

I  
CHOOSE  
ME

A Book for  
Affirmation and Reflection

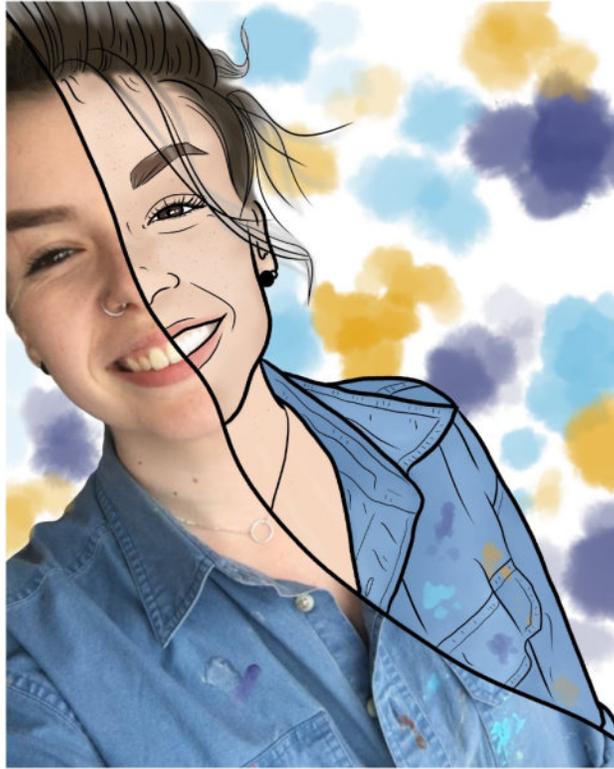
A collaboration between  
Carleton University's Sexual Assault Support Centre &  
KJ Forman (@luckylittlequeer)

This journal was created on traditional, unceded, unsurrendered territory of the Algonquin Anishinabe Nation.

The peoples of the Algonquin Anishinabe Nation have and continue to live, work and nurture this land from time immemorial.

We would like to honour the peoples and land of the Algonquin Anishinabe Nation, their Elders and their Ancestors.

# ABOUT THE AUTHOUR



Lucky Little Queer is a bisexual, nonbinary feminist artist named KV Forman. KV works as a freelance artist at their home studio in Ottawa, Canada. They create visual art speaking to their LGBTQ experience that has a feminist and sex-positive focus. Lucky Little Queer's goal is to create positive, affirmative pieces that can be used as a tool to connect and bond with other marginalized people in a way that celebrates who we are.

You can keep up with KV on Instagram @luckylittlequeer.  
Find more of their work at [www.luckylittlequeer.com](http://www.luckylittlequeer.com).

# We're the Sexual Assault Support Centre at Carleton University!

Our Centre is an intersectional space that provides sexual violence support services to all genders.

We believe survivors, and we believe that survivors are the experts in their own lives. Therefore, we will listen, provide resources and support you as you choose the best option for you.

All survivors of sexual assault, whether the assault occurred recently or in the distant past, on or off campus, can get support at Carleton.

Everyone who seeks support from the Centre will be treated with dignity. Our services are confidential, and available to all students, staff and faculty at Carleton.

If you ever need support,  
please send us an email at [equity@carleton.ca](mailto:equity@carleton.ca)

# BADGE OF HONOUR



Write about a time that you spoke up to defend yourself.

It's tough, but you did it!

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

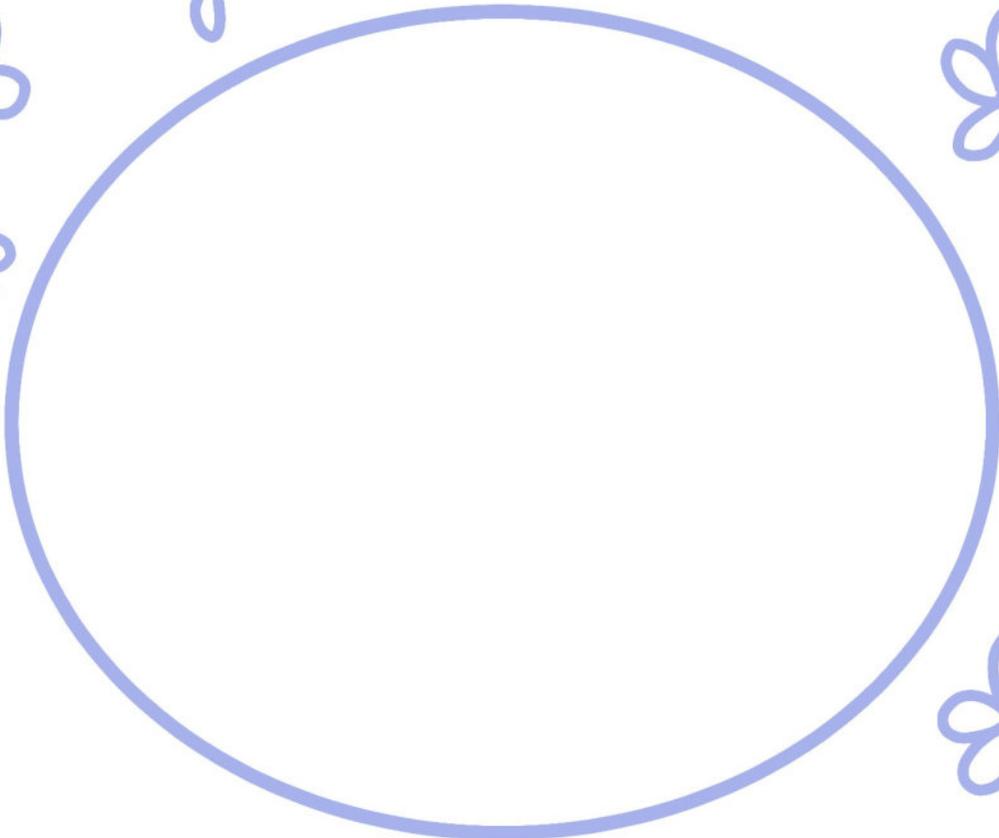
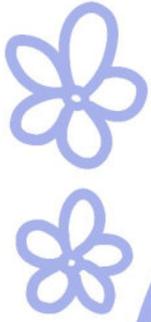
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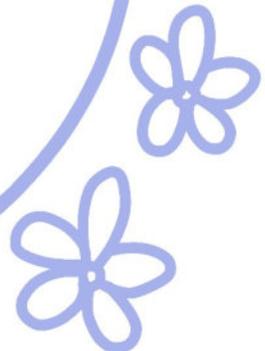
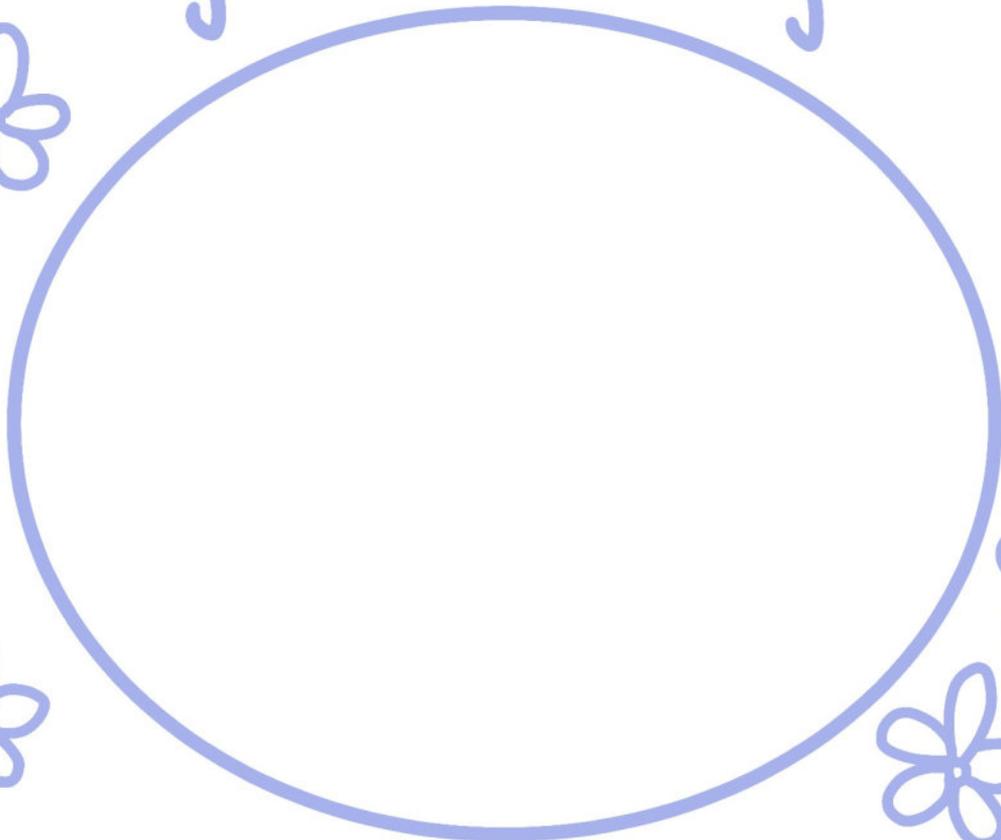


