

Reentry Goal Map: 30-Day Focus Plan

This 30-Day Focus Plan helps you build structure, set meaningful goals, and track your personal growth after incarceration. Use the prompts below to map out where you want to go and what small, powerful steps will get you there.

◇ How to Use This Tool

Each week, focus on one or two areas of your life (Mental Health, Emotions, Relationships, Career, Finances, etc.). Use the prompts to set weekly goals and track your progress. Small steps add up to real change.

Week 1

1. What area of your life are you focusing on this week?
2. What specific goal do you want to achieve by the end of the week?
3. What actions will you take to get there?
4. What might get in your way, and how will you handle it?
5. How will you celebrate or reflect when the week is over?

Week 2

1. What area of your life are you focusing on this week?
2. What specific goal do you want to achieve by the end of the week?

3. What actions will you take to get there?

4. What might get in your way, and how will you handle it?

5. How will you celebrate or reflect when the week is over?

Week 3

1. What area of your life are you focusing on this week?

2. What specific goal do you want to achieve by the end of the week?

3. What actions will you take to get there?

4. What might get in your way, and how will you handle it?

5. How will you celebrate or reflect when the week is over?

Week 4

1. What area of your life are you focusing on this week?

2. What specific goal do you want to achieve by the end of the week?

3. What actions will you take to get there?

4. What might get in your way, and how will you handle it?

5. How will you celebrate or reflect when the week is over?