

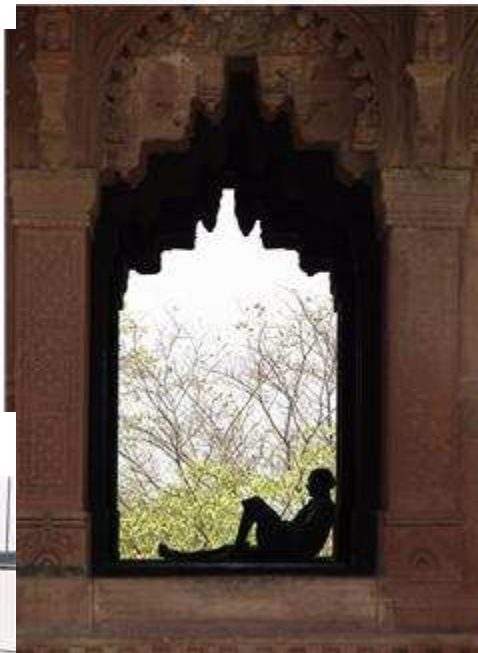
**SUITCASES &  
DREAM MAPPING—  
WHERE AM I  
GOING?**



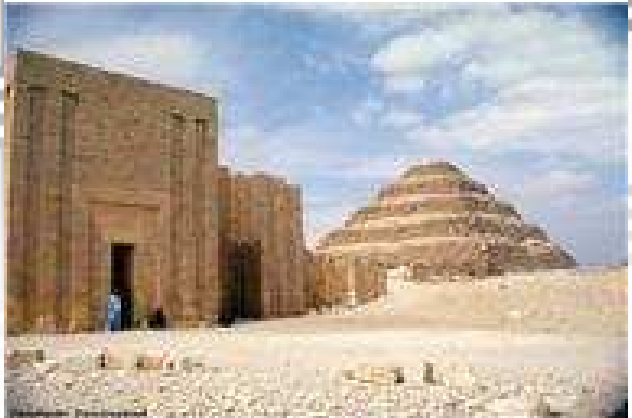
**Created By:  
Carol Coussons de Reyes, Certified Peer Specialist, MS  
Office of Consumer Affairs  
Division of Behavioral Health  
Nebraska Department of Health and Human Services**

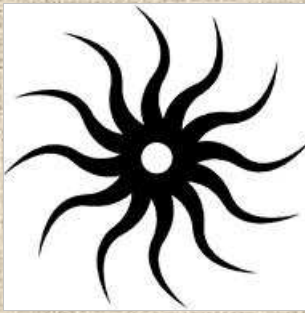


# Where Are You NOW?



**What do you dream of living, doing, being, and creating? The possibilities are endless.**





Look at the objects around you and think about the stories they represent of experiences and people.

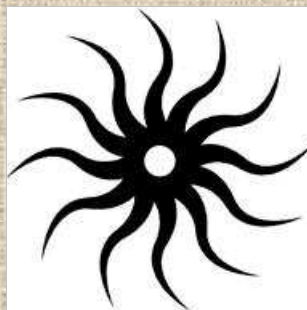
Select items from this booklet to cut and paste into a suitcase. You may also draw your own pictures to place in the suitcase.

In the first activity, you can pack a case of items to leave behind you.

