

Give each of these neurodivergent challenges 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**

**Sensory issues**

**Energy**

**Time management**

**Restlessness**

**Notetaking**

**Socialising**

**Emotional regulation**

**Anxiety/Stress**

**Following routines**

**Listening**

**Reading/Writing**

**Memory**

**Change**

**Communicating**

**Procrastinating**

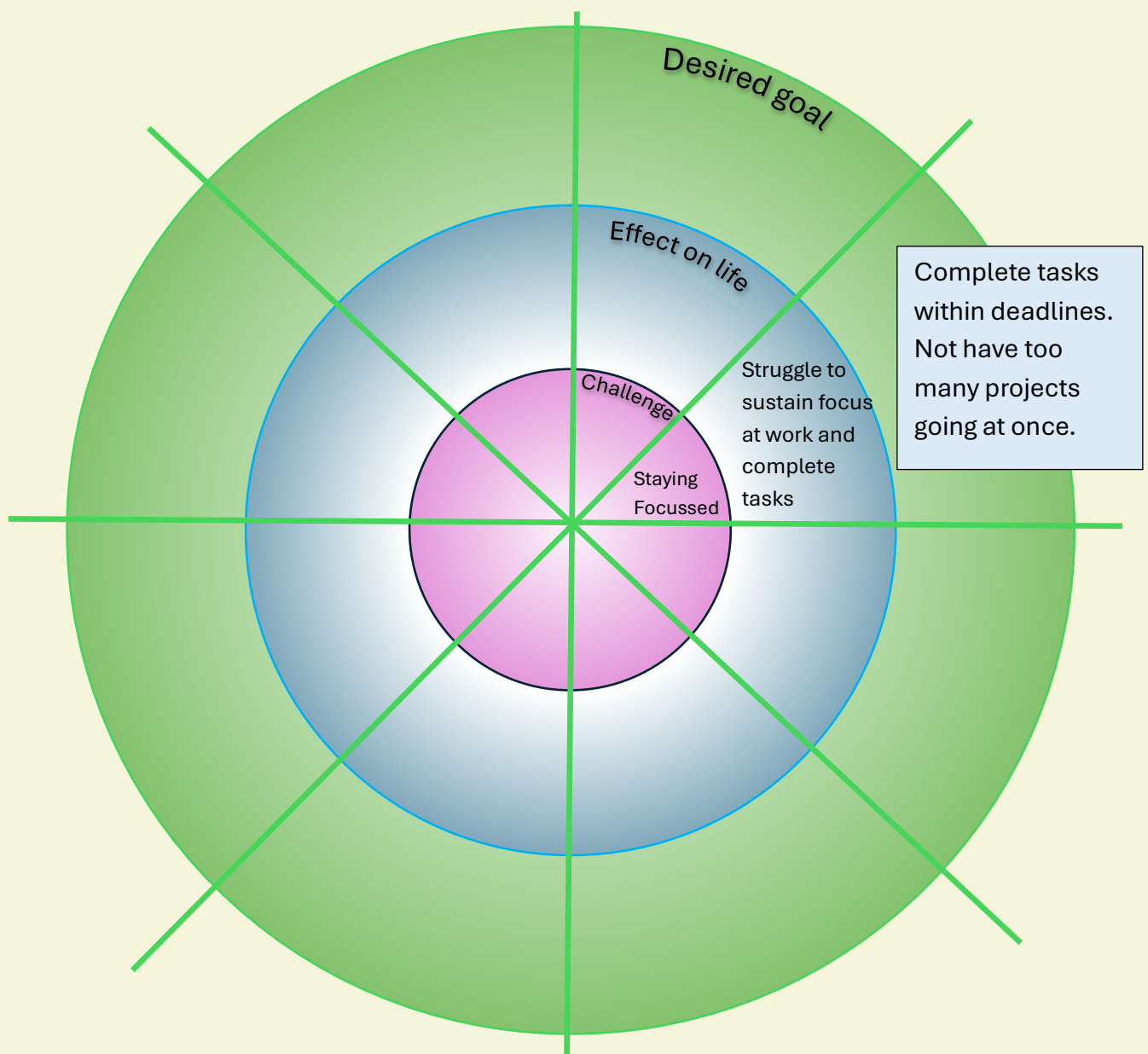
**Concentration**

**Organising**

**Presenting ideas**

**Rejection Sensitivity**

**Staying focussed**



Choose up to six of your challenges (including any others not listed). Put the challenge in the inner section. Think about or write the effect it has on your life in the next segment out and how you would like it to be in the outer segment (see example).