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**

Strength

Where I have used this

How I can use it now

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

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).