

The Strength Finder Tool

To help families see the many positives that accompany any neurodivergence.



WHAT COMES NATURALLY? ★

What do they seem to understand, notice or do with relative ease?

Interest _____

Skills _____

Ways of thinking _____

Things they learn quickly _____



WHAT LIGHTS THEM UP?

When do you see them most engaged, confident or themselves?

Topics _____

Activities _____

Environments _____

People _____

WHAT DO OTHERS VALUE IN THEM? 👤

What qualities do family, friends or teachers notice and value in them?

Humour _____

Honesty _____

Creativity _____

Loyalty _____

Curiosity _____



WHERE DOES THEIR NEURODIVERGENCE BRING STRENGTH?

Where might their way of thinking, noticing or experiencing the world bring particular strengths?

PUTTING THEIR STRENGTHS TO WORK

One strength I've noticed

Where I already see it

Where could we give it more room?