

Give each of these neurodivergent challenges a score from 1 to 10 (10 being high) on how much challenge they present for you.

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|---------------------------|------------------------------|-------------------------|
| Planning | Sensory issues | Energy |
| Time management | Restlessness | Notetaking |
| Socialising | Emotional regulation | Anxiety/Stress |
| Following routines | Listening | Reading/Writing |
| Memory | Change | Communicating |
| Procrastinating | Concentration | Organising |
| Presenting ideas | Rejection Sensitivity | Staying focussed |

Challenge	Effect in life	Desired goal
E.g. Staying Focussed	Struggle to sustain focus at work and complete tasks	Complete tasks within deadlines. Not have too many projects going at once.

Choose up to six of your challenges (including any others not listed). Put the challenge in the first column. Think about or write the effect it has on your life in the next column and how you would like it to be in the third (see example).