside the secured windows while being incarcerated and asking myself hard questions that only I could answer. As we work through the workbook, I will be asking you some of the questions I asked myself.

Believe it or not, after being expelled I was locked up four times before I finally got it. That is why I want you to learn from your mistakes and experience your best life now.

**I know that what I'm about to say may want to make you close this book, but have faith and please continue to read.**

**It's time to participate in your own rescuing** because you will not see change unless you take FULL responsibility for all your actions. This workbook landing in your hands could be the shift that your life needs, before things get worse.

I trust that this eight-week course will inspire you in such a way that you will treat your parents, teachers, and those you truly care about with Love and Respect.

***Before we get to work, let's go over some helpful tips:***

You will only get the most out of this workbook and experience its benefits, if you commit and do each exercise with an open mind.

Some of the exercises may be challenging, but if you endure and keep pushing, you will experience a different drive and live an extraordinary life.

## MESSAGE FROM MICHY E. MORILLO

---

Each part of the workbook can be worked on over the course of a week. However, if you complete the sections sooner, feel free to move on to the next section.

This is your journey and your process; the goal is to complete the workbook at your pace and prepare you for life. You may also want to invite a group of friends or your parents to do the course with you.

Consider this your personal development journey. You were born for a greater purpose and a more meaningful life. If you do your part, you will be able to experience change at home, school, and in the world.

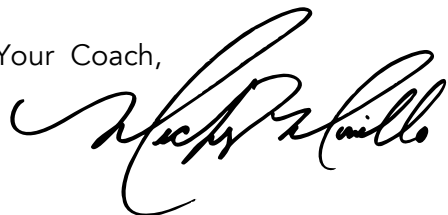
Throughout the workbook, you will notice that I have included powerful quotes that will empower you along the way. Please know that you will only get out of it what you put in.

Unfortunately, some of you may be feeling depressed, anxious, hopeless or even angry at your situation. But don't get discouraged; I'm here to guide you toward a better path.

**It is also essential to mention that your mental health is important. If you are feeling overwhelmed by your emotions, please speak to a responsible adult or go to the back of this book, where you will find resources that can help you.**

Let's get started, and remember to have an open mind, be patient with yourself and have fun with it.

Your Coach,



## STARTS WITH YOU



### DECIDE, COMMIT, SUCCEED

Opening this workbook was the first step; now comes the real work, which is to commit. Committing is different from wanting. True commitment is an action you take even when you don't want to pick up this workbook and want to give up.

In order for you to overcome any personal struggles and reach the healed version of yourself, you must first do your part and commit.

***Commit to changing. Commit to growing. Commit to completing this workbook. You must commit to giving your best. And last but not least, you must commit to improving your attitude and behavior.***

True commitment means answering the questions in the workbook honestly and taking the necessary action steps toward change. It's about closing the gap from where you are to where you want to be in life.

- 1. Commitment is a state of mind that shows your dedication regardless of the obstacles you may encounter.**
- 2. Commitment is what's going to keep you going when enthusiasm starts to fade.**
- 3. Commitment is what's going to transform your life and enhance the relationship with yourself and those you care about.**

**YOU CANNOT CONQUER  
WHAT YOU ARE NOT COMMITTED TO.**

*-T.D. Jakes*

## STARTS WITH YOU

---

### YOUR CONTRACT TO COMMIT

By signing my name below, I commit to my personal transformation. I know that if I fully commit, I can grow and achieve my goals in life. I understand this workbook will be challenging at times, but I accept the challenges because I know they are stripping away behaviors and habits that no longer serve me.

## DAILY COMMITMENTS

*I take responsibility for my behavior and attitude.*

*I will notice when I am judging myself and others.*

*I will treat myself, parents, teachers, adults, and others with respect.*

*I will embrace the work and tasks given in this workbook.*

*I will forgive and let go of the offensive behavior of others.*

*I will have compassion for myself and others.*

*I will be patient and consistent.*

*I, \_\_\_\_\_ (name) \_\_\_\_\_ commit to changing, dreaming, planning and taking new actions.*

**CONGRATULATIONS on signing. I'm proud and have great expectations for you.**

**Remember that you are the only one responsible for your achievements and progress.**

# SELF

SECTION

1

# REFLECTION



***“No one ever got ahead by going through the motions. You have to constantly be improving yourself. Make your life the masterpiece you want it to be.”***

*-Queen Latifah*



## SELF-REFLECTION

---

The first area you will need to look at is what behaviors and actions have led you to trouble in the past, which is called...

