**Neurodivergent Strengths Table**

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**

**Focus/Hyperfocus**

**Innovative Thinking**

**Honesty and Integrity**

**High Knowledge Level**

**Energy and Enthusiasm**

**Creativity**

**Out of Box Thinking**

**Spontaneity**

**Adaptability**

**Resilience**

**Interpersonal Skills**

**Spatial Reasoning**

**Big-Picture Thinking**

**Problem Solving**

**Storytelling/Verbal Creativity**

**Entrepreneurial Mindset**

**Empathy/Emotional Intelligence**

**Determination/Perseverance**

**High Sensitivity**

**Quick Thinking**

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| **Strength** | **Where I have used this** | **How I can use it now** |
| E.g. Hyperfocus | Used at college to complete assignments | Use to complete tasks within deadlines. Be able to have work assignment finished before moving on to next one |
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|  | Choose up to six of your strengths (including any others not listed). Put the strength in the first column. Think about or write the times or situations where you have used it in the past or presently in the next column and how you would like to utilise it in your present situation in the third (see example). |  |