

JOURNAL: IMAGINING LIFE OUTSIDE THE U.S.

In terms of my educational, professional, and life goals, have I accomplished what I want (or my family wants for me) in the U.S.?

Lined area for writing the answer to the question above.

What am I still seeking to accomplish in the U.S.? How realistic is it that I'll be able to accomplish this in the U.S. now? How about in 5 years?

Lined area for writing the answer to the question above.

What are the legal options available to me to fix my status in the next 5 years? 10 years? Do I feel comfortable with my current options to apply for citizenship in the U.S.? Am I willing to wait?

What am I waiting for (i.e. policy change that would grant me a path towards citizenship) in the U.S.? How likely is this to happen right now?

What do I expect my life in the U.S. to look like in 5 to 10 years?

How would I feel about leaving the U.S. if I couldn't return for 3 to 10 years?

Am I happy in the U.S.?

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Do I feel a sense of belonging in the U.S.?

A large rectangular box containing 15 horizontal lines for writing.

Do I have a sense of stability and security in the U.S.?

What can I pursue elsewhere?

Can I realize my dreams and goals (or the dreams that my family has for me) outside of the U.S.? Where in the world can I picture myself living, working, and pursuing my goals?

What might I find in another country, that I cannot get in the U.S.?

What factors (i.e. job market, geography, sense of belonging, family, etc) are most important to me when imagining a life outside of the U.S.?

Lined writing area for the first question.

What would be the best-case scenario if I were to leave the U.S.? What are my wildest dreams about a possible life abroad?

Lined writing area for the second question.

What would be the worst-case scenario? What doubts or fears come up for me when I imagine a life outside the U.S.?

Lined writing area for the response.

Reflections

What feelings emerged as I was answering the questions in this journal? Why do I think those feelings emerged?

What is my intuition telling me about my life in the U.S. and the possibility of a life abroad?

Congrats! You have completed the Imagining Life Outside of the U.S. Journal.

Keep in mind that the decision to leave the U.S. or stay takes time and may require you to make a whole series of choices before committing to a particular path. This is not a one-time decision. You can re-evaluate how you feel and what you want at different moments of your life.

Many of the people we talked to who have left the country, spent a great deal of time considering different possibilities, even pausing for months at a time before beginning to think about it again. Others found out about opportunities abroad and promptly left the country to pursue them. Everyone has their own unique journey.

Whether you decide to leave or not, it is vital to recognize that the U.S. is not the only country in the world. You can develop a sense of belonging and joy, have peace of mind, and pursue your dreams and goals in other places across the world. You deserve to have options.

Acknowledgements

This resource is part of the “Life Outside the U.S.” project. It was created by Alejandro Espinoza with editing support from Claire Calderón. Visit LifeOutsideTheUS.org to learn more. Find all the resources created and gathered for this project at immigrantsrising.org/LifeOutsideTheUS-resources.

About Us

Founded in 2006, Immigrants Rising transforms individuals and fuels broader changes. With resources and support, undocumented young people are able to get an education, pursue careers, and build a brighter future for themselves and their community. For more information, visit immigrantsrising.org.