

Reentry Journal Prompts: Processing the Past, Planning the Future

Use these prompts to reflect on your experiences, release what no longer serves you, and set a grounded path forward. Take your time. There are no right or wrong answers—only your truth.

◇ Processing the Past

1. What's one thing I wish people understood about my time inside?
2. What survival skills did I learn in prison that no longer serve me today?
3. How did incarceration change the way I see myself?
4. What was the hardest emotional lesson I had to learn during my sentence?
5. Who did I lose while I was incarcerated—and what do I need to grieve?

6. What promises did I make to myself while inside?

7. What moments still replay in my mind, and what might they be trying to teach me?

◇ **Planning the Future**

8. What does healing look like for me today?

9. What are three values I want to live by going forward?

10. Who do I want to reconnect with—and what needs to happen for that to feel safe and healthy?

11. What does success look like for me—on my own terms?

12. What kind of support do I need to stay grounded and focused?

13. What goals matter most to me in the next 30 days?

14. What habits or thoughts do I want to let go of?

15. How will I remind myself of my progress when it feels like I'm not moving fast enough?