**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**

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

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.

|  |  |  |
| --- | --- | --- |
| **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. |
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|  |  |  |
|  |  |  |
|  | 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). |  |