Finding Your Stregnths

Discovering Hidden Strengths for Neurodivergent Women



Life changes are inevitable, but if we pause and take the time to reflect on them, we can use these changes for our own personal growth.

Energizing Moments:
Think about moments when you felt energized, joyful, or received compliments.

- What were you doing at those moments?
- What strengths might have contributed to these moments?

Enjoyable Activities:
Identify tasks or activities that you find enjoyable, satisfying, and feel proficient at.

- What activities are these?

- What strengths might be associated with your enjoyment and proficiency in these activities?

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Significant Accomplishments:
Reflect on your significant accomplishments and the strengths that contributed to them.

- What accomplishments come to mind?
- What strengths helped you to achieve them?

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"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences." – Audre Lorde

Meaningful Aspects:
Determine which aspects of your personal or professional life you consider most meaningful and gratifying.

- What are these aspects?
- What strengths might be associated with finding these aspects meaningful and gratifying?

Interests, Passions, Hobbies:
Identify any themes or patterns in your interests, passions, or hobbies that might suggest specific strengths.

- What themes or patterns do you notice?
- What strengths might be associated with these themes or patterns?

Important Values:
Consider your most important values and how they align with your strengths.

- What are your most important values?
- How do these values align with your strengths?

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No, autism is not a ‘gift’. For most, it is an endless fight against schools, workplaces, and bullies. But, under the right circumstances, given the right adjustments, it CAN be a superpower – Greta Thunberg: Environmental Activist

Guidance Seekers:
Identify when others typically seek your guidance or help.

- On what topics or issues do others usually seek your guidance?
- What strengths might this suggest about you?

Distinguishing Attributes:
Reflect on attributes or skills that distinguish you from others in your personal or professional life.

- What are these attributes or skills?
- What strengths might be associated with these attributes or skills?

Consistent Attractions:
Think about activities you have been consistently attracted to since childhood.

- What are these activities?
- What strengths might be associated with being attracted to these activities?

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"Thinking differently is not a disability, it's a strength" - John Ratey.

Leveraging Strengths:

Contemplate how you can leverage your strengths to positively influence your life and the lives of others.

What changes could you make to play more to your stregnths than your perceived " weaknesses"?



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