

Neurodivergent Strengths Table

Give each of these neurodivergent strengths 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

Out of Box Thinking

Problem Solving

Focus/Hyperfocus

Spontaneity

Storytelling/Verbal Creativity

Innovative Thinking

Adaptability

Entrepreneurial Mindset

Honesty and Integrity

Resilience

Empathy/Emotional Intelligence

High Knowledge Level

Interpersonal Skills

Determination/Perseverance

Energy and Enthusiasm

Spatial Reasoning

High Sensitivity

Creativity

Big-Picture Thinking

Quick Thinking

Strength	Where I have used this	How I can use it now
E.g. Hyperfocus	Used at college to complete assignments	Use to complete tasks within deadlines. Be able to have work assignment finished before moving on to next one

Choose up to six of your strengths (including any others not listed). Put the strength in the first column. Think about or write the times or situations where you have used it in the past or presently in the next column and how you would like to utilise it in your present situation in the third (see example).