What I'm *good at.*

Neurodivergent brains come with real strengths, and they're easier to lean on once you can name them. Collect yours here, with proof.

STEP 1 · WORD BANK Circle every word that fits you. Star your top three. Add your own in the blanks.

pattern-spotting · deep focus · honesty · creativity · sense of justice · memory for details · empathy · problem-solving · humor · loyalty · curiosity · big-picture thinking · noticing detail · persistence · originality · passion · fairness · directness · imagination · systems thinking · independence · kindness · adaptability · enthusiasm

STEP 2 · EVIDENCE BOARD Your top three, with proof. Small moments count.

	STRENGTH	A TIME I USED IT	HOW IT HELPS ME NOW
1			
2			
3			

STEP 3 · FLIP IT *Example: "too intense" → I care deeply and commit fully.*

SOMETHING I'VE BEEN CRITICIZED FOR		THE STRENGTH INSIDE IT
	→	
	→	

REFLECT *One place I want to use a strength this week.*