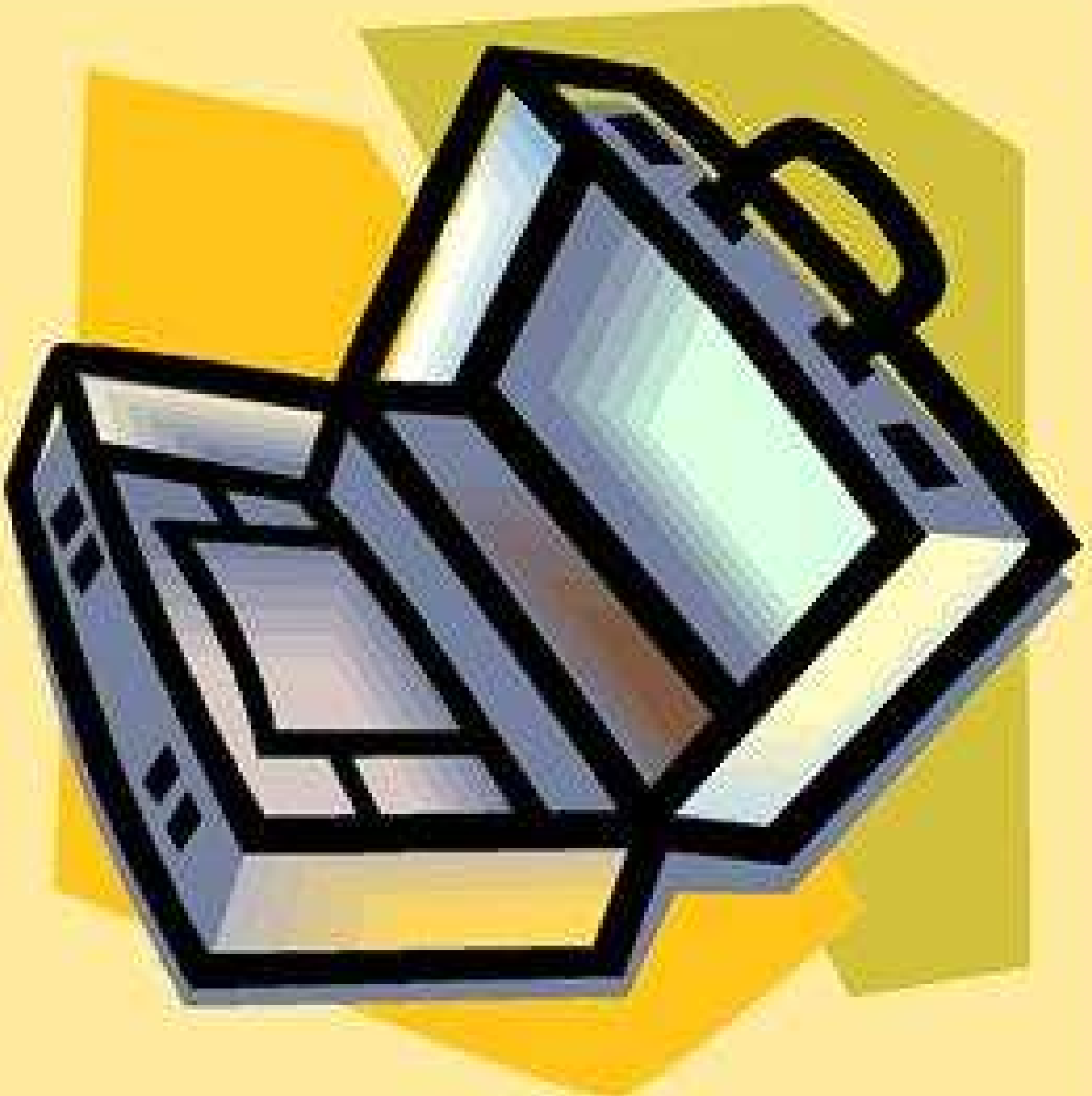
In the second activity, you can pack items that represent what you would like to take with you on your journey.

The suitcase is a metaphor of travel and you can place items in the suitcases that you typically would not to tell this story. Keep in mind all through the activity the thought of where you are going. The possibilities are endless, if you are having trouble believing that just pretend for this workbook.

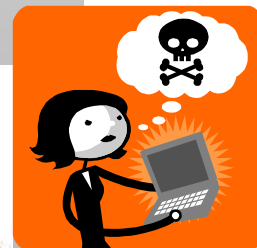
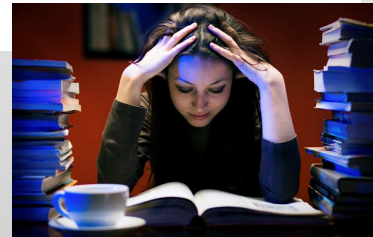
Dreams influence our minds and actions all day.



