

Pride, Strengths & Resilience

LGBTQ+ wellbeing is not only about difficulties. This page makes space for joy, strengths, connection and the parts of you worth celebrating.

What am I proud of about myself?

What have I learned through my experiences?

What strengths have helped me through difficult times?

Who inspires me?

Where do I experience LGBTQ+ joy or connection?

What parts of my life make me feel most alive?

What would I like to celebrate more often?

Something about myself I want to celebrate today is...