I  
WILL  
ALLOW  
MYSELF  
GRACE.

Things I want to hold onto



Things I want to let go of



there is  
bravery  
in being  
soft

I CAN DO  
INCREDIBLE  
THINGS



What are 5 things  
you would say to your  
younger self, if you could?

1

2

3

4

5

# BADGE OF HONOUR



You didn't let anyone tell what you can and cannot like.

Amazing! Write about your success below.

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

liberated relationships  
are one of the ways we  
actually create abundant  
justice, the understanding  
that there is enough attention,  
care, resource, and connection  
for all of us to access  
belonging, to be in our dignity,  
and to be safe in our community.

ADRIENNE MAREE BROWN

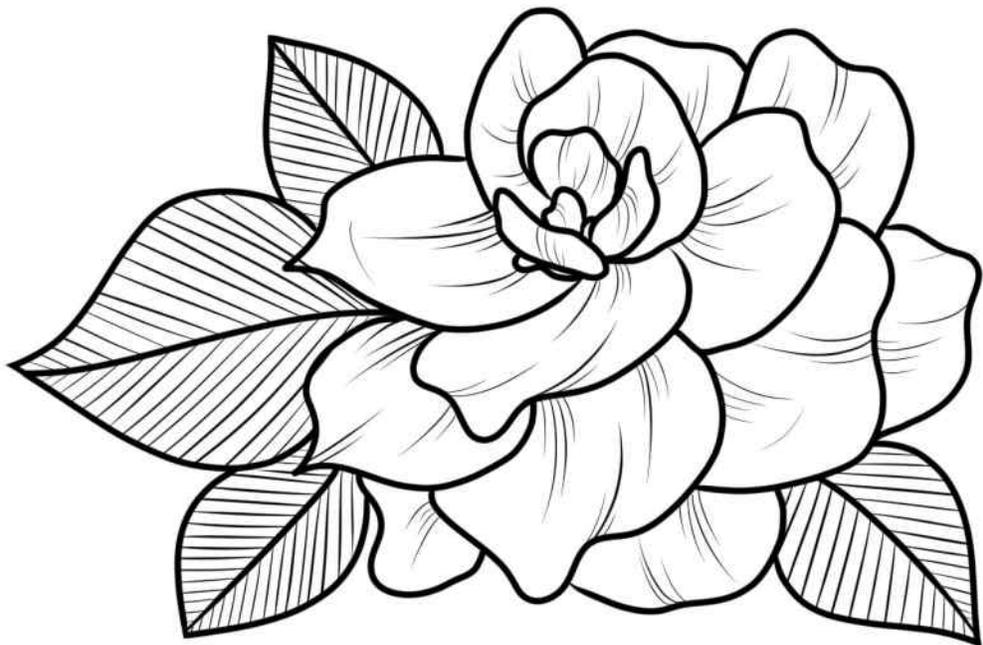
PLEASURE ACTIVISM:  
THE POLITICS OF FEELING GOOD



MY BODY

SERVES

ME WELL





Anxiety and overwhelm can sometimes make us feel like we're floating away.

Stay grounded by using your five senses.  
Write down 5 things that you...

