Neurodiversity Strengths Checklist

**Personal Strengths**

___ Enjoys working independently
___ Has a good sense of his/her personal strengths and weaknesses
___ Learns from past mistakes
___ Has persistence in carrying out assignments or activities
___ Is courageous in dealing with adversity and/or the unknown
___ Keeps a personal diary or journal
___ Has a good sense of humor
___ Possesses a sense of responsibility
___ Has strong opinions about controversial topics
___ Marches to the beat of a different drummer
___ Handles stressful events well (e.g. is resilient)
___ Has character (e.g. honesty, integrity, fairness)
___ Has the ability to set realistic goals for him/herself
___ Has a sense of confidence or high self-esteem
___ Has good self-discipline
___ Has personal ambitions in life
___ Displays good common sense
___ Possesses personal vitality, vigor, or energy

**Communication Strengths**

___ Explains ideas or concepts well to others
___ Asks good questions
___ Is a good storyteller
___ Is a good joke teller
___ Has good listening skills
___ Handles verbal feedback (especially negative feedback) well
___ Has good articulation ability
___ Is able to effectively use non-verbal cues to communicate with others
___ Is persuasive in getting someone to do something
___ Has good assertive skills without being pushy

**Emotional Strengths**

___ Is emotionally sensitive to perceiving the world around him/her
___ Has an optimistic attitude toward life
___ Can tell how he/she is feeling at any given moment
___ Can easily pick up on the emotional state of another person
___ Is able to handle strong internal feelings in a constructive manner
___ Receives gut feelings about things

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Social Strengths

___ Has leadership ability
___ Has a good sense of empathy for others
___ Enjoys socializing with others
___ Is good at helping others
___ Is kind or affectionate towards others
___ Has at least one good friend
___ Prefers working with others
___ Likes to play board games and/or card games with others
___ Has skill in refereeing disputes/conflicts between classmates
___ Is polite and has good manners
___ Is able to work out his/her own conflicts with others
___ Works well in groups
___ Volunteers his/her time in some worthy cause
___ Belongs to at least one club or social group (e.g. Scouts.)
___ Has a good relationship with at least one family member
___ Is friendly to others
___ Is good at sharing with others
___ Follows class rules
___ Has a good relationship with at least one teacher in the school
___ Has good personal hygiene
___ Trusts others without being taken in
___ Is liked by his peers

Cognitive Strengths

___ Has good organizational skills
___ Has good study skills
___ Is able to use cognitive strategies (e.g. self-talk) in solving problems
___ Is able to pay close attention to details
___ Has a good short-term and/or long-term memory
___ Is able to think ahead
___ Is able to become totally absorbed in an activity
___ Can easily divide his attention between two or more activities

Cultural Strengths

___ Has traveled to other countries
___ Speaks more than one language
___ Is tolerant of others who have cultural, ethnic, or racial differences
___ Has pride in his/her own cultural, ethnic, or racial background
___ Likes to find out about historical events around the world
___ Enjoys learning about different cultural traditions

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**Literacy Strengths**

___ Enjoys reading books
___ Has good reading comprehension
___ Enjoys doing word puzzles or playing word games
___ Is a good writer in one or more genres (e.g. poetry, stories, reports, letters)
___ Is a good speller
___ Has a large vocabulary
___ Enjoys listening to audio books or to someone telling a story or reading out loud

**Logical Strengths**

___ Does well in science class
___ Can estimate things easily
___ Enjoys working with numbers and/or statistics
___ Is good at solving math problems
___ Has a chemistry set or other science kit that he/she works with at home
___ Has an interest in astronomy, chemistry, physics, or biology
___ Enjoys logical or number games or puzzles like Rubik’s cube or Sudoku
___ Can easily calculate numbers in his/her head

