

Area	Question	Completed?
<i>Example</i>	<i>Have you been released from incarceration?</i>	✓
Key Documents	Do you have a birth certificate, social security card, and valid license/ID?	
Communication	Do you have access to a phone and to the internet?	
Startup Housing	Do you have a safe place to stay immediately upon release?	
Ongoing Housing	Do you have a safe place to stay for the months following release?	
Benefits	Have you restored or enrolled in all eligible benefit programs?	
Startup Transport	Do you have a reliable ride from this facility to your startup housing?	
Ongoing Transport	Do you have reliable transportation for the months following release?	
Mail & Paperwork	Do you have a system for receiving and organizing important documents?	
Credentials	Can you access your education credentials (diploma etc.) for employers?	
Skill Development	Do you know where to get additional education if you need/want it?	
Student Aid	If pursuing additional education, have you secured enough financial aid?	
Job Search Prep	Are your résumé, interview skills, and incarceration explanation ready?	
Look for Work	Do you have a job or a signed employment offer after release?	
Clothes	Do you have the right clothes to wear in bad weather and at work?	
Work Commute	Do you have a reliable way to get to/from work each day?	
Daily Routine	Have you created a daily schedule and routine to follow?	
Personal Care	Is your appearance neat and professional?	



Area	Question	Completed?
Work Readiness	Do you have the basic personal skills and equipment for starting work?	
Work Mentor	Have you identified and made contact with a work mentor?	
Parole/Probation	Do you fully understand release stipulations and assistance available?	
Court Debts	Do you understand all court debts and have a clear payment plan?	
Consequence	Do you understand the ongoing legal consequences of your conviction?	
Legal Counsel	Do you require legal assistance upon release and know where to get it?	
Citizen Duties	Are you up-to-date on basic duties you must fulfill as a U.S. citizen?	
Personal Budget	Have you created a monthly personal budget for your basic needs?	
Banking	Do you have an active checking account with a bank?	
Debt Repayment	Do you have a list of all of your debts and a (snowball) repayment plan?	
Child Support	Are you making (or receiving) consistent child support payments?	
Childcare	Do you have a plan for childcare when you are unavailable?	
Child Relationship	Are you prepared to build a positive relationship with your child(ren)?	
Trusted Advisor	Do you have at least one positive, trusted advisor in your life?	
Thought Patterns	Are you regularly evaluating and adjusting your thought patterns?	
Family & Friends	Are you prepared to re-engage with family and friends?	
Healthy Recreation	Have you identified healthy recreation and leisure options?	
Spiritual Growth	Are you seeking environments for spiritual growth and support?	



Instructions: Work together to ensure the items below are either completed or in-process (at least discussed!) in the critical weeks before and after release.

Area	Question	Completed?
Food Assistance	Do you have access to three nutritious meals each day?	
Healthcare & Ins.	Do you have a healthcare discharge plan and health insurance?	
Exercise Routine	Have you established a regular exercise routine and committed to do it?	
Counseling/Support	Do you have somewhere to go for ongoing counseling and support?	
Other		

Notes

