



My Neurodivergent Profile

There is no single way to be neurodivergent. Use this page to notice how your brain works best, without comparing yourself with anyone else.

Things my brain finds easy or natural

Things that take more effort than people may realise

Environments where I function best

Things that help me focus

Things that drain my energy

Ways I process information best

What I wish people understood about me

One thing I value about the way my brain works is...
