



My Strengths, Interests & Joy

Neurodiversity is not only about difficulty. Interests, curiosity, creativity, pattern recognition, honesty, focus and unique perspectives can all be meaningful strengths.

Topics or activities I can happily lose myself in

Things I know a lot about

Ways I think differently from others

Strengths other people notice in me

Things that bring me genuine joy

What helps me feel energised and engaged?

Where could I use my strengths more?

One part of my neurodivergence I appreciate is...
