NEURODIVERSITY STRENGTHS CHECKLIST

Cognitive Strengths

___ I'm generally pretty organized in my daily life.
___ I'm a good learner.
___ If I have a problem, I can generally talk my way out of it.
___ I like to focus on the big picture when it comes to understanding something new.
___ I'm often interested in things that are just on the horizon.
___ I have a good memory (short-term and/or long-term).
___ I'm able to think ahead when it comes to planning for the future.
___ I've sometimes become completely absorbed in an activity that I really enjoy.
___ I'm able to multitask (i.e., do more than one thing at a time).
___ When I think, I like to make lots of connections in my mind.
___ I have a deeply reflective nature.

Communication Strengths

___ I'm able to explain things to others clearly.
___ I tend to ask a lot of good questions when I'm given the chance.
___ I'm a pretty good storyteller and/or joke teller.
___ I'm a good listener.
___ I handle feedback from others well, even when it's negative.
___ I'm able to articulate my feelings and ideas to others.
___ I'm able to use nonverbal cues (e.g., gestures, facial expressions, etc.) to communicate with others.
___ I possess the power to persuade someone to do something I'd like them to do.
___ I'm assertive but not in a pushy way.

Creative Strengths

___ I'm I am very dramatic in the way I express myself.
___ I've acted in at least one play, musical, skit, or other dramatic work.
___ People say I have a good imagination.
___ I enjoy doodling, drawing, sketching, and/or painting.
___ I like to make things in clay or other solid materials.
___ People have said that I'm a creative person.
___ I'm sensitive to beauty in the world.
___ I've got these great ideas for different inventions.
___ I sometimes come up with ideas that nobody else has thought of.
___ I've got different ideas of what the future might be like.
___ I like to design things in my imagination.
___ When I find something I like, I can focus on it for a long time.

Cultural Strengths

___ I've traveled to at least one other country.
___ I can speak more than one language.
__ I'm tolerant of those who are culturally, racially, and/or ethnically different from me.
___ I feel pride of my own cultural, racial, and/or ethnic background.
___ I like to study history.

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___ I enjoy learning about different cultural traditions outside my own culture.

___ When I'm in a new culture, I seem to know what to do or what not to do, to be in line with the values and manners of that place, or atmleast I learn these things very quickly.

Dexterity Strengths

___ I like to build model cars, planes, ships, or other hobby- related projects.

___ People have said that I have good handwriting.

___ I like to juggle or do magic tricks.

___ I enjoy hand crafts like knitting, crochet, embroidery, or needlepoint.

___ I like to make things with my hands (like pottery, sculpture, or other 3-D designs).

___ I have good tactile sensitivity (I can tell what something is with my eyes closed just by handling it).

___ I enjoy arts and crafts like origami, collage, and/or papier-mache.

___ I like to do woodworking, carpentry, carving, and/or metalwork.

___ I've got good eye- hand coordination.

Emotional Strengths

___ I pick up on the emotions of others pretty easily.

___ I'd say I'm basically an optimist at heart.

___ I generally know what I'm feeling at any given moment in time.

___ I can feel strong emotions without them overwhelming me.

___ I get gut reactions about things.

___ I have a lot of empathy for the feelings of other people.

___ I have a number of strategies to help me deal with powerful emotions without going to pieces.

___ I can make other people smile just by being kind and warm to them.

Literacy Strengths

___ I enjoy reading books or other printed or digital matter.

___ People say that I have good reading comprehension.

___ I enjoy playing word games or doing word puzzles.

___ People have commented favorably about things that I've written.

___ I'm generally a good speller.

___ I have a relatively large vocabulary.

___ I enjoy listening to audio books, telling stories, or reading out loud.

___ I can recite different poems or other literary passages by heart.

___ I like reading things that challenge me to think in a different way.

___ I like reading in different genres (e.g., literary fiction, science fiction, romance, etc.).

Logical Strengths

___ I enjoy studying science.

___ I'm good at estimating the dimensions of something and/or distances between two locations.

___ If I'm reading a science article, I'm usually attracted to the numbers or statistics.

___ I was good in math at school.

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___ I prefer working with logical systems like computer programming or machines than with people.
___ I'm interested in following new discoveries in astronomy, chemistry, physics, and/or biology.
___ I like to do logic puzzles like Rubik's Cube or Sudoku.
___ I'm pretty good at calculating numbers in my head without having to write them down.
___ I have studied, or I'd like to study, engineering, science, or math.

