

WORKSHEET GUIDE: BUILDING YOUR PRISON PROFESSORS PROFILE

This worksheet guide is designed to help you organize your writing as you build and update your Prison Professors profile. You may complete these worksheets gradually. They are not tests or assignments. They are tools to help you think clearly, document progress, and prepare intentionally for success after release.

You may use your completed worksheets to populate your:

- » Biography
- » Journal entries
- » Book reports
- » Release plan

HOW TO USE THIS GUIDE

- » You may complete one worksheet at a time
- » You may return to worksheets and revise them as your thinking evolves
- » You may submit responses through a profile partner, email, or mail
- » You may write more than the space provided

There are no right or wrong answers. The goal is clarity, honesty, and consistency.

WORKSHEET 1: DEFINING SUCCESS

Purpose: To clarify what you are working toward.

- » How do you define success after release? (Describe what a stable, successful life looks like to you.)
- » What responsibilities will you need to manage successfully?(Examples: employment, housing, family, finances, health.)
- » Why does this version of success matter to you?

You may use this worksheet to begin your biography or release plan.

WORKSHEET 2: IDENTIFYING THE PROBLEM AND CHALLENGES

Purpose: To recognize obstacles and prepare for them.

- » What challenges do you expect to face after release?
- » Which challenges can you begin preparing for now?
- » What mistakes or patterns do you want to avoid repeating?

You may use this worksheet as part of your biography or release plan.

WORKSHEET 3: CREATING A PLAN

Purpose: To translate goals into action.

- » What are your short-term goals (first 6–12 months after release)?
- » What are your long-term goals (3–5 years)?
- » What steps can you take now to support those goals?

You may incorporate this worksheet into your release plan.

WORKSHEET 4: DAILY AND WEEKLY ACCOUNTABILITY

Purpose: To build consistency and discipline.

- » What constructive activities will you commit to doing regularly?
- » How often will you document your effort? (Daily, weekly, or another schedule.)
- » How will you know whether you are following through?

You may use this worksheet to begin a journaling practice.

WORKSHEET 5: LEARNING AND SKILL DEVELOPMENT

Purpose: To guide intentional reading and learning.

- » What subjects or skills do you want to develop?



- » What types of books or materials will support those goals?
- » How will learning contribute to your success after release?

You may use this worksheet to guide book reports and learning records.

WORKSHEET 6: REFLECTION AND ADJUSTMENT

Purpose: To encourage review and improvement.

- » What has been working well in your preparation?
- » What needs improvement or adjustment?
- » What is one change you will make moving forward?

You may use this worksheet for periodic journal entries.

USING WORKSHEETS OVER TIME

These worksheets are not meant to be completed once and forgotten. Revisit them as your goals, circumstances, and understanding change. Updates show growth, learning, and accountability.

Together, your worksheets, writing, and documentation form a living record of preparation.

OPTIONAL STAFF / PARTNER NOTE

These worksheets are intended to support self-directed learning and documentation. They may be used flexibly in individual, group, or facilitated settings.

WHY THIS GUIDE EXISTS

Preparation improves outcomes. Writing clarifies thinking. Documentation creates accountability. This worksheet guide exists to help you prepare deliberately for the next chapter of your life.

