

LIFE-AREA APPLICATION WORKSHEET

STRAIGHT-A GUIDE — SUPPLEMENTAL RESOURCE

FACILITATOR NOTE

This worksheet supports the Application lesson of the Straight-A Guide. It helps participants apply the same decision-making framework across different areas of life, showing consistency, discipline, and adaptability. Staff should focus on clarity, effort, and documentation rather than outcomes or personal viewpoints.

This resource may be used independently, in small groups, or as a capstone exercise.

INSTRUCTIONS FOR PARTICIPANTS

The Straight-A Guide is not a one-time exercise. It is a framework you can apply wherever decisions matter. This worksheet helps you practice using the same principles across different areas of your life. Choose one area to focus on at a time. You may return to this worksheet as your priorities change.

STEP 1: SELECT A LIFE AREA

Choose one area where you want to apply the Straight-A Guide right now.

Examples include:

- » Education or skill development
- » Reentry preparation
- » Employment or career planning
- » Health or fitness
- » Financial stability
- » Personal discipline or recovery
- » Family or relationships
- » My selected life area is:

STEP 2: DEFINE SUCCESS FOR THIS AREA

Define success as it applies now, not in the distant future. Success in this area means:

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STEP 3: APPLY THE STRAIGHT-A PRINCIPLES

Answer briefly for each principle as it applies to your selected life area.

- » 1. Success: What does success look like at this stage?
- » 2. Goals: What is one clear goal I can pursue next?
- » 3. Attitude: What mindset will help me stay consistent?
- » 4. Aspiration: Who am I becoming by working on this area?
- » 5. Action: What consistent action will move me forward?
- » 6. Accountability: How will I measure and track my effort?
- » 7. Awareness: What obstacle or risk should I plan for?
- » 8. Authenticity: How will I show my work and document progress?
- » 9. Achievement: What small win should I aim for first?
- » 10. Appreciation: What will help me stay grounded and motivated?

STEP 4: WEEKLY COMMITMENT

Choose one action you will commit to this week.

My weekly commitment is:

How often will I complete this action?

- » Daily 2–3x per week Weekly

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STEP 5: DOCUMENTATION PLAN

Effort must be visible to count. How will you document your work?

- » Journal entry
- » Profile update
- » Worksheet or log
- » Written reflection
- » I will document my effort by:

WEEKLY REVIEW (TO COMPLETE LATER)

Did I apply the framework consistently this week?

- » Yes Partially No

» What worked?

» What needs to change next week?

Optional Extension

- » Participants may complete multiple Life-Area Application Worksheets over time. Documented application across domains supports accountability, points, and leaderboard placement by showing sustained, intentional preparation for success.

