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

**Planning**

**Time management**

**Socialising**

**Following routines**

**Memory**

**Procrastinating**

**Presenting ideas**

**Sensory issues**

**Restlessness**

**Emotional regulation**

**Listening**

**Change**

**Concentration**

**Rejection Sensitivity**

**Energy**

**Notetaking**

**Anxiety/Stress**

**Reading/Writing**

**Communicating**

**Organising**

**Staying focussed**

Challenge

Effect on life

Desired goal

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 inner section. Think about or write the effect it has on your life in the next segment out and how you would like it to be in the outer segment (see example).