

Add your own words here

{Deserving, Of love,  
I am, You are}

**Worthy**

**Strong**

**Self-aware**

**Reflective**

**Role Model**

**Mentor**

**Intimacy**

**Insightful**

**Growth**

**Freedom**

**Flourishing**

**Expressive**

**Equal**

Website: PrismResearch.org

*A Positive View of LGBTQ:  
Embracing Identity and  
Cultivating Well-Being*

Check out our book:

Watch our video on YouTube:  
*Becoming Myself: Positive  
Trans & Non-Binary Identities*

Other Positive View projects

A Positive View project  
FREE TO PRINT AND SHARE  
[https://prismresearch.org/  
positively/](https://prismresearch.org/positively/)

Origami booklet folding  
instructions available online.

**Positively**  
Ellen D.B. Riggle © 2024

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# POSITIVELY

What's positive about  
your LGBTQIA+2S\*NB  
identity?

Words to inspire a  
positive view and  
well-being.

## Positively

{Affirmation, Beneficial,  
Efficacious, Worthwhile}

**Authentic**

**Activist**

**Belonging**

**Chosen-family**

**Compassionate**

**Connected**

**Creative**

**Empathic**

**Empowered**