Musical Strengths
___ I have a good sense of rhythm.
___ I can play at least one musical instrument.
___ I know the music and lyrics to many songs.
___ I really enjoy listening to music.
___ I particularly like one or more of the following genres: rock, classical, jazz, world music, blues, bluegrass, hip-hop, soul, heavy metal, gospel, country western, or reggae.
___ I'm able to hear things that other people can't hear.
___ I can tell if a song or piece of music is off-key.
___ I enjoy singing and/or chanting.
___ I like to make up my own tunes or melodies or have composed music using formal notation.

Nature Strengths
___ I have especially good rapport with animals.
___ I'm good at caring for plants and flowers.
___ I can predict what the weather will be by just going outside.
___ I have at least one pet that I dearly love.
___ I'm very concerned about global warming, climate change, and/or other ecological events.
___ I like to go hiking or camping in nature.
___ I enjoy studying insects, plants, birds, rocks, fossils, and/or other natural things.
___ I like to hunt or fish.
___ I have a good sense of direction and can find my way around in nature pretty easily.
___ I see details in the natural world that other people miss.

Physical Strengths
___ I have a good sense of balance.
___ I like to move around when I'm learning something new.
___ I like being on a bike, a skateboard, roller skates, and/or ice skates.
___ I like playing group sports like baseball, basketball, football, soccer, and/or pickleball.
___ I like playing individual sports like gymnastics, swimming, or golf.
___ I've always had generally good physical health.
___ I like to dance (formal dancing and/or spontaneous dancing).
___ People have said that I'm pretty strong physically.
___ I'm a fast runner, a good hiker, and/or like to take long walks.
___ I like to exercise with weights or engage in aerobics, Pilates, or some other exercise program.
___ I've generally got good physical endurance and can walk or run long distances.
___ I have good flexibility in doing yoga, gymnastics, or breakdancing.

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___ I need to touch something in order to learn about it.
___ I like to learn new things by role-play or by dramatizing them in some way.

Personal Strengths

___ I enjoy working by myself at pursuits that interest me.
___ I have a pretty good idea of my overall strengths and weaknesses.
___ I'm good at learning from my past mistakes.
___ I'm persistent in working on things I care about.
___ I possess courage in taking on things that are new and unfamiliar.
___ I keep a diary or journal to record my reflections about life.
___ I think I have a pretty good sense of humor.
___ People have said that I'm a responsible person.
___ I often have strong feelings about controversial issues.
___ I'd say that I march to the beat of a different drummer (i.e., I am unconventional, an individualist).
___ I think I handle stress pretty well.
___ Others have said that I'm pretty honest and fair in my dealings with others.
___ I have the ability to set realistic goals for myself.
___ I'm a pretty confident person.
___ I feel like I have high self- esteem.
___ I'm able to discipline myself to accomplish things in life.
___ I have one or more significant life goals that I want to achieve in the future.
___ People have said that I have good common sense.
___ I have a lot of energy that I can direct toward constructive goals.
___ I tend to be spontaneous when it comes to living life to its fullest.
___ Others have said that I look or act like a much younger person (in a good way).
___ I have one or more topics or activities that I'm really interested in that others don't seem to be as enthusiastic about as I am.
___ I need a lot of stimulation around me in order to feel comfortable.
___ Some people say I'm playful like a child.
___ I've created my own business or would like to do so in the future.
___ I'm always on the lookout for new experiences, new people, and new things in life.
___ People tell me I have a bright personality or that I'm warm, nurturing, and/or fun to be with.
___ I'm very neat and orderly in the way that I like to arrange things in my life.
___ I would rather learn something for the fun of it rather than do it to earn grades, points, or rewards.
___ People have said that I'm good at handling uncertainty in life events.
___ I use setbacks in my life as opportunities to move forward.