**Visual-Spatial Strengths**

___ Has an aptitude for fixing machines
___ Likes to create three-dimensional structures with building materials
___ Is good at doing jigsaw puzzles or other visual puzzles
___ Is able to read maps well
___ Reports being able to visualize images clearly
___ Gets information more easily through pictures than words
___ Is sensitive to the visual world around him/her

**Physical Strengths**

___ Has a good sense of balance
___ Learns material best when moving around
___ Likes to ride his/her bike, skateboard, and/or other self-powered personal vehicle
___ Is good at playing team sports like baseball, soccer, basketball, or football
___ Is good at playing individual sports like tennis, swimming, gymnastics, or golf
___ Is in good physical health
___ Likes to dance
___ Is physically strong
___ Is a fast runner or has other athletic abilities
___ Likes to exercise (e.g. weights, aerobics, jogging, treadmill)
___ Has good physical endurance
___ Has good physical flexibility

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Dexterity Strengths

___ Has a hobby building model cars, planes, ships or other similar projects
___ Displays good handwriting
___ Likes to juggle or do magic tricks
___ Enjoys hand crafts like knitting, crocheting, embroidery, or needlepoint
___ Likes to make things with his/her hands
___ Has good tactile ability
___ Enjoys arts and crafts like origami, collage, and/or paper maché
___ Enjoys woodworking, carpentry, carving, and/or metal work
___ Has good eye-hand coordination

Nature Strengths

___ Has good rapport with animals
___ Is good at taking care of plants in the classroom or at home
___ Is sensitive to weather patterns
___ Takes care of a pet at home or at school
___ Is concerned about the welfare of the planet (e.g. is ecologically-minded)
___ Likes to go hiking and/or camping in nature
___ Enjoys studying nature (e.g. insects, plants, birds, rocks, and/or animals)
___ Likes to hunt or fish
___ Has a good sense of direction

Musical Strengths

___ Is sensitive to the rhythms of music
___ Enjoys playing a musical instrument
___ Knows the music and lyrics of many songs
___ Has a particular interest in one or more musical genres (e.g. rock, classical, jazz)
___ Enjoys listening to music
___ Has a good sense of hearing auditory acuity
___ Has a good sense of pitch
___ Has a good singing voice
___ Makes up his/her own tunes or melodies with or without/lyrics

High Tech Strengths

___ Likes to spend time using a computer, tablet, or smartphone
___ Has a facility for playing video games
___ Likes to surf the Internet
___ Knows how to set up audio-visual or computer equipment
___ Likes to text on the phone
___ Enjoys social networking (e.g. blog, website, Facebook)
___ Enjoys using a still camera or video camera to record events or express him/herself
___ Has several his/her own favorite movies or TV shows that he/she likes to talk about
___ Understands at least one computer language

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**Creative Strengths**

___ Expresses him/herself dramatically  
___ Has a good imagination  
___ Enjoys doodling, drawing, and/or painting  
___ Likes to act in plays and skits  
___ Works well with clay or other forms of sculpture  
___ Demonstrates creativity in one or more school assignments  
___ Possesses a love of beautiful things  
___ Has ideas for futuristic or fantastic projects  
___ Comes up with ideas that nobody else has thought of

**Spiritual Strengths**

___ Enjoys meditation, yoga, or some other form of contemplation  
___ Asks big life questions (e.g. what is the purpose of life?)  
___ Has a deep sense of wisdom  
___ Participates in religious or other spiritual events  
___ Has a philosophical attitude toward life  
___ Has a strong faith in something higher than him/herself

**Miscellaneous Strengths**

___ Likes collecting things (e.g. stamps, coins, buttons)  
___ Loves to cook  
___ Has a love of learning new things  
___ Is a good test taker  
___ Possesses a good memory for nighttime dreams  
___ Is curious about the world around him/her  
___ Has a good sense of time  
___ Manages money well  
___ Has good fashion sense in the clothes he/she wears  
___ Has good entrepreneurial skills (e.g. has started own business) started his/her own business

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