# What I Will Leave Behind?

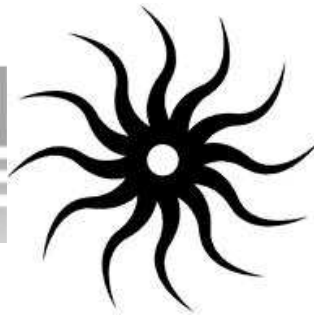


# What I Will Leave Behind?

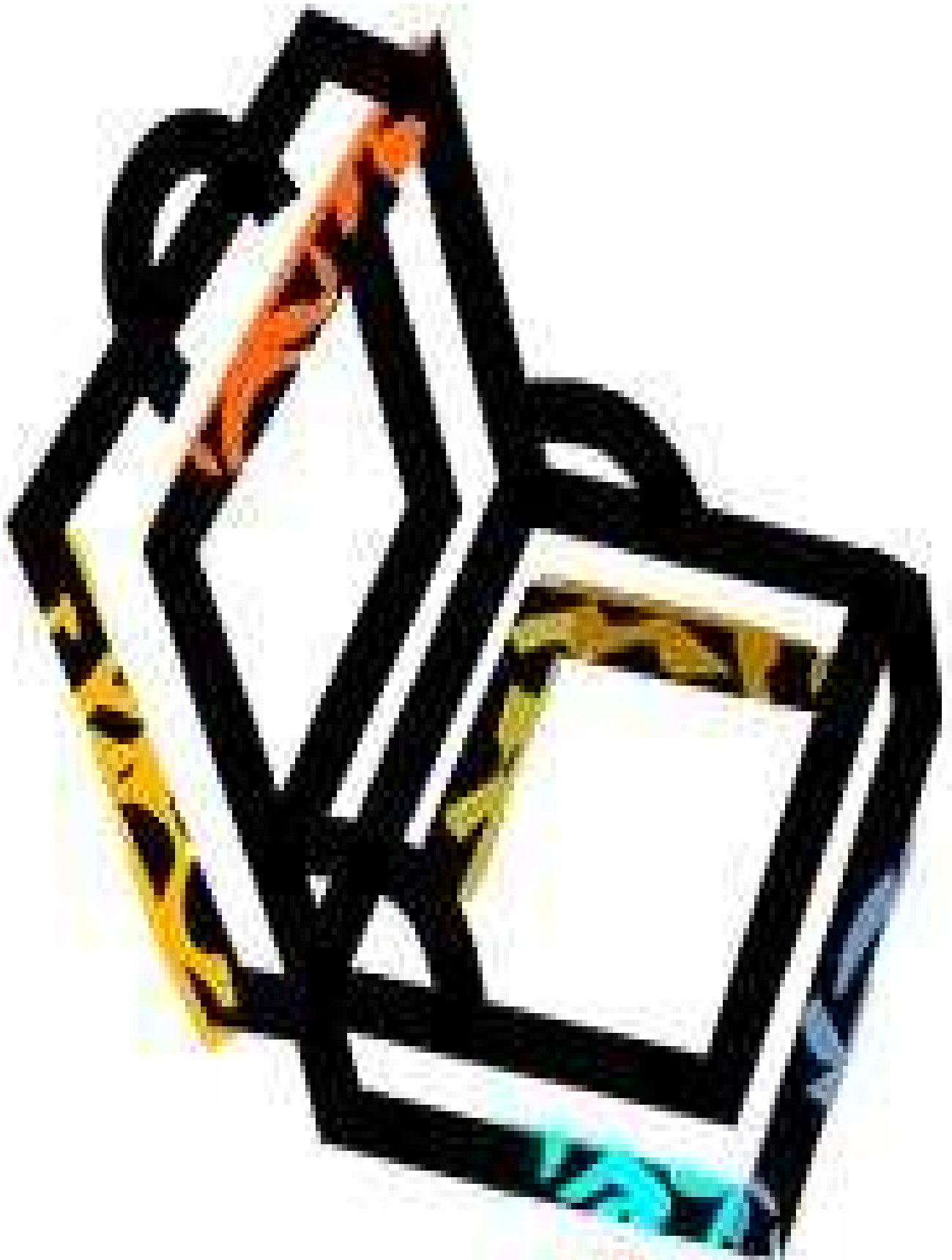




# Where Are You Going?



# What I Will Bring With Me?



# What I Will Bring With Me?





# Imagine All Possibilities



Dreaming up the future and making a journey can be fun!  
What did you pack for your journey?



**People with mental health conditions  
and/or addictions no longer live in  
hospitals. We are in our communities.  
We shouldn't settle for  
what we are told we can do,  
but  
dream of all that is possible.**



**Dedicated to Dreamers:**

**Lois Curtis  
Bill Wilson and Dr. Bob Smith  
Shery Mead  
Gayle Bluebird  
Dr. Jean Campbell  
Dr. Dan Fisher  
Larry Fricks  
Joseph Rogers  
Jerome Lawrence  
Charles Willis  
Ken Timmerman  
And Every Dreamer in the World**