see

- 1
- 2
- 3
- 4
- 5

smell

- 1
- 2
- 3
- 4
- 5

hear

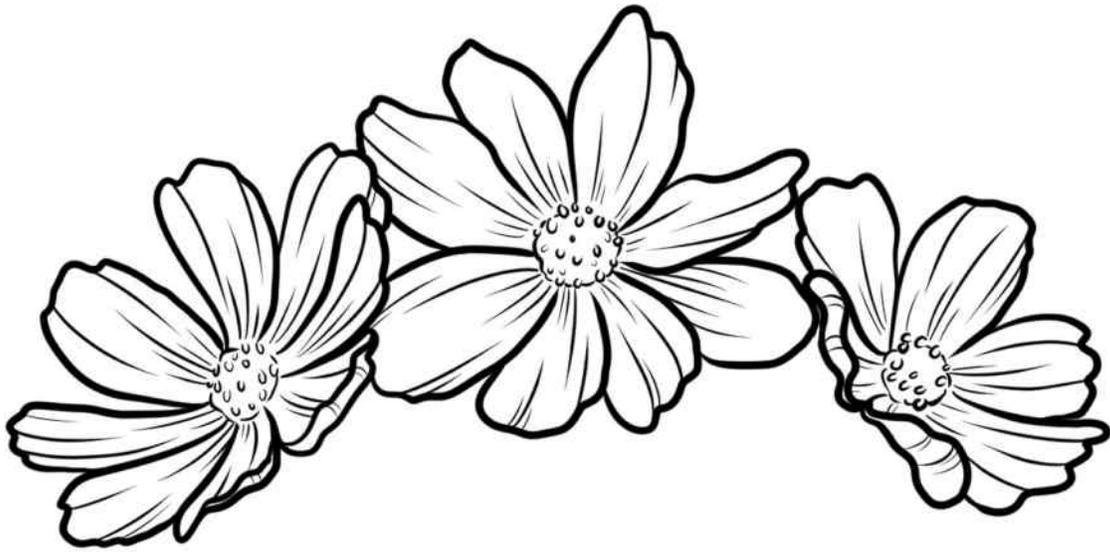
- 1
- 2
- 3
- 4
- 5

taste

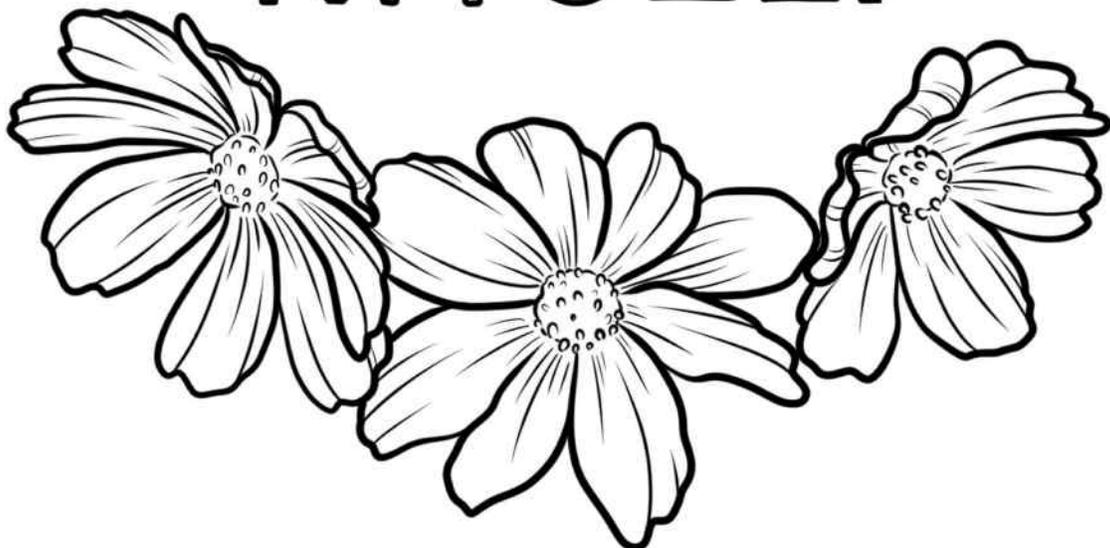
- 1
- 2
- 3
- 4
- 5

feel

- 1
- 2
- 3
- 4
- 5



I AM ON  
A JOURNEY  
TO LOVING  
MYSELF



there is

room for

ALL

of us



I AM ALLOWED  
TO SIMPLY EXIST



IT'S OKAY  
TO NOT  
BE OKAY.



# SELF-CARE CHECKLIST

Look at you go! You deserve to be so proud of yourself.

- moved my body
- did something I enjoy
- took my meds
- took a shower or bath
- drank some water
- asserted my boundaries
- ate something that made my body feel good
- talked to a friend
- snuggled a pet or pal
- showed myself kindness
- got out of bed
- went outside
- cleaned/organized my space
- wore my fave outfit
- did something nice for a pal

Your existence is enough. You can do this.

One breath at a time.

Without judging it,  
write about something that's tugging at you.  
How can you honour your feelings about it today?



I AM NOT  
WHAT  
HAPPENED  
TO ME.

What are some things you have  
always wanted to do?

# all the things I AM

a wordsearch



compassionate	unstoppable	influential	cherished
appreciated	supported	important	limitless
learning	beautiful	growing	talented
welcome	powerful	valued	brave
capable	friend	worthy	loved
whole	alive	kind	safe

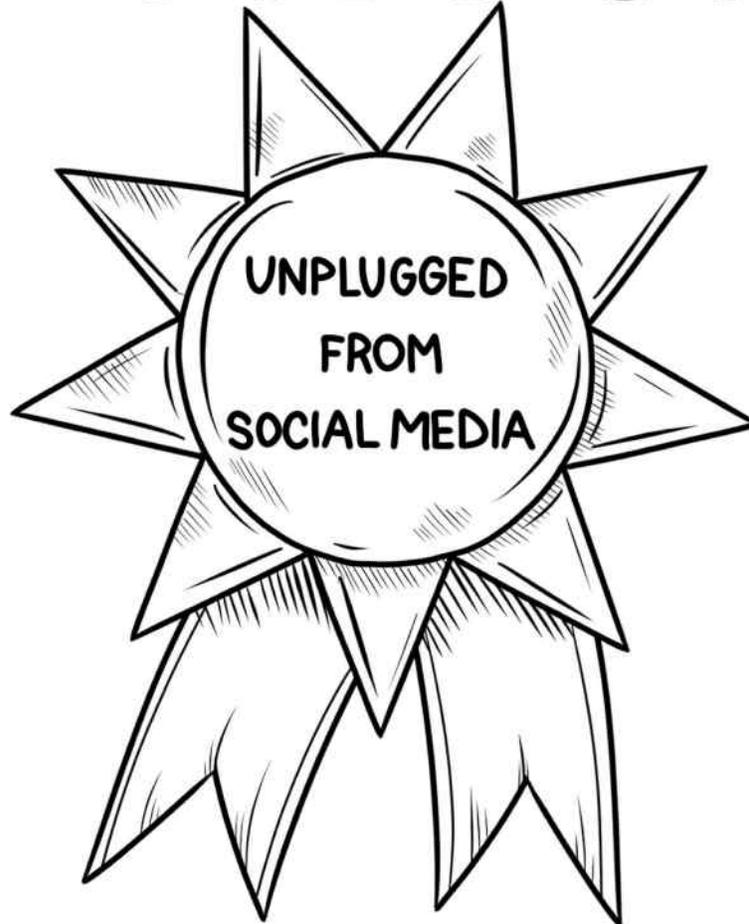


When I dare to be powerful-  
to use my strength in the  
service of my vision -

then it becomes less and less  
important whether I am afraid.

AUDRE LORDE

# BADGE OF HONOUR



Social media can cause us to feel anxiety, overwhelm and self-doubt.

How did you feel when you took a break?

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

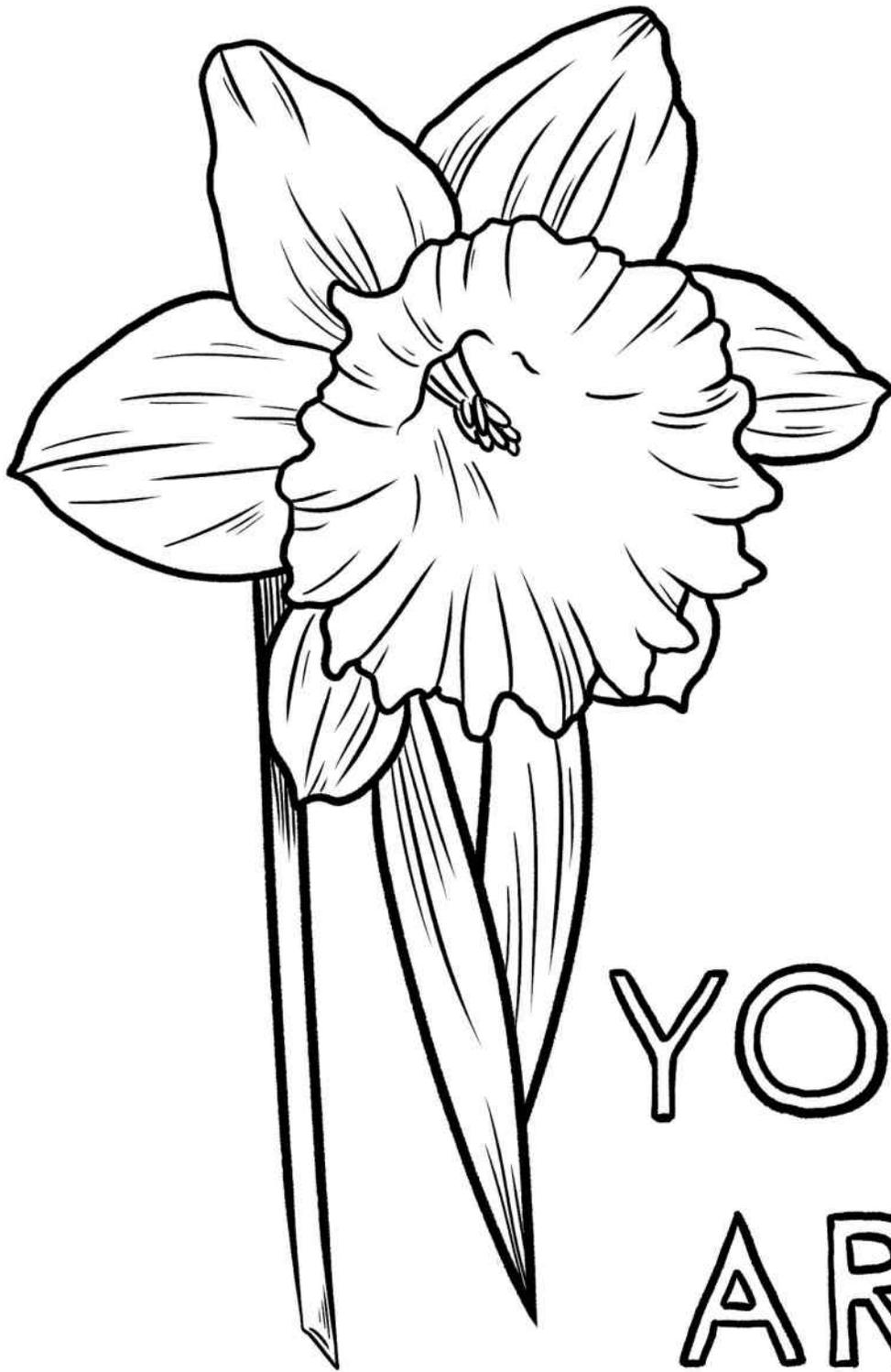
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



your worth  
is not  
measured  
by your  
productivity



YOU

ARE

ENOUGH.

# What colour is your heart today?

Colour in your emotions with whatever colour you feel fits best.

content

peaceful

frustrated

proud

restless

hopeful

hurt

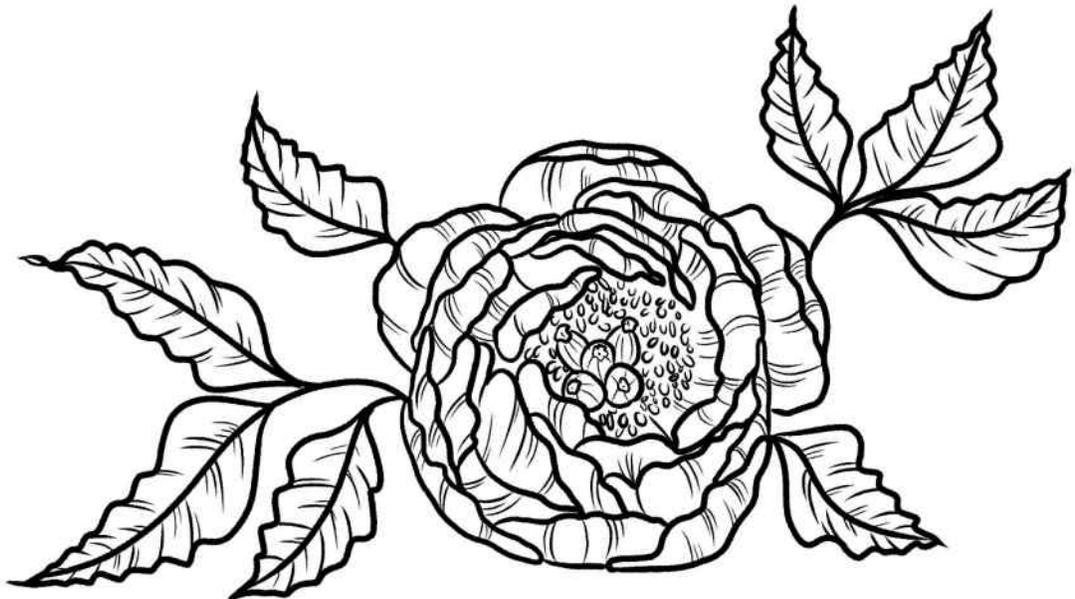
inspired

disappointed

curious



I HAVE  
NOTHING TO BE  
BUT WHAT  
I ALREADY AM.



SELF-CARE

is giving the world the

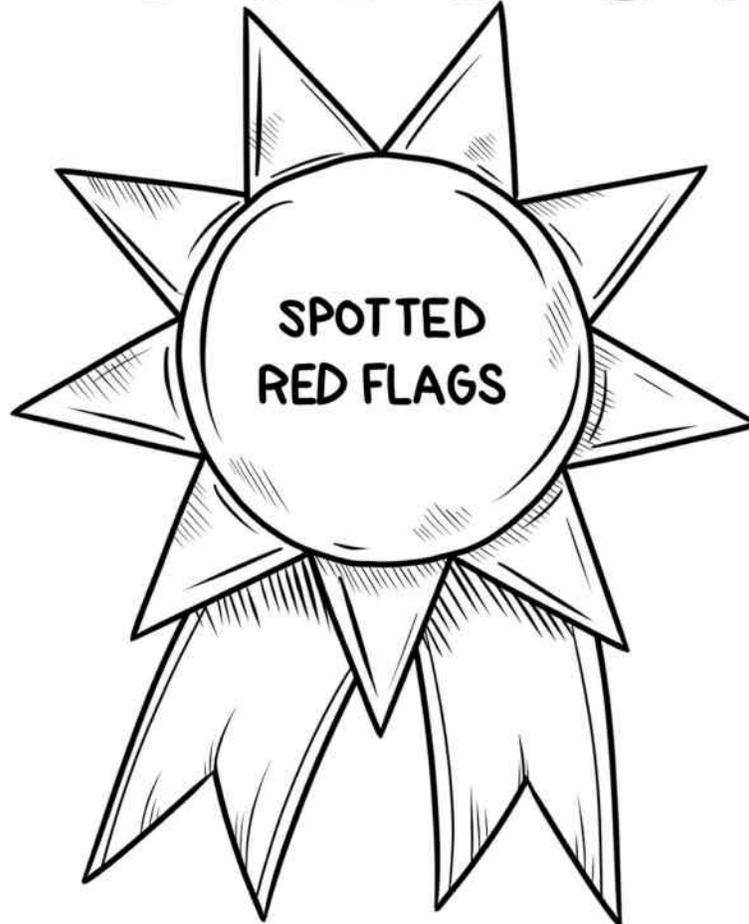
BEST OF YOU

not what's

LEFT OF YOU

KATIE REED

# BADGE OF HONOUR



You felt like something wasn't right and you trusted your gut.

Incredible! Write about your success below.

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

IT'S  
OKAY  
TO  
BE  
ANGRY



be the  
love  
you never  
received

RUNE LAZULI

IT'S OKAY  
TO SAY NO.



IT'S OKAY  
TO  
HEAR NO.





YOU  
DESERVE  
TO TAKE UP  
SPACE.

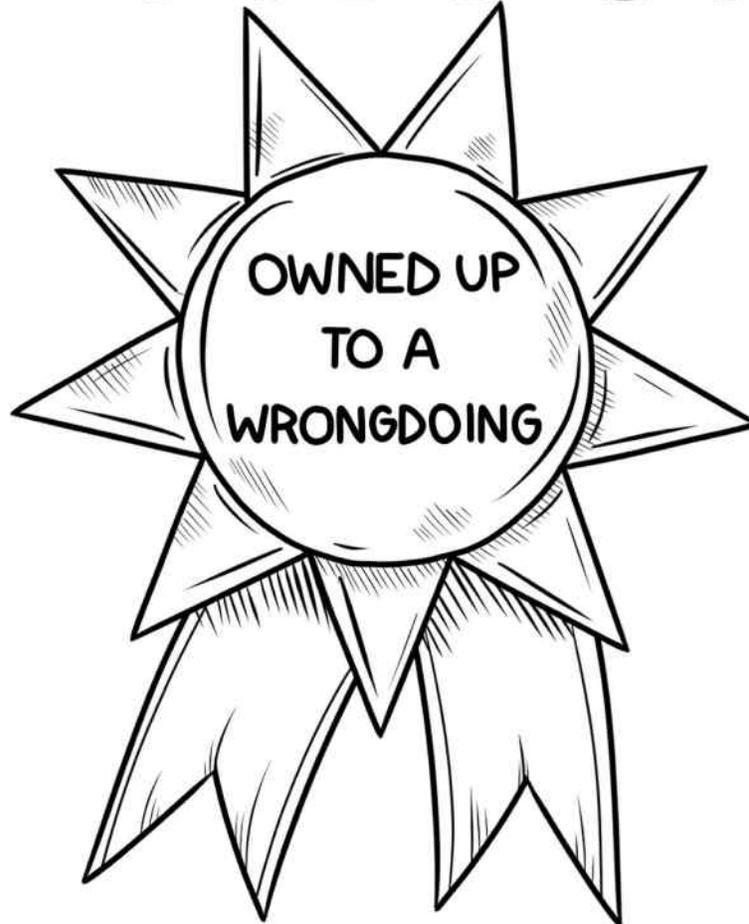
I can't be there for other people  
unless I'm there for myself.

I can't really work to push our  
movement without really investing  
in myself.

By investing in yourself  
you're also investing  
in your community.

DIOR VARGAS

# BADGE OF HONOUR



Taking accountability for our own harmful behaviour is hard work!

Name a time you apologized and learned how to do better next time.

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



I AM  
POWERFUL  
AND IN  
CONTROL.



tomorrow



needs



you

# BADGE OF HONOUR



Friendship can be hard, especially when self-care feels like a challenge. But your pals know that they they can count on you for love and support.

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



THE LOVERS

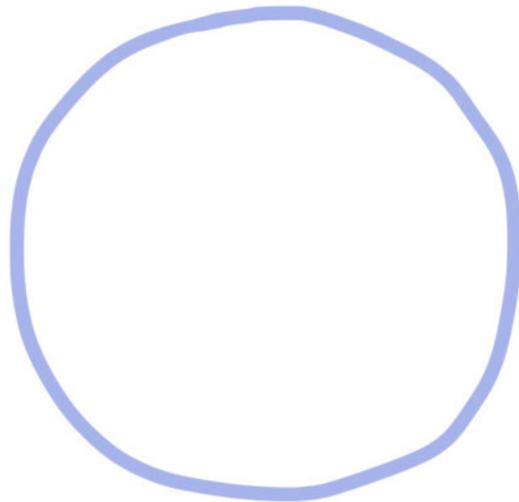
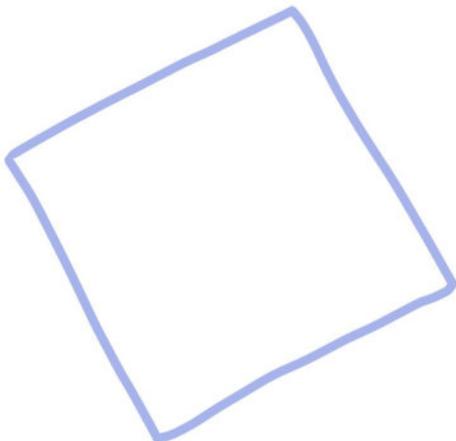
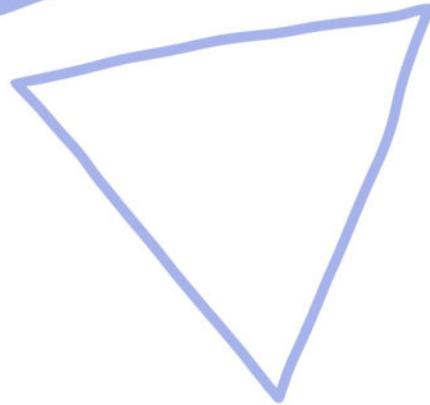
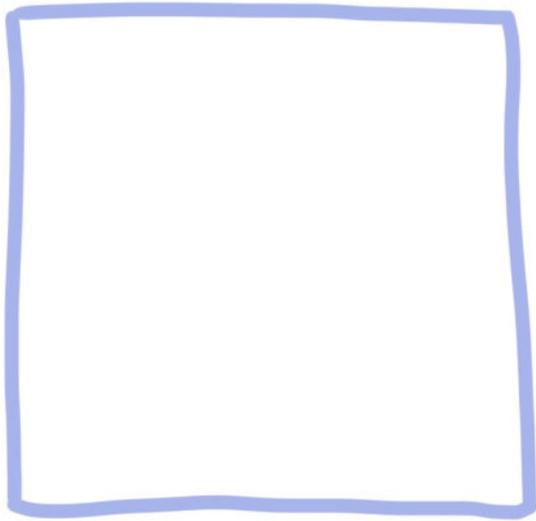
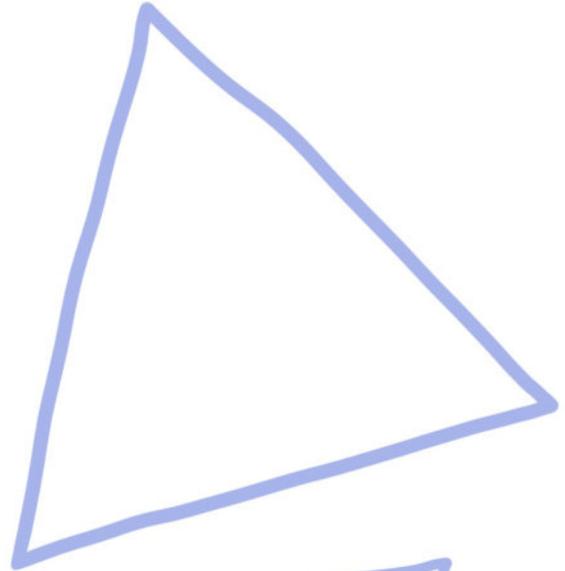
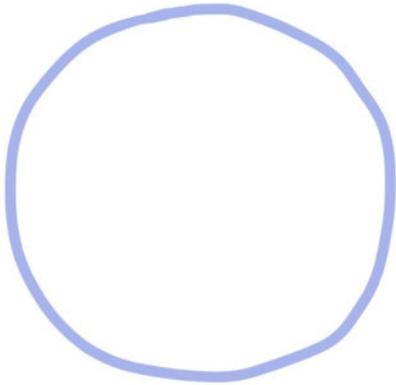
What are 3 things I can do to  
grow spiritually?

