



Neurodivergent Strengths & Challenges Reflection

Things I naturally enjoy

- ☐ Deep learning
- ☐ Creative thinking
- ☐ Problem solving
- ☐ Pattern recognition
- ☐ Helping others
- ☐ Hyperfocus
- ☐ Big-picture thinking
- ☐ Attention to detail
- ☐ Curiosity
- ☐ Other:

Something I've always thought was "wrong" with me...

Something that might simply be a different way of thinking...

One strength I'd like to appreciate more...

One challenge I'd like to understand better...

Things I often find difficult

- ☐ Starting tasks
- ☐ Switching tasks
- ☐ Remembering things
- ☐ Small talk
- ☐ Sensory overload
- ☐ Time management
- ☐ Emotional regulation
- ☐ Unexpected changes
- ☐ Organization
- ☐ Other: