

## SAMPLE RELEASE PLAN

- » Name: Bob
- » Projected Release Date: TBD
- » Date Prepared: June 20

### PURPOSE OF THIS RELEASE PLAN

This release plan outlines the steps I am taking to prepare for a stable, lawful, and productive life after release. It connects my daily efforts during incarceration with long-term goals and identifies strategies to manage risks and responsibilities.

This plan is a working document. I will update it as circumstances change and as I gain new information or insight.

### DEFINITION OF SUCCESS

Success after release means living responsibly and independently while complying with all legal requirements. Specifically, success includes:

- » Stable housing
- » Lawful employment or continued education
- » Financial responsibility
- » Healthy routines and decision-making
- » Rebuilding trust with family and community

I understand that success requires preparation, discipline, and follow-through.

### HOUSING PLAN

#### PRIMARY PLAN:

- » I plan to reside with a family member upon release while I stabilize employment and finances.

#### CONTINGENCY PLAN:

If this arrangement is unavailable, I will pursue transitional housing options or approved reentry housing programs.

### PRISON PROFESSORS CHARITABLE CORPORATION

Prison Professors Charitable Corporation / PO Box 50996 / Irvine CA 92619  
IRS 501c3 #85-2603315 / [www.PrisonProfessors.org](http://www.PrisonProfessors.org)  
Email: [Interns@PrisonProfessors.org](mailto:Interns@PrisonProfessors.org)

**PREPARATION STEPS TAKEN:**

- » Discussed expectations with family
- » Researched local housing resources
- » Documented housing options in advance

**EMPLOYMENT AND EDUCATION PLAN****EMPLOYMENT GOALS:**

My primary goal is to obtain entry-level employment that allows me to build work history and stability. Long-term, I aim to advance into a role aligned with my skills and interests.

**EDUCATION AND SKILL DEVELOPMENT:**

While incarcerated, I am developing skills through reading, writing, and structured learning. I document this work through book reports and journals in my profile.

**PREPARATION STEPS TAKEN:**

- » Identified transferable skills
- » Practiced written communication
- » Developed a portfolio of documented learning

**FINANCIAL RESPONSIBILITY PLAN**

I recognize that financial instability has contributed to poor decisions in the past.

**GOALS:**

- » Maintain a basic budget
- » Prioritize essential expenses
- » Avoid high-risk financial behavior

**PREPARATION STEPS TAKEN:**

- » Studied financial literacy materials
- » Documented lessons through book reports
- » Planned a simple post-release budget

**HEALTH AND WELL-BEING PLAN**

Maintaining physical and mental health is critical to stability.

**PRISON PROFESSORS CHARITABLE CORPORATION**

Prison Professors Charitable Corporation / PO Box 50996 / Irvine CA 92619  
IRS 501c3 #85-2603315 / [www.PrisonProfessors.org](http://www.PrisonProfessors.org)  
Email: [Interns@PrisonProfessors.org](mailto:Interns@PrisonProfessors.org)



**STRATEGIES:**

- » Maintain consistent routines
- » Engage in physical activity
- » Use journaling to manage stress and decision-making
- » Preparation Steps Taken:
  - » Established daily routines
  - » Documented progress through journal entries

**SUPPORT SYSTEMS AND ACCOUNTABILITY**

I will rely on structured support rather than isolation.

**SUPPORT NETWORK:**

- » Family members
- » Mentors
- » Community resources

**ACCOUNTABILITY METHODS:**

- » Continued journaling
- » Ongoing profile updates
- » Regular self-review of goals and progress

**RISK MANAGEMENT**

I understand that release presents risks, including stress, financial pressure, and exposure to negative influences.

**RISK REDUCTION STRATEGIES:**

- » Avoid high-risk environments
- » Follow structured routines
- » Seek support when challenges arise

I will document challenges and adjustments in my profile to maintain accountability.

**EXECUTION AND DAILY COMMITMENT**

This plan requires consistent action.

**PRISON PROFESSORS CHARITABLE CORPORATION**

Prison Professors Charitable Corporation / PO Box 50996 / Irvine CA 92619  
IRS 501c3 #85-2603315 / [www.PrisonProfessors.org](http://www.PrisonProfessors.org)  
Email: [Interns@PrisonProfessors.org](mailto:Interns@PrisonProfessors.org)



**MY DAILY COMMITMENTS INCLUDE:**

- » Reading and learning intentionally
- » Writing journal entries
- » Updating my profile
- » Reviewing and adjusting goals as needed

Execution matters more than intention.

**CLOSING STATEMENT**

This release plan reflects my commitment to preparing deliberately for life after custody. I understand that preparation does not guarantee outcomes, but failure to prepare increases risk.

By documenting my efforts and adjusting as needed, I am taking responsibility for building a stable and productive future.

**NOTES FOR PARTICIPANTS**

- » This sample demonstrates structure, not content to copy
- » Each participant should be creative, and develop a personal plan
- » Plans should reflect your own circumstances
- » Updates over time strengthen credibility
- » Realism matters more than ambition
- » Our comprehensive courses offer more insight in developing release plans.
- » This is only a sample template, not a model of perfection.

**PRISON PROFESSORS CHARITABLE CORPORATION**

Prison Professors Charitable Corporation / PO Box 50996 / Irvine CA 92619  
IRS 501c3 #85-2603315 / [www.PrisonProfessors.org](http://www.PrisonProfessors.org)  
Email: [Interns@PrisonProfessors.org](mailto:Interns@PrisonProfessors.org)