I WILL  
MAKE IT  
THROUGH  
THIS, TOO



What are some things that  
no longer serve you?

Write them in the shapes below and then colour over them.





leave your pain here  
and go out and do your  
magnificent things.

JUDGE ROSEMARIE AQUILINA

We want to see  
a world where

BLACK

LIVES

MATTER

in order for us to get to a world  
where all of humanity  
is respected.

ALICIA GARZA

# BADGE OF HONOUR



Caring for our bodies looks different from one person to the next.

How have you shown your body love and compassion?

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

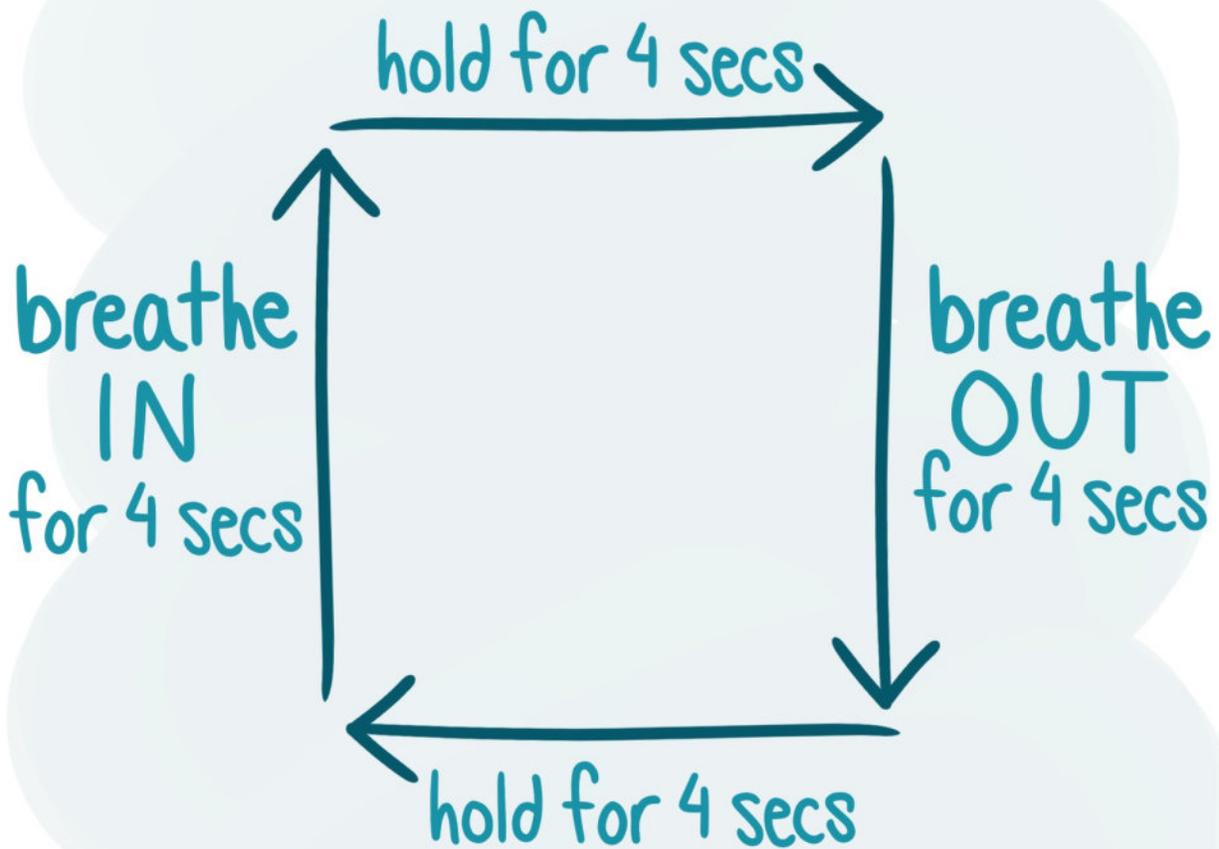
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Having a panic attack?



Panic attacks typically peak at 10 minutes and only last up to 30 minutes.

These feelings won't last forever.

REGARDLESS  
OF HOW I  
FEEL ABOUT  
MYSELF,



I AM  
WORTHY  
OF LOVE.

A Disability Justice framework  
understands that

**ALL BODIES ARE  
UNIQUE & ESSENTIAL,**

that

**ALL BODIES HAVE  
STRENGTHS & NEEDS  
THAT MUST BE MET.**

LEAH LAKSHMI PIEPZNA SAMARASINHA

CARE WORK:  
DREAMING DISABILITY JUSTICE

What are 5 things I was scared  
to do, but did anyway?