Social Strengths

___ I have good leadership skills.
___ I'm concerned about what other people are feeling.
___ I like to socialize with people at parties, gatherings, and/or other events.
___ I like to help others when I can.
___ I generally feel kindly toward others.

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___ I have at least one or two good friends.
___ I'd rather work with others than by myself.
___ I like to play group games with others.
___ People come to me if a dispute breaks out and they believe I can really help to resolve it.
___ People say that I'm generally polite and have good manners.
___ I generally like to share whatever I've got with me (food, possessions, knowledge, etc.) with others.
___ I prefer to work in a group situation that has clear goals.
___ I like to volunteer my time for a worthy cause.
___ I belong to at least one club or other social group.
___ I have a good relationship with at least one member of my immediate family.
___ I'm generally friendly with others.
___ I'm good at picking up on the subverbal cues (e.g., facial expressions,gestures, posture, etc.) of other people.
___ I had at least one teacher or important mentor outside school who inspired me.
___ I trust others without being taken in by them.
___ I'm generally liked by my peers.
___ I can learn something quickly if someone will show me how to do it.
___ If there's a danger nearby, I'm very good at warning people to stay clear of it.

Spiritual Strengths

___ I engage in meditation, yoga, or some other form of quiet contemplation.
___ I sometimes ask big life questions like What is the purpose of life?
___ Others have said that I possess a kind of wisdom about life.
___ I like to participate in group religious or spiritual events (e.g., church, temple, mosque, etc.).
___ I like studying the works of philosophers and/or other great thinkers who thought deeply about life.
___ I have faith in something higher than myself.
___ I've had personal visions of a spiritual or religious nature.
___ I believe that I have psychic abilities (e.g., to see the future, tell what others are thinking, etc.).

Technology Strengths

___ I enjoy spending time on a computer, tablet, and/or smartphone.
___ I love playing video games.
___ I like to cruise the internet.
___ I'm good at setting up computer equipment and/or other high- tech materials.
___ I like to engage with people on online social networks.
___ I enjoy using a camera and/or videocam to record or reflect on events in with family or friends.
___ I have one or more favorite TV shows or movies that I really like to watch and talk about.
____I know how to code in at least one computer language.
____I'm really excited about artificial intelligence (AI) and am using it in my work or during my leisure time.
____I have a lot of apps on my smartphone or tablet that I use on a daily basis.
____People come to me for help with their computer problems.

Visual- Spatial Strengths

___ I'm good at fixing machines when they break down.

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___ I can imagine what something will look like visually from different angles.
___ I'm good at doing jigsaw puzzles or other visual puzzles.
___ I'm good at reading maps.
___ I can visualize pictures in my mind pretty clearly.
___ I prefer to read books or magazines with lots of pictures in them.
___ I am very sensitive to colors in my environment (e.g., home decorations, landscaping, etc.).
___ I enjoy reading graphic novels.
___ I'm really good at noticing small details in more complex pictures (like *Where's Waldo?*).
___ I am or would like to be an architect, graphic artist, or illustrator or work with images in some other way.
___ I enjoy looking at optical illusions.
___ People say that I'm good at noticing things on the periphery of my vision.
___ I have a good sense of what is aesthetically beautiful or ugly in a work of art.

Miscellaneous Strengths

___ I like collecting stamps, coins, rocks, leaves, buttons, or some other set of objects.
___ I love to cook, and people enjoy my cooking.
___ I love to learn new things.
___ I was always a good test taker in school.
___ I remember my dreams at night, and sometimes I even write them down and/or try to make sense of them.
___ I'm curious about the world around me.
___ I'm good at arriving somewhere on time.
___ I'm good at managing my money and/or investments.

Other Strengths Not Listed Above:

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Note: **This is not a test. There are no wrong or right answers, and there is no scoring at the end. This is now a map to the treasure chest that is you.**

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