# SELF-REFLECTION

Self-Reflection is your thoughts about yourself and includes taking inventory of who you are as a person. It is about viewing your inner-self and your motives in life.

Reflecting on who you are is important. You will find that people who are successful or want to better their lives are always finding ways to improve themselves.

In fact, engaging in Self-Reflection was one of the many reasons I wanted to transform my life, because I realized I was becoming untrustworthy, unreliable, and extremely difficult.

But, in order to transform my life, I had to ask myself hard questions that only I was able to answer. One of my questions was: *Who am I hurting while being locked up?* The one person I saw hurting the most was my Mother; the love I had for her didn't match up to my behavior.

**Stop and read the above paragraph again!**

**I asked myself: Who am I hurting while being locked up?**

Self-Reflection is one of the hardest yet most beneficial things a human being can do.

Unfortunately, I was locked-up four times before I decided to change and do better. I was giving my mother more pain and tears than joy and laughter. I was damaging my relationship with my sister and causing my aunt Anita distress.

Overall, I was hurting myself and disappointing God by doing all the wrong things and not living up to my full potential.

## SELF-REFLECTION

---

There is a difference between enjoying your life and destroying your future. Please make it your mission to learn from your mistakes. I would hate for the incarcerated version of Cell Dreamer to land in your hands.

One purpose of this book is to prevent you from entering the school-to-prison pipeline so you can live the fullness of life in a healthy, responsible way.

I was on the path to dropping out of school, not because I was having academic difficulties, but because I was refusing to adhere to the school's rules. **My behavior eventually got me expelled from school.** Instead of taking responsibility for my behavior, I blamed the school and played the victim.

I remember being in school and not getting along with my teachers, not because they were bad teachers, but because I was a lost, hurting child and really craved attention from my absent father.

I didn't realize at the time that there was a story behind my behavior and that I had adopted a destructive belief due to my father lying to me on my 4th birthday!

*I remember it like it was yesterday....* I turned 4 years old and my mom had organized a birthday party for me. I remember having fun with my little friends and my father telling me **not** to blow out my birthday candles until he returned. The only issue was that he **never** came back and I was forced to blow out my candles with tears in my eyes.

My father didn't come back because he chose to hang out with his friends and use drugs. When he didn't come back like he said he would, it caused me profound emotional trauma. I grew up believing that I wasn't worth the truth, that everyone lies, and that the highs and false pleasure that drugs gave were better than love.

My mom gave my father many chances to change. Unfortunately, he decided to continue to use drugs, so my mom decided to move me away to a small town called Haverhill located in Massachusetts.

## SELF-REFLECTION

---

She moved me away because she wanted to give me a better life and didn't want me to continue to get hurt by my father. She didn't want me to continue to see him come home high and experience eviction after eviction because he kept spending their money on drugs. She wanted the best for her little Michy.

Little did she know, I would rebel because of the pain of feeling like my father chose drugs over me. The same walls I had put up to protect myself were the same walls that imprisoned my mind and kept me from making good choices.

I was guarded and trusted no one because of that one situation on my 4th birthday. I had trained myself to survive instead of healing my inner wounds. Without knowing it, ***I had created my own chains.***

It didn't matter with whom I came in contact. Every teacher had the same words to say to me:

### **"YOU HAVE A LOT OF POTENTIAL MICHY"**

As much as I heard it, I didn't believe them because I didn't believe in myself and my ability to change. I allowed the streets of Haverhill, Massachusetts, to affect my way of thinking. I allowed the streets to mold me and corrupt the good person my mother was trying to raise. Unfortunately, I wasn't open to receiving help and didn't listen to those who wanted to genuinely help me after getting expelled.

I TRUSTED no one and BELIEVED that everyone that attempted to help me had shady motives.

An important tip to mention is that in life you will come face to face with people who really want to help you. Allow these people to make a difference in your life. As we move forward, I will help you identify these people in Section 5.

