

INTRODUCTION TO PROFILES

The Profiles course is built on a simple idea: preparation matters. People who prepare intentionally for the future tend to have better outcomes than those who do not.

For people in prison, the stakes are high. When individuals return to society, they typically face one of five outcomes:

- » Unemployment
- » Underemployment
- » Homelessness
- » Continued problems with the law
- » Success

The first four outcomes require very little planning. They often happen by default. Success, however, is different. Success usually comes to people who are intentional, organized, and deliberate about how they prepare.

We created the Profiles platform to support people who want to prepare for success, at a higher level, as they move through the journey that follows a criminal charge.

BECOME THE CEO OF YOUR LIFE

Profiles encourages participants to adopt the mindset of being the CEO of their own life.

This does not mean having authority over others. It means taking responsibility for decisions, planning, and execution—especially when circumstances are difficult.

A CEO does not wait for problems to solve themselves. A CEO:

- » Identifies problems
- » Defines what success looks like
- » Creates a plan to reach that outcome
- » Allocates time and resources intentionally
- » Measures progress
- » Adjusts strategy when necessary
- » Executes the plan consistently

Many people in prison face a real problem. They may return to society with limited resources, a criminal record, and significant barriers. Ignoring that reality does not make the complications go away. Preparing early improves the odds of success.

DEFINING SUCCESS

The first responsibility of a CEO is to define success.

Success looks different for different people. For some, it may mean stable employment. For others, it may mean repairing family relationships, maintaining sobriety, or living lawfully and independently.

Our Profiles platform encourages participants to clearly define what success means to them. Without a clear definition, it is difficult to build a plan or measure progress.

CREATING A PLAN

Once a person defines success, the next step is creating a deliberate plan.

A plan answers practical questions:

- » What skills do I need?
- » What habits must I develop?
- » What education or learning should I prioritize?
- » What obstacles am I likely to face?
- » What steps can I take now, or while incarcerated, to prepare?

The Profiles platform provides a structure for documenting responses to those questions, in writing, with a time stamp to show consistency.

PRIORITIZING WHAT COMES FIRST

No one can do everything at once. Effective CEOs prioritize what they should do first.

Profiles helps participants identify:

- » What actions matter most right now
- » What can be done with available resources
- » How to sequence efforts logically



Writing forces clarity. When priorities are written down, they become easier to follow and revisit.

BUILDING TOOLS, TACTICS, AND RESOURCES

Preparation requires more than good intentions. It requires tools.

Think of the Profiles platform as a tool, a resource for participants to build practical assets such as:

- » Written biographies that explain accountability and growth
- » Journal entries that document learning and decision-making
- » Book reports that demonstrate education and critical thinking
- » Release plans that outline goals and transition strategies

These tools form a body of work that reflects effort over time.

MEASURING PROGRESS AND ACCOUNTABILITY

A CEO measures progress.

The Prison Professors Profiles platform encourages participants to create accountability metrics by documenting actions consistently. Progress is shown through:

- » Frequency of writing
- » Completion of learning activities
- » Development of plans
- » Evidence of follow-through

The goal is to show consistency, honesty, and a self-directed pathway to prepare for success. By building such a record, a person enhances prospects for success upon release.

ADJUSTING AND EXECUTING DAILY

Plans are not static. Circumstances change.

Profiles allows participants to:

- » Review past entries
- » Adjust goals and strategies



- » Learn from setbacks
- » Continue executing the plan day by day

Execution matters more than intention. Small, consistent actions compound over time.

HOW PROFILES SUPPORTS PREPARATION FOR SUCCESS

Profiles is a living record. It captures effort, learning, and planning as they happen.

For participants, Profiles becomes:

- » A way to organize thinking
- » A tool for accountability
- » A written record of preparation

For others who may later review the profile—staff, support networks, or future stakeholders—it provides evidence of intentional, self-directed effort.

MOVING FORWARD

This course does not promise outcomes. It provides a framework.

Those who choose to succeed will benefit from:

- » Defining success clearly
- » Creating and executing a deliberate plan
- » Documenting effort consistently
- » Adjusting as necessary

We built our platform, Profiles, to support people who are willing to do that work.

REFLECTION EXERCISES

These exercises are designed to help you begin populating your profile. You may use your responses as part of your biography, a journal entry, or your release plan. There are no right or wrong answers. The goal is clarity and honesty.

REFLECTION EXERCISE 1: DEFINING SUCCESS

Take time to define what success means to you after release.

- » What does a successful outcome look like in your life?



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- » How would your daily life be different if you achieved that outcome?
- » What would others observe about your behavior, habits, or responsibilities if you were successful?

Use your response to begin drafting your biography or a journal entry that explains what you are working toward and why it matters.

REFLECTION EXERCISE 2: IDENTIFYING THE PROBLEM AND THE PLAN

A CEO begins by identifying the problem and then creating a plan.

- » What challenges do you expect to face upon release?
- » Which of those challenges can you begin preparing for right now?
- » What specific steps can you take during incarceration to improve your outcome?

Use your response to create a journal entry or outline a section of your release plan that addresses preparation and problem-solving.

REFLECTION EXERCISE 3: ACCOUNTABILITY AND DAILY EXECUTION

Preparation happens through consistent action.

- » What is one constructive activity you can commit to doing regularly?
- » How will you document your effort and progress?
- » How will you know if you are following through on your plan?

Use your response to begin documenting accountability metrics in your profile, such as a journal entry that tracks actions, learning, or progress over time.

