

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.

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.



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.



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.

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