Getting Out, Staying Out

A Personal Empowerment Workbook for Successful Re-Entry

Welcome

This workbook is designed to support your journey of personal transformation, growth, and successful reintegration. Your past does not define your future. This is your roadmap to creating the life you want and deserve.

SECTION 1: UNDERSTANDING MY JOURNEY

Personal Reflection Worksheet

My Story, My Strength Draw or write a timeline of your life journey. Mark:

- Key challenges you've overcome
- Moments of personal pride
- Strengths you've discovered

[VISUAL SPACE FOR TIMELINE/DRAWING]

Reflection Questions:

1. What are three strengths you've developed through your experiences?
    - Strength 1: _____
    - Strength 2: _____
    - Strength 3: _____
2. When have you surprised yourself by handling a difficult situation?

SECTION 2: BUILDING MY SUPPORT NETWORK

Connection Mapping Exercise

My Support Web Create a visual map of your support network:

- Draw yourself in the center
- Add circles around you for different types of support

- Include people, resources, organizations that support your growth

[VISUAL NETWORK MAPPING SPACE]

Support Categories:

- Family Support
- Professional Resources
- Community Connections
- Counseling/Therapy
- Recovery/Support Groups
- Legal/Administrative Support

Action Plan: Building Connections

Support Type	Current Resources	Next Steps	Target Completion Date
Family Support			
Professional Help			
Community Resources			
Counseling			
Support Groups			

SECTION 3: PRACTICAL LIFE SKILLS

Employment & Financial Wellness Workbook

Job Readiness Checklist □ Updated Resume □ Professional Email Address □ Interview Appropriate Clothing □ Reference List □ Skills Inventory □ Job Search Strategy

Budget Planning Worksheet

Monthly Income	Amount
Job/Work	$
Support Services	$
Other Income	$
Total Income	**$**

Monthly Expenses	Amount
Housing	$
Transportation	$
Food	$
Utilities	$
Phone/Communication	$
Personal Care	$
Debt Repayment	$
Total Expenses	**$**

Financial Goals Short-Term (3-6 months):

1. _____

2. _____

Long-Term (1-2 years):

1. _____

2. _____

_____

SECTION 4: EMOTIONAL WELLNESS & RESILIENCE

Emotional Mapping & Coping Strategies

Trigger Identification Create a personal "Early Warning System"

Trigger	Physical Signals	Emotional Signals	Healthy Coping Strategy

Daily Wellness Tracker [Create a weekly grid with columns for:

- Mood
- Sleep Quality
- Physical Activity
- Stress Level
- Positive Moments]

Mindfulness & Grounding Techniques 5 Senses Grounding Exercise:

- 5 Things You Can See: _____
- 4 Things You Can Touch: _____
- 3 Things You Can Hear: _____
- 2 Things You Can Smell: _____
- 1 Thing You Can Taste: _____

SECTION 5: LEGAL & ADMINISTRATIVE NAVIGATION

Resource and Compliance Tracker

Important Documents Checklist □ State ID/Driver's License □ Social Security Card □ Birth Certificate □ Probation/Parole Documentation □ Medical Records □ Educational Certificates

Legal Support Contacts

- Probation Officer: _____
- Legal Aid: _____
- Support Counselor: _____

Compliance Commitment [Space for personal commitment statement about following legal requirements and personal growth]

SECTION 6: PERSONAL GROWTH & GOAL SETTING

Vision Board & Goal Planning

My Vision for Success [Large space for creating a visual representation of personal goals, including:

- Career aspirations
- Personal relationships
- Health and wellness
- Educational goals
- Community involvement]

SMART Goal Setting

Goal Area	Specific Goal	Measurable Indicators	Action Steps	Timeline
Career				
Education				
Personal Development				
Health				
Relationships				

SECTION 7: EMERGENCY & SUPPORT RESOURCES

24/7 Support Contacts

- Crisis Hotline: 1-800-273-8255
- Local Support Services: _____
- Counseling Resources: _____
- Legal Aid: _____

Safety Planning [Worksheet for creating a personal safety and support plan]

FINAL REFLECTION

My Commitment [Space for personal written commitment to personal growth, signed and dated]

Remember: Your journey is unique. Every step forward, no matter how small, is progress.

Additional Resources

- Local re-entry support services
- Job training programs
- Counseling and mental health resources
- Educational opportunity information

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