1

2

3

4

5



MY  
JOY  
IS AN  
ACT OF  
REBELLION.

you are allowed  
to be both a

MASTERPIECE

and a

WORK IN  
PROGRESS,

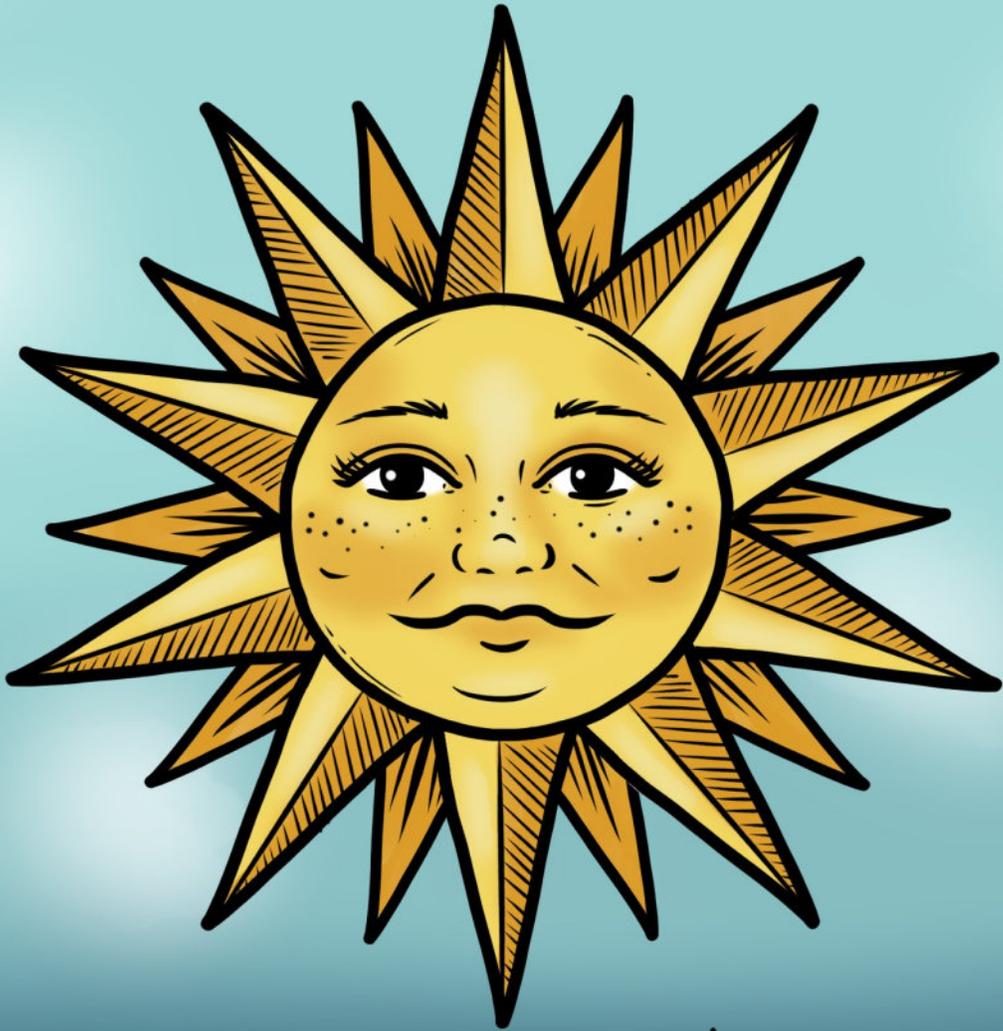
simultaneously.

SOPHIA BUSH



IT WILL  
HURT

BUT  
YOU WILL  
HEAL.



# BADGE OF HONOUR



That phone call you've been putting off? The doctor's appointment you've been meaning to make? You did it! Give yourself a high five.

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



I TRUST  
MYSELF.

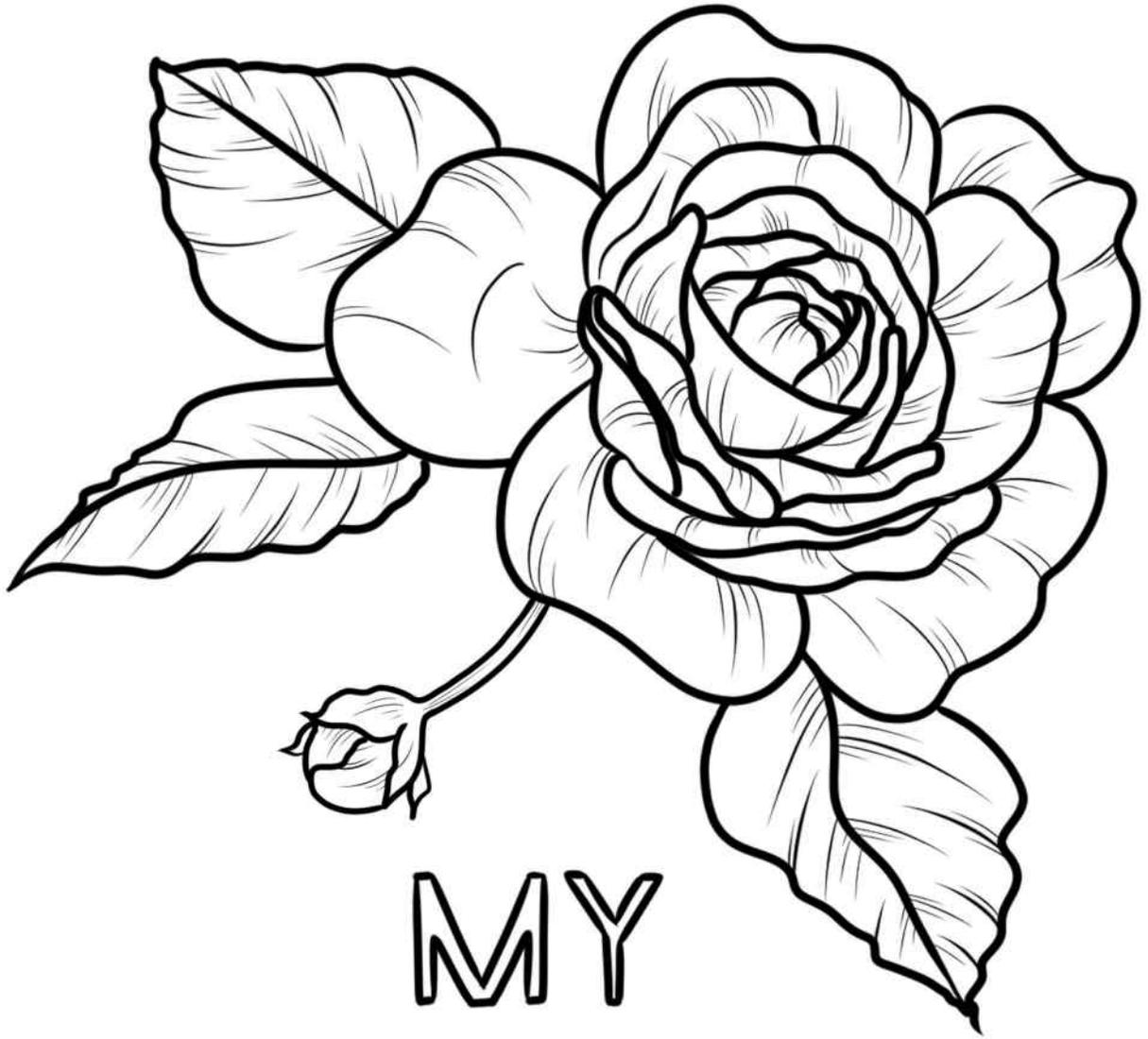


YOU  
ARE  
YOUR  
BEST  
THING

TONI MORRISON

What are 3 ways in which you would like people to describe you?

How can you manifest that?



