

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?	
Startup Transportation	Do you have a reliable ride from this facility to your startup housing?	
Startup Housing	Do you have a safe place to stay immediately upon release?	
Credentials	Can you access your education credentials (diploma etc.) for employers?	
Job Search Prep	Are your résumé, interview skills, and incarceration explanation ready?	
Parole	Do you fully understand release stipulations & assistance available?	
Trusted Advisor	Do you have at least one positive, trusted advisor in your life?	
Counseling & Support	Do you have somewhere to go for ongoing counseling and support?	
Clothes	Do you have the right clothes to wear in bad weather and at work?	
Personal Care	Is your appearance neat and professional?	
Daily Routine	Have you created a daily schedule and routine to follow?	
Thought Patterns	Are you regularly evaluating and adjusting your thought patterns?	
Family & Friends	Are you prepared to re-engage with SUPPORTIVE family and friends?	
Food Assistance	Do you have access to three nutritious meals each day?	
Mail & Paperwork	Do you have a system for receiving and organizing important documents?	
Ongoing Transportation	Do you have reliable transportation for the months following release?	
Ongoing Housing	Do you have a safe place to stay for the months following release?	



Area	Question	Completed?
Communication	Do you have access to a phone and to the internet?	
Banking	Do you have an active checking account with a bank (if allowed one)?	
Child Relationship	Are you prepared to build a positive relationship with your child(ren)?	
Spiritual Growth	Are you seeking environments for spiritual growth and support?	
Healthcare & Insurance	Do you have a healthcare discharge plan and health insurance?	
Look for Work	Do you have a job or a signed employment offer after release?	
Court Debts	Do you understand all court debts and have a clear payment plan?	
Consequences	Do you understand the ongoing legal consequences of your conviction?	
Benefits Enrollment	Have you restored or enrolled in all eligible benefit programs?	
Child Support	Are you making (or receiving) consistent child support payments?	
Healthy Recreation	Have you identified healthy recreation and leisure options?	
Exercise Routine	Have you established a regular exercise routine and committed to do it?	
Work Commute	Do you have a reliable way to get to/from work each day?	
Work Readiness	Do you have the basic personal skills and equipment for starting work?	
Legal Counsel	Do you require legal assistance upon release and know where to get it?	
Personal Budget	Have you created a monthly personal budget for your basic needs?	
Childcare	Do you have a plan for childcare when you are unavailable?	
Skill Development	Do you know where to get additional education if you need/want it?	



