

## RELEASE PLANS AND LONG-TERM PREPARATION

Success after release is rarely accidental. It is usually the result of planning, preparation, and consistent execution.

A release plan is not a prediction of what will happen. It is a deliberate strategy for how you intend to respond to challenges, pursue opportunities, and live responsibly after custody. No one knows your life better than you, and for that reason, you should conduct your SWOT analysis, showing that you've considered your strengths, your weaknesses, your opportunities, and your threats.

Your release plan will show your effectiveness at preparing to overcome the challenges ahead.

In the Profiles course, the release plan brings everything together. It connects your biography, journals, and learning records into a clear, forward-looking plan.

### WHY A RELEASE PLAN MATTERS

Most people leave prison without a written plan. When challenges arise, they react rather than respond.

A release plan helps you:

- » Anticipate obstacles before they occur
- » Reduce uncertainty and impulsive decision-making
- » Align daily preparation with long-term goals
- » Demonstrate responsibility and foresight

A written plan shows that you are not relying on hope alone. You are preparing intentionally.

### PLANNING AS THE CEO OF YOUR LIFE

As the CEO of your life, planning is a core responsibility.

- » A CEO does not say, “I’ll figure it out when I get there.”

A CEO identifies risks, prepares contingencies, and allocates resources in advance.

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Your release plan should reflect that same mindset. It should show that you understand:

- » The challenges you are likely to face
- » The actions required to overcome them
- » The discipline needed to follow through

Planning does not guarantee success, but failing to plan increases the likelihood of negative outcomes.

### **WHAT A STRONG RELEASE PLAN INCLUDES**

A release plan does not need to be perfect or final. It should be realistic, specific, and adaptable. It should evolve over time, as you evolve and develop your strengths.

Effective release plans often address:

- » Housing: where you expect to live and backup options
- » Employment or education: skills, training, and job goals
- » Financial stability: budgeting, debt awareness, and income plans
- » Health and well-being: physical, mental, and emotional care
- » Support systems: family, mentors, or community resources
- » Risk management: situations to avoid and strategies for staying accountable

Each section should explain not just what you plan to do, but how you will do it.

### **CONNECTING DAILY EFFORT TO LONG-TERM GOALS**

A release plan should not exist in isolation.

1. Your journals show what you are doing each day.
2. Your book reports show what you are learning.
3. Your biography explains your direction and values.
4. The release plan connects those efforts to a clear future outcome.

When reviewed together, these documents demonstrate that your preparation is intentional and ongoing.



## **ADJUSTING THE PLAN OVER TIME**

Circumstances change. Information improves. Goals become clearer.

A strong release plan evolves.

Profiles allows you to:

- » Update goals as conditions change
- » Adjust strategies based on experience
- » Document lessons learned
- » Strengthen weak areas over time

Updating your release plan shows maturity, realism, and continued engagement.

## **HOW RELEASE PLANS SUPPORT SELF-ADVOCACY**

At some point, others may evaluate your readiness for higher levels of liberty or responsibility.

A well-developed release plan can help demonstrate:

- » Foresight and responsibility
- » Understanding of risk
- » Commitment to lawful living
- » Willingness to plan and follow through

When combined with consistent documentation in your profile, a release plan becomes a credible self-advocacy tool.

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## **REFLECTION EXERCISES**

Use the prompts below to begin drafting or refining your release plan. Your responses may be added directly to your profile.

### **REFLECTION EXERCISE 1: DEFINING THE NEXT CHAPTER**

Focus on direction.

- » What kind of life are you preparing to build after release?
- » What responsibilities will you need to manage?
- » What does stability look like for you?

Use your response to draft the vision section of your release plan.

### **REFLECTION EXERCISE 2: IDENTIFYING RISKS AND SOLUTIONS**

Think practically.

- » What challenges are most likely to interfere with your success?
- » Which risks can you anticipate now?
- » What strategies can you use to reduce those risks?

Use your response to create a risk-management section of your release plan.

### **REFLECTION EXERCISE 3: EXECUTION AND ACCOUNTABILITY**

Focus on action.

- » What steps can you take now to prepare for release?
- » How will you measure progress toward your goals?
- » Who or what will help keep you accountable?

Use your response to draft an execution and accountability section of your release plan.

A release plan is not a promise. It is a process. By writing, reviewing, and refining your plan, you demonstrate that you are preparing deliberately for the future you want to build.