MY  
BOUNDARIES  
ARE A  
BLESSING

you have  
survived  
100%  
of your  
worst days

# BADGE OF HONOUR



Asking for what you need can feel scary, but you deserve to have your boundaries respected. Name a time that you told someone, 'no'.

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are some things that I used to dream for that I currently have?

trust that some of the

**BEST DAYS**

of your life

haven't even

**HAPPENED YET**

*Bianca Sparacino*

I deserve to feel loved  
within myself.

What are 10 things I love, like or  
admire about who I am?

1

2

3

4

5

6

7

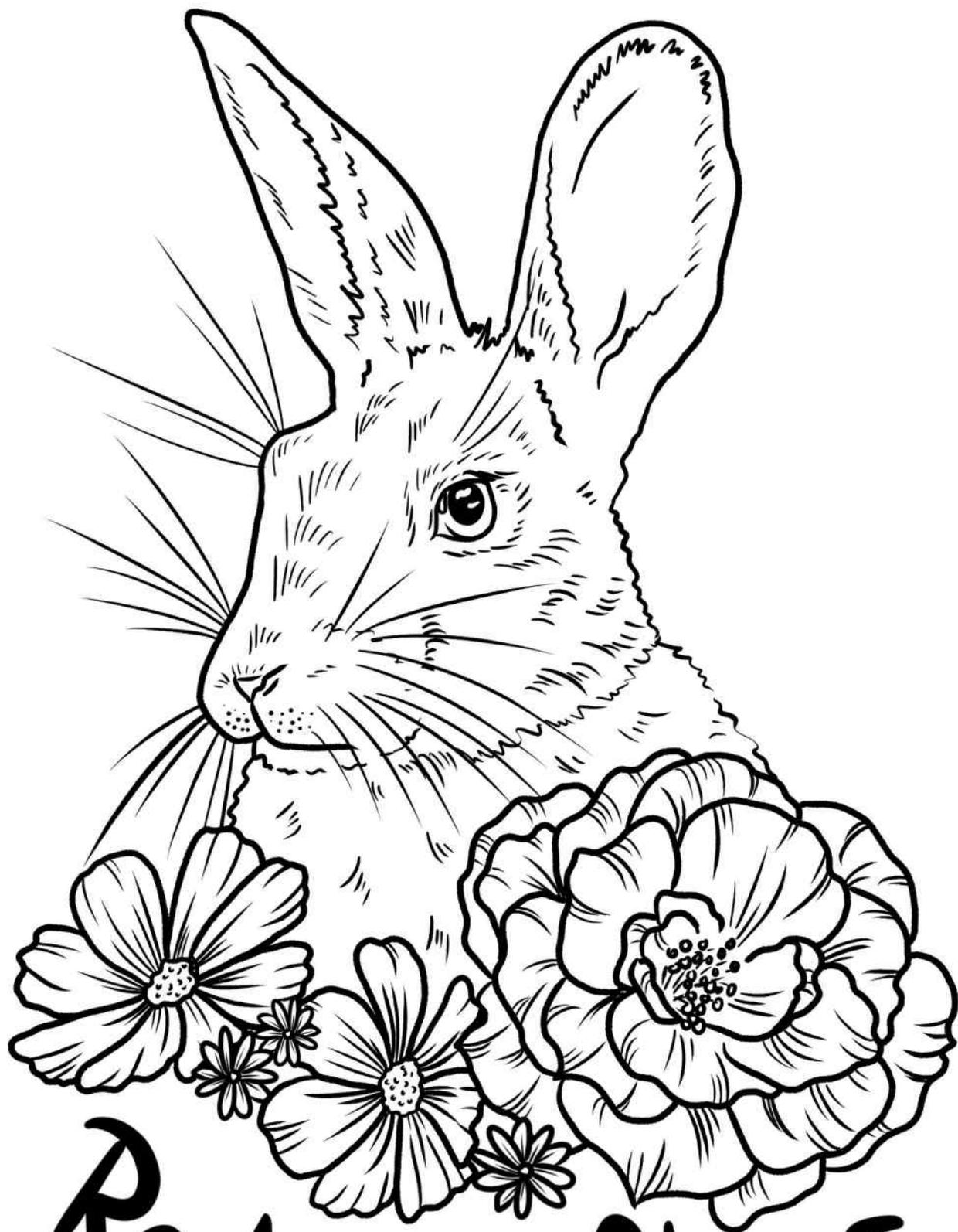
8

9

10



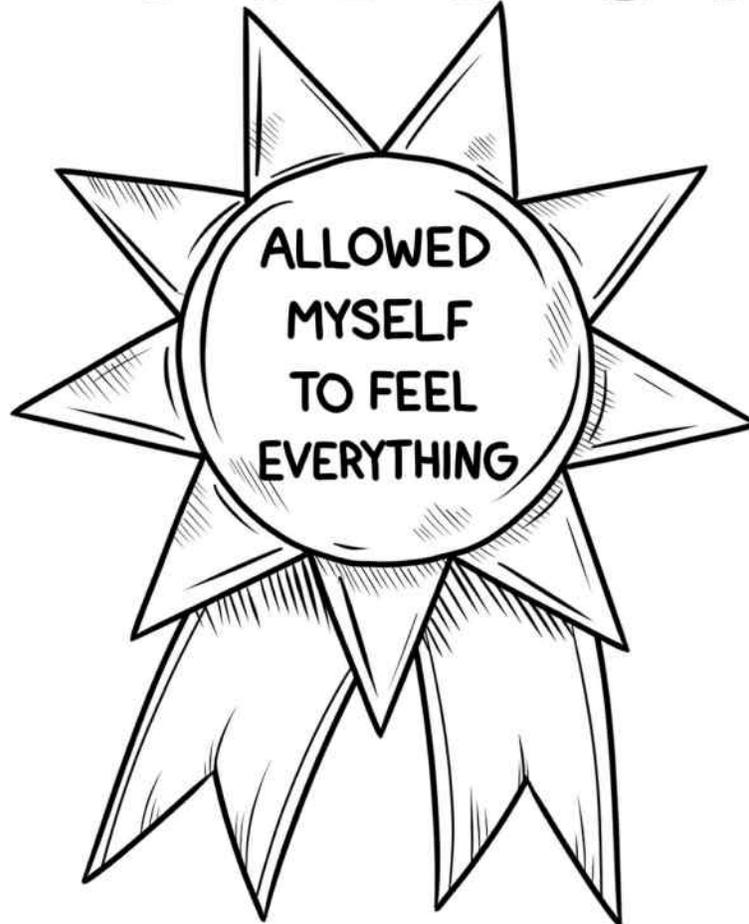
I  
WILL  
LEARN  
AND  
GROW.



Radical softness

the  
best is  
yet to  
come

# BADGE OF HONOUR



It can feel easier to shut off our feelings when experiencing something hard, but to get through it, we must let ourselves feel it all.

ACCOMPLISHMENT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Who are some people whose lives I have affected, in any way at all?

I DESERVE  
TO FEEL HAPPY  
AND CAREFREE



Use these next few pages to write or draw  
whatever comes to mind.