

Give each of these neurodivergent strengths a score from 1 to 10 (10 being high) on how much you recognise them in your own life either presently or in the past.

**Attention to Detail**

**Out of Box Thinking**

**Problem Solving**

**Focus/Hyperfocus**

**Spontaneity**

**Storytelling/Verbal Creativity**

**Innovative Thinking**

**Adaptability**

**Entrepreneurial Mindset**

**Honesty and Integrity**

**Resilience**

**Empathy/Emotional Intelligence**

**High Knowledge Level**

**Interpersonal Skills**

**Determination/Perseverance**

**Energy and Enthusiasm**

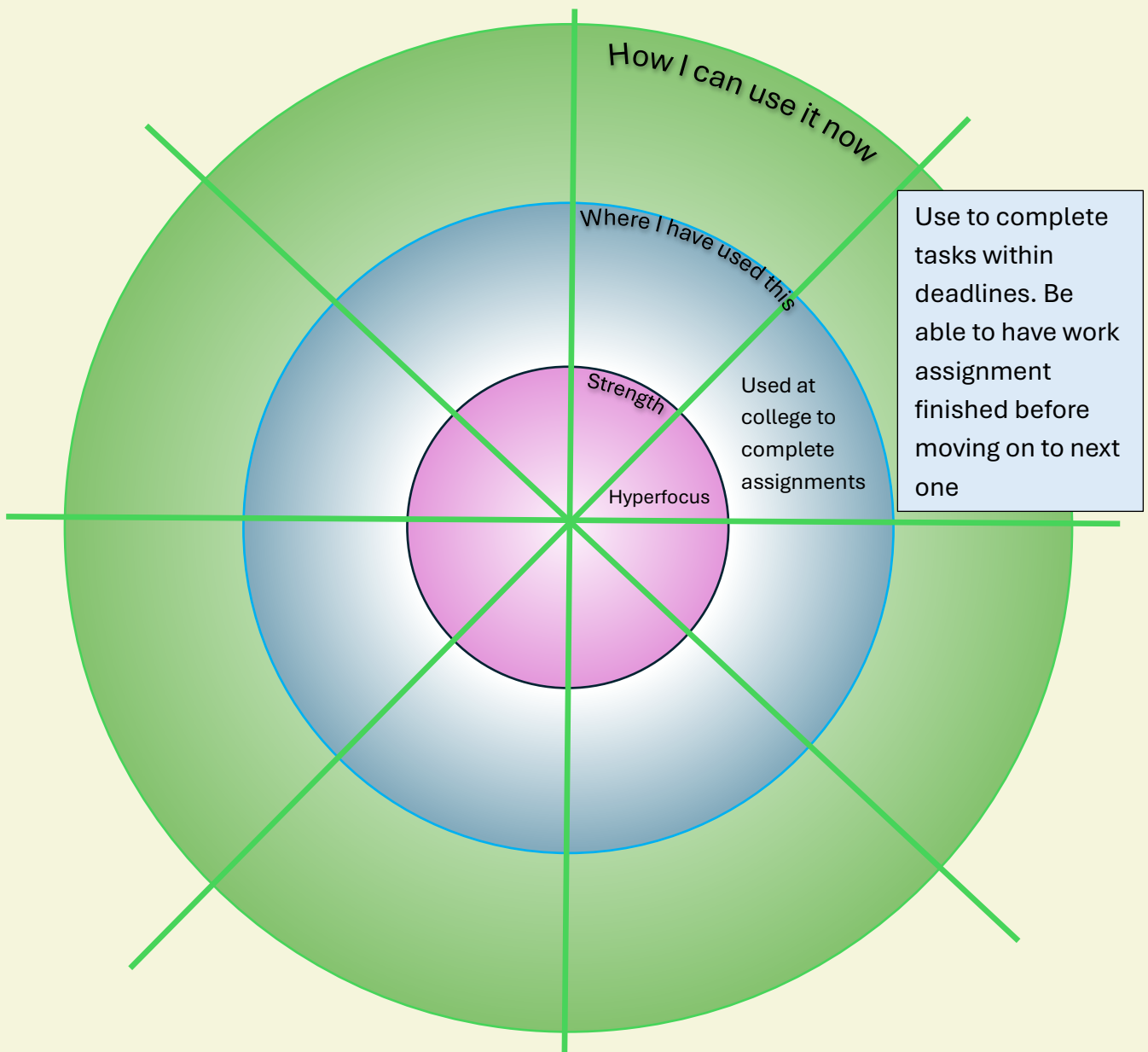
**Spatial Reasoning**

**High Sensitivity**

**Creativity**

**Big-Picture Thinking**

**Quick Thinking**



Choose up to six of your strengths (including any others not listed). Put the strength in the inner section. Think about or write the times or situations where you have used it in the past or presently in the next segment out and how and when you would like it to utilise it in your present situation (see example).