## SELF-REFLECTION

---

In the meantime, we will work on a Self-Reflection exercise that will give you the opportunity to look within and ask yourself some of the hard questions I asked myself.

Before you get started, I want to inform you that there are no right or wrong answers. This exercise is between **you** and **your inner-self**. The first step toward becoming a better you is being honest with yourself and confronting the problem.

When I asked myself these Self-Reflection questions, I answered them with no shame and no blame. I knew if I wanted to change, I needed to look at myself and be 100% real. Be brave and answer the questions honestly.

Remember, if you want lasting results you will have to dig deep and do the necessary work.

### **Time to Get Real & Get Started!**

**#freedomstartshere**

*Describe in detail any behaviors that have lead you to trouble:*



## SELF-REFLECTION



*What's the story behind my behavior?*

SV SAMPLE

*Am I treating my parents, teachers and others with respect?*

*If no, who am I disrespecting and why?*

SV SAMPLE

## SELF-REFLECTION



*Who am I affecting by my actions and behavior?  
How are they being affected?*

SV SAMPLE

*Do I care how my behavior is affecting those I love? Why?*

SV SAMPLE

## SELF-REFLECTION



*Who am I blaming for my behavior? Why?*

SV SAMPLE

*What negative behaviors are being repeated in my life?*

SV SAMPLE

## SELF-REFLECTION



*Am I willing to spend less time with negative friends?  
If so, how will I make that happen?*

SV SAMPLE

*Do I have positive role models in my life? Who are they?*

SV SAMPLE



## SELF-REFLECTION



*Am I willing to spend more time with positive role models?  
If so, how can I make that happen?*

SV SAMPLE

*Do I believe in my ability to change? In what ways?*

SV SAMPLE

## SELF-REFLECTION



*What prevents me from making good decisions?*

SV SAMPLE

*What is my advice to me?*

SV SAMPLE

## SELF-REFLECTION

---

The ultimate purpose of doing the Self-Reflection exercise on the previous pages was to get you to reflect on your past behavior. Keep in mind that unhealthy behavior patterns can improve, but it takes commitment, managing your negative emotions, and breaking negative bad habits.

The way you express your emotions is one of the keys that will unlock the better you—the **YOU** that wants to do better in life.

I visit a lot of schools and juvenile detention centers, and unfortunately I can tell who wants to change and who doesn't. I make this prediction based on the conversations I have with students during my visits to high schools and jails. Most have a great attitude and are attentively listening, while others think it's a joke.

Unfortunately, I used to think it was a joke! But you won't be laughing if you destroy relationships with those you love, end up in a juvenile detention center, or lose your life to drugs. I've seen it happen.

**I'VE BEEN THERE.**

***Making unpopular decisions sometimes means standing alone.*** This is your opportunity to make the most of your life by using the tools provided in this book.

We sometimes don't realize how lost we are until time has passed us by and we realize we are not where we are supposed to be. If you continue to go down the **WRONG** road and do what's **OLD** you will never tap into the **NEW VERSION** of you.

**CHANGE DOESN'T HAPPEN BY CHANCE  
IT HAPPENS BY CHOICE**

Go back to the previous page and reread your advice to yourself. Let yourself be heard and become accountable for what you need to change. Start taking the right steps by writing about what you can improve in your life on the next page.

## SELF-REFLECTION



WHAT 5 THINGS CAN  
I IMPROVE?

WHAT ACTIONS CAN I  
TAKE TO IMPROVE THEM?

## SELF-REFLECTION



WHAT DO I NEED  
TO LET GO OF?

HOW DO I BENEFIT  
FROM LETTING GO?

## SELF-REFLECTION



WHAT ARE 10 THINGS  
THAT ARE IMPORTANT TO ME?

SV SAMPLE

## SELF-REFLECTION



WHAT HAVE I LEARNED  
ABOUT MYSELF SO FAR?

SV SAMPLE

## SELF-REFLECTION



WHAT DO I HOPE  
TO GET OUT OF THIS WORKBOOK?

SV SAMPLE



---

**PROUD OF YOU**  
**YOU HAVE COMPLETED**  
**SECTION 1**

---

Let's see what happens if you  
don't give up!

**KEEP GOING**

**#gettingunstuck**